

HAPPY ST. PATRICK'S DAY

Prices Effective March 14 to March 20, 2019.



100% BC Owned and Operated

3.99 to 7.99

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



7.99

Imported Irish Cheese
assorted varieties
200g
from Deli Dept.



4.99lb

Choices' Own Whole Organic Chicken
11.00kg



8.99
Conventional

12.99
Organic



Nuts To You Almond Butter
assorted varieties
365g



8.99lb

Organic Lean Ground Beef
value pack
19.82kg



Canadian Heritage Organic Maple Syrup
assorted varieties
500ml



10.99

49.99
827-876g

Vega One All-in-One Nutritional Shakes and Bars
assorted varieties 39g-438g
reg price 3.99-65.99



20% off

BUY 1 GET 1 FREE

Love Beets
all varieties
184-249g package
reg price 3.98-4.98



Lorna Vitamins & Supplements
assorted varieties
assorted sizes
reg price 9.99-109.99



20% off

GROCERY

GoMacro Energy Bars
assorted varieties
56-71g



Extra Savings!

2/6.00



Theobroma Organic
Chocolate Bars
assorted varieties

Extra Savings!

4/5.00 35g

2/6.00 80g

Pur Gum assorted varieties
Aspartame Free



Extra Savings!

4/5.00
9 Blister Pack

2/7.00
80g Pouch

Kiju Organic Juice
assorted varieties
1L & 4 pack • +deposit +eco fee



2/5.00



Christie's Crackers
assorted varieties
175-300g

2/6.00

Choice's Own Organic Cheese
assorted varieties 235g



6.99



Prana Dried Fruit
and Seeds
assorted varieties
assorted sizes
reg price 5.49-11.99

30% off



Old Dutch Restaurant
Tortilla Chips
assorted varieties
250-360g

2/6.00

Choices' Own Small Batch Gourmet Salsa
Family Size



assorted varieties
750ml

5.79



Chapman's
Frozen Yogurt
assorted varieties
2L

5.49



Kinnikinnick
Gluten-Free Products
assorted varieties
assorted sizes
reg price 4.29-9.49

30% off



Choices' Own
Organic Rice Cakes
Made in Richmond, BC
assorted varieties
185g

2/6.00



Heinz Ketchup
assorted varieties
750ml-1L

2/6.00



Cape Herb & Spice
Table Top Spices and Herbs
assorted varieties
assorted sizes

4.49 to 5.99



Premium Quality!
Less Than .05% Acidity

Choices' Own
Extra Virgin Olive Oil

5.99 500ml

10.99 1L



Amy's Frozen
Lasagna and
Macaroni and Cheese
select varieties
assorted sizes

4.99 Lasagna

2.99 to 3.99 Macaroni

Against the Grain Gluten-Free Frozen Pizza



assorted varieties
680g

13.99

Imagine Organic Soup



assorted varieties

4.49 500ml

4.99 946ml/1L

PRODUCE

Organic Rainbow and Red Chard Bunches from California



2/4.00

Organic Navel Oranges from California
1.81kg (4lb) bag



5.98

Organic Blackberries Imported from Mexico
170g package



2.98

Organic Sweet Galia Melons Imported from Mexico



4.98

Sweet Gem Mixed Medley Cherry Tomatoes Imported
1 pint package



2/5.00

DELI

Choices' Own Fresh Soup
assorted varieties
710ml



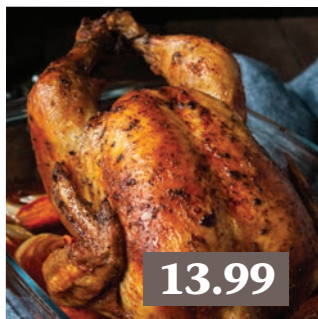
5.99

Choices' Own Potato Side Dishes



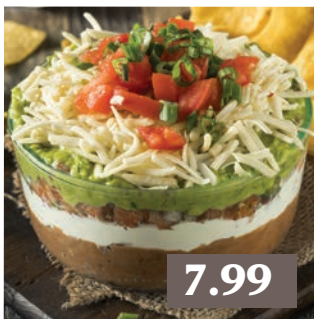
1.19 to 1.49/100g

Farmcrest Non-GMO Roasted Chicken



13.99

Choices' Own 7 Layer Dip



7.99

Choices' Own Natural Black Forest or Honey Ham



2.89/100g

BAKERY

Choices' Own 9" Fruit Pies
Made from Scratch assorted varieties



10.99

Choices' Own Whole Wheat Bread or Wholesome Country Sourdough Bread
530-575g



4.99

MEAT



Old Country Pasta Meals
assorted varieties
350-450g

5.29

Organic Chicken Bone-In Breast and Thighs
value pack 19.82kg



8.99lb

Whole Rainbow Trout
24.23kg



10.99lb

Boneless Pork Shoulder Roast or Steaks
13.21kg



5.99lb

Fort Hardy Pork Ribs Heat 'N Serve 583g



10.99

WELLNESS



Renew Life Ultimate Flora Probiotics
select varieties
assorted sizes
reg price 19.99-72.99

25% off



Boiron Homeopathic Remedies
select varieties
assorted sizes
reg price 11.29-37.99

20% off

Natracare Natural Feminine Hygiene Products



assorted varieties
assorted sizes
reg price 3.49-8.99

20% off



Enzymedica Digestion Supplements
assorted varieties
assorted sizes
reg price 10.99-64.99

20% off



Hair Essentials

29.99 90 capsules



3 Brains Memory Boost and Dr. Gifford Medi-C Vitamin C + L-Lysine Formula
assorted varieties
assorted sizes
reg price 23.99-70.99

20% off

BULK

Baking Products
Select Varieties
Bins and Random Weight Bags

20% off

GROCERY

Nature's Farm Organic Omega-3 Large Eggs



3.29

1/2 Dozen

5.99

Dozen



Nature's Nuts Organic Peanut Butter
select varieties
500g

4.99

Extra Savings!



Mogiana Coffee
assorted varieties
340g

9.99



Silk True Almond Beverages
assorted varieties
946ml

2/5.00

Greek Gods Yogurt



assorted varieties
500g

3.79



Avalon Organic Probiotic Yogurt
assorted varieties

3.99

650g

8.49

1.75kg



Olympic Organic Kefir
assorted varieties
2L

7.99

Daiya Vegan Cheezecakes and Yogurt



assorted varieties

1.49

Yogurt 150g

4.49

Yogurt 454g

5.99

Cheezecake 400g

Fraser Valley Butter

salted & unsalted 454g



4.99



Nature's Path Organic Enviro Kids and Chewy Bars
assorted varieties
168-210g

3.99

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
- See your Nutritionist during the tour for Free Nutrition Bucks

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

Email nutrition@choicesmarkets.com or visit our website at choicesmarkets.com/nutrition



Kitsilano

604.736.0009

Cambie

604.875.0099

Kerrisdale

604.263.4600

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

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.