

SUMMER SPECIALS

Prices Effective July 6 to July 12, 2017.

100% BC Owned and Operated



7.99 to 9.99

Choices' Own
Family Size Salads
assorted varieties

9.99

Rosssdown Fraser
Valley Free Run
Roasted Chickens



**10% off
regular
retail price**

Choices Fresh Free Range
RWA* Turkey Cuts
select varieties

NEW



Kettle Brand Family Size
Potato Chips

assorted varieties
397g • product of USA

3.99



9.99lb

Organic Ground Beef
value pack
22.02kg

Zevia Sparkling Beverages

assorted varieties
+deposit +eco fee
product of USA



.79
Single

4.49
6 pack



49.98

B.C. Grown Organic Blueberries
from Farmhouse Lifestyle
4.54kg
(10lb) box

Luna Clif Bars and Clif Bars

assorted varieties

assorted sizes, singles and case • product of USA



.99 to 13.99



5/5.00

B.C. Grown Assorted Field
Greens from RGR Farm
Green Butter, Red and Green Romaine
Leaf Lettuce and Bunch Spinach



Carina Hair and Body Care

assorted varieties
assorted sizes

**20% off
regular
retail price**

GROCERY

Lorissa's Kitchen Premium Protein Snacks



assorted varieties
63g • product of USA

5.99

Spectrum Organic and Natural Olive Oil and Mayonnaise



assorted varieties
assorted sizes
product of USA, Spain, Tunisia
reg price 5.59-23.99

35% off
regular retail price

Earth's Best Organic Baby Food



assorted varieties
128ml • product of Canada/USA

6/6.00 Jars

3/5.00 Pouch



Happy Water Spring Lithia Water
+deposit +eco fee • product of Canada

3/3.99 500ml

2/4.00 1L

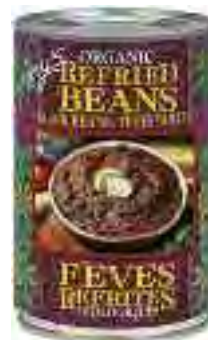
7.99 5L

11.99 10L



Delverde Pasta
assorted varieties
450g • product of Italy

3/6.99



Amy's Organic Refried
and Baked Beans

assorted varieties
398ml • product of USA

3/9.99



Amano Miso and Sauces
assorted varieties
assorted sizes
product of Canada
reg price 3.29-14.79

25% off
regular retail price



Bob's Red Mill Grains
assorted varieties
680-793g
product of USA
reg price 4.99-10.29

25% off
regular retail price



Prana Organic
Chia Superfood
assorted varieties
200-300g • product of Canada

5.99

Cascades Fluff Bathroom Tissue and Tuff Paper Towels



assorted varieties
product of Canada

6.99 12 Roll Toilet Paper

12.99 24 Roll Toilet Paper

4.99 6 Roll Paper Towel



Dairyland Milk
skim, 1, 2 and 3.25%
2L jug or carton • product of BC

3.29

Field Roast Vegan Sausages, Slices, Burgers and Frankfurters

assorted varieties
assorted sizes • product of USA
reg price 7.99-11.99



30% off
regular retail price

Vita Coco Coconut Water assorted varieties

assorted sizes • +deposit +eco fee • product of USA
reg price 2.49-16.99

30% off regular retail price

Coco Community Organic Pure Coconut Water

250ml • +deposit +eco fee • product of USA

2/6.00

Santa Cruz Organic Lemonade

assorted varieties
946ml • +deposit +eco fee • product of USA

2/4.00

Udi's Frozen Gluten Free Buns

assorted varieties product of USA

3.69 4 Pack
Hamburger Buns

4.99 6 Pack
Hot Dog Buns

Glutenfreeda Frozen Burritos, Wraps and Oatmeal

assorted varieties
assorted sizes • product of USA reg price 4.99-8.39

30% off regular retail price

Seventh Generation Automatic Dishwashing Detergent and Hand Wash

assorted varieties
assorted sizes • product of USA reg price 4.69-7.49

30% off regular retail price

GROCERY



Real Foods Corn Thins
assorted varieties
150g • product of Australia

2/5.00

Nuts To You Nut Butter
select varieties 500g • product of Canada
reg price 8.49-17.99



30% off
regular retail price



St Dalfour Fruit Spreads
assorted varieties
225ml • product of France

4.49



Silk Fresh Alternative Dairy Beverages
assorted varieties
assorted sizes • product of USA
reg price 2.69-7.89

25% off
regular retail price

Granola King Granola



assorted varieties
product of BC

6.99 454g

9.99 750g

24.99 2kg



Ripple Pea Milk Non Dairy Beverages
assorted varieties
1.42L • product of USA

5.99



Earth's Choice Organic Fair Trade Chocolate Bars
assorted varieties
80g

2/6.00

Armstrong Natural Cheese Slices

assorted varieties
320-360g • product of BC



6.99



Silver Hills Bagels, Hamburger and Hot Dog Buns
assorted varieties
assorted sizes • product of BC

3.79



Bucha Organic Beverages
assorted varieties
473ml • product of USA
+deposit +eco fee

2.99

Vij's Frozen Indian Meals



select varieties
400g • product of BC

6.99

Earth's Choice Organic Coconut Milk



Regular or Light

1.69 160ml

2.99 400ml

Ocean's Tuna product of China



Flaked Light or Chunk Light
3 Pack

4.99

Flaked White or Solid White
3 Pack

7.99

Patak's Indian Cooking Sauce and Chutney



select varieties
250-400ml • product of UK

4.99



Caveman Gourmet BBQ Sauce
assorted varieties
375ml

NEW

5.99

DELI

Choices' Own Lemon Herb or Savoury
Mexi Potato Wedges



1.19/100g

Macedonian Style Feta Cheese 200g

4.99

Shepherds Dairy Sheep Feta Cheese 200g



6.99

Honey Ham



1.79/100g

Vegetarian Dolmades



4.49/12



AIC French
Imported Double
Cream Brie Cheese

3.99/100g

IndianLife Pakoras

2.49/100g

IndianLife Vegetable Samosas



2/4.00

Choices' Own Salmon Lox Bagels



5.99

Bari Mozzafina Di Latte Cheese
250g



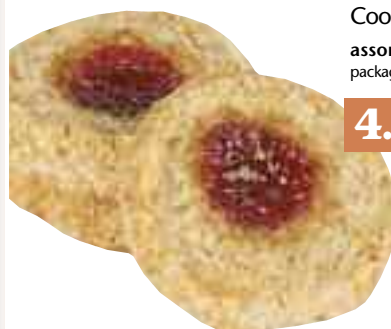
6.99

BAKERY

Organic Sourdough Bread Levain Style
sliced and unsliced
530g



4.99



Cookies
assorted varieties
package of 12

4.99

Oat Raisin Cookies
sweetened with Xylitol
package of 4

4.49

Banana Bread or Lemon Chia Loaf
assorted varieties
300-454g



5.99

Specialty Delight Desserts
assorted varieties
100-220g



3.49 to 4.49

MEAT



Thomas Reid Organic Frying Chickens
13.21kg



5.99lb

Choices Pork Sausages (made in-store)
17.61kg



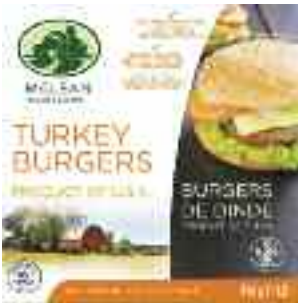
7.99lb

Sockeye Salmon Fillets
value pack
30.84kg



13.99lb

McLean Turkey or Chicken Burgers
450g



14.99

Organic Pork Back Ribs RWA*
previously frozen
15.41kg



6.99lb

Loin Lamb Chops
30.84kg



13.99lb

Northern Divine Smoked
Organic Canned Sturgeon

12.99 170g



*RWA – raised without antibiotics

Organic BC Sturgeon Steaks
41.87kg



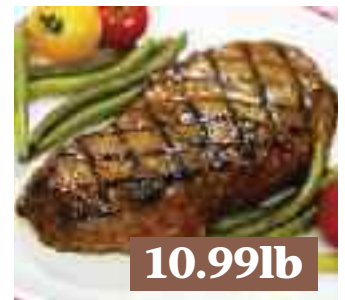
18.99lb

Choices Pasta
assorted varieties
500g



5.99 each

Australian Grass Fed Free Range
New York Steaks aged 21+ days
value pack
24.23kg



10.99lb

PRODUCE

Organic California Grown
Cauliflower



2.98 each

Organic California Grown
Red and Black Plums
6.57kg



2.98lb

Organic Whole Cantaloupe
Imported



3.98 each

California Grown Red
Seedless Grapes
6.57kg



2.98lb

GROCERY



Karthein's Organic Sauerkraut
assorted varieties
375-750ml • product of Canada
reg price 6.59-13.99

25% off
Regular Retail Price

TruRoots Organic Sprouted Grains
assorted varieties
assorted sizes • product of USA
reg price 8.49-15.99

30% off Regular Price

Gardein Meat Alternatives
assorted varieties
assorted sizes • product of USA

3.39 to 3.79

KeVita Organic Fermented Beverages
assorted varieties 450ml • product of USA • +deposit +eco fee

3.69

Mighty Leaf Iced Tea
assorted varieties
6 pack • product of USA • +deposit +eco fee

4.99

Mapleton's Organic Ice Cream
and Frozen Yogurt
assorted varieties 473ml • product of Canada

5.49

Liberte Organic Kefir
assorted varieties 454ml • product of Canada

2/6.98

Meadowfresh Yogurt
assorted varieties
2 kg • product of Canada

5.99

Angie's Boomchickapop Popcorn
two varieties 142g • product of USA

3.99

BULK

Gummy Candies
assorted varieties bins or bags

25% off Regular Price

WELLNESS

MegaFood Balanced B Complex
assorted varieties
assorted sizes



25% off
Regular
Retail Price

Alaffia Fair Trade Shampoo,
Conditioner, Body Wash or Lotion
assorted varieties
950ml



20% off
Regular
Retail Price

Natren Probiotics
assorted varieties assorted sizes



20% off
Regular Retail Price

SISU Magnesium Bonus Bottle
assorted varieties
125 Capsules
*Available while quantities last



15.99



Badger Sunscreen Products
assorted varieties
assorted sizes

20% off
Regular
Retail Price



South of France
Liquid or Bar Soap
assorted varieties
236ml or 170g

25% off
Regular
Retail Price

COUPON!

Spend \$50 and receive
**ONE package of Choices
Frozen Pasta 500g FREE**
(from the Meat Dept.)

Please present this coupon to cashier at checkout. PLU 5210. Valid at all Choices Markets locations. Excludes lottery purchases. Expires July 19, 2017. Limit one coupon per person per visit. No cash value. Only original coupon may be used, no copies or printouts accepted.



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