



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

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

Value Pack

1399/lb

30.84/kg

**Fair Trade
Organic
Bananas from
Asoguabo Ecuador**
1.98/kg

See in-store
for Valentine's
Bakery Delights

**.88
/lb**

Choices' Own Artisan Breads:

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

499

300-400g

Choices Ready to Eat Stuffed Chicken Breast

549

each

Bunch Spinach

Imported from USA

**2 for
200**

Bulk Foods:

Organic Rice, Beans & Grains

Loose Bulk & Prepackaged
Select Varieties

**20%
Off**

**Platinum Naturals Vitamins
& Supplements**
Assorted Varieties



**All
Products
on Sale!**

20% off

assorted sizes
Regular Retail 9.79-99.99



**Smart Sweets
Low Sugar Candy**
Assorted Varieties

2/600

50g

Rise Organic Kombucha
Assorted Varieties



3/900

414ml • +deposit +eco fee

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

Prices Effective
February 4 - 10, 2021.

PRODUCE

Organic Bunch Carrots
from USA

2 for 500



Sweet Meyer Lemons

498
454g Package



Organic Brussels Sprouts
from USA

10.98/kg

498
/lb



Organic Cara Cara Red Navel Oranges
from USA

698
1.36kg Package



MEAT

100% Grass Fed Organic Lean Ground Beef
Value Pack
24.23/kg

Local!

1099
/lb



Spring Lamb Rack Chops
from New Zealand

61.71/kg

2799
/lb



Boneless Skinless Chicken Breast
Raised Without Antibiotics
Value Pack
24.23/kg

Local!

1099
/lb



Sliced Turkey Breast
Raised Without Antibiotics
26.43/kg

Local!

1199
/lb



Boneless Pork Butt Roasts
13.21/kg

Great for pulled pork!

599
/lb



The Keg Frozen Beef Burgers

1899
825g - 1.02kg

6 oz



Smoked Duck Breast
44.07/kg

Local!

1999
/lb



Fresh Icelandic Cod Fillets
41.87kg

1899
/lb



Ahi Tuna Steaks
Sashimi Grade
Previously Frozen

599
6 oz each



Smoked Duck Sausages
35.25/kg

1599
/lb



GROCERY

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Hardbite Root Vegetable Chips
Assorted Varieties

2/7⁰⁰
150g



Mrs. Renfro's Salsa
Assorted Varieties

4⁴⁹
473ml



Covered Bridge Potato Chips
Assorted Varieties

2/5⁰⁰
142 & 170g



NoochPop Nutritional Yeast Popcorn
Assorted Varieties

3⁹⁹
120g



Barbara's Cheez Puffs
Assorted Varieties

2/5⁰⁰
155 & 198g



R.W. Knudsen Organic Juice
Assorted Varieties

30% off
750-946ml • +deposit +eco fee
Regular Retail 6.99-17.99

Bobo's Gluten-Free Bars & Stuffed Bars
Select Varieties



2/5⁰⁰
71-85g



Bliss Balls Gluten-Free Bites
Chocolate or Coconut

5⁹⁹
150g



Flow Alkaline & Organic Flavoured Water
Select Varieties

2/3⁰⁰ 2/4⁰⁰
500ml Alkaline & Flavours +deposit +eco fee
1L Alkaline +deposit +eco fee



Theo Organic Fair Trade Chocolate Bars
Select Varieties

2/7⁰⁰
85g



Galerie au Chocolat Fair Trade Organic Chocolate Bars
Assorted Varieties

3⁹⁹
100g



Zazubean Organic Fair Trade Chocolate Bars
Select Varieties

2/7⁰⁰
85g

Ben & Jerry's Ice Cream



Assorted Varieties
including Dairy-Free

5⁴⁹ 6⁴⁹
500ml Regular 500ml Dairy-Free

Halo Top Ice Cream



Assorted Varieties

5⁹⁹
473ml

So Delicious Dairy-Free



Frozen Dessert
Select Varieties

4⁹⁹
500ml



Nuts to You Peanut Butter
Smooth or Crunchy

5⁹⁹
750g



Pur Gum & Mints
Assorted Varieties

2/4⁰⁰ 2/7⁰⁰
22g Mints 80g Gum Pouches

Cascades Tuff Paper Towels & Fluff



Bathroom Tissue
Select Varieties

6⁴⁹ 7⁹⁹
6 Pack Paper Towel 12 Pack Bathroom Tissue

GROCERY



La Chaudiere
Organic
Cheese
Assorted Varieties

30% off

assorted size
Regular Retail 7.99-13.99



Tre Stelle
Shredded Cheese
Assorted Varieties

4.99

170-200g



Armstrong Natural
Cheese Slices
Assorted Varieties

4.99

220-240g

Dairyland Cottage Cheese



Assorted Varieties

2/7.00

500g

Miyoko's Kitchen Vegan Butter
& Cheese



Assorted Varieties

30% off

184-227g

Regular Retail 8.99-14.49

Happy Planet Creamery
Organic Fine Cultured Butter



8.99

200g

Olympic Yogurt



Assorted Varieties

7.99-10.99

1.75kg

Danone Oikos Greek Yogurt



Assorted Varieties

2/7.00 5.49

4 Pack

750g

Tree Island Cream Top Yogurt



Assorted Varieties

3.99

500g

Silk Creamers & Non-Dairy Beverages



Assorted Varieties

2/5.00 4.49

473ml Creamers

2L

Donia Farms
Grass Fed Milk



2% or 3.25%

4.99

2L



Blue Diamond
Almond Breeze

Assorted Varieties

3.99

1.89L

Olympic Organic Sour Cream



3.99

500ml

Pamela's Gluten-Free Pancake Mixes,
Honey Grahams & Fig Cookies



Assorted Varieties

30% off

assorted size

Regular Retail 6.99-23.99



Bob's Red Mill
Gluten-Free Oats

Assorted Varieties

30% off

assorted size

Regular Retail 4.99-10.99

Organic India Tulsi Teas



Assorted Varieties

5.99

18 Pack



Ethical Bean
Organic
Fair Trade Coffee

Assorted Varieties

6.99 9.99

227g
Ground

340g
Whole Bean

Taylors Organic Tea



Assorted Varieties

4.99

20 Tea Bags

Silver Hills Sprouted
Power Bread



Assorted Varieties

2/8.00

430-615g

CHOICES' OWN FRESHLY BAKED GOODS

Banana Bread



549
454g

Vegan Morning Glory Muffins

Regular or Mini



329
Mini
4 Pack

549
Regular
4 Pack

Party Size Cakes

Carrot, Decadent Chocolate,
Ganache or Tuxedo



1399
each

DELI

Spinach & Feta or Ricotta & Feta Phyllo Twisters

2 for 600

Choices Individual Quiche Assorted Varieties

2 for 800

Choices Beef or Chicken Pot Pies

549
each

Greek House Tzatziki or Hummus

449
227g

Castello Blue or Brie Cheese

399
/100g

MEAL KIT FOR 2

- Zucchini Prawn Fritters with Arugula Salad
- Roasted Chicken Supreme with Maple Soy Glaze & Scalloped Potato Gratin
- Two Hearts Become One Chocolate Cake

30⁹⁹

Breakfast at Choices!

Burrito, English Muffin or Bagel

349-549

NEW! Choices White Bean & Chicken Chili or Fresh Beef, Turkey or Vegan Chili

799
710ml

Natural Pastures Cheese

449-499
/100g

MEAL KITS

Valentine's Dinner For Two

Take home a complete meal, expertly prepared by our team. Within our meal kits you'll find local ingredients and delicious flavours. Simply heat and serve to have a delicious meal on the table in 30 minutes or less.

From the appetizer to dessert, we have done the hard work for you. Enjoy!

To order your meal kit, speak to a member of our deli team!

GROCERY



Earth's Choice
Organic Extra
Virgin Olive Oil

10⁹⁹ | 16⁹⁹
500ml 1L



San-J Asian
Cooking Sauces
Assorted Varieties

30% off
296 & 592ml
Regular Retail 5.29-14.29



Kaslo
Fermentata
Sourdough Pasta
Assorted Varieties

7⁹⁹-9⁹⁹
500-560g



Mia's Kitchen
Pasta Sauce
Select Varieties

6⁹⁹
710ml

GluteNull Bread &
Keto Almond Fatty Buns
Assorted Varieties



7⁹⁹-9⁹⁹
assorted sizes

Lucky Foods Frozen
Spring Rolls
& Kimchi
Assorted Varieties



3⁹⁹-5⁴⁹
assorted sizes

Sunrise Soyganic Tofu
Select Varieties



1⁴⁹-2⁹⁹
assorted sizes

Tofurky Bacon & Sausages &
Turtle Island Vegan Sausages
Select Varieties



3⁹⁹-5⁴⁹
198-397g

Stahlbush Island Farms
Sustainable Frozen
Vegetables
Assorted Varieties



2/5⁰⁰
assorted sizes

Udi's Gluten-Free Frozen
Pizza, Bread
& Pizza Crust
Assorted Varieties



30% off
assorted sizes
Regular Retail 5.99-14.99

WELLNESS



Whole Earth
& Sea
MultiVitamins
Mens & Womens
Regular & 50+

31⁹⁹ 59⁹⁹
60 Tabs 120 Tabs



Thayer's Witch
Hazel & Slippery
Elm Lozenges
Assorted Varieties

12⁹⁹ | 13⁹⁹
340 & 355ml 150 Pack
Witch Hazel Lozenges

Alaffia Everyday Fair Trade
Shampoo, Conditioner,
Body Wash, Lotion
& Bubble Bath
Assorted Varieties



16⁹⁹
950ml



Mad Hippie Natural
Cosmetics &
Facial Care
Assorted Varieties

20% off
assorted sizes
Regular Retail 20.99-51.99

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



15⁹⁹ 8⁴⁹
1 Kit Hair Colour 1 Kit Root Touch-Up



Natural Factors
Stress Relax &
Sleep Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 7.99-64.99

Nature's Way
Cold & Flu
Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 10.99-33.49

BioSil For Skin,
Hair & Nails
Assorted Varieties



20% off
assorted sizes
Regular Retail 23.99-66.99

Quantum Health Immune
Supplements &
Vitamins for Eyes
Assorted Varieties



25% off
assorted sizes
Regular Retail 5.49-37.99

The Kelowna Candle
Factory Beeswax Candles
Assorted Varieties



20% off
assorted sizes
Regular Retail 1.79-38.99



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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.