



BC DAY SPECIALS!

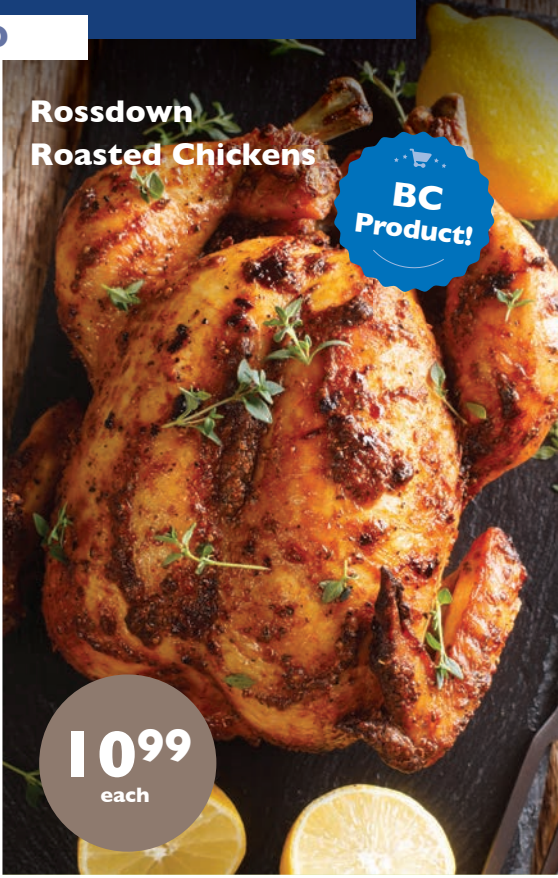
100% BC OWNED AND OPERATED

Halibut Fillets
Fresh
2999/lb
66.12/kg



BC Product!

Rosstown Roasted Chickens



BC Product!

1099
each

Little Creek Organic Salad Dressing
Assorted Varieties from Kelowna



Choices Caesar Salad
Family Size



BC Product!

999
400g

Organic Red Cherries
from Just-A-Mere in Creston



BC Grown!

698
/lb

Blueberries



BC Grown!

298
454g

Choices' Own Bakery Buns
Hot Dog, Hamburger & Slider
Assorted Varieties



BC Product!

449
380g

Prairie Naturals Shampoo & Conditioner



BC Product!

1149
350-500ml

Maple Hill Free Range Large Eggs



BC Product!

499
1 Dozen

Happy Planet Creamery Organic Fine Cultured Butter



BC Product!

799
200g

Physical Distancing: Please remain 2 metres from others. | Prices Effective
One customer using the checkout belt at a time. Thank you. | July 29 - August 4, 2021.

PRODUCE

Organic Bunch Green Onions
from Olera Farm in Aldergrove

LOCAL

1.98
bunch



Organic Bunch Carrots
from the Fraser Valley

LOCAL

2.98
bunch



Green Butter Lettuce
from Delta

LOCAL

1.98
each



MEAT

Beef T-Bone Steaks
28.64/kg

12.99
/lb

Grass Fed
from New Zealand



Pork Back Ribs

26.43/kg

LOCAL

11.99
/lb

Raised Without Antibiotics



Bison Sirloin Tip Steaks
37.46/kg

16.99
/lb



Organic Chicken Drumsticks
13.21/kg

LOCAL

5.99
/lb



100% Beef Burgers
17.61/kg

7.99
/lb

Grass Fed
Made In-Store



Grimm's Sizzlin Smokies

6.99
450g



Whole Chicken
9.90/kg

LOCAL

4.49
/lb

Raised Without Antibiotics



Scallops
33.05/kg

14.99
/lb

Previously Frozen



Choices Frozen Pasta

5.99
500g



GROCERY

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Simply 7 Quinoa,
Lentil & Kale Chips

2/6⁰⁰
99-113g



Covered Bridge
Potato Chips

2/5⁰⁰
142-170g



SkinnyPop
Popped Popcorn

2/6⁰⁰
125-150g



Old Dutch
Rip-L & Ridgies
Potato Chips

2/6⁰⁰
200-240g



Prana Organic
Trail Mix
& Chic Choc Bites

30% off
assorted sizes



Partners
Artisan Crackers

2/7⁰⁰
114-124g

Nora's Cashew Based
Frozen Dessert



6⁹⁹
473-500ml

Coconut Bliss Organic Vegan
Frozen Dessert



5⁹⁹
473ml

Avalon Organic Ice Cream



8⁹⁹
946ml

R.W. Knudsen
Juice or Cider



30% off
assorted sizes
+deposit +eco fee



Zazubean Organic
Fair Trade Chocolate Bars

349-399
80-85g

Dandies Gluten-Free
Vegan Marshmallows



Regular or Mini

449
283g

Taste Nirvana
Coconut Water



2/5⁰⁰ 3⁹⁹
280ml +deposit +eco fee
700ml +deposit +eco fee



Rise
Organic Kombucha

6⁹⁹
1L +deposit +eco fee



Whistler Glacier
Spring Water

2/7⁰⁰
4L +deposit +eco fee

Bremner's
Caesar Mixers



5⁹⁹
1L +deposit +eco fee



Llanlyr Source
Mixers & Tonics

2/4⁰⁰ 6⁹⁹
200ml Single +deposit +eco fee
4 Pack +deposit +eco fee



San Pellegrino Mineral Water
& Perrier Sparkling Water

2/4⁰⁰
750ml-1L +deposit +eco fee

GROCERY



Daiya
Plant-Based
Frozen Pizza

6⁹⁹
assorted sizes

Sunflower Kitchen Hummus
& Spreads



2⁴⁹-4⁴⁹
assorted sizes

Spread'Em Vegan Spreads & Dips



30% off
assorted sizes

Hilary's Eat Well Organic



Plant-Based
Frozen Burgers

3⁹⁹
181g

Field Roast Plant-Based Sausages
& Chao Slices



4⁹⁹ assorted sizes
Chao Slices

5⁹⁹ assorted sizes
Sausages

Beyond Meat Plant-Based Sausages



Mild or Hot

8⁹⁹
400g



Lundberg
Nutra-Farmed
& Organic Rice

30% off
assorted sizes



Eden Organic Beans
Select Varieties

30% off
398ml



Thai Kitchen
Coconut Milk, Sauces,
Noodles & Curry Paste

30% off
assorted sizes



Berio
Extra Virgin Olive Oil

8⁹⁹ 250ml Organic
11⁹⁹ 750ml Conventional



Maison Orphée
Vinaigrette &
Salad Dressings

3⁹⁹
240-250ml



Nature's Farm
Organic Pasta

2/6⁰⁰
454g



Prairie Harvest
Organic Ketchup

3⁹⁹
575ml



Khazana Organic
Indian Cooking Sauces

5⁹⁹
360g



Casa Fiesta
Mexican Food
Products

30% off
assorted sizes



Arla Apetina
Feta Cubes
& Tre Stelle
Feta Cheese

4⁹⁹ 200g Cubes
8⁹⁹ 400g Tre Stelle

Cascades Tuff Enviro Paper Towels
& Fluff Bathroom Tissue



7⁴⁹ 6 Pack Paper Towels
9⁹⁹ 12 Pack Bathroom Tissue



Seventh Generation
Liquid Laundry Detergent
Select Varieties

12⁹⁹
2.95 & 2.96L

DELI

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New!
Choices Persian Garden or Broccoli Kale Salad

BC PRODUCT!

1 99
/100g



Summer Fresh Dips
Assorted Varieties

3 99
227g



Organic Cow or Goat Feta Cheese

5 99
150g



Arla Cheese Slices
Assorted Varieties

5 99
165g



Choices Poke Bowls
Spicy Shrimp, Wild Salmon or Tuna

BC PRODUCT!

11 99
390-460g



Ready To Eat BBQ Ribs

6 99-13 99



Cows Creamery Cheddar Cheese
Aged or Smoked

4 49-4 99
/100g



Saputo Cheese
Bocconcini or Mozzarella Fresca

4 99
200g



BAKED GOODS

Choices' Own Premium Cookies
Assorted Varieties

5 99
6 Pack



Choices' Own Party Size Cakes
Assorted Varieties

12 99
each



Choices' Own Scones
Cheese, Blueberry or Cranberry Chocolate

3 29
2 Pack



Choices' Own Morning Glory Muffins
Mini or Regular

3 49-5 49
4 Pack



GluteNull Bars & Cookies
Assorted Varieties

8 49
240g Bars

7 99
Cookies



Ozery Buns
Select Varieties

2/6 00-2/9 00
assorted sizes



Silver Hills Organic Sprouted Power Tortillas

3 99
255g



Schär Gluten-Free Hamburger or Hot Dog Buns

6 99
228-300g



Proud Of Our Produce

At Choices, the BC Day long weekend is our favourite of the year – it's the real beginning of 'BC Season' - in our hearts and on our shelves. We commit to buying and supplying BC product first all through the year, but in August, we have access to more product than any other time of the year. We are thrilled to bring you loads of berries and the first apples of the season. Of course we'll have cherries, and local grapes. Peaches, plums, and nectarines are on their way. We've got arugula, beans and beets and boks and brocs, cabbage, celery, chard, corn, and cucumbers to name a few 'c's. And last but not least our BC garlic has arrived!

BULK

Organic Nuts & Mixes
Bulk & Prepackaged

20% Off



GROCERY



Terra Breads
Granola

6⁹⁹-7⁹⁹
340-454g



Nut's to You
Peanut Butter
Smooth or Crunchy

5⁹⁹
750g



Silk True
Almond
Beverages

2/6⁰⁰
946ml



Earth's Own
Almond Beverages
& So Nice Organic
Almond Beverages

3⁹⁹
1.75-1.89L



Ethical Bean
Organic Fair
Trade Coffee

6⁹⁹ 9⁹⁹
227g Ground 340g Whole Bean



Organic
Traditions
Superfood
Products

25% off
assorted sizes



Saputo Lite
Mozzarellissima
Cheese

5⁹⁹
454g



Saputo
Shredded
Cheese

3⁹⁹ 5⁹⁹
170g 320g

WELLNESS



Genuine Health
Advanced Gut
Health Probiotics

20% off
assorted sizes
Regular Retail 26.99-87.99



Organic
Traditions
Superfoods

25% off
assorted sizes
Regular Retail 26.99-87.99



Total Body
Collagen
Supplements

47⁹⁹
135g-500g or 180 tabs



Natural Factors
Magnesium
Supplements
Select Varieties

20% off
assorted sizes
Regular Retail 8.49-22.99



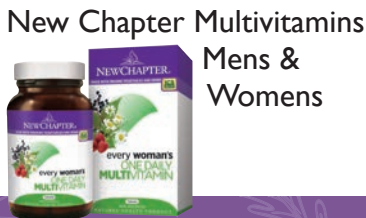
Botanica
Organic
Herbal
Phytocaps

25% off
assorted sizes
Regular Retail 31.99-82.99



Smart Solutions
Lorna Vanderhaeghe
Vitamins &
Supplements

20% off
assorted sizes
Regular Retail 1.49-96.99



New Chapter Multivitamins
Mens &
Womens

20% off
assorted sizes
Regular Retail 39.99-87.99



Dr. Hauschka
Facial Care

20% off
assorted sizes
Regular Retail 7.49-56.99



Jason Naturals
Hand Soap &
Body Wash

6⁴⁹ 12⁹⁹
473ml Hand Soap 887-900ml Body Wash



Andalou Naturals
Facial Care
Select Varieties

25% off
assorted sizes
Regular Retail 2.99-41.99



Herbatint
Natural
Permanent
Hair Colour

16⁹⁹
1 Kit



All Good
Suncare & Lotion

25% off
assorted sizes
Regular Retail 10.49-24.99



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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.