

SPRING BREAK

Prices Effective March 22 to March 28, 2018.

100% BC Owned and Operated



24.99
each

Lamb Casserole with Feta
Cheese and Vegetables
made in-store



Sweet Candy Treats
assorted varieties
bins or bags
from Bulk dept.

20% off
Regular
Retail price



2.48lb

Organic Bunch
Broccoli from
Ecocompos in Mexico
5.47kg



Uncle Luke's Organic Maple Syrup
assorted varieties
1L

19.99



4/5.00

Large Yellow
Ataulfo Mangoes



Olympic Yogurt
assorted varieties

2/5.98
Krema 500g/
Natural 650g

2/7.98
Krema 650g/
Organic 650g



10% off
Regular
Retail price

Choices' Own Sushi
assorted varieties
from Deli dept.

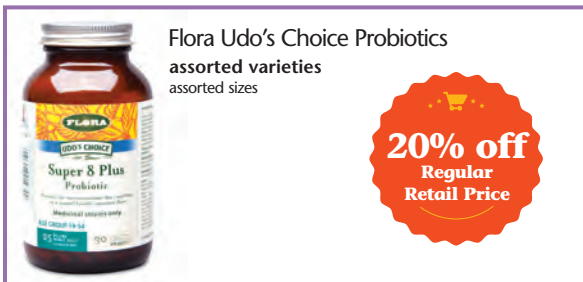
20% off
Regular
Retail price

Choices' Own
Deli Salads
assorted varieties
from Deli dept.



Platinum Naturals Vitamins
and Supplements
assorted varieties
assorted sizes

20% off
Regular
Retail Price



Flora Udo's Choice Probiotics
assorted varieties
assorted sizes

20% off
Regular
Retail Price

GROCERY

Maple Hill Organic Free Range Large Eggs
1 dozen



5.79

Fraser Valley Butter
salted or unsalted 454g



4.99

Armstrong Natural Cheese Slices
assorted varieties 320-360g



5.99



Pukka Organic Tea
assorted varieties
20 tea bags

5.79



Frog Friendly
Direct Trade Wild
Harvested Coffee
beans or ground
340g

9.99



Celestial Seasonings Herbal Tea
assorted varieties
18-20 tea bags

2.99



Earth's Choice Organic
Almond Butter
500g

15.99



Silk True Almond Beverages
assorted varieties

1.49 236ml

2.49 946ml



RW Knudsen Sparkling Beverages
assorted varieties
750ml
+deposit +eco fee

4.79

Field Roast Meat Alternatives
and Chao Vegan Cheese Slices
assorted varieties assorted sizes
reg price 7.99-11.99



30% Off
regular
retail price

Green Organic Frozen Organic Vegetables
assorted varieties
500g



2.99



Amy's Frozen Pizza
assorted varieties
340-403g

7.99 to 9.99



Mezzetta Olives,
Peppers and Pesto
assorted varieties
assorted sizes
reg price 4.39-9.69

30% Off
regular
retail price



Earth's Choice
Organic Beans
assorted varieties
398ml

3/4.98



Lucini Gourmet Pasta Sauce
assorted varieties
556-720g

9.99



Cape Herb & Spice
Seasonings and Spices
assorted varieties
assorted sizes
reg price 4.99-16.99

30% Off
regular
retail price

Better Than Bouillon Cooking Base



assorted varieties
227g

5.99 Regular

7.99 Organic



Spectrum Mayonnaise & Cooking Oil
assorted varieties
assorted sizes
reg price 5.59-26.99

30% Off
regular retail price

PRODUCE

BC Grown Organic Pink Lady Apples
from Harvest Moon 1.36kg (3lb) bag



4.98

Organic Celery from Ecocampos in Mexico
2.16kg



.98lb

Organic California Grown Red
and Green Bunch Dandelion



2/5.00

Assorted Peppers Imported
907g (2lb) bag



4.48

DELI

Castello Cheese
assorted varieties



20% off
regular retail price

Choices' Own Ready
To Eat Wraps
made in-store

7.49 each



Choices' Own
Soup or Chili
assorted varieties
assorted sizes

3.49 to
9.99

MEAT

BC
ORGANIC PORK
at our Kitsilano,
Kerrisdale, Cambie,
North Vancouver
and South Surrey
locations

Centre Cut Boneless
Pork Roasts or Chops
raised without antibiotics **15.41kg**



6.99lb

Fresh Duck **8.80kg**



3.99lb

Icelandic Cod Loin Steaks **39.66kg**



17.99lb

100% Grass Fed New York Steaks Aged 21+ Days
from Australia value pack **24.23kg**



10.99lb

BC Chicken Boneless Skinless Breasts
value pack **14.31kg**



6.49lb

Grass Fed Beef Meatballs
select varieties, made in-store **19.82kg**



8.99lb

BAKERY

Organic Country French Bread
White or 60% Whole Wheat
480-530g



4.99

Alternative Flour Recipe Products
assorted varieties assorted sizes



4.49 to 7.99

Easter Pastries, Hot Cross
Buns, Cookies or Cupcakes
including alternative flour recipes
package of 4-6



3.49 to 5.49

WELLNESS



Vega Protein & Greens
assorted varieties
586-618g

29.99



Nature's Way Herbs
assorted varieties
assorted sizes

20% off
Regular
Retail Price



Terry Naturally Curamin,
Curapro and Knees & Joints
assorted varieties
assorted sizes

20% off
Regular
Retail Price

Harmonic Arts Superfoods
assorted varieties assorted sizes



20% off
Regular Retail Price

Everyone Natural Hand Soap
& Body Care Products
assorted varieties
assorted sizes



25% off
Regular
Retail Price

Senzacare Bamboo Toothbrushes Adult,
Childrens and TravelSonic Electric



assorted varieties
assorted sizes

20% off
Regular
Retail Price

GROCERY



Ten Acre Crisps and Popcorn
assorted varieties
135g Crisps
80g Popcorn

2.99



Fresh is Best Tortilla Chips & Salsa
assorted varieties
325g Tortilla Chips
375ml Salsa

4.49



Laiki Rice Crackers
black or red
100g

3/9.99



Kettle Brand
Family Size Potato Chips
assorted varieties 397g

3.99



Prana Organic Chia
or Nut Mixes
assorted varieties assorted sizes
reg price 3.99-8.69

30% Off
regular retail price



Panda Licorice
black or raspberry

.79 Bars 32g

2.99 Bags 170g



Kind Fruit & Nut or
Pressed Fruit Bars
assorted varieties
35-40g

3/4.98



Alter Eco Fair Trade
Organic Chocolate Bars
assorted varieties 80g

2/5.98

Zevia Stevia Sweetened Sodas



assorted varieties
6 pack x 355ml
+deposit +eco fee

4.49



Blue Monkey Coconut Water
with or without pulp
520ml
+deposit +eco fee

3/4.98

Want To Eat Healthier?

Look To Choices' Nutrition Team

Whatever your health goal, Choices' team of Dietitians and Holistic Nutritionists can make it happen.

- Find solutions for specialized diets.
 - Get ideas for fast and simple home cooked meals.
 - Learn how to incorporate more fruits and vegetables into your everyday meals.
- To get started on your journey towards healthy living, book a FREE one-on-one consult or simply ask members of our Nutrition Team questions while you shop.
- To find out more about how we can help you, ask Customer Service, email nutrition@choicesmarkets.com or visit us online at choicesmarkets.com.



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