



# WEEKLY SPECIALS!

100% BC OWNED AND OPERATED



Thomas Reid  
Whole Organic  
Chickens  
**5.99/lb**  
13.21/kg

BC Grown  
Corn on  
the Cob  
**4/3.00**



Black Forest, Honey or  
Old Fashioned Ham Sliced

**2.19**  
/100g



BC Grown Organic  
Blueberries

Weather  
Permitting!

**2.98**  
170g Pack



Choices' Own Whole Wheat  
& Multigrain Bread

**4.99**  
530g



Dr. Bronner's Non-GMO  
Organic Castile Soap

Assorted Varieties

**4.49** **17.99**  
140g Soap Bars 944ml Liquid

Maple Hill Organic Free Range  
Medium Eggs



**4.99**  
1 Dozen



Kicking Horse  
Organic Fair Trade  
Whole Bean Coffee  
Assorted Varieties

**12.99**  
454g

**Physical Distancing:** Please remain 2 metres from others.  
One customer using the checkout belt at a time. Thank you.

Prices Effective  
September 3 - 9, 2020.

# PRODUCE

BC Grown Russet Potatoes

3<sup>98</sup>

10lb/4.54kg

BC Grown Organic  
Coronation Grapes

6<sup>98</sup>

2 Litre Pack

BC Grown Organic  
Prune Plums

4.37/kg

1<sup>98</sup>

/lb

BC Grown Organic Gold &  
Red Bunch Beets from Myers  
Organic Farm

2 for  
5<sup>00</sup>

# MEAT

Local Pork Tenderloin

Raised Without Antibiotics

19.82/kg

8<sup>99</sup>  
/lb

Local 100% Grass Fed  
Organic Lean Ground Beef

Value Pack

22.02/kg

9<sup>99</sup>  
/lb

Fort Hardy Pork Ribs

9<sup>99</sup>

568g

100% Grass Fed Beef Ribeye  
Steaks from Australia

Value Pack

35.25/kg

15<sup>99</sup>  
/lb

Choices' Own  
Chicken Sausages

Made In-Store

24.23/kg

10<sup>99</sup>  
/lb

Sockeye Fillets

Value Pack, Previously Frozen

35.25/kg

15<sup>99</sup>  
/lb

Large Raw Prawns

Previously Frozen

44.07/kg

19<sup>99</sup>  
/lb

Choices' Own  
Ground Chicken

Raised Without Antibiotics

24.23/kg

10<sup>99</sup>  
/lb

Salmon Burgers

Previously Frozen

6<sup>99</sup>

4 oz 2 Pack

Shrimp Skewers

Previously Frozen

37.46/kg

16<sup>99</sup>  
/lb

Breaded Chicken Cutlets

Made In-Store

19.82/kg

8<sup>99</sup>  
/lb

# GROCERY

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Smart Sweets  
Low Sugar Candy  
Assorted Varieties

**2/6<sup>00</sup>**  
50g



Clif Energy Bars  
& Clif Luna Bars  
Assorted Varieties

**10/10<sup>00</sup>**  
48g Luna & 68g Clif

Hornby Organic Energy Bars  
Assorted Varieties



**2/5<sup>00</sup>**  
70 & 80g



Good To Go Keto Bars  
Assorted Varieties

**3/5<sup>00</sup>**  
40g



Bobo's Gluten-Free  
Oat Bars & Stuff'd Bars  
Assorted Varieties

**2/4<sup>00</sup>**  
71-85g

Nature's Bakery Fig Bars  
Assorted Varieties



**4<sup>79</sup>**  
6 Pack



Lundberg  
Rice Chips  
Assorted Varieties

**2/6<sup>00</sup>**  
170g



Sahale Nut Mixes  
Assorted Varieties

**4<sup>99</sup>**  
113g



Veggie Go's Organic  
Fruit Snacks  
Assorted Varieties

**6/7<sup>00</sup>**  
12g



Laiki  
Rice Crackers  
Assorted Varieties

**2/6<sup>00</sup>**  
100g



Mary's Organic  
Gluten-Free Crackers  
Assorted Varieties

**4<sup>99</sup>**  
142-184g



Glutino Gluten-Free  
Crackers, Cookies,  
Bread & Muffins  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 5.49-8.99



Taste Nirvana  
Coconut Water  
With or Without Pulp

**2/4<sup>00</sup> 2/7<sup>00</sup>**  
280ml +deposit +eco fee 700ml +deposit +eco fee



Brew Dr. Organic  
Kombucha  
Assorted Varieties

**3/9<sup>99</sup>**  
414ml + deposit +eco fee



Rise Organic Kombucha  
Assorted Varieties

**5<sup>99</sup>**  
1L + deposit +eco fee



Halo Top  
Frozen Dessert  
Assorted Varieties

**4<sup>99</sup>**  
473ml



Whistler Glacial  
Carbonated & Spring Water

**2/5<sup>00</sup> 2/6<sup>00</sup>**  
750ml Carbonated Water +deposit +eco fee 4L Spring Water +deposit +eco fee



Rumble  
Supershake Beverages  
Assorted Varieties

**2/6<sup>00</sup>**  
330ml

# GROCERY



**Earth Balance Spreads**  
Assorted Varieties

**30% off**

assorted sizes  
Regular Retail 6.99-15.99



**Little Northern Bakehouse Gluten-Free Classic Loaves**  
Assorted Varieties

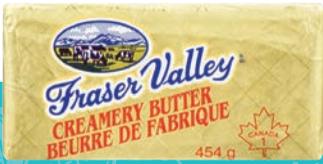
**4<sup>99</sup>**  
482g



**Dempster's Fresh Bagels**  
Assorted Varieties

**2/8<sup>00</sup>**  
6 Pack

**Fraser Valley Butter**  
Salted or Unsalted



**4<sup>99</sup>**  
454g



**Wise Bites Quinoa Bars & Muffins**  
Assorted Varieties

**6<sup>99</sup>**  
300-340g



**Caulipower CAULIFLOWER Tortillas**  
2 Varieties

**6<sup>99</sup>**  
150 & 200g

**Spread'Em Cashew Buttery Spread & Soft Almond Cheeze**  
Assorted Varieties



**6<sup>99</sup> 7<sup>99</sup>**  
227g Buttery Spread 200g Almond Cheeze

**Sunflower Kitchen Hummus & Dips**  
Assorted Varieties



**30% off**  
assorted sizes  
Regular Retail 3.99-6.99



**L'Ancetre Organic Cheese**  
Assorted Varieties

**5<sup>99</sup>**  
200g



**Shady Maple Farm Organic Maple Syrup**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 5.79-29.99



**Fatso High Performance Peanut Butter**  
Assorted Varieties

**7<sup>99</sup>**  
500g



**Armstrong Cheese Slices**  
Assorted Varieties

**4<sup>49</sup>**  
220-240g



**Silk Alternative Creamers & Beverages**  
Assorted Varieties

**2/5<sup>00</sup> 4<sup>49</sup>-4<sup>99</sup>**  
473ml Creamer 1.75-1.89L Beverages

**Daiya Mac & Cheese, Dressings, Yogurt & Burritos**  
Assorted Varieties



**30% off**  
assorted sizes  
Regular Retail 2.19-9.99



**Terra Breads Pure Crunch Granola**

**5<sup>99</sup>**  
340g



**Donia Farms Grass Fed Natural Yogurt**

**3<sup>99</sup> 9<sup>99</sup>**  
650g 1.8Kg



**Danone Natural Yogurt**  
Assorted Varieties

**3<sup>99</sup>**  
650g



**Olympic Yogurt**  
Assorted Varieties

**2/7<sup>00</sup> 2/9<sup>00</sup>**  
500g Kremas/ 650g Natural 650g Organic, Kremas, & Greek

# DELI

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## Choices' Own 4.25" Quiche

Assorted Varieties



2 for  
800

## Choices' Own Ready To Eat Green Salads

Assorted Varieties



499-  
799

## Habibi's Family Sized Hummus

Assorted Varieties



699  
450g

## Swiss Imported Emmental or Gruyere Cheese



399-  
549  
/100g

## Dolmades



399  
1 Dozen

## Tzatziki Dip



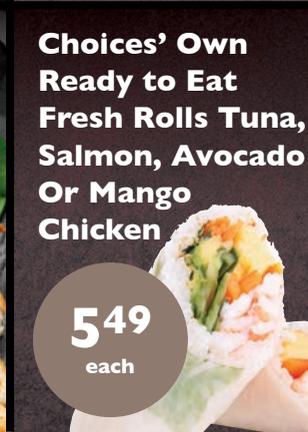
129  
/100g

## Ready to Eat & Sliced Organic Chicken or Turkey Breast



799  
150g

## Choices' Own Ready to Eat Fresh Rolls Tuna, Salmon, Avocado Or Mango Chicken



549  
each

## Bothwell Cheese

Assorted Varieties



299  
/100g

# CHOICES' OWN FRESHLY BAKED GOODS

## Gourmet Cakes

Including New! Kalamansi Mousse Cake

4 Varieties



1699  
400-600g

## Cookies

Assorted Varieties



499  
12 Pack

## Mini Muffins

4 Varieties



299  
130g

# Brave Face Organic Reusable Face Masks

Assorted Colours  
Style: Fraser & Skeena

Protect yourself and your children while also being environmentally friendly and socially responsible. These double layer organic cotton masks are Canadian made and also come in a reusable bag.

1099-  
1199

See In-Store for  
Other Styles On Deal!



# GROCERY

Gardein Frozen Meatless Products



Assorted Varieties

**3<sup>99</sup>** **4<sup>99</sup>**  
190-390g Bags 241g Bowls

Green Cuisine Frozen Burgers, Tempeh & Wheat Cutlets



Assorted Varieties

**2<sup>99</sup>** **3<sup>99</sup>**  
170-227g Tempeh/Burgers 225g Wheat Cutlets

Yves Veggie Slices & Ground Round



Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 3.59-4.99

Rao's Homemade Pasta Sauce



Assorted Varieties

**8<sup>99</sup>**  
680ml

Earth's Choice Organic Beans



Assorted Varieties

**2/4<sup>50</sup>**  
398ml

Sprague Organic Soup



Assorted Varieties

**2/6<sup>00</sup>**  
398ml

Berio Extra Virgin Olive Oil



Assorted Varieties

**7<sup>99</sup>** **10<sup>99</sup>**  
250ml Organic 750ml Conventional

Nutiva Organic Virgin Coconut Oil



Assorted Varieties

**7<sup>99</sup>** **12<sup>99</sup>**  
444ml 860ml

V.I.P. Hand Sanitizer Gel



Assorted Varieties

**5<sup>99</sup>**  
320ml

Vitality Vitamins & Supplements



Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 22.99-74.99

# WELLNESS

Iron Vegan Sprouted Protein & Supplements



Assorted Varieties  
**See In-store for more Iron Vegan Products On Sale!**

**20% off**  
assorted sizes  
Regular Retail 3.49-40.99

Mineral Fusion Natural Cosmetics, Nail Polish & Hair Care



Assorted Varieties

**Buy One Get One Free**  
assorted sizes

Thayer's Witch Hazel & Slippery Elm Lozenges



Assorted Varieties

**11<sup>99</sup>** **13<sup>99</sup>**  
340ml Witch Hazel 150 Pack Slippery Elm Lozenges

Vega One All-in-One Nutritional Shakes & Chlorella Supplements



Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 3.99-64.99

Prairie Naturals Vitamins, Supplements or Body Care Products



Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 1.89-79.99

NOW Essential Oils



Regular, Organic, & Blends  
Select Varieties

**20% off**  
assorted sizes  
Regular Retail 7.49-77.99

BioSil, Medi-C, Sealicious and Vegiday Vitamins & Supplements



Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 10.99-75.99

Natural Factors CurcuminRich Theracurmin



Select Varieties

**20% off**  
assorted sizes  
Regular Retail 15.49-80.99

Organic Traditions Superfoods



Select Varieties

**20% off**  
assorted sizes  
Regular Retail 10.29-37.99

Alba Botanica Face, Body Care & Sunscreen



Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 8.79-21.99



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**Kerrisdale** - 1888 W 57th Ave, Vancouver  
**Yaletown** - 1202 Richards St, Vancouver  
**Cambie** - 3493 Cambie St, Vancouver  
**Kitsilano** - 2627 W 16th Ave, Vancouver  
**Commercial Drive** - 1045 Commercial Dr, Vancouver

**North Vancouver** - 801 Marine Dr, North Vancouver  
**South Surrey** - 3248 King George Blvd, Surrey  
**Burnaby Crest** - 8683 10th Ave, Burnaby  
**Abbotsford** - 3033 Immel St, Abbotsford  
**Kelowna** - 1937 Harvey Ave, Kelowna

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.