

Holidays



Prices Effective December 1 – 24, 2018.

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors.

One With Nature Bar Soap
assorted scents
200g



2/8.99



White Bark Planters 8" Pot
from Burnaby Lake Greenhouses
may not be exactly as shown



24.98

Holiday Meal Ideas

from our Deli Department

Available December 9th

Ready to Eat Turkey Meals

Choices' Own Specialty
Stuffed Turkey Breast
3.99/100g

Choices' Own Specialty
Turkey Dinner
11.49

Delicious Turkey Toppings

Cranberry Sauce
1.49/100g

Turkey Gravy
1.49/100g

Short on time and looking for that perfect side dish?

Try Our Scrumptious Mashed Potatoes, Winter Root Vegetables or Country Roasted Beets

More holiday meals ready to go!

Ask Us About Our Maple Glazed Ham or Choices' Own Maple Glazed Ham Entrée!



Choices' Own Christmas Stollen with Butter and Marzipan
Assorted Sizes



6.99 to 24.99



Choices Markets Gift Card



A GREAT GIFT IDEA!



6" Potted Poinsettias
assorted colours

8.98



Visit www.choicesmarkets.com for Store Locations.

100% BC Owned and Operated

/ChoicesMarkets

@ChoicesMarkets

/Choices_Markets

MEAT



Georels Bone Broth
Beef or Chicken

10.99



Ocean Mama
Organic
Shrimp Ring
340g

21.99

duBreton Organic Bacon



7.99



Ocean Mama
Seafood Medley
340g

6.99

Venison
select varieties



10% off

BC Pork Tenderloin

raised without antibiotics **17.61kg**



7.99lb

Turkey Cranberry Sausages, Specialty
or Raised Without Antibiotics **17.61kg**



7.99lb

West Salmon Pâté



4.99

Smoked Salmon Lox
50.68kg



22.99lb

Smoked Chum Salmon Portions
24.23kg



10.99lb

Simply West Coast Soup
9 oz



7.99

Sockeye Salmon Maple Nuggets
44.07kg



19.99lb

Smoked Organic
Canned Sturgeon

10.99



BAKERY



Choices' Own Butter
or Mince Tarts
package of 2-6

2.99 to 6.99



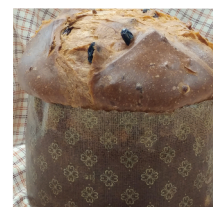
Choices' Own
Fruitcakes
assorted varieties

8.99



Boulart Chocolate
Cranberry
Ciabatta Loaf
250g

2.99



Choices' Own
Artisan Panettone

14.99



Choices' Own Gluten
Free Pumpkin Pie

6.99 6"

8.49 8"

BULK



Nuts and
Nut Mixes



Baking Chocolate,
Cocoa Powder and Sugar



Cranberries
and Raisins



20% off
Regular Retail Price
Bags or Bins

DELI

Choices' Own Petite Savoury Appetizers

may not be exactly as shown



4.99 to 6.99
1/2 dozen

8.99 to 12.99
1 dozen

Choices' Own Tourtiere



14.99 each



Summer Fresh
Dips and Hummus
227g

3.99 each

La Panzanella Mini
Crocantini Crackers
assorted varieties
170g



6.49 each



Boursin Cheese
assorted varieties
150g

6.49



Imported Italian Sliced
Prosciutto and Salami

1.00 Off

Imported Italian Panettone



assorted varieties
assorted sizes

4.49 to 34.99



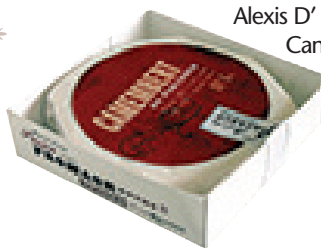
Choices' Own Salami
assorted varieties

3.49/100g

Dofino Havarti Cheese
assorted varieties



2.49/100g



Alexis D' Portneuf Brie or
Camembert Cheese

300g

9.99



Dalmatia Fig Spreads
assorted varieties
240g

6.99

PRODUCE

BC Grown Organic Rainbow
Table Carrots from Grown Here Farm
2.27kg (5lb) bag



8.98



BC Grown Organic
Spartan Apples
from Clapping Chimp
1.36kg (3lb) bag

3.98



Organic Salad Mixes
from Earthbound Farm
assorted varieties

142g

3.98



BC Grown Organic
Pugly Potatoes from
Fraserland Farm
russet, red and yellow
2.27kg (5lb)

3.98



Mandarin Oranges
from Korea
2.27kg (5lb) box

8.98



GROCERY



Happy Planet Creamery
Grass Fed Egg Nog
750ml

7.99



Green & Black's Organic Fair
Trade Chocolate Bars
assorted varieties
100g

2/7.98



Walkers Biscuits, Cookies
and Shortbread
assorted varieties
assorted sizes
Reg price 4.19-21.69

20% Off
Regular Retail



Smart Sweets Gummies
assorted varieties
kick sugar, keep candy
50-53g

2/6.98



Haribo Gummies
assorted varieties
160-175g

3/6.99



Pur Aspartame
Free Gum and Mints
assorted varieties

1.29

Gum Blister Pack of 9

1.99

Mints 22g



Wedderspoon Organic
Manuka Honey
Pops and Drops
assorted varieties
114-120g

7.99

Lesley Stowe Raincoat Crisps & Flatbread
assorted varieties 150g



5.79



Castello Brie
or Camembert
Cheese Cups
125g

2/7.98



Earth's Choice Organic
Fair Trade Coffee
whole bean
assorted varieties
400g

9.99



Mighty Leaf
Artisan Tea
assorted varieties
15 Tea Bags

8.99



Stash Holiday Tea
assorted varieties
18 Tea Bags

2/6.98



Silly Cow Farms
Hot Chocolate
assorted varieties
480g

5.99



Pacific Organic Broth
assorted varieties
946ml/1L

4.99



GoBio Organic
Bouillon Cubes
assorted varieties
assorted sizes

2.99

Organic

3.49

Organic No Salt

San Pellegrino Sparkling Water or Sodas
select varieties
+dep +plus eco fee



2/4.00

Water 750ml/1L

.99

Soda 330ml

5.79

Soda 6 Pack



Anita's Mill Organic
Flour, Oats and Cereal
assorted varieties
1 kg/2kg
Reg price 5.99-12.99

25% Off
Regular Retail



Simply Organic Spices
assorted varieties
14-103g
Reg price 6.89-13.29

25% Off
Regular Retail



BATH AND BODY

Now Aromatherapy
Essential Oils and Body Oils



select varieties
assorted sizes

15% Off
Regular Retail

Andalou Naturals Get Started Face Care Kits
assorted varieties



16.99 to 24.99

Marseille's Remedy Thieves' Oil and Balm



21.99

30ml Oil

9.99

25ml Balm

Green Beaver Natural Toothpaste

select varieties

75ml



4.99

Works Wonders Gift Sets

assorted varieties

Fresh
& Local Farm
to Jar Skin Care
for Restoring
the Whole
Body!



7.99



Ganesha's Garden Solid Perfume

assorted varieties



Luxurious
Solid Perfume
in Exotic
Carved Soap
Stone Boxes

9.99

Goddess Garden Bracelets and Perfumes

assorted varieties Assorted Sizes



19.99

Essential
Oil Blends

13.99

Spoonk Acupressure Mats

assorted colours



26.99

Travel Size

49.99

Regular Size

Santevia Alkaline Water Pitchers

assorted colours



48.99

Santevia Alkaline
Water System

169.99

GROCERY

Want Want Hot Kid Super
Slim Rice Crackers

assorted varieties 100g



2/5.98



Mezzetta Olives

assorted varieties
assorted sizes

6.99 to 7.99



Spectrum Cooking Oil
and Vinegar

assorted varieties
assorted sizes
reg price 6.99-27.49

25% Off
Regular Retail



Terra Vegetable Chips

assorted varieties

170g

4.49



Uncle Luke's Maple Syrup

1L Jug

19.99



Castor & Pollux
Pet Food and Treats

assorted varieties
assorted sizes
reg price 2.59-40.49

25% Off
Regular Retail



Cook it Up

Vegnog

1 cup cashews, soaked in hot water 1 hour
1 250ml can coconut cream
2-4 Tbsp maple syrup
A few pinches of ground turmeric
1/2 tsp ground cinnamon
1/2 tsp nutmeg, freshly grated
3/4 cup water

Drain cashews and combine in a high-speed blender along with the rest of the ingredients. Blend until smooth. Don't have a high speed blender? Filter your nog through 4 layers of cheese cloth before serving for a smoother consistency. Keeps in the fridge for 2-3 days.



Christina's Cookie Creations

Yield - 12 cookies

Great snack for those active days on the slopes or hiking trails

1/2 cup coconut oil
2/3 cup honey or agave syrup
2 Tbsp chia seeds
2 Tbsp flax seeds
1 cup oats (steel-cut or large flake)
A handful of pumpkin seeds
A handful of dried cranberries or apricots, plus any additional seeds/berries you want to add
1 - 1 1/2 cups flour
1/8 tsp ground ginger
1/4 tsp ground cinnamon

Melt coconut oil in saucepan over medium-low heat. Add honey or Agave syrup and melt.

Stir in chia seeds and remove from heat, let sit for 5 min.

Combine all dry ingredients in a large bowl. Add coconut oil/honey chia seed mixture to dry ingredients. Mix well.

Form into ball shapes and place on an ungreased baking pan. Bake at 350 degrees for about 10-12 min.



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Kitsilano
 2627 W 16th Ave, Vancouver
South Surrey
 3248 King George Blvd, Surrey

Cambie
 3493 Cambie St, Vancouver
Burnaby Crest
 8683 10th Ave, Burnaby

Kerrisdale
 1888 W 57th Ave, Vancouver
Burnaby Marine Way
 8620 Glenlyon Pkwy, South Burnaby

Yaletown
 1202 Richards St, Vancouver
Abbotsford
 3033 Immel St, Abbotsford

Commercial Drive
 1045 Commercial Dr, Vancouver
North Vancouver
 801 Marine Dr, North Vancouver

Kelowna
 1937 Harvey Ave, Kelowna