



# BUY ONE GET ONE FREE!

100% BC OWNED AND OPERATED

## Organic Pork Back Ribs

Regular Retail 9.07lb/19.99kg

BUY 1  
GET 1

FREE

## Summer Fresh Hummus Toppers

255g • Regular Retail 6.49

BUY 1  
GET 1

FREE

## Bunch Carrots

Regular Retail 1.98

BUY 1  
GET 1

FREE

LOCAL

## Apetina Feta Cheese with Oil Salad Toppers

Assorted Varieties  
100g • Regular Retail 3.99

BUY 1  
GET 1

FREE

## Grimm's Bavarian Smokies

Original & Cheddar

450g • Regular Retail 9.99

BUY 1  
GET 1

FREE

## Endangered Species Fair Trade Chocolate Bars

85g • Regular Retail 4.99

BUY 1  
GET 1

FREE

## Dream Pops Plant-Based Frozen Dessert Bars

4 Pack  
Regular Retail 6.49

BUY 1  
GET 1

FREE

## Choices' Own Hamburger Buns

White or Whole Wheat 380g

Regular Retail 5.49

BUY 1  
GET 1

FREE

## Acure Hair Care

236ml • Regular Retail 13.99-16.99

BUY 1  
GET 1

FREE

## Dr. Bronner's Non-GMO Organic Castile Soap

237ml • Regular Retail 9.99

BUY 1  
GET 1

FREE

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One customer using the checkout belt at a time. Thank you.

Prices Effective  
July 22 - 28, 2021.



# PRODUCE

## Organic Green Cabbage

from Lina's Garden  
4.37/kg

LOCAL

1 98  
/lb

## Organic Green, Rainbow & Red Chard Bunches

from Myers  
Organic Farm

LOCAL

2 48  
Bunch

## Organic Peaches

from Cawston  
8.77/kg

LOCAL

3 98  
/lb

## Sweet Bi-Colour Corn

LOCAL

4 for  
3 00

## Organic Blueberries

from Myers Organic Farm in Aldergrove

LOCAL

2 998  
2.27kg

# MEAT

## Pork Loin Chops

15.41/kg

LOCAL

6 99  
/lb

Boneless, Value Pack  
Raised Without Antibiotics

## Beef Ribeye Steaks

35.25/kg

1 599  
/lb

Value Pack  
Grass Fed

## Greenfield Wieners

6 99  
each

Raised Without Antibiotics

## Lamb Burgers

26.43/kg

1 199  
/lb

Made In-Store

## Marinated Chicken Breast

24.23/kg

LOCAL

1 099  
/lb

Boneless  
Raised Without Antibiotics

## Fresh Rockfish Fillets

19.82/kg

8 99  
/lb

## Fresh Sockeye Salmon Fillets

44.07/kg

1 999  
/lb

Value Pack

## Lamb Loin Chops

30.84/kg

1 399  
/lb

Grass Fed  
from New Zealand

## Organic Sturgeon Steaks

39.66/kg

1 799  
/lb

LOCAL



# GROCERY

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Que Pasa Organic  
Tortilla Chips & Salsa

**2/700**

assorted sizes

Fresh is Best Tortilla Chips & Salsa



**399**

assorted sizes



Hardbite Natural  
Potato Chips

**249**

128-150g



Terra  
Vegetable Chips

**499**

141-170g



G.H. Cretors  
Popped Popcorn

**499**

184 & 213g



Old Dutch  
Baked or Crunch  
Potato Chips  
Select Varieties

**2/700**

200g



Smart Sweets  
Low Sugar  
Candy

**299**

50g



Sweet  
Nutrition  
Keto Friendly  
Cookies

**499**

68g



Lily's Stevia Sweetened  
Chocolate Bars

**399**

80-85g



Plant Veda Vegan  
Creamer & Lassi

**449**

500ml  
Creamers

**799**

1L  
Lassi



Phillips  
Craft Sodas & Tonics

**2/300**

355ml Sodas  
+deposit +eco fee

**599**

6 Pack Tonics  
+deposit +eco fee

MadeGood Products



**30% off**

assorted sizes

Coconut Bliss Organic  
Frozen Dessert Bars



**599**

3-4 Pack



GT's Organic  
Raw Kombucha

**799**

1.4L  
+deposit +eco fee

Zevia Sugar Free Zero Calorie Soda



**499**

6 Pack  
+deposit +eco fee



San Pellegrino or  
Perrier Sparkling Water

**179**

750ml & 1L  
+deposit +eco fee

La Croix Sparkling Water



**549**

8 Pack +deposit +eco fee



Santa Cruz Organic  
Lemonade & Limeade

**2/700**

946ml  
+deposit +eco fee



# GROCERY



Mary's Organic  
Gluten-Free  
Crackers

**4<sup>99</sup>-5<sup>99</sup>**

141-184g

Lesley Stowe Raincoast Crisps



**5<sup>49</sup>**

150g



Frontier  
Organic Spices

**30% off**

assorted sizes



Mutti Italian  
Tomato Products

**30% off**

assorted sizes



Earth's Choice Organic  
Extra Virgin Olive Oil

**10<sup>99</sup> 15<sup>99</sup>**

500ml

1L



Spectrum  
Cooking Oil  
& Mayonnaise

**30% off**

assorted sizes



Beyond Meat  
Plant-Based  
Burger &  
Ground Beef

**5<sup>99</sup> 7<sup>99</sup>**

226g Burgers

340g Ground



Field Roast  
Plant-Based  
Burgers  
& Frankfurters

**5<sup>99</sup> 6<sup>99</sup>**

340g Frankfurters

368g Burgers

Hodo Soy Organic Tofu Cubes &  
Nuggets and Yuba  
Soy Noodles



**30% off**

227-284g



Karthain's  
Organic Sauerkraut

**5<sup>99</sup> 9<sup>99</sup>**

375ml

750ml



Naked & Saucy  
Organic Cooking Sauces

**5<sup>99</sup>-6<sup>99</sup>**

296ml



Frontera  
Mexican Skillet  
Cooking Sauces  
& Salsas

**1<sup>99</sup>-4<sup>99</sup>**

assorted sizes



Annie's Homegrown  
Mac & Cheese  
Side Dishes

Select Varieties

**2<sup>29</sup>**

149-170g

Caulipower Frozen Cauliflower  
Crust Pizza

Select Varieties



**8<sup>99</sup>**

310g

Stahlbush Island Farms Sustainable



Frozen Fruit  
& Vegetables

**2/5<sup>00</sup>**

Vegetables • assorted sizes

**4<sup>49</sup>**

Fruit • assorted sizes



L'Ancetre Organic  
Cheese Slices

Select Varieties

**30% off**

assorted sizes



Armstrong  
Natural  
Cheese Slices

**4<sup>99</sup>**

220-240g



Seventh Generation  
Natural Dish Soap  
and Dish Pacs

**30% off**

assorted sizes



# DELI

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**Choices Ready to Eat**  
**Chicken Breast**  
Assorted Varieties  
**and New! Habanero**  
**Chicken Drumsticks**

**179-  
349**

**Gyoza**  
Vegetable, Chicken  
or Pork & Vegetable

**8 for  
320**

**Save De Sea**  
**Vegan Lox**

**899**  
each

**Bothwell Cheese**  
Assorted Varieties

**349**  
/100g

**Choices Burritos,  
Quesadillas or Fajitas**

**499-  
699**

**Vegetable  
Samosas**

**2 for  
500**

**Shepherds  
Gourmet Cow  
or Sheep Feta  
Cheese**

**499-  
699**

**Happy Days  
Cheese**  
Goat Gouda, Cheddar  
or Mozzarella Cheese

**429-  
449**  
/100g

## BAKED GOODS

**Choices' Own**  
**Tres-Citrus**  
**Party Size Cake**

**1299**  
550g

**Choices' Own**  
**NEW! English Fool Cups**  
Peach Melba or  
Passion Fruit Mango

**429**  
170g

**Choices' Own Cake**  
New York Style Blueberry  
Cheesecake, Tiramisu  
or Low Carb Chocolate  
Mousse Cake

**1699**  
400-600g

**Choices' Own Muffins**  
Mini or Regular  
Assorted Varieties

**299**  
Mini  
4 Pack

**449**  
Regular  
4 Pack

## Wellness Sun Care Secrets

The months of July and August are all about celebrating our beautiful province. While we are all making the most of the long summer days by spending more time outdoors, it is important to continue to protect our bodies and support our health as the temperature rises. Sunscreens are a definite must to protect our skin from the sun's powerful ultraviolet radiation. Natural mineral sunscreens can help protect us from sunburns. They do not contain the harsh chemicals and toxins that can leave us with skin irritations, skin allergies and hormone imbalances. By choosing mineral sunscreens, we are also helping keep our oceans free of toxins that impact our corals and wildlife.

Have questions? Come and visit our Wellness Department! Our Wellness Consultants will be more than happy to show you many of our favourite products that are perfect for protecting us from the summer sun.

## BULK

**Organic Flakes  
& Granola**  
Bulk & Prepackaged

**20%  
Off**



# GROCERY

Earth's Choice Organic  
Rainforest  
Alliance  
Certified Coffee



**8<sup>99</sup>**

340g

Traditional Medicinals  
Organic Tea  
Select Varieties



**4<sup>49</sup>**

16-20 tea bags

Canadian Heritage Organic  
Maple Syrup



**11<sup>99</sup>**

500ml



Nuts to You  
Organic  
Almond Butter

**30% off**

250-365g



Califia Cold  
Brew Coffee

**4<sup>99</sup>**

1.4L

Tree Island Greek Yogurt



**3<sup>99</sup>**

325-350g

Meadowvale  
Creamery Butter



**4<sup>99</sup>**

454g

Rawesome Cashew Based  
Cream Cheese & Tzatziki



**6<sup>99</sup>-7<sup>99</sup>**

227g

# WELLNESS



Vega Protein  
Smoothie &  
Sport Protein

**15<sup>99</sup>**

252-264g

**43<sup>99</sup>**

801-837g



BioSil Hair,  
Skin & Nails

**19<sup>99</sup>**

15ml

**45<sup>99</sup>**

90 Caps



Progressive  
Vitamins &  
Supplements

**20% off**

assorted sizes

Regular Retail 15.79-72.99

New Chapter Turmeric  
Force



**29<sup>99</sup>**

60 Caps

**49<sup>99</sup>**

120 Caps

Whole Earth & Sea Greens  
& Proteins  
and Greens



**52<sup>99</sup>**

390-438g  
Greens

**59<sup>99</sup>**

640-710g  
Proteins & Greens



Platinum Naturals  
Multivitamins

**20% off**

assorted sizes

Regular Retail 29.99-99.99

Santevia Alkaline Water  
Pitchers, Water Systems,  
Shower Filters & More



**20% off**

assorted sizes

Regular Retail 13.99-199.99



Nutiva Organic  
MCT Oil

**19<sup>99</sup>**

473ml

**33<sup>99</sup>**

946ml

SISU  
Vitamins & Supplements



**20% off**

assorted sizes

Regular Retail .79-69.99



Garden of Life  
Proteins &  
Sport Nutrition  
Products

**20% off**

assorted sizes

Regular Retail 45.99-72.99



Flora Probiotics

**20% off**

assorted sizes

Regular Retail 15.99-65.49



Earth Science  
Face Care

**25% off**

assorted sizes

Regular Retail 9.99-14.99



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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.