

SPRING SPECIALS

Prices Effective April 11 to April 17, 2019.

100% BC Owned and Operated



NEW!

1.79 to 2.99/100g

Choices' Own
Grilled Vegetables or
Vegan Caesar Salad
from Deli Dept.



13.99lb

Premium Wild
Sockeye Salmon Fillets
value pack, previously frozen
30.84kg

Special Price!



Choices' Own
Hot Cross Buns
package of 6

3.99

while stocks last!



1.78 each

Fair Trade Organic
Hass Avocados



Califia Non-Dairy Beverages and Cold Brew
assorted varieties 1.4L

4.49
Almond &
Coconut

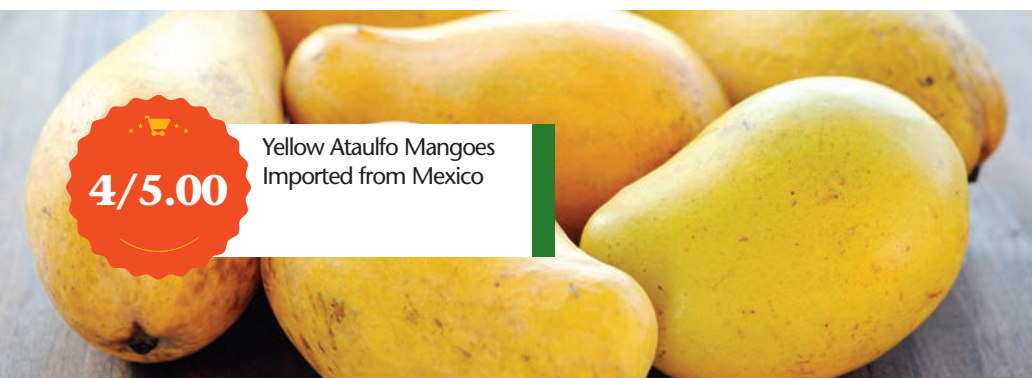
5.99
Cold Brew

Nature's Farm Free Run
Large Omega-3 Eggs



4.49
Dozen

6.49
18 Pack



4/5.00

Yellow Ataulfo Mangoes
Imported from Mexico



Genuine Health
Fermented Proteins,
Bars, Greens+
and Supplements
assorted varieties
assorted sizes
reg price 3.50-129.99

20% off

GROCERY



Brew Dr. Organic
Raw Kombucha
assorted varieties
+deposit +eco fee

3/9.99 414ml

5.99 946ml



Boulder Canyon Potato Chips
assorted varieties
128-142g

2/5.00



Chimes Ginger Chews
assorted varieties

2/3.00 42.5g

2/5.00 142g



Taste Nirvana Coconut Water
assorted varieties
+deposit +eco fee

2/4.00 280ml

2/7.00 700ml



Too Munch Fun O'Pops
assorted varieties
113g

2/5.00



Earth's Choice Organic
Fair Trade Chocolate Bars
assorted varieties
80g

2/7.00

So Delicious Dairy-Free Frozen Dessert and Bars

assorted varieties

3.99 4 Pack Bars

4.99
500ml Frozen Dessert

NadaMoo Organic Dairy-Free Frozen Dessert



Plant Based!

assorted varieties
473ml

5.99

Natrel Mochi Ice Cream



assorted varieties
210ml

4.49

Amy's Organic Frozen Meals and Bowls



select varieties
241-291g

4.99

Stahlbush Island Farms Sustainable
Frozen Fruit and Vegetables
assorted varieties 227-400g



2/5.00
Vegetables

4.99 Fruits

Lucky Frozen Spring Rolls and Sauce



assorted varieties

3.49
241g Spring Rolls

4.49
241g Gluten Free Spring Rolls

5.49 374g Sauce



Lundberg Organic Thin
Stackers and Sprouted Rice
assorted varieties

2/7.00
167g Thin Stackers

4.99
454g Sprouted Rice



Farmer's Market Organic
Pumpkin Mix, Puree and
Sweet Potato Puree
assorted varieties
assorted sizes

2/5.00



Maison Orphée Organic
Virgin Coconut Oil
assorted varieties

12.99 454g

19.99 850g



Spectrum Cooking Oil,
Mayonnaise and Vinegar
assorted varieties
assorted sizes
reg price 6.29-27.49

30% off



Farmhouse Culture Organic
Gut Shots and Sauerkraut
assorted varieties

5.99 473ml Gut Shots
+deposit +eco fee

7.99 454g Sauerkraut



Prana Organic Chia
assorted varieties
200-300g

5.99

PRODUCE

Organic Green Onion
Bunches Imported from USA



3/3.00

Fair Trade Organic Ruby on the Vine
Cherry Tomatoes from Mexico
454g package



4.98



Organic Gold
Nugget Mandarin
Oranges from USA
907g (2lb) bag

4.98



Large Cauliflower
from USA

2.98

DELI

Choices' Own Greek Salad



6.99

Greek Pasta
Salad or
Pesto Tortellini

**1.89/
100g**

Choices' Own Fresh Soup assorted varieties



710ml

NEW
Thai Chicken
Soup!

5.99

Farmcrest Non-GMO
Roasted Chickens



13.99

Tre Stelle Bocconcini Cheese
assorted varieties



4.99

Grimm's Old Fashioned Ham



1.79/100g

BAKERY

Choices' Own Easter Baked Goods
includes alternative flour, assorted varieties
package of 4-6



3.49 to 5.49



Choices' Own Muffins
regular or minis includes keto, paleo
and alternative flour
assorted varieties
package of 3-4

2.99 to 4.49



Choices' Own
Country French Bread
white or 60% whole wheat
480-530g

4.99

MEAT



BC Organic Beef
select varieties

10% off



BC Boneless
Pork Shoulder
Roasts or Steaks
13.21kg

5.99lb



Organic
Pork Back Ribs
previously frozen
12.10kg

5.49lb



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

7.99lb



Organic Lean
Ground Beef
value pack
19.82kg

8.99lb



Organic Bone-In
Chicken Legs
value pack
13.21kg

5.99lb



Georels Bone Broth
Chicken or Beef
700g

11.99

WELLNESS



NutraSea Omega-3 Fish Oil
select varieties
assorted sizes
reg price 26.99-96.99

20% off

Wild Rose Herbal D-Tox and Liver D-Tox Kit



37.99
Herbal D-Tox Kit

42.99
Liver D-Tox Kit



Manitoba Harvest Hemp Hearts
Organic and Conventional
assorted varieties
assorted sizes
reg price 2.99-99.99

20% off



MegaFood Gummies Vitamins
and Mineral Supplements
select varieties
assorted sizes
reg price 33.99-64.99

20% off



Dr. Bronner's Non-GMO
Organic Castile Soap
assorted varieties

6.99 236ml

18.99 944ml



Nelson Naturals
Toothpaste
select varieties

7.99 30-60ml

BULK

Nuts and Nut Mixes
Select Varieties
Bins and Random Weight Bags

20% off

GROCERY



Blue Diamond Almond Breeze
assorted varieties
946ml

2/4.00



Nature's Path Organic
Cereal and Granola
assorted varieties
assorted sizes

4.49 Boxed



Illy Coffee Whole
Bean and Ground
assorted varieties
250g

11.99



Avalon Organic Probiotic
Yogurt assorted varieties

3.99 650ml

8.49 1.75kg

Daiya Vegan Cheeze Slices,
Blocks, Shreds and Spreads
assorted varieties 200-227g



Plant Based!

3.99

Earth Balance Vegan Spreads and Sticks
assorted varieties
assorted sizes
reg price 6.99-15.99



30% off

Plant Based!

Faith Farms Cheese
assorted varieties 360-380g



5.99



Olympic Organic
Sour Cream
500ml

3.79



Le Pain Organic Crispbread
assorted varieties
150g

4.99 to 5.99



Echoclean Biodegradable Dish Liquid
assorted varieties
740ml

2.79

Bedding Plant Sale

Will you be planting a garden in your backyard, balcony or community garden this spring? Choices Markets' weekend plant sales are starting up again. We'll have ready to plant vegetables, fantastic flowers, perfect perennials and sensational succulents. Best of all, 5% of the proceeds from our weekend plant sales in April and May will be donated to local schools. Make your garden beautiful and help your community at the same time! Don't forget, Full Circle Topsoil (made from compost collected at our stores) is also available and great for your plants. Check our social media for more information!



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.