



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Organic
100% Lean
Ground Beef
Value Pack, Grass Fed
9.99/lb
22.02/kg

LOCAL

Red
Tomatoes
on the Vine
.98/lb
2.16/kg

LOCAL

Ready To Eat
Roasted Half Chickens
Assorted Varieties

5.99
each

Choices Fresh Rolls

5.49
148-200g

Fresh Steelhead Fillets
37.46/kg

16.99
/lb

Romaine Lettuce

**2 for
2.00**

Organic Nectarines
from Nature's First Fruit
First of the Season

LOCAL

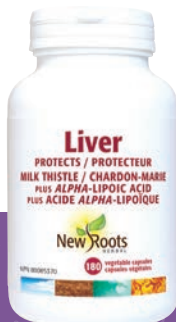
5.98
907g Bag

Choices' Own Artisan Breads:
Purple Yam Chia Boule, Rosemary Sea Salt
Spring Wheat Sourdough & Beer Bread

4.99
300-400g



New Roots
Vitamins & Supplements



20% off
assorted sizes
Regular Retail 1.79-114.99

Righteous Gelato & Sorbetto



6.99
562ml

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

Prices Effective
August 5 - 11, 2021.

PRODUCE

Organic Apricots
from Nature's First Fruit

LOCAL

6⁹⁸

907g Bag

Green & Red Leaf Lettuce
from Myers Organic Farm In Aldergrove

LOCAL

**2 for
5⁰⁰**

Organic Blueberries

LOCAL

5⁹⁸

454g
Package

MEAT

Rosstown Chicken Kabobs

LOCAL

8⁹⁹

each

Raised Without Antibiotics

Fort Hardy Ribs

9⁹⁹

each

Pre-Cooked
Previously Frozen

Beef Top Sirloin Steaks

17.61/kg

7⁹⁹

/lb

Value Pack, Grass Fed
from New Zealand

Ozo Plant Based Products

5⁹⁹-

7⁹⁹

assorted
sizes

Fresh Tilapia Fillets

30.84/kg

13⁹⁹

/lb

Pork Tenderloin

19.82/kg

LOCAL

8⁹⁹

/lb

Raised Without Antibiotics

Lamb Burgers

26.43/kg

11⁹⁹

/lb

Made In-Store

Smoked Sockeye Nuggets

66.12/kg

29⁹⁹

/lb

Lamb Rib Chops

59.50/kg

26⁹⁹

/lb

from New Zealand

GROCERY

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So Delicious
Dairy-Free
Frozen Dessert

4⁹⁹
500ml



Daiya Dairy-Free
Frozen Dessert

5⁹⁹
231-473ml



Keto Skream
Ice Cream
Chocolate or Vanilla

6⁹⁹
473ml



Perfect Bar

2/6⁰⁰
65-71g

GoMacro Energy Bars



2/6⁰⁰
65-71g



Green & Black's Organic
Fair Trade Chocolate Bars

2/7⁰⁰
90g



Noochpop!
Nutritional
Yeast Popcorn

3⁹⁹
120g



Beanfields Bean Chips

3⁹⁹
156g



GimMe
Organic Roasted
Seaweed Snacks
Select Varieties

2/5⁰⁰
10g



Prana Organic
Dried Fruit,
Seeds & Nuts

30% off
assorted sizes



Late July
Organic Crackers

4⁹⁹
140-170g



Annie's
Crackers, Cookies
& Fruit Snacks

3⁹⁹-4⁹⁹
115-213g



Remedy Organic
Sugar-Free Kombucha

2/6⁰⁰ 7⁹⁹
330ml Single +deposit +eco fee
4 Pack Cans +deposit +eco fee



Santa Cruz Organic
Lemonade & Limeade

2/6⁰⁰
946ml +deposit +eco fee



Loop Canadian Lemonade

2/10⁰⁰
1L +deposit +eco fee



Flow Organic Flavoured
& Alkaline Spring Water

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



Vita Coco
Coconut Water

3/6⁰⁰
500ml +deposit +eco fee



San Pellegrino Sparkling Italian Sodas

4⁹⁹
6 Pack +deposit +eco fee

GROCERY



Kicking Horse
Organic Fair Trade
Ground Coffee

8⁹⁹

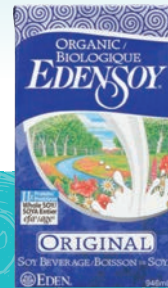
284g



Equal Exchange
Organic Fair Trade Tea

3⁹⁹

28-40g



Eden EdenSoy
Organic Beverages
Original & Unsweetened

3⁴⁹

946ml



Prana Organic
Granolove
Cookie Crunch

3⁹⁹

300g



One Degree
Organic Granola,
Cereal, Flour & Oats

30% off

assorted sizes



Chobani Oat
Beverages & Yogurt

2/3⁰⁰ 4⁹⁹

946ml Beverage

454g Yogurt



Happy Planet
Smoothies

3⁹⁹

900ml
+deposit +eco fee



Bremner's
Frozen Fruit
Select Varieties

30% off

300-600g



Tree Island
Cream Top Yogurt

3⁹⁹

500g



Nuts to You
Almond Butter

15⁹⁹

735g



Tre Stelle
Shredded Cheese

4⁹⁹

170-200g



Saputo Feta Cheese

2/7⁰⁰

200g

TMRW Plant-Based Burger



5⁹⁹

226g



Udi's Gluten-Free
Buns & Rolls

3⁹⁹-4⁹⁹

assorted sizes

Vegetarian Gourmet Frozen Burgers



6⁹⁹

400g

Rizopia Gluten-Free
Rice & Quinoa Pasta



1⁹⁹-2⁹⁹

assorted sizes



Liviva Organic
Bean Pasta

4⁴⁹

200-400g

Sunrise Soft Tofu



1¹⁹

300g

DELI

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Spinach & Feta or Ricotta & Feta Phyllo Twister

**2 for
700**
185g



Black Forest Ham

199
/100g



Habibi's Hummus & Dips

399
200g



Castello Cheese Wedges Havarti, Mature Cheddar & Gouda

599
200g



Krinos Dolmades & Tzatziki

399
1 Dozen
Dolmades

149
/100g
Tzatziki



Choices Ready To Eat Wraps

849
each



Choices Lemon Herb or Savoury Mexi Potato Wedges

119
/100g



Traditional Cow Feta Cheese

189
/100g



BAKED GOODS

Choices' Own Bread

The Bakery's Mezzo Bastone,
Crusty Loaf & Sourdough Baguette

**159-
269**
assorted
sizes



Choices' Own 6" Pies

Assorted Varieties

**599-
649**



La Tortilla Wraps

& Tortillas
Assorted Varieties

**299-
699**
assorted
sizes



Choices' Own Bars

Assorted Varieties

**499-
699**
150-220g



Choices' Own Keto Puddings

329
each



Little Northern Bakehouse Gluten-Free Loaf

**499-
549**
assorted
sizes



Plant Sales

Each spring Choices donates a portion of the proceeds we generate from our weekend bedding plant sales to local schools. By growing your own garden, you're helping us fundraise for local youth. How great is that? This year, we raised over \$5700.00 that we are happy to donate to schools in your community.



BULK

Organic Seeds & Snacks

Bulk & Prepackaged

**20%
Off**



GROCERY



Nutiva Organic
Coconut Oil
& Manna
Select Varieties

30% off

assorted sizes



Phoeapolis Organic
Extra Virgin Olive Oil

10⁹⁹ 13⁹⁹

500ml

750ml



Primal Kitchen
Condiments,
Dressings,
Pasta Sauces & Oil

30% off

assorted sizes



Kikkoman
Cooking Sauces
& Panko
Bread Crumbs

30% off

assorted sizes



Chosen Foods
Mayonnaise

8⁹⁹

355ml



Wildbrine Kimchi,
Sauerkraut
& Kraut

7⁹⁹

500ml



Once Upon A Farm
Organic Cold
Pressed Baby Food
& Smoothies

2/5⁰⁰ 2/6⁰⁰

85ml Baby Food

105ml Smoothies



Echoclean 2X HE
Liquid Laundry
Detergent

10⁹⁹

2.95L

WELLNESS



withinUs
TruMarine
Collagen

44⁹⁹ 63⁹⁹

20 Pack

250g



Vega Protein
& Green and
Protein Smoothie

16⁹⁹

252-264g

Protein Smoothie

28⁹⁹

586-618g

Protein & Greens



Natural Factors
CoQ10
Supplements

20% off

assorted sizes

Regular Retail 18.49-87.49



Desert Essence
Body Care
Products

25% off

assorted sizes

Regular Retail 3.99-18.99

Bio-K Plus Probiotics



2/40⁰⁰

6 Pack

Dairy & Non-Dairy



Alpha MCT Oil

22⁹⁹ 33⁹⁹

500ml

946ml



Renew Life
Probiotics
Select Varieties

25% off

assorted sizes

Regular Retail 17.49-72.99

Natracare Natural Feminine
Hygiene
Products



20% off

assorted sizes

Regular Retail 3.79-8.49



Ecoideas
Superfoods
Chia, Baobab
& Maca

20% off

assorted sizes

Regular Retail 9.49-31.99



Nature's
Way Herbal
Supplements

20% off

assorted sizes

Regular Retail 11.99-41.99



Purica
Magnesium
Bisglycinate

19⁹⁹ 37⁹⁹

150g

300g



The Kelowna
Candle Factory
Beeswax Candles

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.