



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED



**100%
Grass Fed
Beef Sirloin
Tip Steaks**
Value Pack
799/lb
17.61kg



Rosdawn Roasted Chickens

899
each



Fresh Steelhead Fillets

Value Pack
37.46/kg

1699
/lb



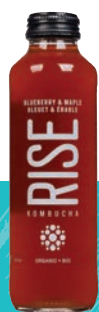
**BC Grown Hot House
Mix Colour Peppers**

498
907g



BC Grown Bunch Carrots

**2 for
300**
Bunch



Rise Organic Kombucha
Assorted Varieties

2/600
414ml • +deposit +eco fee

**Daiya Dairy-Free Mac & Cheese,
Dressings, Yogurts, Burritos, Frozen
Desserts & Sauce**
Assorted Varieties



30% off
assorted sizes
Regular: Retail 2.19-9.99



**Vega One All-in-One
Nutritional Shakes**
Assorted Varieties

4699 20% off
827-876g
Shakes
All Other Vega One Protein Powders
Regular Retail 3.99-64.99



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

20% off
assorted sizes
Regular Retail 23.99-99.99

Choices' Own Artisan Bread!

**Beer Bread, Cheese & Mixed Olive
Fougasse, Rosemary Sea Salt Spring
Sourdough, Purple Yam & Chia Boule &
Caramelized Onion & Rosemary Focaccia**



499
300 & 340g

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

Prices Effective
November 12- 18, 2020.

PRODUCE



BC Grown Fuji Apples
2.16/kg

.98
/lb



Organic Cauliflower
from California

4.98
each



**Organic Green & Red
Seedless Grapes**
from California

8.77/kg

3.98
/lb



Organic Navel Oranges
from California

9.98
1.81 kg Bag

MEAT



**Local Choices Sliced
Turkey Breast**
Raised Without Antibiotics

24.23/kg

10.99
/lb



**Thomas Reid Whole
Organic Chickens**

13.21/kg

5.99
/lb



**Local Boneless
Pork Butt Roast**

13.21/kg

5.99
/lb



Arctic Char Fillets
from Mission, BC

44.07/kg

19.99
/lb



**Grimm's
Sliced Meats**

4.49
125-175g



**100% Grass Fed
Beef Meatballs**
Made In-Store

17.61/kg

7.99
/lb



Aussie Pie Guy Meat Pies

6.99
each



NEW! Greenfield Products:
Bacon, Wieners & Sliced Deli Meat
Raised Without Antibiotics

15% OFF

GROCERY

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Rao's Homemade Pasta Sauce
Assorted Varieties

8⁹⁹
680ml

Rizopia Brown Rice Pasta Regular & Gluten-Free & Quinoa Gluten-Free Pasta
Assorted Varieties



2²⁹-3²⁹
assorted sizes



Khazana Organic Ready To Eat Meals & Simmer Sauces
Assorted Varieties

3⁹⁹ 5⁴⁹
284g Meals 360g Simmer Sauces



Earth's Choice Organic Tomatoes
Assorted Varieties

2/6⁰⁰ 3⁹⁹
398ml 796ml



Muir Glen Organic Fire Roasted Canned Tomatoes
Diced or Crushed

2/7⁰⁰
796ml



Nando's Peri-Peri Sauce & Perinaise Sauce
Assorted Varieties

4⁴⁹-5⁹⁹
250 & 255ml



Better Than Bouillon Base
Assorted Varieties

30% off
227g
Regular Retail 9.49-12.29



Imagine Organic Broths
Select Varieties

3⁹⁹
946ml



Silver Hills Sprouted Power Fresh Bread
Assorted Varieties

2/8⁰⁰
430-615g



Kiju Organic Juice
Assorted Varieties

2/5⁰⁰
1L • +deposit +eco fee



Good Drink Lemonade & Iced Tea
Assorted Varieties

2/4⁰⁰
473ml • +deposit +eco fee



Happy Planet Smoothies
Assorted Varieties

3⁹⁹
900ml • +deposit +eco fee

TMRW Plant Based Burger



5⁹⁹
226g

Beyond Meat Plant Based Burger & Ground Beef



5⁹⁹ 7⁹⁹
226g Burger 340g Ground

Caulipower Frozen Pizza



Assorted Varieties

7⁹⁹
330g & 340g



AspenClean Household Cleaning Products & Dish Soap
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.39-24.99



Organic Meadow Cheese Sticks
Mild Cheddar or Mozzarella

5⁹⁹
168g



Saputo Shredded Cheese
Assorted Varieties

3⁹⁹ 5⁴⁹
170g 320g

GROCERY

Maple Hill Free Range Large Eggs



4.49
1 Dozen

Fraser Valley Creamery Butter Salted or Unsalted



5.49
454g



Happy Planet Organic Grass Fed Milk

5.49 **5.69**
1.5L 2% 1.5L 3.5%

Yoso Dairy-Free Coconut & Almond Based Yogurt Assorted Varieties



3.99 **4.99**
440g Coconut 440g Almond



Silk True Almond Beverages Select Varieties

2/5.00
946ml



Prana Organic Chia Seeds Assorted Varieties

5.99
200-300g



The Granola King Gourmet Granola Select Varieties

22.99
2kg



Anita's Organic Morning Rush Cereals, Baking & Pancake Mixes Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-14.49



Second Spring Baking Mixes Assorted Varieties

5.49
228-488g



Shady Maple Organic Maple Syrup, Sugar & Cookies Assorted Varieties

30% off
assorted sizes
Regular Retail 5.79-29.99



Liva Date Sugar

12.99
400g



Swerve Sugar Alternatives Assorted Varieties

7.99
340g

Capilano Organic Honey & Barnes Naturals Apple Cider Vinegar Assorted Varieties



30% off
assorted sizes
Regular Retail 5.99-15.99



Ethical Bean Organic Fair Trade Coffee Assorted Varieties

6.99 **9.99**
227g Ground 340g Whole Bean



Stash Organic Tea Assorted Varieties

4.49
18 Tea Bags

Nature's Nuts Organic Peanut Butter & Organic Almond Butter Assorted Varieties



4.99 **11.99**
500g Peanut Butter 340g Almond



Crofter's Organic Fruit Spread Assorted Varieties

2/6.00
235ml



Earth's Choice Organic Peanut Butter Assorted Varieties

5.49
500g

DELI

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Choices Hot Vegan, Turkey or Beef Chili

3⁹⁹

Small

5⁹⁹

Medium

9⁹⁹

Large

Choices Pasta Entrées

**6⁹⁹-
7⁹⁹**

ILE De France Brie Cheese

3⁹⁹

/100g

Imported Swiss Emmental, Gruyere or Cave Aged Gruyere

**4⁴⁹-
5⁹⁹**

/100g

Choices Dinner Side Dishes Potato or Vegetable

**1¹⁹-
2²⁹**

/100g

Choices Bean Dips

4⁹⁹

250g

Local Smoked Turkey Breast

2⁹⁹

/100g

Grated Parmesan Cheese

3⁹⁹

/100g

Saputo Fresh Mozzarella Fresca Cheese

4⁹⁹

190g

CHOICES' OWN FRESHLY BAKED GOODS

Mini Muffins

Assorted Varieties



2⁹⁹

130g

Alternative Flour Desserts:

Paleo Fudgy Brownies &
Alternative Flour Carrot Cake



3⁹⁹

180g
Carrot
Cake

4⁹⁹

200g
Brownies

Keto Desserts:

Low Carb Chocolate Mousse &
Chocolate Coconut Fat Bombs



7⁴⁹

130g
Fat Bombs

2⁹⁹

90g
Mousse

RESPECT OTHERS AND WEAR A MASK

BRAVE FACE ORGANIC COTTON REUSABLE FACE MASKS

Adult & Children, 3 Varieties to choose from
Assorted Sizes, Assorted Colours

Canadian Made

**15%
OFF**



GROCERY



La Cocina
Tortilla Chips
Original or Fiesta

2/7⁰⁰
300 & 400g



Boulder
Canyon
Potato Chips
Assorted Varieties

2/5⁰⁰
128 & 142g



Old Dutch
Potato Chips
Assorted Varieties

2/6⁰⁰
assorted sizes



Angie's Boomchickapop
Assorted Varieties

2/7⁹⁸
125-142g

Nairn's Oatcakes,
Crackers & Cookies



Assorted
Varieties

3⁹⁹-4⁹⁹
200-250g



Tate's Gourmet
Cookies
Assorted Varieties

5⁹⁹
198g

Jack's Paleo Kitchen
Cookies & Bites



Assorted Varieties

6⁴⁹
assorted sizes



Plum-M-Good
Organic
Rice Thins
Assorted Varieties

2/5⁰⁰
95g



Alter Eco
Organic Fair Trade
Chocolate Bars
Assorted Varieties

2/7⁰⁰
75 & 80g



Camino Organic
Fair Trade
Chocolate Bars
Assorted Varieties

2/7⁰⁰
80 & 100g

WELLNESS

Smart Solutions Lorna
Vanderhaeg
Hormonal Support
Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 19.49-96.99

Natracare Natural Feminine
Hygiene Products
Assorted Varieties



20% off
assorted sizes
Regular Retail 3.79-8.49



Love Good
Fats Shakes
Chocolate or Vanilla

24⁹⁹
400g



Botanica
Organic Herbal
Phytocaps
Assorted Varieties

25% off
assorted sizes
Regular Retail 31.99-82.99

Martin & Pleasant Ki
Immune, Cold &
Flu & Harmony
Supplements
Assorted Varieties



25% off
assorted sizes
Regular Retail 15.49-44.99



Dr. Hauschka
Facial Care
Assorted Varieties

25% off
assorted sizes
Regular Retail 7.49-85.99



Organic
Traditions
Superfoods
Assorted Varieties

15% off
assorted sizes
Regular Retail 10.29-35.99



Genuine Health
Greens+
Superfoods Powder
Assorted Varieties

20% off
assorted sizes
Regular Retail 29.99-129.99



Dr. Bronner's
Non-GMO Organic
Castile Soap
Assorted Varieties

11⁴⁹ | 19⁹⁹
472ml 710ml Body Soap



New Chapter
Multivitamins
Mens & Womens
Assorted Varieties

20% off
assorted sizes
Regular Retail 39.99-87.99



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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.