













Rossdown Farm Chicken, Lemon Herb or Savoury Potato Wedges and Large Caesar Salad









GROCERY



Go Raw Organic Sprouted Cookie Crisps or Superseeds assorted varieties

5.99 Cookie Crisps 85g

13.99 to 15.99 Superseeds 454g



Ethical Bean Organic Fair Trade Coffee assorted varieties

6.99 Ground 227g

9.99 Whole Bean 340g



Stash Organic Tea assorted varieties 18 Tea Bags

3.29

Nature's Farm Organic Omega-3 Large Eggs



3.29 _{1/2 Dozen}

5.99 1 Dozen



Ruby Rockets Fruit & Veggie Blend Non Dairy Yogurt Tubes assorted varieties 456g

5.99



Prana Organic Chia Seeds assorted varieties 200-300q

5.99



Uncle Luke's Organic Maple Syrup amber or dark 250ml

5.99

Nuts to You Peanut Butter



smooth or crunchy

5.99







Nature's Path Organic Eco Pack Cereal assorted varieties 650-907g

6.99

Daiya Non Dairy Vegan Cheese



blocks, slices, shreds, and spreads assorted varieties 200-227q

3.99

Earth's Best Organic Baby Food & Formula



assorted varieties

3/2.97 128ml Jars
2/2.98 128ml Pouches

4.99 658g Formula

*While Supplies Last



Imagine Organic Soup & Broth select varieties

2.99 Broth

3.49 Soup



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

30% Off regular retail price



Tasty Bite Indian Entrées assorted varieties 250-285q

3/6.99

Earth's Choice Chunk Skipjack or Albacore Tuna 142g



2.99 Chunk Skipjack

3.99 Chunk Albacore

Earth's Choice Organic Tomatoes



assorted varieties

2.49 398ml

3.49 796ml

Earth's Choice Coconut Based Products assorted varieties assorted sizes reg price 2.29-21.99



30% Off regular retail price



At Choices Markets, we expect a high standard of quality for the products we carry. That's especially true for our very own items we produce in-house. We have to feel proud of any product we'd put our name on, and because of that, you can expect only the finest when you open our packaging. We have a large variety of items available, from organic grass fed milk and fresh handmade granola, to rich organic cheese and alternative flour baked goods made with wholesome ingredients.





















DFL

Mild, Medium or Aged Gouda Cheese



Organic Pitted Kalamata Olives



Choices' Own Coleslaw, Macaroni or Potato Salad



Dijon Maple Glazed Ham

Choices' Own Fresh Chili

turkey, beef or vegan



7.99 each

Spinach & Feta or Ricotta & Feta Twisters



Bothwell Cheese assorted varieties



Choices' Own Hummus



Babybel Cheese assorted varieties



PRODUCE

Organic Strawberries from Mexico 454g package



Organic Brussel Sprouts from Mexico **8.77kg**



Large Yellow Ataulfo Mangoes



BC Grown Organic Orange, Red and Yellow Hot House Peppers from Origin Organics **10.98kg**



Organic Green and Red Bartlett Pears from Argentina **3.48kg**



MEAT

BC Organic Sturgeon Steaks **39.66kg**



17.99lb

100% Grass Fed Ribeye Steaks Aged 21+ Days from Australia value pack **33.05kg**



BC Organic Split Chicken Wings **18.72kg**



Free Range Lamb Loin Chops from New Zealand raised without antibiotics **30.84kg**



Venison Free Range raised without antibiotics



Wild-Caught Ahi Tuna Loin Steaks Sashimi Grade **44.07kg**



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



Choices' Own Pork Sausages made in-store **17.61kg**



BC Fresh Steelhead **35.25kg**



Icelandic Char Fillets **44.07kg**



Duck Sausages and Breasts



BAKFRY

Alternative Sweetener Products assorted varieties assorted sizes



Organic Country French Bread White or 60% WholeWheat



9" Fruit Pies assorted varieties



ELLNESS



Salus Floravit or Floradix Liquid Iron Supplements assorted varieties assorted sizes reg price 24.49-62.99

20% off Regular **Retail Price**



Martin & Pleasance Harmony Formulas assorted varieties assorted sizes reg price 29.99-46.99

25% off Regular **Retail Price**



Green Beaver Concentrated All Purpose Sunflower Castile Soap assorted varieties



Sukin Botanicals Natural **Bodycare Signature Series** Hair, Face and Body Care assorted varieties assorted sizes reg price 10.99-20.99

20% off **Regular Retail Price**



Aromas Crystal Dream Cream assorted varieties assorted sizes reg price 16.99-37.99

25% off Regular **Retail Price**



Goddess Garden Natural Sunscreen assorted varieties assorted sizes reg price 27.99-32.49

25% off Regular **Retail Price**

BULK

Nut Mixes assorted varieties, bins and bags

20% off regular retail price

GROCERY



DeeBee's Organic **TeaPops and Freezies** assorted varieties

> 4.49 Teapops 4 Pack

Superfruit Freezie 12 Pack



Eden Organic Snacks assorted varieties 113g reg price 3.99-15.29

30% Off regular retail price



Prana Organic Trail Mixes assorted varieties 150g reg price 3.99-8.69

30% Off regular retail price



Earth's Choice Fair Trade **Organic Chocolate Bars** assorted varieties

3/9.99



Blue Diamond Almond Nut Thins assorted varieties excludes artisan varieties

2/6.98



Perrier Sparkling Water assorted varieties 750ml & 1L +deposit +eco fee

1.59



Barbara's Cheez Puffs or Bakes assorted varieties 155-198g

2/5.98



Sensible Portions Veggie Straws & Chips assorted varieties

2/4.98



Larabar Fruit and Nut Bars assorted varieties

2/2.98 45-48a 21.99 16 pack

Caboo Bamboo Bathroom Tissue, Facial Tissue, Paper Towels or Baby Wipes



assorted varieties assorted sizes reg price 1.99-24.99

30% Off regular retail price





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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.