



HOLIDAY SHOPPING!



100% BC OWNED AND OPERATED

Local
Thomas Reid
Organic
Whole Chickens

5.99/lb
13.21kg

Organic
Satsuma Mandarin
Oranges from
Johansen Ranch
in California
weather permitting

1.59
2.27kg

Tasty Cheese for the Holidays!

ILE De France
Imported Brie Cheese

4.49 /100g

Castello Specialty
Cheddar & Aged
Havarti Cheese Wedges

2/10.00 200g

Imported Swiss Emmental, Gruyere
or Cave Aged Gruyere Cheese

4.29-5.99
/100g

German
Cambozola Cheese

5.49 /100g

Fresh Steelhead Fillets

Value Pack
37.46/kg

16.99
/lb

Organic Long English
Cucumbers Imported
from Mexico

2.98
each

Choices' Own Scandinavian
Rye Sandwich Loaf

4.99
580g



withinUs
TruMarine Collagen
Assorted Varieties

43.99 20 Pack
62.99 250g



Wedderspoon KFactor
12 & 16
Manuka Honey
Select Varieties

34.99 500g KFactor 12
39.99 500g KFactor 16

Earth's Choice Organic

Rain Forest Alliance
Certified Coffee
Assorted Varieties



7.99
340g

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

Prices Effective
December 10 - 16, 2020.

PRODUCE



**BC Grown Green
& Red Cabbage**

1.72/kg

.78
/lb

**Organic Cauliflower
Imported from USA**

4.98
each

**Lemons
Imported from USA**

3 for
1.98

**Organic Blackberries,
Blueberries &
Raspberries Imported**

3.98
170g

MEAT



**Local Boneless
Pork Butt Roasts**

Raised Without Antibiotics
13.21/kg

5.99
/lb

**New Zealand Lamb
Racks 100% Grass Fed**

59.50/kg

26.99
/lb

Greenfield Natural Meats:

Bacon, Wieners & Sliced Meats

Raised Without Antibiotics



**15%
off**

**Choices Sliced
Turkey Breast**

Raised Without Antibiotics
24.23/kg

10.99
/lb

**Choices Boneless Skinless
Turkey Thighs**

Raised Without Antibiotics
17.61/kg

7.99
/lb

**Canadian Beef
Sirloin Tip Steaks**

Value Pack
15.41/kg

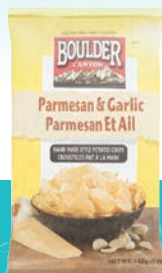
6.99
/lb

Large Raw Prawns

Previously Frozen
44.07/kg

19.99
/lb





**Boulder Canyon
Potato Chips**
Assorted Varieties

2/5⁰⁰
128-142g



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

2/7⁰⁰
assorted sizes



Lundberg Rice Chips
Assorted Varieties

2/7⁰⁰
170g



Carr's Crackers
Assorted Varieties



2/5⁰⁰
125-184g



**Laiki Black & Red
Rice Crackers**
Assorted Varieties

2/6⁰⁰
100g



**Hippie Snacks
Almond Crisps**
Assorted Varieties

3⁹⁹
70g

**Wise Bites Vegan, Gluten-Free
& School Safe
Cookies**
Assorted Varieties



4⁹⁹
150g



**Sahale Snacks
Nut Mixes**
Assorted Varieties

5⁴⁹
113g



Haribo Candies
Assorted Varieties

2/5⁰⁰
175g



**Theobroma Organic
Chocolate Bars**
Assorted Varieties

2/3⁰⁰ 2/7⁰⁰
31g & 35g 80g



**Galerie Au Chocolat Fair
Trade Chocolate Bars**
Assorted Varieties

3⁹⁹
100g



**Endangered Species
Fair Trade Chocolate Bars**
Assorted Varieties

2/6⁰⁰
85g



**Golden Bonbon
Almond Nougat & Bars**
Assorted Varieties

2/5⁰⁰ 2/6⁰⁰
70g Nougat 100g Bars



Boylan Craft Soda
Assorted Varieties

2/4⁰⁰
355ml + deposit + eco fee



Buderim Ginger Beer
Assorted Varieties

2/3⁰⁰ 5⁴⁹
250ml 4 Pack
+deposit +eco fee +deposit +eco fee



**Island Farms
Ice Cream**
Assorted Varieties

5⁹⁹-6⁹⁹
1.65L



**Sunflower Kitchen
Hummus & Pesto**
Assorted Varieties

30% off
227-300g
Regular Retail 3.79-6.79



Sigdal Bakeri Crackers
Assorted Varieties

4⁷⁹
190-220g



GROCERY



Maple Hill Organic
Free Range Large Eggs



5.49
1 Dozen

Donia Farms Grass Fed Butter



Salted & Unsalted

6.99
250g

Dairyland Organic Milk

Assorted Varieties



8.99
4L



Choices
Organic
Cheese

Assorted Varieties

6.99
235g

Woolwich Chevreai Goat Cheese



& Crumbles

Assorted Varieties

30% off

assorted sizes
Regular Retail 4.99-11.49



Saputo
Shredded Cheese

Assorted Varieties

3.99 **5.49**
170g 320g

Daiya Dairy-Free Cheese Shreds,
Blocks & Slices



Assorted Varieties

2/7.00
assorted sizes

Le Grand Organic
Plant Based Cheese Spreads



Assorted
Varieties

4.99
227g

Pulse Kitchen Nut Based Cheese



Assorted Varieties



5.49
100g

Yoso Almond, Cashew & Coconut
Based Yogurt



Assorted Varieties

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



Nature's Path
Organic Hot Cereal
& Qi'A Oatmeal

Assorted Varieties

3.99-4.99
assorted sizes



Fatso High Performance
Peanut Butter

Assorted Varieties

8.99
500g



Bob's Red Mill
Almond & Organic
Coconut Flour

4.99 **10.99**
453g 453g
Coconut Flour Almond Flour



Anita's Organic Flour

Assorted Varieties

30% off

assorted sizes
Regular Retail 7.39-21.99



Stash Premium Tea

Assorted Varieties

3.99
18-20 Tea Bags



Happy Planet
Smoothies

Assorted Varieties

2/4.00
325ml • +deposit +eco fee



BioVert Natural Dish
& Laundry Detergent

Assorted Varieties

30% off

assorted sizes
Regular Retail 4.49-17.99



Cascades Tuff Paper
Towels & Fluff Ultra
Bathroom Tissue

Assorted Varieties

6.99 **9.49**
6 Pack Paper Towel 12 Pack Bathroom Tissue

DELI

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Petite Canapés Appetizers

399

1/2 Dozen

799

1 Dozen

may not be exactly as shown

Choices

Hot Chili

8, 16 & 32 oz

100
off

Deli Olives

20%
off

Habibi's Dips & Hummus

399

200g

Beef Wellington

Ready-To-Eat

799

each

Choices Deli Meats & Salami

20%
off

Choices Family Size 8" Quiche

1299

each

Gyozas

Vegetable, Chicken or Pork

480

1 dozen

Freybe

Liver Pâté

Regular Price 3.99

**BUY 1
GET 1
FREE**

CHOICES' OWN FRESHLY BAKED GOODS

Artisan Breads:

Beer Bread, Caramelized Onion & Rosemary Focaccia, Purple Yam & Chia Boule & Rosemary Sea Salt Spring Sourdough Bread

499

assorted sizes

Pumpkin Pies:

8" original, 6" made with alternative flour, & 9" Vegan

**569-
999**

Pecan Tarts or Mini Almond Tortes

299

2 Pack Tarts

339

6 Pack Tortes

Bulk Foods Now Open!

With 80% of our items now **ORGANIC!**



GROCERY



Maison Orphée
Lemon or Basil
Olive Oil &
Toasted Sesame Oil
Assorted Varieties

7⁹⁹ 10⁹⁹
Lemon & Basil Toasted Sesame



Spectrum Oils,
Vinegars &
Mayonnaise
Assorted Varieties

30% off
assorted sizes
Regular Retail 6.29-27.49



Bragg Liquid
Soy Aminos

4⁹⁹ 7⁹⁹
473ml 946ml



Simply Organic
Gravy Mixes
& Organic
Frontier Mixes
Assorted Varieties

2/3⁰⁰
15-42g



Earth's Choice
Organic Lemon
& Lime Juice
Assorted Varieties

2/7⁰⁰ 7⁹⁹
250ml 1L



Divina
Olives
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.79-12.99



Karine & Jeff
Soup
Assorted Varieties

6⁹⁹ 9⁹⁹
500ml 1L



Silver Hills
Organic
Sprouted Power
Fresh Bread
3 Varieties

4⁹⁹
510-680g

Amy's Organic Frozen
Broccoli Pot Pie, Mac &
Cheese &
Asian Bowls
Select Varieties



3⁴⁹-4⁹⁹
assorted sizes

Stahlbush Sustainable
Frozen Vegetables
Assorted Varieties



2⁴⁹
284-400g

WELLNESS



Nourish
Organic
Facial Care
Select Varieties

25% off
assorted sizes
Regular Retail 21.99-33.49



Anne Marie Borlind
Facial Care &
Natural Cosmetics
Assorted Varieties

20% off
assorted sizes
Regular Retail 9.79-109.99



Naturtint Natural
Permanent Hair
Colour & Root
Touch-Up
Assorted Colours

16⁹⁹ 8⁴⁹
1 Kit 1 Kit
Hair Colour Root Touch-Up



Sundhed
Himalayan
Salt Lamps
Assorted Varieties

Refresh
the
air!

25% off
assorted sizes
Regular Retail 6.99-64.99

The Kelowna Candle
Factory Beeswax Candles



Assorted Varieties

20% off
assorted sizes
Regular Retail 1.79-37.49



Natural Factors
CurcuminRich
Theracurmin
Supplements
Select Varieties

20% off
assorted sizes
Regular Retail 15.49-80.99



Natural Factors
Stress Relax
& Sleep
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 17.99-46.99



Joy of the Mountains
Oil of Oregano
Assorted Varieties

12⁹⁹ 24⁹⁹
10ml 30ml



Prairie Naturals
Citrus Soother
& Morning
Rise & Shine
Assorted Varieties

20% off
assorted sizes
Regular Retail 1.89-31.49



BioSil For Skin,
Hair & Nails
Assorted Varieties

20% off
assorted sizes
Regular Retail 23.99-66.99



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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.