



HEALTHY START!

100% BC OWNED AND OPERATED

Ketoplex Keto Nutrition & Weight Loss Supplements



Assorted Varieties
Assorted Sizes

Regular Retail 37.99-42.99

25%
off

Platinum Naturals Vitamin D3 & Oregano 8 Supplements



Assorted Varieties
Assorted Sizes

Regular Retail 9.79-49.99

20%
off

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



Select Varieties
Assorted Sizes

Regular Retail 23.99-99.99

20%
off

Garden of Life Proteins & mykind Organics Vitamins & Supplements



Assorted Varieties
Assorted Sizes

Regular Retail 12.99-68.99

20%
off

Wild Rose Herbal D-Tox Kit & Liver D-Tox Kit



37⁹⁹
1 Kit Herbal
D-Tox

42⁹⁹
1 Kit Liver
D-Tox

Organika Enhanced Collagen and Organika Collagen & Gelatin Supplements



33⁴⁹
500g

30%
off
Supplements

BC Grown Organic Red, Russet & Yellow Potatoes from Fraserland Farm in Delta



4⁹⁸
2.27kg Bag

Fair Trade Organic Lemons Imported from Mexico



4⁹⁸
907g Bag

Cameo and Tango Cherry Tomatoes Imported



2⁹⁸
1 Pint

Blue Jay Brand Navel Oranges from USA

3.26/kg



1⁴⁸
/lb

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

Prices Effective
December 31 - January 6, 2021.

PRODUCE

BC Grown Organic Juice Carrots
from Fountainview Farm in Lillooet

24⁹⁸
11.34kg
Bag

Organic Green, Rainbow and Red Chard
Imported from USA

**2 for
500**
Bunch

MEAT

Pork Tenderloin

Raised Without Antibiotics
19.82/kg

Local!

8⁹⁹
/lb

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

Value Pack
35.25/kg

15⁹⁹
/lb

**Thomas Reid Whole
Organic Chickens**

13.21/kg

Local!

5⁹⁹
/lb

**Boneless Skinless
Chicken Breasts**

Value Pack 15.41/kg

Local!

6⁹⁹
/lb

**Lamb Loin Chops 100%
Grass Fed from New Zealand**
Raised Without Antibiotics

30.84/kg

13⁹⁹
/lb

Fresh Steelhead Fillets

Value Pack 37.46/kg

Local!

16⁹⁹
/lb

Halibut Fillets

Previously Frozen, Value Pack
59.50/kg

**Venison Boneless Leg
Steaks from New Zealand**
Raised Without Antibiotics

44.07/kg

19⁹⁹
/lb

**Ocean Mama
Seafood Medley**

5⁹⁹
340g

26⁹⁹
/lb

GROCERY

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**Nuts to You
Almond Butter**
Select Varieties

7⁹⁹
365g



**FATSO High Performance
Peanut Butter**
Assorted Varieties

8⁹⁹
500g



Earth Balance Vegan Spreads
Assorted Varieties

30% off
assorted sizes
Regular Retail 6.99-15.99



**Granola King
Premium Granola**
Assorted Varieties

24⁹⁹
2kg



**Earth's Own So Fresh
Oat Beverages**
Assorted Varieties

3⁹⁹
1.75L



**Bakery On Main
Oatmeal &
Gluten-Free Granola**
Assorted Varieties

5⁹⁹ 6⁹⁹
300g Oatmeal 340g Granola



**Dairyland
Organic Milk**
Assorted Varieties

8⁹⁹
4L



A2 Milk
Assorted Varieties
*A2 milk lacks the A1 protein that
can cause gastric issues in lactose
intolerant people

5⁴⁹
2L



**Silk True
Almond Beverages**
Select Varieties

2/5⁰⁰
946ml



**Commercial Drive
Organic Whole
Bean Coffee**
Assorted Varieties

9⁹⁹
300g



**STASH ORGANICS
Organic Chamomile**
Assorted Varieties

4⁴⁹
18 Tea Bags



**Equal Exchange
Organic Tea**
Assorted Varieties

3⁹⁹
28-40g

**Rolling Meadow Grass Fed Plain
Yogurt & Grass
Fed Greek Yogurt**
Assorted Varieties



2/6⁰⁰ 4⁹⁹
500g Plain 500g Greek

Danone YoPro Skyr Yogurt
Assorted Varieties



3⁹⁹ 4⁹⁹
2 Pack 500g

**iögo Nano Drinkable Yogurts &
Olympic Organic
Kids Yogurt**
Assorted Varieties



2/7⁰⁰
4 Pack or 6 Pack



**Anita's Organic
Gluten-Free, Sprouted
Flour & Pancake Mix**
Assorted Varieties

30% off
assorted sizes
Regular Retail 8.29-21.99



**Shady Maple Farms
Organic Sugar,
Syrup & Cookies**
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.79-29.99



**Wholesome
Organic Agave Syrup**
Assorted Varieties

6⁹⁹-13⁹⁹
240-900ml

GROCERY



Hardbite Avocado Oil Chips
Select Varieties

2/5⁰⁰
128-150g



La Cocina Tortilla Chips
Original or Fiesta

2/7⁰⁰
300-400g



Southern Recipe Keto Pork Rinds
2 Varieties

2/7⁰⁰
85g



Chasers Fresh Juice
Assorted Varieties

5⁹⁹ 10⁹⁹
500ml 1L
+deposit +eco fee +deposit +eco fee



Glutino Gluten-Free Products
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.49-8.99



Ryvita Crispbread
Assorted Varieties

2/5⁰⁰
125-250g

Hornby Organic Energy Bars

Assorted Varieties



2/5⁰⁰
80g

Hungry Buddha Keto Bars & Coconut Chips

Assorted Varieties



2/4⁰⁰
40g



Good To Go Keto Bars
Assorted Varieties

2/4⁰⁰
40g



Guayaki Yerba Mate
Assorted Varieties

2/5⁰⁰
458ml • +deposit +eco fee



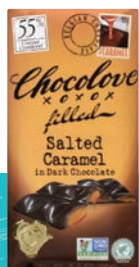
Health-Ade Organic Kombucha
Assorted Varieties

2/7⁰⁰
473ml • +deposit +eco fee



R.W. Knudsen Juices
Assorted Varieties

30% off
assorted sizes
Regular Retail 6.99-17.99



Chocolove Premium Chocolate Bars
Assorted Varieties

2/7⁰⁰
90g

Sunflower Kitchen Hummus & Spreads

Assorted Varieties



24⁹-44⁹
227-300g

Earthbound Farm Organic

Frozen Fruit
Assorted Varieties



44⁹
300g



Earth Island Vegan Cheese Shreds & Slices
Assorted Varieties

44⁹ 54⁹
227g Shreds 200g Slices



Armstrong Natural Cheese Slices
Assorted Varieties

44⁹
220-240g

Dairyland Cottage Cheese

Assorted Varieties



2/7⁰⁰
500g



GluteNull Cookies
Assorted Varieties

64⁹-89⁹
assorted sizes

DELI

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Prices Effective
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Rosstown Roasted Chickens

999
each

Choices Deli Salads

**20%
off**

Wild Salmon Lox Bagels, Wraps & Cakes

**1 00
off**

Habibi's Dips & Hummus

**2 for
700**
200g

Tre Stelle Reggiano, Romano or Grana Padano Parmesan Cheese

**899-
1099**
200g

Choices Hot Soup & Chili

**1 00
off**

Choices Ready to Eat Wraps

799
each

Gluten-Free Spanakopita or Vegan Falafels

**699-
799**

Choices Cheese Tray for 2

1299
each

Arla Castello Cheese Wedges: Gouda, Havarti & Cheddar

699
200g

CHOICES' OWN FRESHLY BAKED GOODS

Multigrain Bread



499
530g

9" Pies:

Berry Rhubarb, Peach
Medley & Apple



1099
each

Mini Muffins

Assorted Varieties



299
4 Pack

Keto Desserts:

Low Carb Chocolate Mousse & Low
Carb Cookies & Cream Cheesecake



339
60g
Cheesecake

299
90g Mousse

Bulk Foods Now Open!

With 80% of our items now ORGANIC!

GROCERY



**Rao's
Homemade
Pasta Sauce**
Assorted Varieties

8⁹⁹
660ml



**Modern Table
Lentil Pasta**
Assorted Varieties

4⁹⁹
227g

**Daiya Dairy-Free Greek
Yogurt, Dressings, Burritos
& Cheezecakes**



Assorted Varieties

30% off
assorted sizes
Regular Retail 2.19-9.99



**Chosen Foods
Avocado Oil Blends**
Select Varieties

7⁹⁹-16⁹⁹
assorted sizes

**Earthbound Farm
Organic Frozen Vegetables**

Assorted Varieties



2/6⁰⁰
300-400g



**Amy's Organic
Canned Soup**
Assorted Varieties

2/6⁰⁰
398ml



**Grimm's
Tortillas
& Wraps**
Assorted Varieties

2/3⁵⁰-2/8⁰⁰
assorted sizes



Eden Organic Beans
Assorted Varieties

4⁴⁹
796ml



**Silver Hills
Sprouted Power
Organic Bread**
Assorted Varieties

2/7⁰⁰
assorted sizes



**Nature Clean
Natural Cleaners
& Dish Liquid**
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.99-22.99

WELLNESS

**Whole Earth & Sea
Greens &
Proteins
& Greens**
Assorted Varieties



51⁹⁹ 59⁹⁹
390-438g 640-710g



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

20% off
assorted sizes
Regular Retail 14.79-51.99



**Nutiva Organic
MCT Oil & MCT
Protein Shakes**
Assorted Varieties

25% off
assorted sizes
Regular Retail 13.49-42.49



**Renew Life
Probiotics**
Select Varieties

25% off
assorted sizes
Regular Retail 17.49-72.99

**Genuine Health Greens+
Superfoods Powder
& Omega's**
Assorted Varieties



20% off
assorted sizes
Regular Retail 29.99-129.99

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

Assorted
Varieties



49⁹⁹
827-876g

**See In-store
for more
Vega Products
on Sale!**



**Natural Calm
Magnesium
Supplements**
Select Varieties

20% off
assorted sizes
Regular Retail 15.99-54.99



**Purica
Immune 7**

23⁹⁹ 42⁹⁹
60 Capsules 120 capsules



**Lily of the
Desert Aloe
Vera Juice or Gel**
Assorted Varieties

20% off
assorted sizes
Regular Retail 6.99-28.49

**Natracare Natural Feminine
Hygiene Products**
Assorted Varieties



20% off
assorted sizes
Regular Retail 3.79-8.49



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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.