



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

100%
Grass Fed
Beef Sirloin
Tip Steaks
from Australia

Value Pack

6.99/lb
15.41kg

Choices' Own Pasta Entrées

Assorted Varieties

**6.99-
7.99**

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

2.19
/100g
Eggplant

5.99
Chicken

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

Orange, Red, Yellow & Purple
10.98/kg

4.98
/lb

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

1.98
each

Choices' Own Sourdough Bread

Using our Own 25+ Year Starter

4.99
530g

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



16.99
1.5kg

Maple Hill Free Range Large Eggs



4.79
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

6.57/kg

2⁹⁸
/lb

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%

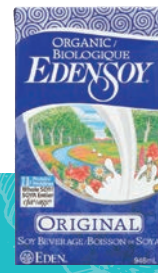
Natur-A Beverages



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.