



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

We want to ensure our local communities are able to get the food and supplies they need and keep our customers and staff safe during these unprecedented times. We are working around the clock to keep our shelves stocked and our stores clean. More importantly, we are going to make sure we stay up and running to meet your needs and are confident we have processes in place and government support to do that. During this time, please note we are reserving the right to limit quantities per household and unfortunately will not be offering any rain checks.

We also promise we have not - and will not - raise prices for the purpose of taking advantage of the current situation. As always, we are here to support our local communities.

Thank you for your patience and understanding.

100% Grass Fed Lean
Ground Beef from Canada

7⁹⁹/lb
17.61kg

Wild Sockeye Salmon
Value Pack

14⁹⁹/lb
33.05kg

Strawberries
USA Grown

4⁹⁸
454g

Farmcrest Non-GMO
Roasted Chickens

13⁹⁹
each

Choices' Own Multigrain & Whole
Wheat Bread

4⁹⁹
530g

BC Grown Organic Table
Carrots from Fountainview
Farm in Lillooet

6⁹⁸
2.27kg/5lb



AOR Vitamins
& Supplements
Assorted Varieties

20% off
Assorted Sizes
Regular Retail 29.99 - 124.99



Kettle Brand
Potato Chips
Assorted Varieties

2/5⁰⁰
170-220g



Rise Organic Kombucha
Assorted Varieties

5⁹⁹
1L
+deposit +eco fee

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

Prices Effective
March 26-April 1, 2020.

PRODUCE

Organic Navel Oranges



5⁹⁸
1.81kg/4lb

BC Grown Potatoes
Red & Yellow



3⁹⁸
2.27kg/5lb

Organic Green Bartlett Pears
from Argentina



4.37/kg

1⁹⁸
/lb

Sweet Bi-colour Corn on the
Cob USA Grown



**4 for
3⁰⁰**

MEAT

New Zealand Spring Lamb
100% Grass Fed, Lamb Racks



59.50/kg

26⁹⁹
/lb

Fresh BC Halibut Fillets



66.12/kg

29⁹⁹
/lb

Nourish Yourself
Bone Broth
Assorted Varieties



10⁴⁹
750g

Pork Centre Cut
Boneless Chops or Roasts
Value Pack, Raised Without Antibiotics



15.41/kg

6⁹⁹
/lb

Choices Turkey Thighs
Boneless, Skinless



15.41/kg

6⁹⁹
/lb

Boneless Duck Breasts



33.05/kg

14⁹⁹
/lb

Stuffed Chicken Cordons
Assorted Flavours



3⁴⁹
each

Harvest Bacon
Assorted Varieties



10⁹⁹
500g

Prawn Burgers
Spicy and Regular



35.25/kg

15⁹⁹
/lb

Arctic Char Fillets



41.87/kg

18⁹⁹
/lb

GROCERY

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G.H. Cretors
Popcorn
Assorted Varieties

2/7⁰⁰
113-213g



Sensible Portions
Veggie Straws & Chips
Assorted Varieties

2/6⁰⁰
141-142g



Sonoma
Creamery Crisps
Assorted Varieties

4⁴⁹
64g



Old Dutch
Potato Chips
Assorted Varieties

2/6⁰⁰
220-255g



PopCorners Chips
Assorted Varieties

2/6⁰⁰
142g

Want Want Super Slim Crisps & Hot
Kid Rice Crisps
Assorted Varieties



2/5⁰⁰ **2/6⁰⁰**
Hot Kid Rice Crisps 100g
Want Want Super Slim 100g



Theobroma Organic
Chocolate Bars
Assorted Varieties

2/6⁰⁰
80g



Lily's Sugar Free
Chocolate Bars
Made with Stevia
Assorted Varieties

3⁹⁹
85g

Bobo's Gluten Free Oat Bars
Assorted Varieties



2/5⁰⁰
85g



Haribo
Gummi Candies
Assorted Varieties

2/5⁰⁰
175g



Koukla Macaroons
Assorted Varieties

6⁹⁹
150g



Made Good Bars,
Mini's, Cookies
& Granola
Assorted Varieties

30% off
Assorted Sizes
Regular Retail 4.99-8.99



Simply Natural
Organic Salsa
Assorted Varieties

4⁴⁹
470ml

Sunflower Kitchen Pesto
Assorted Varieties



4⁹⁹
227g



Caulipower
Frozen Pizza
Assorted Varieties

8⁹⁹
330-340g



Greenhouse
Cold Pressed Kombucha,
Lemonade & Booster
Assorted Varieties

2/7⁰⁰
300ml
+deposit, +eco fee

Coconut Bliss Frozen Dessert Bars
Assorted Varieties



5⁹⁹
3 & 4 Packs



Chapman's
Frozen Yogurt
Assorted Varieties

5⁷⁹
2L

GROCERY

Rabbit River
Free Range Organic Large Eggs



579
1 Dozen

Faith Farms Cheese
Assorted Varieties



549
360 & 380g

Choices' Own
Organic Milk



849 **949**
4L 1%, 2% & Skim 4L 3.8%

Nature's Nuts
Organic Peanut Butter & Almond Butter
Assorted Varieties



499 **1199**
500g Peanut Butter 340g Almond Butter

Organic Meadow Organic
Grass Fed Butter
Salted & Unsalted



999
454g

Avalon Organic Cottage Cheese
Assorted Varieties



549
500g

Danone DanActive Drinkables &
Danone Activia
Yogurt
Assorted Varieties



499 **649**
8 Pack Danactive Drinkable 12 Pack Activia

Riviera Set Style Yogurt &
Petite Set Style
Assorted Varieties



399 **449**
750g 4 Pack

Philadelphia Dips
Assorted Varieties



2/500
227g

Stash Premium Tea
Assorted Varieties



2/600
18-20 Bags

Blue Diamond Almond
Breeze Beverages
Assorted Varieties



2/400
946ml

Bremner's Juice
Assorted Varieties



30% off
946ml + deposit + eco fee
Regular Retail 9.99-14.99

Glutino
Gluten-Free
Products
Assorted Varieties



30% off
Assorted Sizes
Regular Retail 3.99-9.79

Made in Nature
Organic Figgy Pops
Assorted Varieties



549
88g

Prana Organic
Dried Fruit,
Walnuts & Seeds
Assorted Varieties



30% off
Assorted Sizes
Regular Retail 7.49-13.99

Wise Bites Gluten-Free Bars,
Cookies, Bites
& Muffins
Assorted Varieties



269-749
Assorted Sizes

Seventh Generation
Natural Dish Liquid
Assorted Varieties



2/600
739ml

Eco Max Natural Laundry
Detergent & Fabric Softener
Assorted Varieties



30% off
Assorted Sizes
Regular Retail 9.99-18.99

DELI

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Espuna Spanish Sliced Meats

Assorted Varieties



Buy One Get One FREE

Regular Price 6.99 70-100g

Choices' Own Individual Quiche

Assorted Varieties

2 for 800

Choices' Own Pasta Entrées

5.99-7.99 each

Choices' Own Individual Pot Pies

4.99 each

Krinos Traditional Cow Feta Cheese



1.99 /100g

Grated Parmesan Cheese

3.99 /100g

Grimm's Honey, Old Fashioned and Black Forest Ham

1.89 /100g

Indianlife Vegetable Samosas

2 for 400

Choices' Own Breakfast Sandwiches or Parfaits

2 for 600

FRESH FROM OUR BAKERY

Choices' Own 6" Tiramisu Cake & New York Style Blueberry Cheesecake 540g

16.99

Choices' Own Cookies Assorted Varieties

4.99 package of 12

Choices' Own Keto Chocolate Mousse Cake

16.99 400g

Choices' Own Garlic Bread made with Roasted Garlic Butter **New Recipe**

3.99 320g

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BULK

Assorted Nuts



20% off

GROCERY

Amy's Organic Frozen Vegetarian Entrées



Assorted Varieties

4⁹⁹

Assorted Sizes

Big Mountain Vegetarian Breakfast Patties, Bites, Burgers & Crumbles



Assorted Varieties

4⁹⁹

Assorted Sizes



Lundberg Organic Rice Assorted Varieties

30% off

907g Regular Retail 8.99-10.99



Choices Organic Beans Assorted Varieties

3/5⁰⁰

398ml

WELLNESS



Desert Essence Oral, Hair & Body Care Products Assorted Varieties

25% off

Assorted Sizes Regular Retail 3.99-20.29



Renew Life Probiotics Select Varieties

20% off

Assorted Sizes Regular Retail 17.49-72.99



Botanica Organic Herbal Supplements Select Varieties

20% off

Assorted Sizes Regular Retail 25.49-82.99



Vega Proteins & Greens Select Varieties

27⁹⁹

586-618g

More Vega Savings In-Store



Tasty Bite Ready To Eat Entrées Assorted Varieties

2/4⁰⁰

250-285g

Daiya Dairy-Free Blocks, Shreds, Slices & Spreads



Assorted Varieties

2/7⁰⁰

200-227g

Natural Factors CoQ10 & Collagen Supplements



Select Varieties

20% off

Assorted Sizes Regular Retail 16.49-72.99



Host Defense Medicinal Mushroom Supplements Select Varieties

20% off

Assorted Sizes Regular Retail 29.99-69.99



Di Martino Pasta Select Varieties

2/5⁰⁰

250-500g



Choices Gourmet Small Batch Pasta Sauce Assorted Varieties

7⁴⁹

750ml



Platinum Naturals Vitamins and Supplements Assorted Varieties

20% off

Assorted Sizes Regular Retail 9.79-99.99



Enzymedica Digestive Enzymes Assorted Varieties

20% off

Assorted Sizes Regular Retail 10.99-97.99



Karthein's Organic Sauerkraut Assorted Varieties

4⁹⁹ 7⁹⁹

375ml 750ml



Drew's Organics Organic Salad Dressing Assorted Varieties

4⁴⁹

360ml

Bio-K Plus Probiotics

Assorted Varieties



20% off

6 Packs Regular Retail 16.49-26.99



Everyone Natural Hand Soap & Body Care Products Assorted Varieties

20% off

Assorted Sizes Regular Retail 8.99-17.49



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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. **Until further notice:** We reserve the right to limit quantities per household. We will not be offering any rain checks. Thank you for your understanding.