

# WEEKLY SAVINGS

Prices Effective March 8 to March 14, 2018.



100% BC Owned and Operated

## New Unique and Sustainable Meat



### Bison at Choices Markets

Raised Without Antibiotics • Free Range • BC Local

The Choices Meat Department is proud to provide Vancouver Island raised bison. Our bison is lean, free range, raised without antibiotics and is available in dozens of cuts and styles you won't see anywhere but your local Choices Markets.

See page 3 for **MORE BISON SELECTIONS** & the back page for a **BISON RECIPE!**



**19.49lb**

Local Free Range Bison Meatballs raised without antibiotics 42.97kg

**21.99lb**

Local Free Range Bison Kebabs raised without antibiotics, select varieties 48.48kg

**.98lb**

BC Organic Large Red Delicious Apples 2.16kg

**6.99**

Choices' Own Paninis Turkey Cranberry, Pesto Prosciutto or Grilled Vegetable

from Deli dept.

**20% off**  
Regular Retail Price

Lorna Vanderhaeghe Vitamins and Supplements



**20% off**  
Regular Retail Price

Garden of Life Vitamins and Supplements assorted varieties



Choices Organic Milk skim, 1%, 2%, 3.8% 2L

**4.49**

Terra Breads Granola 1kg

**12.99**  
Premium

**15.99**  
Pistachio Spice

Maple Hill Free Range Extra Large Eggs 1 dozen

**4.79**

# GROCERY



Happy Planet Smoothies  
assorted varieties  
325ml  
+deposit +eco fee

**2.29**



Earth's Own So Fresh  
Oat Beverages or Café  
Latte Beverages  
assorted varieties  
1.75L Oat  
946ml Café Latte

**3.99**

Spread'Em Cashew Spreads



assorted varieties  
183g

**5.49 to 6.99**

The Greek Gods Yogurt  
assorted varieties 500g



**3.99**



Liberté Kefir  
assorted varieties  
1L

**3.69** Regular

**3.99** Organic

Earth Island Dairy Free Vegan Cheese Slices



assorted varieties  
200g

**5.79**

Avalon Organic Cottage Cheese  
1% or 2% 500g



**5.79**



Taylors Teas  
assorted varieties  
20 Tea Bags

**4.99**



A.Genco Whole  
Bean Coffee  
assorted varieties  
908g

**12.99**

# PRODUCE

Organic Bunch  
Spinach from California



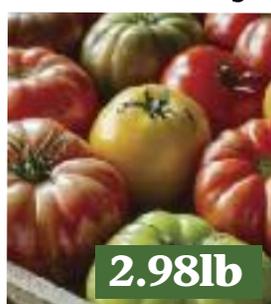
**1.98** bunch

Fair Trade Organic  
Blueberries from Chile  
170g package



**3.98**

Organic Heirloom  
Tomatoes from Mexico  
assorted varieties **6.57kg**



**2.98lb**

Organic Red and Green  
Chard from Mexico



**2/3.00**

BC Symphony  
Ensemble Lettuce  
package contains  
4 varieties of lettuce



**3.98**

# BAKERY



St. Patrick's Day  
Cookies, Cakes  
and Cupcakes  
assorted varieties  
assorted sizes

**3.99 to 7.99**



9" Fruit Pies  
assorted varieties

**10.99**

Sourdough Multiseed Bread or  
Organic Multigrain Bread  
530-600g



**4.99**

# MORE BISON SELECTIONS

Local Free Range  
Bison Stewing Meat  
raised without antibiotics **45.17kg**



**20.49lb**

Local Free Range Bison  
Striploin or Ribeye Steaks  
raised without antibiotics **59.50kg**



**26.99lb**

Local Free Range  
Ground Bison Meat  
raised without antibiotics **42.97kg**



**19.49lb**

Local Free Range  
Bison Burgers  
raised without antibiotics **42.97kg**



**19.49lb**

## SEAFOOD

Fresh Catfish Fillets  
**29.74kg**



**13.49lb**

Wild Sockeye Salmon Loaf with  
Wild Shrimp and Cream Cheese



**24.99 each**

Icelandic Fresh Char Fillets  
**44.07kg**



**19.99lb**

Tilapia Fillets  
**30.84kg**



**13.99lb**

Icelandic Fresh Cod Loin Steaks  
**40.76kg**



**18.49lb**

Rainbow Trout  
**24.23kg**



**10.99lb**

## MEAT

Venison Free Range  
from New Zealand  
raised without antibiotics



**10% off  
regular retail price**

## DELI



Choices' Own  
Quesadillas, Fajitas  
and Burritos

**4.49 to  
5.99**

Indian Life Vegetable Herb Samosas



**2/4.00**

Indian Life Vegetable  
or Spinach Pakora

**2.39/  
100g**



Choices' Own Wild  
Salmon Bagels, Wraps,  
Entrées and Salads  
assorted varieties

**5.49 to  
7.49**



Choices' Own  
Fresh Beef Stew  
710ml

**7.99**



Tartine  
Shepherd's Pie

**4.99  
each**



Old Fashioned Ham

**1.79/  
100g**



Happy Planet  
Canadian Inspired  
Fresh Soup  
assorted varieties  
500-650ml

**6.29**

Habibi's Cashew Dips  
assorted varieties 200g



**6.99**

Tre Stelle or Dofino Cheese Slices  
assorted varieties



**4.99**

Happy Days Goat Cheese  
select varieties



**4.69/100g**

# WELLNESS



Genuine Health Greens+  
Superfoods Powder  
assorted varieties  
assorted sizes

**20% off**  
Regular  
Retail Price



Dr Gifford Medi-C Vitamin C  
+ L-Lysine Formula  
original or berry

**22.99** 300g

**42.99** 600g

**19.49** 150 Capsules

Gabriel Cosmetics

makeup, nail polish, eye shadow,  
foundation and more



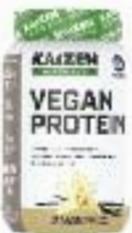
**20% off**  
Regular  
Retail Price



Organika Milk Thistle

**14.49** 90 Capsules

**21.99** 180 Capsules



Kaizen Protein Powder  
select varieties

**30.99** 100% Whey 908g

**36.99** Vegan 840g



Boiron Arnica

**13.99** 70g-75g Gel or Cream

**11.99** 60 Tablets

# BULK

Grains assorted varieties, bins and bags

**20% off** regular retail price

# GROCERY



Theobroma Organic Chocolate Bars  
assorted varieties

**3/4.98** Sticks 35g

**3/9.99** Bars 80g



Real Foods Corn Thins  
assorted varieties  
150g

**2/4.98**



Tropicana Pure  
Premium Orange Juice  
assorted varieties  
2.63L  
+deposit +eco fee

**6.49**



Hardbite Natural Potato Chips  
assorted varieties  
150g

**2/4.98**

Las Margarita's Salsa



medium or hot  
500g

**4.99**



Old Dutch Restaurant  
Tortilla Chips  
assorted varieties  
250-360g

**2/5.98**



Nutiva Organic  
Refined Coconut Oil  
3.79L

**29.99**



Cape Herb & Spice  
Table Top Spices  
select varieties assorted sizes

**4.79 to 5.79**



Spectrum Culinary  
Oil & Vinegar  
assorted varieties assorted sizes  
reg price 6.79-26.99

**30% Off**  
regular retail price



GoGo Quinoa Pasta,  
Cookies, Grains and Snacks  
assorted varieties assorted sizes  
reg price 4.99-11.49

**30% Off**  
regular retail price

## Bison at Choices Markets

The Choices Meat Department is proud to provide Vancouver Island raised bison. Our bison is lean, free range, raised without antibiotics and is available in dozens of cuts and styles you won't see anywhere but your local Choices Markets.

## Bison Stew with Veggies

- 500-700g Bison stew meat
- 3 garlic cloves
- 2 carrots
- 300g brown mushrooms
- 500ml beef stock
- 200ml sour cream
- salt to taste
- coriander
- 1 onion
- 4 - 5 potatoes
- 2 red peppers
- 2 tbsp flour
- 300ml tomato paste
- 30ml olive oil
- black pepper
- cilantro



Heat up oil in a pan, add bison stew meat and brown. Add sliced onion, chopped garlic, salt, pepper, coriander with beef stock to the pan and braise for 1 hour. Remove meat from the liquid (leave liquid aside) and put meat into a large pot. Mix liquid with tomato paste, sour cream and flour. Add potato cubes and sliced carrot to the meat then re-incorporate liquid and braise for 20-30 minutes. Add diced red pepper, mushrooms and chopped cilantro and braise for another 10-15 minutes. Add salt and pepper, if needed. Enjoy with a fresh slice of Choices Bakery bread!



Visit [www.choicesmarkets.com](http://www.choicesmarkets.com) for Store Locations.

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.