

CHOICES' OWN PRODUCTS

Prices Effective August 15 to August 21, 2019.



100% BC Owned and Operated

Choices' Own Cookies
select varieties includes Keto, Paleo,
alternative flour and sugar assorted sizes

4.49 to 5.99



Choices' Own Ground Chicken
raised without antibiotics 24.23kg

10.99lb



Choices' Own Pasta Salads

1.89/100g



Choices' Own
Gourmet Pasta Sauce
assorted varieties
750ml

6.99



Choices' Own
Organic Cheese
assorted varieties
235g

7.49

PRODUCE SPECIAL!
15% OFF

BC Produced Organic
Little Creek Dressings
assorted varieties • 295ml and 750ml

BC Grown Organic
Green Dirt Salads
assorted varieties • 142g

BC Grown Organic Black
Plums from Natures First Fruit
907g package

BC Grown Organic Sunrise
Apples from Natures First Fruit
1.36kg bag

5.98

4.98

GROCERY



Rise Organic Kombucha
assorted varieties
414ml
+deposit +eco fee

3/9.00



Prana Organic Nut Mixes
assorted varieties
150g
reg price 4.99-9.49

30% off



Zazubean Organic
Chocolate Bars
assorted varieties
85g

2/7.00



Santa Cruz
Organic Lemonade
assorted varieties
946ml
+deposit +eco fee

2/5.00

So Delicious Dairy-Free Frozen Bars or Dessert
assorted varieties



4.49 4 Pack
Dairy-Free Bars

4.99 500ml
Dairy-Free Frozen Dessert

Frozen Coconut Dairy-Free Frozen Dessert



assorted varieties
473ml

4.99



Phillips Craft Soda and Tonics
assorted varieties
+deposit +eco fee

2/3.00 355ml Soda

6.99 6 Pack Tonics

Breyers Creamery Ice Cream
assorted varieties 1.66L



6.49



Deebee's Superfruit Freezies
12 pack

5.99



Plum-M-Good
Organic Rice Cakes
assorted varieties
185g

2/7.98



Blue Diamond
Artisan Nut Thins
assorted varieties
120g

2/7.00



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

40% off



San Pellegrino
Sparkling Beverages
assorted varieties
+deposit +eco fee

.99 330ml Single

4.99 6 Pack



Taste Nirvana Coconut Water
assorted varieties
+deposit +eco fee

2.49 280ml

3.49 700ml



Whistler Glacial Water
assorted sizes
+deposit +eco fee

.89 500ml

1.49 1L

1.79 1.5L

3.49 4L

Savor Grass Fed Butter
salted and unsalted
250g



3.99

Dairyland Sour Cream
assorted varieties 500ml



1.99

Cascades Fluff Toilet Tissue and Tuff Paper Towels
assorted varieties



6.99 6 Pack
Paper Towel

8.99 12 Pack
Toilet Paper

PRODUCE

BC Grown Organic Yellow
Peaches from Secrest Organics
5.47kg



2.48lb



BC Grown
Dolce Sweet
Mini Peppers from
Windset Farms
454g package

3.98



BC Grown Organic
Medley Grape Tomatoes
from Secrest Organics
1 dry pint

3.98

DELI



Farmcrest Non-GMO
Roasted Chickens

13.99
each



Choices' Own
Lemon Herb or Mexi
Potato Wedges

**1.19/
100g**



Traditional Cow Feta Cheese

1.79/100g

or Kalamata Olives

1.49/100g

Alexis de Portneuf Brie
or Camembert Cheese



9.99

Rosstown Sausages
or Pepperoni
raised without antibiotics



8.99 each

BAKERY

Choices' Own Sourdough Bread
levain style sliced and unsliced
530g



4.99

Choices' Own Hand Made Dessert Bars
assorted varieties including
alternative flour and Paleo friendly
assorted sizes



5.49 to 5.99

MEAT

Cod Fillets from Iceland
41.87kg



18.99lb

Top Sirloin Steaks or Roasts 100%
Grass Fed from Australia value pack **17.61kg**



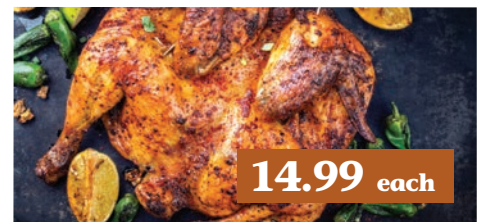
7.99lb

Ground Pork
raised without antibiotics **11.00kg**



4.99lb

BC Marinated Butterfly Chicken
made-in-store, raised without antibiotics



14.99 each

Lamb Loin Chops Free Range from New Zealand
raised without antibiotics **30.84kg**



13.99lb

Wild Sockeye Salmon Fillets
value pack **37.46kg**



16.99lb

WELLNESS



Renew Life Ultimate Flora Probiotics

See
in-store
for more
Probiotics
on Sale!

27.99

30 capsules

51.99

60 capsules



Garden of Life mykind Organics
Vitamins and Supplements
assorted varieties assorted sizes
reg price 12.99-52.99

20% off



Purica Vitamins and Supplements
assorted varieties
assorted sizes
reg price 10.99-129.99

20% off



MegaFood Gummies
and Baby and Me Multi-Vitamins
assorted varieties assorted sizes
reg price 42.99-79.99

25% off



Natural Factors Ubiquinol
and CoQ10 Supplements
select varieties assorted sizes
reg price 16.49-72.99

20% off



Whole Earth and Sea Supplements
assorted varieties assorted sizes
reg price 16.49-69.99

20% off



Flora Udo's Choice 3.6.9
Blend and DHA Oil Blend
assorted varieties assorted sizes
reg price 16.49-47.99

20% off

BULK



Assorted Oats, Grains and Rice
Bins and Random Weight Bags

20% off

GROCERY

Nature's Nuts Organic Almond and
Peanut Butter smooth or crunchy



5.49

500g Organic
Peanut Butter

11.99

340g Organic
Almond Butter



Uncle Luke's Organic Maple Syrup
assorted varieties
500ml

10.99



Ethical Bean Organic Fair Trade Coffee
assorted varieties

6.99

227g Ground

9.99

340g Whole Bean



Silk Organic Almond
Cashew Beverages
select varieties
1.4L

5.49



Daiya Dairy-Free
Frozen Pizza
assorted varieties
444g-550g

6.49

Field Roast Vegan Chao Slices, Sausages
and Frankfurters assorted varieties assorted sizes



4.99

Sausages and
Frankfurters

5.49

Slices



Eden Organic Beans
select varieties
398ml

2/5.00

Nature's Farm Free Run Omega-3 Large Eggs
18 pack



6.29

Primal Kitchen Avocado Oil Dressings
and Avocado Oil Mayonnaise
assorted varieties assorted sizes



6.99

237ml Dressings

10.99

355ml Mayonnaise

Olympic Yogurt assorted varieties 1.75kg



7.49

Natural

8.99

Organic

9.49

Greek &
Krema

Have Nutrition Questions?

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

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

Book a FREE Personalized Store Tour:
nutrition@choicesmarkets.com or choicesmarkets.com.



Kitsilano

Cambie

Kerrisdale

Yaletown

Commercial Drive

Kelowna

South Surrey

Burnaby Crest

Burnaby Marine Way

Abbotsford

North Vancouver

604.736.0009

604.875.0099

604.263.4600

604.633.2392

604.678.9665

250.862.4864

604.541.3902

604.522.0936

778.379.5757

604.744.3567

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.