



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED



Local
100% Grass
Fed Lean
Ground Beef
Value Pack
899/lb
19.82kg



Farmcrest Non-GMO
Roasted Chickens

1399
each



BC Grown Red Grape
Tomatoes from Windset
Farms in Delta

298
1 Pint
Package



BC Grown Organic Bartlett
Pears from Nature's
First Fruit in Cawston

4.37/kg

198
/lb



Choices' Own Fresh Soup

599
650ml



Field Roast Vegan Sausages,
Frankfurters & Chao Slices

Assorted Varieties

499
200g
Chao Slices

599
Assorted Sizes
Frankfurters & Sausages



Amy's Organic Frozen Pizza

Assorted Varieties



699-899
340-403g



New Roots
Vitamins &
Supplements

Assorted Varieties

All
Products
on Sale!

20% off
assorted sizes
Regular Retail 1.79-114.99



Andalou Naturals
& CanaCell
Face & Body
Care Products

Select Varieties

All
Products
on Sale!

35% off
assorted sizes
Regular Retail 2.99-41.99



Choices' Own Famous
Halloween Goodies!

Halloween Cupcakes, Mummy Cookie,
Bat Cookie, & Pumpkin from the
Patch Cookies

179-349
Halloween
Cookies

539
Halloween
Cupcakes

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

Prices Effective
October 22 - 28, 2020.

PRODUCE

**Organic Lemons Imported
from Mexico**

3⁹⁸

907g
Package



**Organic Bunch Celery
Imported**

**1⁴⁸
/lb**

3.26/kg



**Organic Large
Pomegranates Imported
from California**

3⁹⁸

each



**Gold Pineapples
from Costa Rica**

2⁹⁸

each



MEAT

**Local Boneless Skinless
Chicken Breasts**

Raised Without Antibiotics
Value Pack

24.23/kg

**10⁹⁹
/lb**



**Local Organic
Chicken Wings**

15.41/kg

**6⁹⁹
/lb**



Butterfly Chicken

Made In-Store

9⁹⁹

each



**100% Grass Fed Ribeye
Steaks from Australia**

Value Pack
35.25/kg

**15⁹⁹
/lb**



Soup etc!

**2 for
10⁰⁰**

700ml



Local Bacon

No Nitrates Added
24.23/kg

**10⁹⁹
/lb**



Sablefish Fillets

Previously Frozen
52.89/kg

**23⁹⁹
/lb**



**Pinty's Eat Well
Breaded Chicken**

Assorted Varieties

13⁹⁹

810g



GROCERY

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October 22 - 28, 2020.



Eve's Sunflower Crackers
Assorted Varieties

5⁹⁹
108g

Lesley Stowe Raincoat Crisps
Assorted Varieties



4⁹⁹ 150g



Schär Gluten-Free Cookies & Crackers
Assorted Varieties

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



Old Dutch Restaurant Chips & Salsa
Assorted Varieties

2/7⁰⁰
assorted sizes



Que Pasa Organic Flavoured Tortilla Chips
Assorted Varieties

2/6⁰⁰
156g



Choices Gourmet Salsa
Assorted Varieties

5⁹⁹
750ml



Covered Bridge Potato Chips
Assorted Varieties

2/5⁰⁰
142-170g



Green & Black's Organic Fair Trade Chocolate Bars
Assorted Varieties

2/7⁰⁰
90g



Whittaker's Chocolate Bars
Assorted Varieties

4⁴⁹
200-220g



YumEarth Organic Candies & Fruit Pops
Assorted Varieties

4⁹⁹ 8⁹⁹
assorted sizes Candies
assorted sizes Fruit Pops



Prana Organic Nut Mixes
Assorted Varieties

30% off
assorted sizes
Regular Retail 2.49-8.99



Righteous Gelato
Assorted Varieties

6⁹⁹
562ml



Elias Creamed, Liquid & Raw Honey
Assorted Varieties

5⁹⁹ 6⁹⁹
500g Creamed & Liquid
500g Raw



Canadian Heritage Organic Maple Syrup
Assorted Varieties

2⁰⁹
1L

Cuisine Camino Organic Baking Chocolate, Brown Sugar &



Cocoa Powder
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-9.99



Nuts to You Organic Almond Butter
Select Varieties

11⁹⁹
365g



Nuts to You Organic Pumpkin Seed, Sunflower Seed Butter & Sesame Tahini

5⁹⁹ 6⁹⁹
250g Pumpkin Seed
500g Sunflower
500g Tahini



Bob's Red Mill Almond Flour & Coconut Flour

4⁹⁹ 10⁹⁹
453g Coconut Flour
453g Almond Flour

GROCERY



Tree Island
Cream Top Yogurt
Assorted Varieties

3⁹⁹
500g



Danone YoPro
Skyr Yogurt
Assorted Varieties

4⁹⁹ 2/7⁰⁰
500g 2 Pack



Avalon Organic
Probiotic Yogurt
Assorted Varieties

3⁹⁹ 8⁹⁹
650g 1.75kg



Silk Dairy-Free
Beverages & Creamers
Assorted Varieties

2/5⁰⁰ 4⁴⁹
473ml Creamers 1.89L Beverages



Blue Diamond Almond
Breeze Beverages
Assorted Varieties

3⁹⁹
1.89L



Greenhouse Organic
Oat & Almond Beverages
Assorted Varieties

6⁹⁹
946ml • +deposit +eco fee



Level Ground Organic
Fair Trade Coffee, Tea,
Dried Fruit & Spices
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.49-16.99



Traditional Medicinals
Herbal Tea
Select Varieties

4⁴⁹
20 Tea Bags



GT's Organic
Raw Kombucha
Assorted Varieties

7⁹⁹
1.4L • +deposit +eco fee



L'Ancetre
Organic Cheese
Assorted Varieties

8⁴⁹
325g



Daiya Dairy-Free Cheese Shreds,
Slices & Blocks
Assorted Varieties

2/7⁰⁰
200-227g



Spread'em Vegan Cashew Based
Spreads & Dips
Assorted Varieties

5⁹⁹-6⁹⁹
183g



Tofutti Dairy-Free Sour Cream
Spreads & Cheese Slices
Assorted Varieties

2/6⁰⁰
227-340g



Saputo Lite
Mozzarellissima
Cheese

5⁹⁹
454g



Dairyland
Sour Cream

3⁴⁹
750ml



Bremner's
Frozen Fruit
Select Varieties

3⁹⁹-6⁹⁹
300-600g



Earthbound Farm
Organic Frozen
Fruit & Vegetables
Assorted Varieties

2/6⁰⁰ 2/8⁰⁰
300-400g Vegetables 300g Fruit



Green Organic Frozen Vegetables
Assorted Varieties

2/6⁰⁰
500g

Choices' Own Fall Favourite Side Dishes:

Winter Root
Vegetables

Green
Beans

Mashed
Potatoes

Brussel Sprouts or
Winter Butternut Squash

149
/100g

199
/100g

119
/100g

229
/100g

Choices' Own Hummus

Assorted Varieties

399
250g

Imported Swiss
Emmental,
Gruyere or Cave
Aged Gruyere

**429-
599**
/100g

Beef Wellington

Individual Portions Baked In-Store

799
215g

Choices' Own
Breakfast
Parfaits, Bagels
& English Muffins

**2 for
600**

Choices' Own
Pot Pies

Chicken or Beef

549
260g

Caciocavallo
Cheese

Smoked or Regular

249
/100g

CHOICES' OWN FRESHLY BAKED GOODS

Garlic Bread

Made with Roasted Garlic Butter

399
320g

Party Size Cakes

Carrot, Ganache, Decadent & Tuxedo

1199
600g

Keto Puddings

Assorted varieties

329
150g

Morning Glory Vegan Muffins

349
Mini 4 Pack

549
Regular
4 Pack

Haunted House Cancellations

For many years, we've had the pleasure of inviting kids, parents, ghosts, goblins and other assorted ghouls into our Kerrisdale and Burnaby Crest stores to enjoy some much needed spooks on Halloween. It is with heavy heart that we must regretfully cancel our annual haunted house tradition due to safety concerns surrounding COVID-19. These haunted houses have always been amazing community events that truly bring the neighbourhood together for a fun night and we are sad to see them go. We hope that you will be able to enjoy a spooky Halloween Eve without us this year, but most importantly, a SAFE ONE.

GROCERY



Rustichella Pasta
Select Varieties

4⁹⁹ 500g



San Zenone Organic Corn & Quinoa Pasta
Assorted Varieties

2⁴⁹-2⁹⁹ 340g



Choices Gourmet Small Batch Pasta Sauce
Assorted Varieties

6⁹⁹ 750ml



Primal Kitchen Salad Dressings, Pasta Sauces & Condiments
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.59-19.99



Spectrum Eggless & Organic Soy Mayonnaise

3⁴⁹ 473ml
Eggless Mayonnaise

4⁹⁹ 473ml
Soy Mayonnaise



Casa Fiesta Mexican Products
Assorted Varieties

30% off
assorted sizes
Regular Retail 1.99-6.49



Amy's Organic Canned Soup
Assorted Varieties

2/6⁰⁰ 398ml



Imagine Organic Broth
Assorted Varieties

3⁷⁹ 946ml



Silver Hills Sprouted Power Buns
Assorted Varieties

3⁹⁹ 330 & 520g



Love Child Organic Baby Food Purées
Assorted Varieties

2/3⁰⁰ 128ml

WELLNESS

SUPPORTS IMMUNE HEALTH!

Joy of the Mountains Oil of Oregano



12⁹⁹ 10ml
27⁹⁹ 30ml

Boiron Homeopathic Cough & Cold Remedies
Select Varieties



20% off
assorted sizes •
Regular Retail 11.99-17.49

Harmonic Arts Superfood Elixirs & Dual Extract Mushrooms
Assorted Varieties



25% off
assorted sizes
Regular Retail 26.99-65.99

Bio-K Plus Probiotics
Assorted Varieties



20% off
assorted sizes • Regular Retail 4.99-56.99

All Products on Sale!

All Vega One, Vega Sport & Vega Vitamins & Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 1.19-64.99

Genuine Health Kids Vitamins & Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 22.99-27.49

withinUs Matcha Misto, Coconut Creamer & Rehydrate
Assorted Varieties



20% off
assorted sizes
Regular Retail 26.99-69.99

New Chapter Vitamins & Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 25.99-87.99

All Products on Sale!

Jason Naturals Body, Hair & Oral Care
Assorted Varieties



20% off
assorted sizes
Regular Retail 6.99-16.99

Smart Solutions Lorna Vanderhaeghe Vitamins & Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 1.49-96.99

All Products on Sale!



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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.