



30 YEARS OF CHOICES!

100% BC OWNED AND OPERATED

Promotion available at Kitsilano only! Saturday, December 5th!
10% OFF entire store,
including sale items
Kitsilano's 30th Anniversary Sale!

Local 100%
Grass Fed
Organic Lean
Ground Beef
Value Pack

930/lb
20.50kg

Salad Kits
from Taylor
Farms
Product of USA

430

316-396g

Rosstown Roasted Chickens

830
each

Scalloped Potatoes

Baked In-Store

130
/100g

Local Boneless Pork Chops

Raised Without Antibiotics, Value Pack
11.68/kg

530
/lb

Organic Satsuma Mandarin
Oranges from California

530
907g

Choices' Own 25+ Year
Starter Sourdough Bread

430
500g



Lundberg
Organic Rice
Select Varieties

30% off
907g
Regular Retail 8.99-10.99

Gardein Frozen Vegan Meat



Alternatives
Assorted Varieties

430
assorted sizes

Jason Naturals Toothpaste, Hand Soap
& Body Wash



Assorted Varieties

30% off
assorted sizes
Regular Retail 6.99-16.99

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

Prices Effective
December 3 - 9, 2020.

PRODUCE

**Whole Cantaloupe
Melon from Mexico**

230
each

**Organic Celery Bunches
from Ecocampos in Mexico**

5.07/kg

230
/lb

**Texas Rio Star Grapefruit
imported from USA**

730
2.27kg

**Organic Green
Asparagus from Mexico**
16.09/kg

730
/lb

MEAT

**100% Grass Fed Beef
Striploin Steaks
from Australia**

Value pack
20.50/kg

930
/lb

**Local Boneless Skinless
Chicken Breasts**

Value pack
13.89/kg

630
/lb

Choices Ground Chicken

Raised Without Antibiotics
22.71/kg

1030
/lb

Turkey Sausages

Made In-Store 16.09/kg

730
/lb

Smoked Duck Sausages

33.73/kg

1530
/lb

Fresh Icelandic Cod Fillets

40.34/kg

1830
/lb

Soup etc!

Assorted Varieties

**2 for
1000**
700ml

**Wild Caught Ahi Tuna Loin
Steaks, Sashimi Grade**

Previously Frozen

530
6 oz each

GROCERY

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L'Ancetre
Organic Cheese
Assorted Varieties

30% off

325g
Regular Retail 12.29-12.99



Armstrong
Natural
Cheese Slices
Assorted Varieties

430

220-240g

Spread'Em Vegan Dips & Spreads
Assorted Varieties



30% off

183g
Regular Retail 7.99-9.99

L'Ancetre Organic Butter



Salted or Unsalted

530

250g Organic

630

250g 84% Salt/Unsalted

Cows Creamery Butter

Assorted Varieties



530

250g

Earth Balance
Vegan Spreads



Assorted Varieties

30% off

assorted sizes
Regular Retail 6.99-15.99

Liberté Méditerranée Yogurt



Assorted Varieties

300

500g



Saugeen
Country Organic
Yogurt & Kefir

430

1kg

Nature's Farm Organic
Large Omega-3 Eggs



630

1 Dozen



Silk Dairy-Free
Beverages
& Creamers

Assorted Varieties

230

473ml
Creamers

430

1.89L
Beverages



Earth's Own Almond
& Cashew Beverages

Assorted Varieties

2/730

1.89L



Dairyland
Sour Cream

330

750ml



Bob's Red Mill
Gluten-Free Oats

Select Varieties

30% off

assorted sizes
Regular Retail 9.49-10.99



Bob's Red Mill
Gluten-Free Flour

Assorted Varieties

30% off

assorted sizes
Regular Retail 6.29-16.59



Traditional Medicinals
Organic Tea

Assorted Varieties

30% off

20 Tea Bags
Regular Retail 6.49

Anita's Organic Rolled
& Steel
Cut Oats



530

1kg

Nuts to You
Almond Butter



Smooth or Crunchy

1430

735g

Silver Hills Sprouted
Power Bread



Assorted Varieties

2/830

assorted sizes

Shady Maple Farms Organic Maple
Syrup, Cookies & Sugar



Assorted Varieties

30% off

assorted sizes
Regular Retail 5.79-29.99

GROCERY



**Covered Bridge
Potato Chips**
Assorted Varieties

230
142-170g

Fresh Is Best Tortilla Chips & Salsa
Assorted Varieties



30% off
assorted sizes
Regular Retail 5.99



**Old Dutch
Restaurant
Chips & Salsa**
Assorted Varieties

300
assorted sizes



**Sonoma
Creamery Crisps**
Assorted Varieties

30% off
64g
Regular Retail 6.99



**Glutino Gluten-Free
Cookies, Crackers,
Muffins & Snacks**
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.49-8.99



**Annie's Homegrown
Crackers, Cookies
& Fruit Snacks**
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.99-6.49

Love Good Fats Keto Bars
Assorted Varieties



3/530
39-40g

Larabar Energy Bars
Assorted Varieties



2/300
45-48g

Kind Energy Bars
Select Varieties



2/300 1730
40g Single Bar 12 Pack

Clif Kid Organic ZBar
Assorted Varieties



330
5 Pack

Nature's Bakery Fig Bars
Assorted Varieties



Assorted Varieties

430
6 Pack

**Theo Organic Fair Trade
Chocolate Bars**
Assorted Varieties



Assorted Varieties

330
85g

Rise Organic Kombucha
Assorted Varieties



30% off
1L • +deposit +eco fee
Regular Retail 8.99

Effervé Sparkling Lemonade
Assorted Varieties



530
750ml • +deposit +eco fee

**Sapsucker Organic
Tree Water**
Assorted Varieties
Tapped in Canada



2/300 1030
355ml Single 8 Pack
+deposit +eco fee +deposit +eco fee

**Flow Alkaline Water &
Flavoured Organic Water**
Select Varieties



2/230 2/330
500ml 1L
+deposit +eco fee +deposit +eco fee

**Seventh Generation
Natural Hand Soap**
Assorted Varieties



430
354ml

**EchoClean Natural Liquid
Dish Soap & Bottle Cleanser**
Assorted Varieties



2/530
740ml

DELI

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Choices Soup Assorted Varieties



630
650ml

Summer Fresh Dips & Hummus Assorted Varieties



2 for 700
227g

Mt. Lehman Cheese



20% off

Woolwich Goat Brie & Triple Cream Brie



730-930
165-180g

Beef Cabbage Rolls



3 for 699

Indianlife Naan, Roti & Wraps



530
250-500g

Tre Stelle Parmigiano Reggiano Grana Padano Cheese



830-1030

Dutch Gouda, Mild, Medium & Aged Cumin Cheese



430
/100g

CHOICES' OWN FRESHLY BAKED GOODS

Scrumptious Tarts & Pies!

Mince Tarts & Pies includes vegetarian



330-730

Mini Butter Tarts



430
4 Pack

Vegan Morning Glory Muffins Regular & Mini



330-530
4 Pack

Traditional Butter or Pecan Spice Shortbread Cookies



530
6 Pack

Kitsilano's 30th Anniversary!

10% OFF

Saturday, December 5th!

THE ENTIRE STORE, **INCLUDING SALE ITEMS**

Promotion available at Choices Kitsilano Only!

GROCERY

Earth's Choice Organic
Coconut Milk,
Cream, Oil &
Baking Products
Assorted Varieties



30% off
assorted sizes
Regular Retail 2.79-21.99

Earth's Choice
Organic Extra
Virgin Olive Oil



10³⁰ 16³⁰
500ml 1L

Nutiva Organic
Extra Virgin
Coconut Oil
Select Varieties



14³⁰ 26³⁰
860ml 1.6L

Sundhed
Himalayan
Rock Salt
Assorted Varieties



30% off
assorted sizes
Regular Retail 3.99-8.99

Eden Organic
Beans
Select Varieties



3⁰⁰
398ml

Raincoast Sockeye Salmon
& Wild Skipjack Tuna



Assorted
Varieties

30% off
assorted sizes
Regular Retail 4.49-8.99

Love Child
Organic Baby
Food Purées
Assorted Varieties



2/3⁰⁰
128ml

Udi's Gluten-Free Frozen
Pizzas, Muffins
& Breads
Assorted Varieties



30% off
assorted sizes
Regular Retail 4.99-8.99

Organic Meadow
Organic
Ice Cream
Assorted Varieties



30% off
946ml • Regular Retail 9.99

So Delicious
Dairy-Free
Frozen
Desserts
Assorted Varieties



30% off
500ml • Regular Retail 7.49

WELLNESS

Herbatint Natural
Permanent
Hair Colour
Assorted Varieties



16³⁰
1 Kit

Desert Essence Oral Care,
Hair & Body Care
Products
Assorted Varieties



30% off
assorted sizes
Regular Retail 3.99-20.99

Bach Flower
Remedies &
Rescue Remedy
Assorted Varieties



30% off
assorted sizes
Regular Retail 5.49-19.49

Natural Factors
Probiotics
Assorted Varieties



30% off
assorted sizes
Regular Retail 15.99-52.99

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



30% off
assorted sizes
Regular Retail 14.79-51.99

Dr. Gifford Medi-C+
Vitamin C
+L-Lysine Formula
Assorted Varieties



30% off
assorted sizes
Regular Retail 24.49-71.49

SISU
Stress & Sleep
Supplements
Assorted Varieties



30% off
assorted sizes
Regular Retail 15.29-52.49

Natural Factors
Omega &
Cognitive Support
Supplements
Assorted Varieties



30% off
assorted sizes
Regular Retail 12.49-51.99

Boiron Oscillococcinum



12³⁰ 18³⁰
6 Dose 12 Dose

Vega Sport Protein
Assorted Varieties



30% off
801-837g
Regular Retail 54.99

See In-store
for other
Vega 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.