



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

100%
Grass Fed
Beef Sirloin
Tip Steaks
from Australia

Value Pack

699/lb
15.41kg

Choices' Own Pasta Entrées

Assorted Varieties

**699-
799**

**NEW! Choices' Own Eggplant
Parmesan & Chicken Parmesan**

219
/100g
Eggplant

599
Chicken

**BC Grown Organic Bell Peppers
from Lina's Garden in Cawston**

Orange, Red, Yellow & Purple
10.98/kg

498
/lb

**Fair Trade Organic Hass
Avocados from Prager
Co-op in Mexico**

198
each

Choices' Own Sourdough Bread

Using our Own 25+ Year Starter

499
530g

**Bremner's Organic Frozen
Berry Blend or Blueberries**



1699
1.5kg

Maple Hill Free Range Large Eggs



479
1 Dozen

**NutraSea Omega-3
& Omega-3 & Vitamin D,
& HP Fish Oil**

Select Varieties



20% off
assorted sizes
Regular Retail 23.99-99.99

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

Prices Effective
October 15 - 21, 2020.

PRODUCE

BC Grown Organic Ambrosia Apples from Clapping Chimp in Cawston
5⁹⁸
 1.36kg Bag

Black Seedless Moon Drop Grapes
2⁹⁸
 /lb
 6.57/kg

BC Grown Yukon Gold Potatoes

3⁹⁸
 2.27kg Bag

Organic Broccolini Bunches

3⁹⁸
 Bunch

MEAT

Harvest Bacon

12⁴⁹
 500g

Local Pork Boneless Butt Roasts
 Raised Without Antibiotics
13.21/kg

5⁹⁹
 /lb

New Zealand Lamb Loin Chops
30.84/kg

13⁹⁹
 /lb

Ocean Mama Organic Black Tiger Shrimp Ezi Peel

11⁹⁹
 285g

100% Grass Fed Beef Meatballs
 Made In-Store **17.61/kg**

7⁹⁹
 /lb

Local Duck Legs
26.43/kg

11⁹⁹
 /lb

Fresh BC Halibut Fillets
66.12/kg

29⁹⁹
 /lb

Organic Boneless Skinless Chicken Breasts
30.84/kg

13⁹⁹
 /lb

Choices Whole Chickens
 Raised Without Antibiotics
8.80/kg

Fresh BC Steelhead
 Value Pack
37.46/kg

16⁹⁹
 /lb

Stuffed Chicken Cordons
 Assorted Flavours

3⁹⁹
 each

3⁹⁹
 /lb

GROCERY

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Imagine Organic Soup
Assorted Varieties

4.49
946ml-1L



Di Martino Pasta
Assorted Varieties

2/5.00
500g



Choices Organic Canned Beans
Assorted Varieties

2/3.00
398ml

Udi's Gluten-Free Frozen Bread, Pizza, Buns & Pasta Products
Assorted Varieties



30% off
assorted sizes
Regular Retail 4.99-8.99



Queen St. Bakery
Bread, Buns, Loafs,
Pizza Dough & Bunlets
Assorted Varieties

3.99-5.99
assorted sizes



Daiya Plant Based Frozen Pizza
Assorted Varieties

6.99
444-550g

Gusta Vegan Sausages & Seitan
Roasts
Assorted Varieties



4.99 5.99
350g Sausages 400g Roasts



Thai Kitchen Coconut Milk
Light & Regular

2/5.00 2/7.00
400ml 750ml



Navitas Organic Superfood Products
Select Varieties

30% off
113-227g
Regular Retail 8.99-14.99



Spectrum Cooking Oil
Assorted Varieties

30% off
assorted sizes
Regular Retail 9.49-27.49



Simply Organic Bottled Spices
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.99-22.99



Chosen Avocado Oil Salad Dressings & Mayonnaise
Assorted Varieties

5.99 9.99
237ml Dressings 355ml Mayonnaise



Happy Planet Smoothies
Assorted Varieties

3.99
900ml • +deposit +eco fee



Happy Planet Organic Fresh Juice
Assorted Varieties

3.99-4.99
1.75L-1.89L • +deposit +eco fee



Blue Monkey Coconut Milk or Watermelon Juice

3.99
1L • +deposit +eco fee



MaraNatha Nut Butter
Assorted Varieties

30% off
340-500g
Regular Retail 9.49-14.49

Patisserie Lebeau Frozen Waffles
Assorted Varieties



3.99
300g



Nuts to You Almond Butter
Crunchy & Smooth

15.99
735g

GROCERY

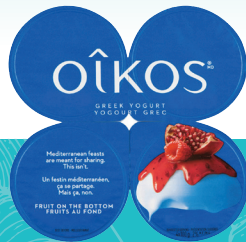
Olympic Yogurt



Assorted Varieties

7⁹⁹-9⁹⁹
1.75kg

Danone Oikos Greek Yogurt



Assorted Varieties

2/7⁰⁰
4 Pack

Riviera Coconut Milk Yogurt & Kefir



Select Varieties

4⁹⁹
assorted sizes



Choices Organic Milk

1%, 2%, Skim & 3.8%

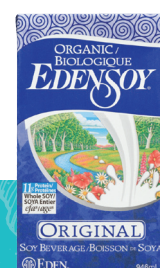
4⁹⁹ 5¹⁹
2L 1%, 2% & Skim 2L 3.8%



Natur-A Beverages

Select Varieties

2/5⁰⁰
946ml



Eden Edensoy Organic Soy Beverages

Sweetened & Unsweetened

2/7⁰⁰
946ml

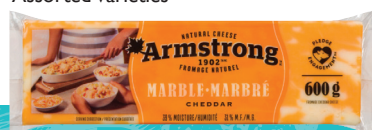
Olympic Organic Sour Cream



3⁴⁹
500ml

Armstrong Cheese

Assorted Varieties



9⁹⁹
600g

Choices Organic Cheese



Assorted Varieties

6⁹⁹
235g

Nature's Farm Free Run Omega-3 Large Eggs



7⁴⁹
18 Pack



Nature's Path Organic Hot Cereal

Assorted Varieties

3⁹⁹-4⁹⁹
6 & 8 Pack

Camino Organic Fair Trade Hot Chocolate



Assorted Varieties

5⁹⁹
275-336g



Equal Exchange Organic Fair Trade Tea

Assorted Varieties

3⁹⁹
28-40g



Organic India Teas

Assorted Varieties

5⁹⁹
18 Pack



Mighty Leaf Artisan Tea

Assorted Varieties

7⁹⁹
15 Tea Bags



Frog Friendly Rainforest Alliance Certified Coffee Beans

Assorted Varieties

11⁹⁹
340g



Seventh Generation Natural Hand Wash

Assorted Varieties

4⁹⁹
354ml



Cascades Fluff Enviro & Ultra Fluff Bathroom Tissue

6⁹⁹
8 Pack

DELI

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Krinos
Spinach & Feta
or Ricotta &
Feta Twisters

**2 for
500**

Woolwich
Goat Cheese
Toppers

649
170g

Choices' Own
Ready to Eat
Wraps

Assorted Varieties

**749-
799**

Woolwich Goat Brie
or Triple Cream Brie Cheese

**699-
999**

Sausage Rolls
Beef or Turkey

**2 for
400**

Choices' Own
Egg Muffins

Assorted Varieties

**2 for
300**

Cathedral City
Mature or
Extra Mature
Cheddar Cheese

799
each

Italian Grana
Padano Cheese
Wedges

399
/100g

CHOICES' OWN FRESHLY BAKED GOODS

Mini Muffins
Assorted Varieties

299
4 Pack

Multi-Pack
Cookies

499
12 Pack

Keto Desserts:
Chocolate Mousse
& Chocolate
Coconut Fat Bombs

299
90g
Mousse

749
6 Pack
Bombs

Gourmet Cakes

4 Varieties Including
Kalamansi Mousse Cake

1699
400-600g

HAPPY ANNIVERSARY ABBOTSFORD

3033 Immel St, Abbotsford location **ONLY**.

10% OFF

**Saturday,
October 17th**

THE ENTIRE STORE, **INCLUDING SALE ITEMS**

Anniversary sale is only available at Abbotsford Location.

GROCERY



**Barbara's
Cheez Puffs**
Assorted Varieties

2/5⁰⁰
155-198g

**Hot Kid Rice Crisps & Want
Want Super Slim Crisps**
Assorted Varieties



2/5⁰⁰ 2/6⁰⁰
100g Hot Kid 100g Want Want

**Hippie Snacks Avocado
& Cauliflower Crisps**

Assorted Varieties



3⁹⁹
70g

Boulder Canyon

Potato Chips
Assorted Varieties



2/5⁰⁰
128-142g

Paqui Tortilla Chips

Assorted Varieties



2/7⁰⁰
155g

**Schär Gluten-Free
Cookies
& Crackers**

Assorted Varieties



30% off
150-210g
Regular Retail 5.99-8.99

Simply Protein Bars

Assorted Varieties



2/4⁰⁰
40g

Endangered Species

**Fair Trade
Chocolate Bars**

Assorted Varieties



2/6⁰⁰
85g

Island Farms Ice Cream

Assorted
Varieties



4⁹⁹-5⁹⁹
1.65L

So Delicious Frozen

Dessert

Assorted Varieties



4⁹⁹
500ml

WELLNESS

SUPPORTS IMMUNE HEALTH!



**Genuine Health
Advanced Gut
Health Probiotics**
Assorted Varieties

20% off
assorted sizes
Regular Retail 26.99-87.99



**Prairie Naturals
Vitamin D
& Citrus Soother**

9⁹⁹ 16⁹⁹ 22⁹⁹
15ml Liquid D Drops 500 Capsules 150g Citrus Soother



**A.Vogel Echinaforce
Throat Spray,
Tincture & Tablets**
Assorted Varieties

20% off
assorted sizes • Regular Retail 14.79-51.99



**AOR Vitamins
& Supplements**
Assorted Varieties

20% off
assorted sizes • Regular Retail 29.99-124.99



**withinUs
TruMarine
Collagen**
Assorted Varieties

42⁹⁹ 62⁹⁹
20 Pack 250g



**Sisu
Multivitamins**
Assorted Varieties

25% off
assorted sizes
Regular Retail 31.99-57.99



**Soap Works
Bar Soap**
Select Varieties

3/4⁹⁸
Bars



**Omega Nutrition
Organic
Pumpkin Seed
Protein Powder**

22⁹⁹
600g



**Avalon Organics
Hair, Face & Body
Care Products**
Assorted Varieties

25% off
assorted sizes
Regular Retail 9.99-31.99



**Viva Naturals
Organic
Face Care**
Assorted Varieties

20% off
assorted sizes
Regular Retail 9.99-52.99



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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.