

# WEEKLY SPECIALS

Prices Effective January 17 to January 23, 2019.

100% BC Owned and Operated



**8.99lb**

Organic Lean Ground Beef  
value pack  
19.82kg



Choices' Own Muffins  
regular or mini, assorted varieties  
includes alternative flour recipes  
package of 4

**2.99 to 4.49**



**3.98**

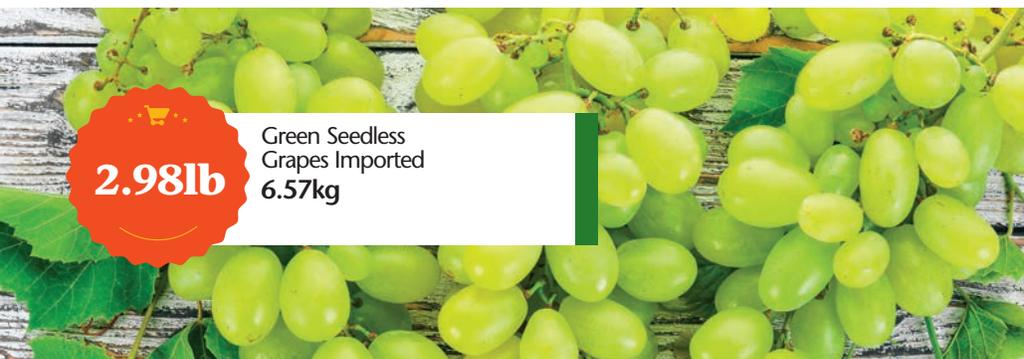
Organic Lemons  
Imported from California  
907g (2lb) bag



Brew Dr. Organic Kombucha  
assorted varieties 414ml  
+deposit +eco fee



**3/9.99**



**2.98lb**

Green Seedless  
Grapes Imported  
6.57kg

Liberté Organic Butter  
salted & unsalted 454g



**6.99**

MegaFood Daily Foods Multis  
72 Tablet + 30 Tablet Free Shrinks



**59.99**



**5.49**

Choices' Own  
Pot Pies  
assorted varieties  
from Deli Dept.

**4.99 to 6.99**

Choices' Own  
Pasta Entrées  
assorted varieties  
from Deli Dept.



Nature's Way Herbs  
assorted varieties  
assorted sizes  
reg price 10.49-32.99

**20% off**  
Regular  
Retail Price

# GROCERY



Chaser's Fresh Pressed Juice  
assorted varieties  
+deposit +eco fee

**5.99** 500ml

**9.99** 1L

Made Good Gluten Free Granola Bars, Minis  
and Rice Crispy Bars  
assorted varieties  
assorted sizes



**2/7.00**

Leclerc Celebration and Praeventia Cookies  
assorted varieties



**2/6.00**  
Celebration 240g

**2/7.00**  
Praeventia 210g



GoodDrink Natural Iced Tea  
assorted varieties  
473ml  
+deposit +eco fee

**2/4.00**

GoMacro and Macrobars Bars  
assorted varieties 56-71g



**2/6.00**

Suzie's Good Fats Bars



assorted varieties

**1.99** 39g

**22.99** 12 pack



Patience Organic  
Cranberry Juice  
946ml  
+deposit +eco fee

**7.99**

Kind Fruit & Nut Bars  
assorted varieties



**3/5.00** 40g

**18.99** 12 pack

RJ's Licorice



assorted varieties

**.99** Logs 40g

**2.79** Bags 165-180g



Fentimans Botanical  
Brewed Beverages  
assorted varieties  
+deposit +eco fee

**2.29** Singles 275ml

**7.99** 4 Pack



Old Dutch Restaurant  
Tortilla Chips and Salsa  
assorted varieties  
250-360g & 430ml

**2/6.00**



Kettle Brand Organic  
Potato Chips  
assorted varieties  
142g

**3/7.98**



Vegan Rob's Puffs and Chips  
assorted varieties  
99g

**2/6.00**



Hippie Snacks Cauliflower  
and Avocado Crisps  
assorted varieties  
70g

**3.99**



Plum-M-Good  
Organic Rice Thins  
assorted varieties  
95g

**2/5.00**

Halo Top Frozen Dessert



assorted varieties  
473ml

**5.99**

Spread' Em Cashew Dips and Spreads



assorted varieties  
183g

**5.49 to  
6.99**

Antoinette's Salsa, Dips and Sauces  
assorted varieties 500ml



**4.99** Salsa

**5.99**  
Dips & Sauces

# GROCERY

Fraser Valley Butter  
salted or unsalted 454g



**4.79**

Earth Balance Spreads



assorted varieties  
assorted sizes  
reg price 6.89-15.79

**30% Off**  
regular retail

Nature's Farm Omega-3 Large Organic Eggs



**3.49** 1/2 Dozen

**5.99** 1 Dozen

Sambazon Frozen Acai Fruit Pureé or Sorbet



assorted varieties  
400g/473ml

**6.99**

Earthbound Farm Organic  
Frozen Fruits and Vegetables



assorted varieties  
300-400g  
reg price 4.69-8.79

**30% Off**  
regular retail

McCain Frozen Fries, Taters and Hashbrowns



assorted varieties  
540g-800g

**2/7.00**

Liberté Skyr Yogurt and Organic Kefir



assorted varieties

**2/6.00**

Kefir 454ml

**2/8.00**

Skyr Yogurt 500g

The Greek Gods Greek Yogurt



assorted varieties  
500g

**2/7.00**



Natur-a Non-Dairy Beverages  
assorted varieties  
946ml

**2/5.00**



Nature's Path Organic  
Ready to Serve Oatmeal  
assorted varieties  
6-8 pack

**2.99 to**  
**4.79**



Stoked Oats  
Gluten Free Oatmeal  
assorted varieties  
500g

**8.99**



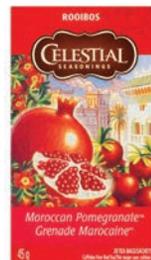
Granola Girl Granola  
454g

**6.99**



Stash Organic Tea  
assorted varieties  
18 tea bags

**2/7.00**



Celestial Seasonings  
Herbal Tea  
assorted varieties  
18-20 tea bags

**2/6.00**



Silk Alternative Creamers  
assorted varieties  
473ml

**2/5.00**



Canadian Heritage  
Organic Maple Syrup  
assorted varieties  
500ml

**10.99**



Eco Max Natural Laundry Wash  
4x Concentrated  
assorted varieties  
1.5L

**9.99**



Purex Bathroom Tissue  
assorted varieties  
12 double rolls

**5.99**

# DELI



Vegetarian Dolmades  
12 pack

**4.99**



Organic Cow or  
Goat Feta Cheese  
150g

**4.99 to  
5.99**



Choices' Own  
Salmon Lox Bagels

**5.99**



Choices' Own  
Vegan Bowls, Brown  
Rice, Tunisian or  
Yam and Quinoa

**5.99** each

Choices' Own Sushi  
assorted varieties



**4.49 to 7.99**

Choices' Own Hummus



**1.19/  
100g**



Choices' Own  
Tofu Salads

**2.19/  
100g**

Imported Swiss Emmental or Gruyere Cheese

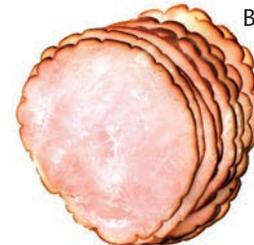


**4.49 to 5.99/100g**

Imported Italian Grana  
Padano or Reggiano Cheese



**4.49/100g**



Black Forest Ham

**1.89/  
100g**

# PRODUCE



Organic Green, Rainbow,  
and Red Chard Imported  
from California

**3/6.99**



Organic Large Size  
Navel Oranges  
Imported from California  
3.92kg

**1.78lb**



Hot House Grown Orange,  
Red and Yellow Peppers  
Imported from Mexico  
6.57kg

**2.98lb**



Organic Green Beans  
Imported from Mexico  
6.57kg

**2.98lb**

# MEAT

BC Organic Beef  
select varieties



**10% off**

BC Boneless Skinless Chicken Breast  
value pack 11.00kg



**4.99lb**

Boneless Pork Shoulder Roast or Steaks  
13.21kg



**5.99lb**

Centre Cut Leg of Lamb Bone-In  
from New Zealand Lamb Co. 22.02kg



**9.99lb**

Lamb Loin Chops from New Zealand  
Lamb Co. 30.84kg



**13.99lb**

Boneless Leg of Lamb Steaks or Roasts from  
New Zealand Lamb Co. 24.23kg



**10.99lb**

Fraser Valley Smoked Duck Breast  
35.25kg



**15.99lb**

Choices' Own Pork Sausages  
assorted varieties, made in-store 17.61kg



**7.99lb**

Free Range Striploin Venison Steaks  
raised without antibiotics 66.12kg



**29.99lb**

Choices' Own Frozen Pasta  
500g



**5.99**

Whole Rainbow Trout  
24.23kg



**10.99lb**

Cod Loin Fillets from Iceland  
value pack 41.87kg



**18.99lb**

Simply West Coast Wild Pacific  
Cod and Chips 454g



**8.99**

# BAKERY



Choices' Own Sourdough  
Bread Levain Style  
sliced or unsliced  
530g

**4.99**



Choices' Own Granola Bars  
package of 2

**2.99**

# WELLNESS



Himalaya Botanique Toothpaste  
assorted varieties

**5.49** 150g



AOR Vitamin D3  
assorted varieties  
assorted sizes  
reg price 30.99-43.99

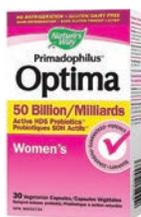
**25% off**  
Regular Retail Price



KAHA New Zealand Whey Protein  
assorted varieties  
840g

**35.99** Whey Protein

**49.99** Whey Protein Isolate



Nature's Way  
Probiotic Supplements  
assorted varieties assorted sizes  
reg price 40.99-54.99

**20% off**  
Regular Retail Price



A.Vogel Echinaforce Throat  
Spray, Tincture and Tablets  
assorted varieties assorted sizes  
reg price 13.99-49.99

**20% off**  
Regular Retail Price



Boiron Oscilloccinum

**12.99** 6 Dose

**18.99** 12 Dose

**31.99** 30 Dose

Boiron Kids, Arnica  
and Cough & Cold  
select varieties  
reg price 11.29-17.49

**20% off**  
Regular  
Retail Price

# BULK

Select Nuts and Nut Mixes  
Bins and Random Weight Bags

**20% off** regular retail price

# GROCERY



Prairie Harvest  
Organic Pasta Sauce  
assorted varieties  
705ml

**4.99**

Delverde Pasta



select varieties  
450g

**2/5.00**

Earth's Choice Organic Tomatoes and Sauce  
assorted varieties



**2.99** 398ml

**3.99** 796ml

Earth's Choice Canned Fish



salmon, tuna and sardines  
124-170g

**2.49 to**  
**4.99**

Primal Kitchen Avocado Based  
Dressing and Mayonnaise  
assorted varieties



**6.99** Dressing 237ml

**10.99** Mayonnaise 355ml



Daiya Vegan Cheezy Mac & Dressings  
assorted varieties

**3.79** Cheezy Mac 300g

**3.99** Dressing 237ml

Berio Extra Virgin Olive Oil



**6.99** Organic 250ml

**9.99** Conventional 750ml



Bar Harbor Seafood Chowder,  
Bisque, Herring and Sardines  
assorted varieties  
190g & 240-398ml

**3.49 to 4.49**

Yves Veggie Ground Round and Veggie Bites  
assorted varieties



**2/7.00**  
Ground Round 320-340g

**2/8.00**  
Bites 235-240g



Coco Natura Organic Coconut Products  
assorted varieties  
assorted sizes  
reg price 6.99-14.49

**30% Off**  
regular retail

## Have Nutrition Questions?

**The Choices Nutrition Team  
Has the Answers!**

- Learn about specialized diets
- Get simple, healthy home cooked meal ideas
- Learn how to make simple steps to improve your daily diet.

**Book a FREE one-on-one consult  
with our team today.**

Email [nutrition@choicesmarkets.com](mailto:nutrition@choicesmarkets.com) or  
visit our website at [choicesmarkets.com/nutrition](http://choicesmarkets.com/nutrition)



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**Yaletown** 604.633.2392 **Commercial Drive** 604.678.9665

**Kelowna** 250.862.4864 **South Surrey** 604.541.3902 **Burnaby Crest** 604.522.0936

**Burnaby Marine Way** 778.379.5757 **Abbotsford** 604.744.3567

**North Vancouver** 604.770.2868

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