

WEEKLY SPECIALS

Prices Effective May 23 to May 29, 2019.

100% BC Owned and Operated



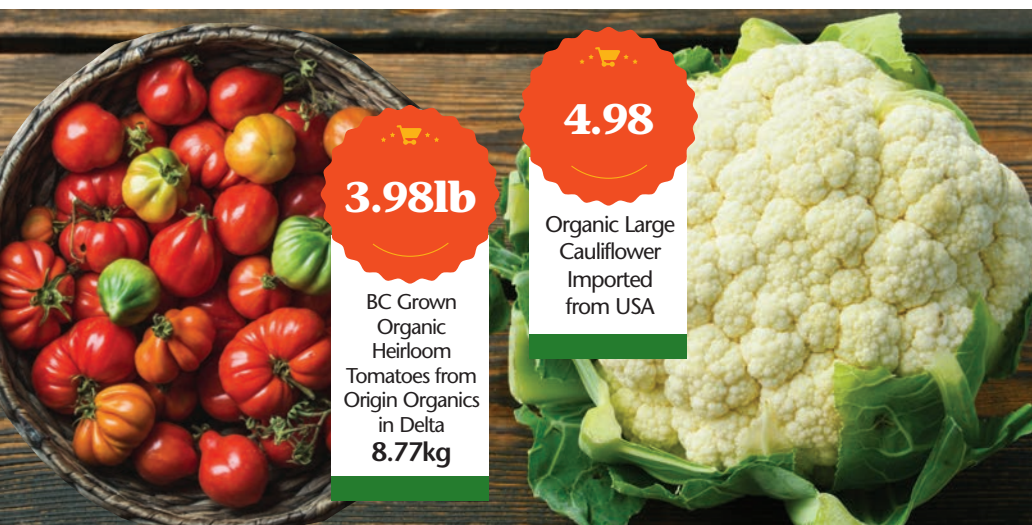
4.49 to 5.99

Choices' Own Fajitas,
Quesadillas and Burritos
from Deli Dept.



4.99

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



3.98lb

BC Grown
Organic
Heirloom
Tomatoes from
Origin Organics
in Delta
8.77kg

4.98

Organic Large
Cauliflower
Imported
from USA



Hardbite Potato Chips
assorted varieties 128-150g

2/5.00

Zevia Sugar Free Energy Drinks, Tea and Soda
assorted varieties +deposit +eco fee



2/4.00

355ml Energy
Drinks & Tea

4.49

6 Pack Soda



8.99lb

BC Extra Lean
Ground Beef
value pack
raised without
antibiotics
19.82kg

19.99lb

Halibut Steaks
44.07kg



New Roots Vitamins and Supplements
assorted varieties assorted sizes
reg price 1.49-101.99

25% off



Vega One All-in-One
Nutritional Shakes
827-876g

25% off

20% off

All Vega Sports
Nutrition Supplements
and Smoothies
assorted varieties
assorted sizes
reg price 1.19-69.99

GROCERY



Blue Monkey 100%
Watermelon Juice
1L
+deposit +eco fee

4.99

Love Good Fats Bars
assorted varieties 39g



2/4.00



Made Good Cookies, Granola,
Bites and Chocolate Chips
assorted varieties
assorted sizes
reg price 1.19-8.99

30% off



Rumble Protein Shakes
assorted varieties

3.99 330ml

45.99 12 Pack

Ritter Sport Chocolate Bars



assorted varieties
100g

2/5.00

Applesnax Fruit Cups
assorted varieties 6 pack



2/6.00
Conventional

2/7.00
Organic



Coco5 Coconut
Electrolyte Beverages
assorted varieties
500ml
+deposit +eco fee

2/5.00

Oatmega Crisp Bars
assorted varieties 50g



2/4.00



Bounce
Energy Balls
assorted varieties

2/4.00
40-49g

21.99
12 Pack



Ice Age Glacial Water
+deposit +eco fee

2/3.00 500ml

2/4.00 1L



Halfpops Popcorn
assorted varieties
128g

2/6.00

Pur Gum
assorted varieties 80g pouch



2/7.00



Bremner's Caesar Mix
2 varieties
1L
+deposit +eco fee

5.99



Skinny Pop Popcorn
assorted varieties
125g

2/7.00



Fiasco Gelato
and Sorbetto
assorted varieties
562ml

6.99

Lorissa's Kitchen Jerky



assorted varieties
63g

4.99

Paqui Tortilla Chips



assorted varieties
155g

2/7.00

CoolWay Ice Cream



assorted varieties
500ml

4.49

GROCERY



Schar Gluten-Free Bread,
Buns and Cookies
assorted varieties
assorted sizes
reg price 5.99-8.99

30% off

Mary's Organic Gluten-Free Crackers



assorted varieties
155-184g

5.99

Kinnikinnick Gluten-Free Products



assorted varieties
assorted sizes
reg price 4.29-9.49

30% off



Caulipower Pizza
assorted varieties
330-340g

7.99

Stahlbush Island Farms Sustainable
Frozen Fruit and Vegetables



assorted varieties
assorted sizes
reg price 3.79-6.79

30% off

Bremner's Organic Frozen Fruit



assorted varieties
300g & 600g
reg price 7.49-9.99

30% off

Yves Veggie Burgers and Veggie Dogs



assorted varieties
275-450g
reg price 3.79-5.99

30% off



Wholly Veggie
Frozen Burgers
assorted varieties
300g

6.99



Annie's Macaroni & Cheese
assorted varieties
170g

2/4.00



Lundberg Organic Rice
assorted varieties
907g
reg price 8.99-10.99

30% off



Choices' Own
Organic Beans
assorted varieties
398ml

3/4.98

Wolfgang Puck Organic Soup



assorted varieties
398ml

2/5.50



Choices' Own
Extra Virgin Olive Oil
1L

10.99



Nando's Peri-Peri Sauce
assorted varieties
250ml

5.49

Wild Planet Albacore Tuna and Sardines
assorted varieties



4.99

142g Albacore Tuna

2.99

125g Sardines



Cascades Fluff Toilet Paper
and Tuff Paper Towels
assorted sizes

7.99 Paper Towel

17.99 Toilet Paper



Echoclean Liquid and
Powdered Laundry Detergent

assorted varieties
1.5L & 3 kg

6.99

Armstrong Cheese Slices

assorted varieties
320-360g



5.79

DELI

Ready-To-Eat Rosdown Roasted Half Chickens



5.99



Choices' Own
Golden Boost
Pumpkin Seed or
Hemp Hummus

**1.19/
100g**



Choices' Own Pesto
Tortellini or Spinach
and Orzo Salad

**1.99/
100g**



Choices' Own
Antibiotic Free
Smoked or Cooked
Turkey Breast

**4.49/
100g**



Vegetable, Chicken
or Pork Gyoza

.40 each

Grilled Mediterranean Chicken Skewers



2/7.00



Choices' Own
Lemon Herb or Mexi
Potato Wedges

**1.19/
100g**



Amsellem Dried
Beef Sausage
assorted varieties

7.49

Krinos Organic Feta Cheese
150g



5.99

Tre Stelle Crumbled Feta Cheese
150g



4.99



Dofino Havarti
Cheese Slices

**2.49/
100g**

PRODUCE



Organic
Raspberries Imported
170g package

4.98



BC Grown
Bunch Spinach

2/2.50



Organic Black and Green
Bunch Kale Imported

2/4.00



Red Seedless Grapes
Imported from Chile
6.57kg

2.98lb

MEAT



100% Grass Fed New
York Steaks Aged 21+
Days from Australia
value pack
22.02kg

9.99lb



Fort Hardy
Pork Back Ribs
583g

10.99



Bison Sirloin Tip Steaks
33.07kg

15.00lb



BC Fresh Duck
raised without
antibiotics
8.80kg

3.99lb



Extra Lean
Ground Bison
28.64kg

12.99lb



Smoked Duck
Farmer Sausage
28.64kg

12.99lb



Lean Ground Pork
raised without
antibiotics
9.90kg

4.49lb



Fraser Valley
Smoked Duck Breast
35.25kg

15.99lb



Siwin Dumplings
assorted varieties
500g

5.99



Belmont Pure Frozen
Organic Beef Burgers
assorted varieties
570g

10.99



Nourish Yourself Turkey,
Chicken & Beef Bone Broth
and Vegetable Defender
750ml

10.49

BAKERY



Choices' Own
Fruit Pies and Crisps
includes paleo friendly
220-280g

**6.49 to
7.49**



Choices' Own
Alternative Flour
Select Cookies and Bars
includes paleo
and keto friendly
assorted sizes

**2.99 to
5.99**

WELLNESS



Incrediwear Socks,
Braces and Wraps
assorted varieties
assorted sizes and colours
reg price 18.99-148.99

20% off



Jason Bodywash
assorted varieties

11.49 887-900ml



Boiron Homeopathic Remedies
select varieties
assorted sizes
reg price 11.99-37.99

20% off



Badger Sunscreen Products
assorted varieties
assorted sizes
reg price 14.49-29.99

25% off



AOR Bone Basics

29.99 120 Capsules

44.99 240 Capsules

54.99 360 Capsules



Womensense
Adrenasense, Estrosense,
Menosense and Thyrosense
assorted varieties
assorted sizes
reg price 29.99-58.99

30% off

BULK

Seeds and Snacks
Assorted Varieties
Bins and Random Weight Bags

20% off

GROCERY



Nature's Path Organic Eco Pac Cereal
assorted varieties
assorted sizes

8.49



Happy Planet Organic Grass Fed Milk
assorted varieties

4.99 750ml Chocolate Milk

5.99 1.5L 3.5 & 2% Milk



Anita's Organic
Morning Rush Cereal
assorted varieties
330g

4.49

Rabbit River Free Range Large Eggs
1 dozen



4.99

Liberté Méditerranée Yogurt



assorted varieties
500g

2/6.00

Cows Creamery Butter
assorted varieties 250g



4.99



Nuts To You Nut Butter

5.99 250g Cashew Butter

9.99 500g
Nut Butter with Coconut



Nuts To You Peanut Butter
assorted varieties
750g

5.99



Elias Honey, Cinnamon
Spread and Comb
assorted varieties
assorted sizes
reg price 6.69-51.99

30% off



JusTea Fair Trade Tea
assorted varieties
45g - 115g

8.99

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

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