



LOCAL CHOICES!

100% BC OWNED AND OPERATED

Chicken Breast

Boneless, Skinless
Value Pack
Raised Without Antibiotics

9.99/lb

22.02/kg

BC
PRODUCT!

Choices' Own Salsa Mango, Roasted Corn or Tomato

4.99-5.99

530g

BC
PRODUCT!

Choices' Own Sourdough Bread

4.99

530g

BC
PRODUCT!

Organic Corn on the Cob from the Fraser Valley

4/5.00

BC
PRODUCT!

Spread'Em Kitchen Vegan Dips, Spreads & Cheezes **30% off**



BC
PRODUCT!

Island Farms Ice Cream

4.99

1.65L

BC
PRODUCT!

Organic Red Heart Plums from Harker's Organics

BC
PRODUCT!

6.98

907g Package

Organic Sunrise Apples

BC
PRODUCT!

4.98

1.36kg Bag

Flora Organic Flax Oil

BC
PRODUCT!

8.99

250ml

22.99

941 ml



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

Prices Effective
August 12-18, 2021.

PRODUCE



Organic Long English Cucumbers
from Origin Organics

LOCAL

3.98
each



Heirloom Tomatoes
5.47/kg

LOCAL

2.48
/lb



Blueberries

LOCAL

13.98
2.27kg Box

MEAT



Bacon
24.23/kg

LOCAL

10.99
/lb

Nitrate-Free



Thomas Reid Whole Organic Chicken
14.31/kg

LOCAL

6.49
/lb



Organic Sturgeon Steaks
39.66/kg

LOCAL

17.99
/lb



Duck Breast
41.87/kg

LOCAL

18.99
/lb

Boneless, Skin-On



Fresh Rockfish Fillets
20.92/kg

9.49
10 oz



Pork Side Ribs
15.41/kg

LOCAL

6.99
/lb

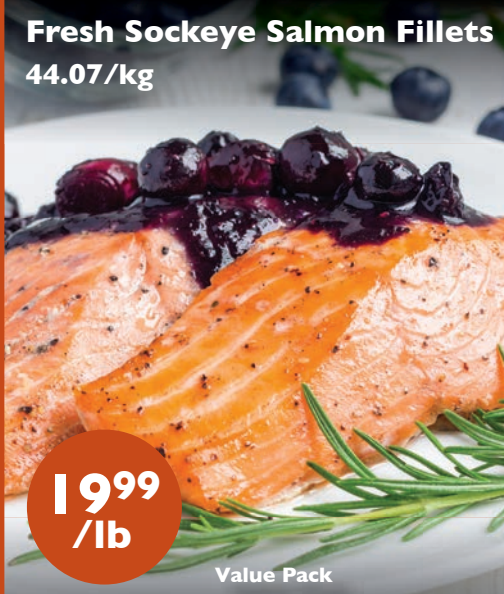
Raised Without Antibiotics



Beef Striploin Steaks
26.43/kg

11.99
/lb

100% Grass Fed, Value Pack from New Zealand



Fresh Sockeye Salmon Fillets
44.07/kg

19.99
/lb

Value Pack



Lean Ground Bison
33.05/kg

14.99
/lb



Venison Leg Steak
44.07/kg

19.99
/lb

100% Grass Fed Boneless

GROCERY

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Covered Bridge
Potato Chips

2/5⁰⁰
142-170g



Angie's
Boomchickapop
Popcorn & Puffs
Select Varieties

3⁹⁹
125-198g



Neal Brothers
Organic Chips, Pretzels
& Cheese Puffs

30% off
assorted sizes



Frankie's Organic
Clouds Puffs

2/5⁰⁰
120-140g



Old Dutch
Corn Chips or
Arriba Chips

2/7⁰⁰
assorted sizes



Lundberg
Organic Rice Cakes

2/7⁰⁰
assorted sizes



Prana Organic
Trail Mix &
Chic Choc Bites

30% off
assorted sizes

Sweet Nutrition Cookies



4⁴⁹
68g

Simply Protein Bars



2/4⁰⁰
40g



Theo Organic Fair
Trade Chocolate Bars

2/7⁰⁰
85g



Mid-Day
Superfood Squares

2/6⁰⁰
70g



Ginger People
Marinades,
Candy, Juice
and Sauce

30% off
assorted sizes



Enlightened
Keto
Ice Cream

6⁹⁹
473ml



Mochi
Coconut Based
Frozen Dessert

6⁹⁹
450g



Natural Choice
Organic
Frozen Fruit Bars

3⁹⁹
4 Pack



Brew Dr.
Organic Kombucha

2/6⁰⁰
414ml
+deposit +eco fee



Guayaki Yerba Mate

2/5⁰⁰
458ml
+deposit +eco fee



Blue Monkey
Coconut Water

3/5⁰⁰
520ml
+deposit +eco fee

GROCERY



Happy Planet
Organic Lemonade

2/700

1.5L
+deposit +eco fee

Perrier Slim Cans or Perrier & Juice



699

6 Pack Perrier & Juice
+deposit +eco fee

799

10 Pack Slim Cans
+deposit +eco fee



CRFT
Non-Alcoholic Beer

999

4 Pack
+deposit +eco fee



Joyya
Ultrafiltered Milk

399

1L



Silk True
Almond Beverages

2/600

946ml



Plant Veda Vegan
Lassis & Creamers

499

500ml Creamers

799

1L Lassis



Uncle Luke's
Organic Maple Syrup

2099

1L



Nuts to You
Peanut Butter

599

750g

Earthbound Farms Organic
Frozen Fruit



399

300g



Granola King
Premium Granola

2499

2kg



Yumi Organics
Overnight Oats

599

330g

Rawesome Cashew Cream Cheese
& Tzatziki



699-799

227g



Saputo
Shredded
Cheese

399

170g

599

320g

Tofutti Dairy-Free Soy Slices, Spreads
& Sour Cream



2/700

227-340g



Arla Apetina
Feta Cubes
or Tre Stelle
Feta Cheese

499

200g Cubes

799

400g Feta

Riviera Vegan Yogurt
& Coconut Milk Kefir



Select Varieties

499

assorted sizes

Eco Max Natural
All Purpose Cleaners
& Dish Liquid



399

710-740ml

Castor & Pollux
Cat or Dog Treats



Select Varieties

499-1099

assorted sizes

BULK



Organic Mango
Bulk & Prepackaged

20% Off

DELI

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Rosstown Roasted Chickens  10⁹⁹ each	Naturally Aged Parmesan Cheese Petals  2⁹⁹ /100g	Saputo Mozzarella Fresca Cheese  4⁹⁹ /100g	BC Village Cheese Assorted Varieties  4⁴⁹-5⁹⁹ /100g
Choices Potato, Coleslaw or Macaroni Salad  1⁴⁹-1⁸⁹ /100g	Choices Ready to Eat Salad  5⁴⁹-9⁴⁹	Yucatan Organic Guacamole  5⁹⁹ 227g	Choices Prawn Fish Cakes  2 for 3⁰⁰
Happy Days Okanagan Goat Cheese Assorted Varieties  5⁴⁹-5⁹⁹ 140-150g			

BAKED GOODS

Choices' Own Focaccia Bread Assorted Varieties  4⁹⁹ each	Choices' Own Low Carb Chocolate Mousse Cake or Low Carb Cookies & Cream Cheesecake  3⁴⁹ 60-90g	Choices' Own English Fool Cups Peach Melba or Passionfruit Mango  3⁹⁹ 170g
Silver Hills Sprouted Power Bread Assorted Varieties  2 for 8⁰⁰ assorted sizes	Silver Hills Sprouted Power Buns Assorted Varieties  2 for 7⁰⁰ 320 & 520g	Queen St. Bakery Loaf, Artisan Buns, Bunlets & Pizza Dough  3⁹⁹-6⁹⁹ assorted sizes

Chili Lime Chicken Tacos

with Roasted Corn Salsa and Cotija Cheese

- | | | | |
|--|-------------------------------------|-------------------------------|---|
| 2 Chicken Breasts, Butterflied | 1/2 tsp each of Black Pepper & Salt | 1 large Tomato, Diced | 80 grams Cotija, Grated |
| 1 tsp each of Garlic Powder, Cumin, Ancho Chili Powder | 2 Tbsp Olive Oil | 1 small Red Onion, Diced | 1/2 cup Choices' Own Roasted Corn Salsa |
| 1/2 tsp Chili Flakes | 2 Tbsp Fresh Lime Juice | 1 Bell Pepper, Diced | 4 to 6 Corn Tortillas |
| | | 100g of Baby Spinach, Chopped | |

Mix the spices with the olive oil and paint it onto the butterflied chicken breasts. Grill (keeping an eye out for flare ups) or bake until fully cooked.

While the chicken is cooking, rinse and cut the veggies and grate the cheese. Slice the chicken into thin strips and drizzle with lime juice while still warm. Just before plating, warm up the tortillas slightly in a large frying pan or on a baking sheet in the oven.

Load all of the toppings onto your tortillas, I start with the spinach, then tomato and bell pepper followed by onion, chicken then cheese and last but not least, the Roasted Corn Salsa.

GROCERY

Chickapea Organic Pasta



3⁹⁹-4⁹⁹

161-227g



Nona Vegan
Pasta Sauce

6⁹⁹

300ml

Di Martino Pasta



2⁴⁹-2⁹⁹

453-500g



Due Vittorie
Balsamic Vinegar

1⁷⁹⁹

250ml



Maison Orphée
Mustards,
Coconut Oils
& Mayonnaise

30% off

assorted sizes



Fody Low Fodmap
Condiments
& Pasta Sauces

30% off

assorted sizes

Daiya Plant-Based Frozen
Pizza



6⁹⁹

assorted sizes



Yves
Vegetarian
Wieners
& Sausages

2⁹⁹-5⁹⁹

assorted sizes

WELLNESS



Natural Factors
Probiotics

20% off

assorted sizes

Regular Retail 17.99-55.49

Sisu Ester-C Energy Boost



4/248 14⁹⁹

Singles

30 Pack

NutraSea Omega-3
& Omega-3 +
Vitamin D,
& HP Fish Oil



20% off

assorted sizes

Regular Retail 23.99-99.99



Herbaland
Vitamins &
Supplements

30% off

assorted sizes

Regular Retail 3.99-17.49



Botanica
Organic Herbal
Phytocaps

20% off

assorted sizes

Regular Retail 21.99-82.99



Smart Solutions
Lorna
Vanderhaeghe
Vitamins &
Supplements

20% off

assorted sizes

Regular Retail 1.49-96.99



Total Body
Collagen
Supplements

47⁹⁹

135-500g or 180 Tabs



Natural Calm
Magnesium
Supplements

20% off

assorted sizes

Regular Retail 15.49-71.99



Dr. Hauschka
Facial Care

20% off

assorted sizes

Regular Retail 7.49-56.99



Jason Naturals
Toothpaste
& Hand Soap

4⁹⁹

122-170g
Toothpaste

6⁴⁹

473ml
Hand Soap



Andalou Naturals
Facial Care
Select Varieties

25% off

assorted sizes

Regular Retail 2.99-41.99



Prairie Naturals
Shampoo &
Conditioner

11⁴⁹

350-500ml



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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.