



HAPPY VALENTINES!

100% BC OWNED AND OPERATED

100%
Grass Fed
Ribeye Steaks
Value Pack
12⁹⁹/lb
28.64/kg



9" Pies
Apple, Berry Rhubarb
& Peach Medley

See in-store
for Valentine's
Bakery Delights

10⁹⁹
each



Rosstown Roasted Chickens

9⁹⁹
each



Caesar or Greek Salads

**6⁹⁹-
8⁹⁹**



Long Stem Strawberries
from Mexico

12⁹⁸
454g



Lobster Tails
Previously Frozen

9⁹⁹
3-4 oz each



BULK:
Organic & Natural Candy
Loose Bulk & Prepackaged

**20%
Off**



BC Grown Organic
Ambrosia Apples from
Nature's First Fruit

4⁹⁸
1.36kg
Package



Vega Sport Products
Assorted Varieties
Protein, Hydrator, Energizer,
Pre-workout, Recovery & Bars

20% off
assorted sizes
Regular Retail 1.19-54.99



Terra Breads Granola



12⁹⁹ 16⁹⁹
1kg Original 1kg Pistachio



GT's Organic
Raw Kombucha
Assorted Varieties



7⁹⁹
1.4L • +deposit +eco fee

Physical Distancing: Please remain 2 metres from others. | Prices Effective
One customer using the checkout belt at a time. Thank you. | February 11 - 17, 2021.

PRODUCE

Blood Oranges

Imported from USA

4.37/kg

198
/lb

Organic Orange, Red & Yellow Peppers Imported from Mexico

498
/lb

10.98/kg

Organic Romaine Hearts From Organicgirl

Product of USA

498

Package of 3

Organic Heirloom Tomatoes from Mexico

6.57/kg

298
/lb

MEAT

Chambar Frozen Entrées

Regular Retail 19.99-22.99

20% Off
415-950g

Thomas Reid Whole Organic Chicken

13.21/kg

599
/lb

Local!

Fresh Ground Duck

26.43/kg

1199
/lb

Local!

New Zealand Spring Lamb Loin Chops

30.84/kg

1399
/lb

Lean Ground Bison

33.05/kg

1499
/lb

Boneless Pork Chops

Raised Without Antibiotics
Value Pack

15.41/kg

699
/lb

Local!

Halibut Fillets

Previously Frozen
Value Pack
59.50/kg

2699
/lb

Coho Fillets

Previously Frozen
35.25/kg

1599
/lb

Local!

Johnston's Bacon

No Nitrates Added

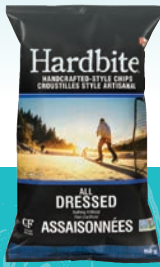
24.23/kg

1099
/lb

Local!

GROCERY

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**Hardbite Natural
Potato Chips**
Select Varieties

2/5⁰⁰
150g



**Late July Cantina
Dippers & Organic
Tortilla Chips**
Select Varieties

3⁹⁹
227-312g



**Que Pasa Organic
Tortilla Chips & Salsa**
Assorted Varieties

2/7⁰⁰
assorted sizes



Lundberg Rice Chips
Assorted Varieties

2/6⁰⁰
170g



**Angie's
Boomchickapop
Popcorn**
Assorted Varieties

2/7⁹⁸
assorted sizes



**Blue Diamond
Almond Nut Thins**
Assorted Varieties

2/7⁰⁰
120g



**Schär Gluten-Free
Cookies, Crackers
& Breadsticks**
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-8.99



Nature's Bakery Fig Bars
Assorted Varieties

4⁴⁹
6 Pack

**Wendel's Gluten-Free
Cookies, Bars & Cakes**
Assorted Varieties



1⁹⁹-3²⁹
assorted sizes



**Patience Organic
Crunch Bites**
Assorted Varieties

3⁹⁹
95g



**Alter Eco
Organic Fair Trade
Chocolate Bars**
Assorted Varieties

2/6⁰⁰
75-80g



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

2/6⁰⁰
85g



**Cuisine & Cocoa Camino
Organic Baking Products
& Hot Chocolate**
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-9.99



Haribo Gummies
Assorted Varieties

2/5⁰⁰
175g



**Coconut Bliss
Organic
Frozen Dessert**
Assorted Varieties

6⁹⁹
473ml



**Granola Girl
Granola**
Original or Sunshine Mix

6⁹⁹
400g



**Nut's to You
Organic Peanut Butter**
Smooth or Crunchy

5⁹⁹
500g



**Crofter's Organic
Premium Spreads**
Assorted Varieties

2/6⁰⁰
235ml

GROCERY



Stash Premium Tea
Assorted Varieties

3⁹⁹
18-20 Tea Bags



Salt Spring Organic Fair Trade Coffee
Assorted Varieties

11⁹⁹
400g

Organic Traditions Superfood Tea, Latte & Focus Fuel Coffee
Assorted Varieties



30% off
assorted sizes
Regular Retail 12.99-20.99



Wedderspoon Manuka Honey
Select Varieties

30% off
assorted sizes
Regular Retail 25.99-53.99



Chai Co & Say When Organic Chai Beverages
Assorted Varieties

5⁹⁹
946ml



GoodDrink Organic Spritzers & Iced Teas
Assorted Varieties

2/3⁰⁰ 2/4⁰⁰
355ml Spritzers +deposit +eco fee
473ml Iced Teas +deposit +eco fee

Rizopia Organic Gluten-Free Rice Pasta



Assorted Varieties

1⁹⁹-2⁹⁹
340-454g

Prairie Harvest Organic Pasta & Pasta Sauce



Select Varieties

2/5⁰⁰ 4⁹⁹
454g Pasta
705ml Pasta Sauce



Casbah Quinoa, Couscous & Rice Pilaf
Assorted Varieties

30% off
assorted sizes
Regular Retail 3.89-9.79



Muir Glen Organic Fire Roasted Canned Tomatoes
Crushed or Diced

2/7⁰⁰
796ml



La Tortilla Factory Taco Sauce Starter
Assorted Varieties

3⁹⁹
85g



Kikkoman Sauces & Panko Bread Crumbs
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.29-9.79

Thai Kitchen Coconut Milk, Noodles, Paste & Sauce



Assorted Varieties

30% off
assorted sizes
Regular Retail 3.79-5.79



La Tortilla Factory Wraps & Tortillas
Assorted Varieties

3²⁹-5⁹⁹
assorted sizes

Hilary's Eat Well Organic Frozen



Veggie Burgers & Vegan Breakfast Sausages
Assorted Varieties

2/7⁰⁰ 2/8⁰⁰
181g Burgers
207g Sausages

Caulipower Frozen Pizza



Assorted Varieties • 310g
Regular Retail 12.49

BUY 1 GET 1 FREE



Golden Home Pizza Crusts
Assorted Varieties

6⁴⁹
assorted sizes



Daiya Plant Based Frozen Pizzas
Assorted Varieties

6⁹⁹
assorted sizes

DELI

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Italian Prosciutto & Salami

Assorted Varieties

**100
OFF**

Choices Pasta Entrées

**699-
799**

Summer Fresh Dips & Hummus



399
227g

Alexis D'Portneuf Camembert or Brie Cheese



899
300g

Individual Beef Wellington

799
215g

Spinach & Feta Spanakopitas

**2 for
800**

Choices Prawn Fish Cakes

**2 for
300**

Swiss Fromalp Fondue Cheese



1299
450g

La Panzanella Crackers Mini Croccantini



599
170g

CHOICES' OWN FRESHLY BAKED GOODS

Let's Break Some Bread:

The Baker's Mezzo Bastone,
Crusty Loaf & Sourdough Baquette



**149-
279**

Premium Cookies

Assorted Varieties



599
6 Packs

Cupcakes: The Perfect Mini Cake

Chocolate, Carrot, Mini Ganache &
Chocolate with White Buttercream



**329-
549**
4 Packs

Celebrate Family Day

Monday, February 15th | All Choices Locations

10% OFF

Entire store including sale items. February 15th ONLY!



GROCERY

Armstrong Cheese

Assorted Varieties



9⁹⁹ 600g

Woolwich Goat Cheese

Assorted Varieties



30% off
113-300g
Regular Retail 4.99-11.49

Field Roast Chao Vegan Cheeze Slices

Assorted Varieties



5⁹⁹
200g

Spread'Em Vegan Dips & Almond Based Cheeze

Assorted Varieties



30% off
assorted sizes
Regular Retail 7.99-10.99

Donia Farms Grass Fed Butter

Salted &
Unsalted



6⁹⁹ 250g

Riviera Petit Pot Yogurt

Assorted Varieties



4⁹⁹ 4 Pack

Olympic Yogurt

Assorted Varieties



2/6⁰⁰ 2/8⁰⁰
650g Natural 650g Organic,
Krema Or Greek

Liberté Organic Yogurt & Organic Kefir

Assorted Varieties



2/7⁰⁰ 3⁹⁹
650-750g Yogurt 1L Kefir

Seventh Generation Natural Household Cleaners

Select Varieties



3⁴⁹-4⁹⁹
assorted sizes

V.I.P. Natural Dish Soap & Ultra Concentrated Liquid Laundry Detergent

Assorted Varieties



2/4⁰⁰ 6⁴⁹
740ml Dish Soap 2.95L Laundry Detergent

WELLNESS

Natural Factors Omega & Cognitive Support Supplements

Select Varieties



20% off
assorted sizes
Regular Retail 9.99-51.99

Smart Solutions Lorna Vanderhaeghe Vitamins & Supplements

Assorted
Varieties



20% off
assorted sizes
Regular Retail 19.49-96.99

All
Products
on Sale!

Genuine Health Greens+ Supplements

Assorted Varieties



20% off
assorted sizes
Regular Retail 29.99-129.99

SISU Vitamins & Supplements

Assorted
Varieties



20% off
assorted sizes
Regular Retail .79-69.99

All
Products
on Sale!

Enerex Vitamins and Supplements

Assorted Varieties



20% off
assorted sizes
Regular Retail 20.99-81.99

NutraVege Omega-3 Plant DHA & EPA

Assorted Varieties



20% off
assorted sizes
Regular Retail 36.99-69.99

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

Assorted Varieties



20% off
assorted sizes
Regular Retail 15.49-71.49

Silver Biotics Immune Support, Armor Gel & Healing Skin Creams

Assorted Varieties



25% off
assorted sizes
Regular Retail 12.49-49.99

Marseille's Remedy Thieves Oil & Balm

Assorted Varieties



21⁹⁹ 9⁹⁹
30ml Oil 25ml Balm

AOR Vitamin D3



28⁹⁹ 36⁴⁹
50ml 100ml



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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.