

SPRING SAVINGS

Prices Effective April 5 to April 11, 2018.



100% BC Owned and Operated

New Unique and Sustainable Meat



Fresh Venison at Choices Markets

Raised Without Antibiotics • Free Range

If you've ever travelled in New Zealand, you'll remember seeing odd looking farms at the side of the road. New Zealander's love their venison, so you'll see herds of deer enclosed in pens with two metre high fences to keep the excellent jumpers from wandering away. New Zealand venison is imported fresh, raised without antibiotics, hormone free and free range. The deer receive an improved diet of grass enhanced with vitamins and minerals to create a meat that is less gamey than traditional wild caught venison. An extremely lean meat, unlike other red meats venison boasts very little saturated fat content. Plus, like all grass fed meats it also has considerable anti-inflammatory omega-3 fats. New Zealand venison is some of the highest quality, high value venison in the world.

See the back page for a **VENISON RECIPE!**

29.99lb

Venison Striploin Steaks
66.12kg

21.99lb

Venison Leg Steaks or Stewing Meat
48.48kg

5/5.00

Organic Rio Red Grapefruit

2.98 each

BC Grown Organic Long English Cucumbers from Origin Organics in Delta

20.00

Roasted Chicken Dinner:
Chicken from Rosstown, Lemon Herb or Savoury Potato Wedges and Large Caesar Salad from Deli dept.

8/3.20 to 8/3.60

Ready to Eat Vegetable, Chicken or Pork Gyosa from Deli dept.

2.99

Avalon Organic Milk skim, 1%, 2% or 3.25% 1L

20% off Regular Retail Price

Vega Sport Products Protein, Hydrator, Energizer Pre-workout, Recovery and Bars assorted varieties

GROCERY



Imagine Organic Soup
select varieties 1L
reg price 6.79

**Buy One
Get One Free**



Lundberg
Nutra-Farmed Rice
assorted varieties 907g
reg price 5.69-10.69

**30% Off
regular
retail price**



Wolfgang Puck Organic Soup
assorted varieties
398ml

3/8.97



Prairie Harvest Organic
Pasta Sauce
assorted varieties
705ml

3.99

Prairie Harvest Organic Coconut Pasta
or San Zenone Organic Gluten Free Pasta
assorted varieties 340-375g



2.49 to 2.99

Wild Planet Canned Fish
Wild Tuna, Salmon or Sardines
assorted varieties assorted sizes



reg price 5.59-11.59

**30% Off
regular
retail price**

Daiya Non-Dairy Vegan Cheezy Mac
assorted varieties 300g



2/6.98

Daiya Non-Dairy Vegan Gluten Free Frozen Pizza
assorted varieties
444-550g



6.99



Gold Rush Organic
Frozen Potatoes
assorted varieties 454g
reg price 6.29-7.49

**30% Off
regular retail price**

Bremner's Organic Frozen Berries



2 varieties
1.5kg

19.99

Earthbound Farm Organic Frozen Vegetables



assorted varieties
300-400g

3.99



Udi's Gluten Free Bread,
Bagels and Pizza Shells
assorted varieties
assorted sizes

4.99

Kraft Philadelphia Cream Cheese
assorted varieties 227-250g



2.99

Choices Organic Milk



7.99

Skim, 1%, or 2%

8.99

3.8%

Nature's Farm Free Run Omega-3 Eggs
1 dozen



4.49

Large

4.99

Extra Large

Earth Balance Spreads
assorted varieties assorted sizes
reg price 6.89-15.79



**30% Off
regular
retail price**

V.I.P. Biodegradable
Laundry Detergent
assorted varieties
2.95L



5.99

**ENTER TO
WIN
GIFT BASKET!**
see instore
for details

V.I.P. Biodegradable
Dish Liquid
assorted varieties
740ml



1.99

PRODUCE

Fair Trade Organic Rainbow Mix Tomatoes
from Mexico 1 pint package



2.98

Organic Lemons from California



4/3.00

Cauliflower Imported



2/5.00

Organic Red Seedless Grapes Imported **6.57kg**



2.98lb

DELI

Black Forest Ham



1.79/100g

IndianLife Baked
Vegetarian Samosa



2/4.00



Tre Stelle or Dofino
Cheese Slices
assorted varieties

5.99

MEAT

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

Choices Ground Chicken
raised without antibiotics
24.23kg



10.99lb

Fresh Wild-Caught Swordfish Loin Steaks
from Hawaii **48.48kg**



21.99lb

Lamb Casserole with Feta Cheese and Vegetables
made instore



24.99

100% Grass Fed Top Sirloin Medallions
Steaks or Roasts from Australia **22.02kg**



9.99lb

BAKERY

Sourdough Multiseed Bread
or Organic Multigrain Bread
530-600g



4.99

5" Round Cakes
assorted varieties includes alternative
sweetener and alternative flour recipes
assorted sizes



**6.99 to
7.99**

Cookies
assorted varieties includes
alternative sweetener
and alternative flour recipes



**4.49 to
5.49**

Pork Boneless Shoulder Roasts or Steaks
raised without antibiotics **13.21kg**



5.99lb

WELLNESS



Brad King Supplements
assorted varieties
assorted sizes

25% off
Regular
Retail Price



Hero Yummi Bear
Multivitamins
Regular, Organic and Sugar Free
assorted varieties assorted sizes

25% off
Regular
Retail Price



NutraCentials Weight Loss
Support Supplements
Garcinia Cambogia, Green
Coffee Bean, Raspberry Ketones,
or Weight off Max assorted sizes

25% off
Regular Retail Price



Purica Magnesium Bisglycinate
assorted varieties

17.99 150g

33.99 300g



Botanica Herbal Liquid Phytocaps
assorted varieties
assorted sizes

25% off
Regular
Retail Price



SIBU Sea Berry Therapy
Face & Body Care and Supplements
assorted varieties assorted sizes

25% off
Regular Retail Price

BULK

Soup Ingredients: Beans, Grains, Rice and Soup Mix
bins and bags

20% off regular retail price

GROCERY



Zazubean Organic Fair
Trade Chocolate Bars
assorted varieties
85g

2/5.98



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

2/5.98



Bragg Organic Apple
Cider Vinegar Drinks
assorted varieties
473ml
+deposit +eco fee

2.79



Shady Maple Farms Organic
Maple Syrup, Cookies and Sugar
assorted varieties assorted sizes
reg price 5.79-29.99

30% Off
regular retail price

Liberté Greek & Méditerranée Yogurt



assorted varieties
500g

2.99 Méditerranée

3.99 Greek



Kind Fruit & Nut or Pressed Bars
assorted varieties

3/4.98 35-40g

18.99 12 Pack



Annie's Crackers and Fruit Snacks
assorted varieties
115-213g

3.99



So Delicious Non-Dairy
Frozen Dessert
assorted varieties
500ml

4.99



Stash Organic Tea
assorted varieties
18 Tea Bags

2/6.98



iögo Probiotic Yogurt
2.5% or 0%
assorted varieties
650g

2.99

Melissa's Venison Stew

1 1/2 lbs venison, cut in to 1 inch cubes
1 medium onion, coarsely chopped
1/2 cup flat lager beer
1 Tbsp soy sauce
1/2 package cream of broccoli dry soup mix
1 tsp fines herbes (parsley, chive, tarragon)
3 cloves fresh garlic

1 1/2 lbs pork, cut in to 1 inch cube
2 celery stalks, cut in to 1 inch sections
1/2 tsp Worcestershire sauce
1 tsp sweet mustard
1 Tbsp butter
1 Tbsp olive oil
Salt and pepper



Brown meat in large frying pan with oil and butter. Add salt and pepper while browning. Remove browned meat and place in roasting dish with remaining ingredients mixed. Cook in 300 degree oven for 3 1/2 hours until meat is tender. Add more beer if pan is dry. Serve with mashed potatoes and roast veggies.

Happy 11th Anniversary, The Crest

Saturday April 7th, 11:00am to 3:00pm | 8683 10th Ave, Burnaby

Join us in celebrating our 11th anniversary. We will be serving cake and coffee and offering many in-store specials. **Enjoy 10% off** the entire store, including sale items, Saturday, April 7th. See you there!

10% OFF
the entire store
Saturday, April 7th



Visit www.choicesmarkets.com for Store Locations.

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Product may not appear exactly as depicted.