

# WEEKLY SPECIALS

Prices Effective September 26 to October 2, 2019.

100% BC Owned and Operated



**4.99lb**

Whole Organic Chicken  
11.00kg



**3.98lb**

Sweet Black Seedless  
Moon Drop Grapes  
from California  
8.77kg

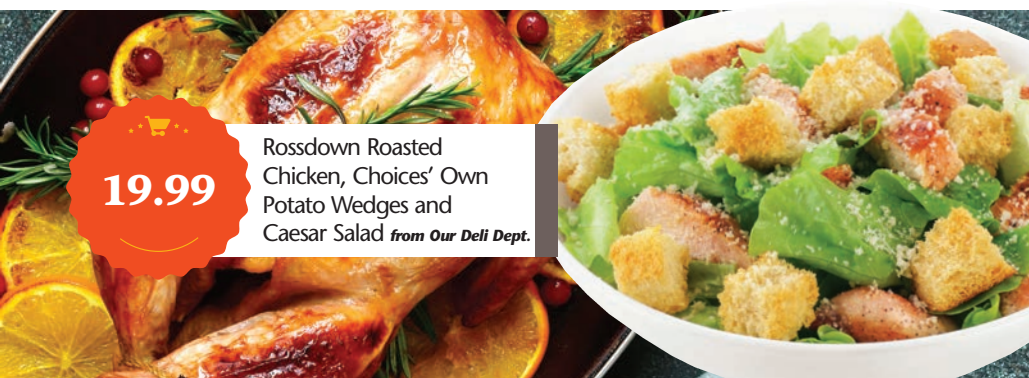
**2/4.00**

Organic  
Hass Avocados



**6.49**

Choices' Own Fresh Soup  
assorted varieties  
710ml  
from Our Deli Dept.



**19.99**

Rossdown Roasted  
Chicken, Choices' Own  
Potato Wedges and  
Caesar Salad from Our Deli Dept.

Choices' Own 6" Vegan Pies and Crisps

made from scratch: apple,  
sour cherry, blueberry &  
Paleo triple berry



**6.49**



Olympic Yogurt  
assorted varieties  
500-650g

**2/6.00**

Natural

**2/8.00**

Organic & Krema

Maple Hill Free Range Large Eggs  
1 Dozen



**4.49**



Vega One All-in-One  
Nutritional Shakes  
assorted varieties

**Great  
Price!**

**44.99**

827-876g



Lorna Vanderhaeghe  
Vitamins & Supplements  
assorted varieties  
assorted sizes  
reg price 8.99-96.99

**25%  
off**



# GROCERY



Califia Dairy-Free Almond Beverages and Cold Brew assorted varieties 1.4L

**4.49** Dairy-Free Almond Beverages

**4.99** Cold Brew



Ethical Bean Organic Fair Trade Coffee assorted varieties

**6.99** 227g Ground

**9.99** 340g Whole Bean



Four O'Clock Fair Trade Organic Tea assorted varieties 16 sachets

**3.99**



Nuts to You Peanut Butter smooth or crunchy 750g

**5.99**



Elias Honey assorted varieties 1kg reg price 14.99-21.29

**30% off**

Bremner's Organic Frozen Fruit



assorted varieties assorted sizes reg price 7.99-25.99

**30% off**



Parmela Creamery Nut Based Cheese assorted varieties 198g

**4.99**



Happy Planet Daily Squeeze Juice assorted varieties 900ml +deposit +eco fee

**3.99**



Dairyland Creamo and Whipping Cream assorted varieties 473ml

**1.79 to 2.49**

Faith Farms Cheese assorted varieties 360-380g



**4.99**



O'Dough's Gluten Free Bread, Bagels & Buns assorted varieties assorted sizes reg price 5.79-11.49

**35% off**

Organic Meadow Organic Butter salted or unsalted 454g



**9.49**



Prairie Harvest Organic Pasta and Pasta Sauce assorted varieties

**2/5.00** 454g Pasta

**4.99** 705ml Pasta Sauce



Kaslo Fermentata Pasta assorted varieties 560g

**6.99 to 9.99**



Mackellar Farms Frozen Edamame pods or shelled 400g

**2/5.00**



Wholesome Fair Trade Organic Sweeteners and Syrup assorted varieties assorted sizes reg price 6.49-23.99

**35% off**



Divina Olives and Spreads assorted varieties assorted sizes reg price 5.79-12.99

**30% off**



Caboo Bathroom Tissue 12 Rolls

**7.99**



# PRODUCE



BC Grown  
Organic Autumn  
Harvest Plums  
**3.26kg**

**1.48lb**



BC Grown  
Organic 20th  
Century, Kosui,  
and Hosui Pears  
**6.57kg**

**2.98lb**



BC Grown  
Organic  
Broccolini from  
Blue House  
Organics

**2.98**



Organic Baby  
Spinach and  
Spring Mix from  
Earthbound Farm  
in California  
142g

**3.98**

# DELI

Vegetable, Chicken or Pork Gyoza



**.35 to .45 each**

Choices' Own Burritos, Fajitas and Quesadillas



**4.99 to 6.49**

Freybe Dijon or Sundried Tomato Turkey Breast



**2.79/100g**

Dofino Havarti Cheese assorted varieties



**2.49/100g**

# MEAT

Beef Sirloin Tip Steaks and Roasts  
value pack **13.21kg**



**5.99lb**

Beef Meatballs 100% Grass Fed  
made in-store **15.41kg**



**6.99lb**

Wild-Caught Ahi Tuna Loin Steaks Sashimi Grade



**5.99 each**

Choices' Own Turkey Breasts Boneless Skinless  
**22.02kg**



**9.99lb**

# BAKERY

Choices' Own 100%  
Whole Wheat Bread or White Bread



**Vegan!**

**2.99**

white

**4.99**

whole wheat

Choices' Own Alternative Flour Recipe Cream  
Filled or Fudge Filled Cookies package of 6



**4.49**

Nourish Yourself Bone Broths  
assorted varieties 750ml



**10.49 each**



# WELLNESS



Green Beaver Face Care,  
Body Care and Sunscreens  
assorted varieties  
assorted sizes  
reg price 6.29-30.99

**20% off**



Naturtint Natural  
Permanent Hair Colour  
assorted colours

**15.99** 1 Kit

Root Touch-Up

**8.29** 1 Kit



Progressive Adult Multi-Vitamins  
and Kids Multi-Vitamins  
assorted varieties  
assorted sizes  
reg price 18.99-42.99

**20% off**

Bio-K Plus Probiotics



**2/26.00**

Kids 6 Packs

**2/40.00**

Dairy 6 Packs

**2/45.00**

Non Dairy 6 Packs



Boiron Children's Homeopathic  
select varieties  
assorted sizes  
reg price 11.29-17.49

**20% off**

withinUs  
TruMarine Collagen



**62.99** 250g

withinUs TruMarine Collagen

**54.99** 280g

withinUs Matcha Misto & Collagen

**42.99** 274g

withinUs Coconut Creamer & Collagen

**21.49** 144g

withinUs Rehydrate & Collagen

# BULK

Assorted Nuts  
Bins and Random Weight Bags

**20% off**



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

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.

# GROCERY

Slice of Life Carb Wise Bread and Buns  
assorted varieties assorted sizes



**8.99**



**Plant Based!**

Hippie Snacks Avocado  
and Cauliflower Crisps  
assorted varieties  
70g

**3.99**



Angie's Boomchickapop Popcorn  
assorted varieties  
125-142g

**2/7.98**



Mary's Organic  
Gluten Free Crackers  
assorted varieties  
155-184g

**5.49**



Sunflower Kitchen Dips and Spreads  
assorted varieties  
227-300g  
reg price 3.99-6.99

**30% off**



Clif Energy Bars  
assorted varieties  
68g

**5/5.00**



Lily's Sugar Free Chocolate Bars  
with stevia  
assorted varieties  
85g

**3.99**



Health-Ade Kombucha  
assorted varieties  
473ml  
+deposit +eco fee

**2/7.00**



Fentimans Craft Soda  
assorted varieties +deposit +eco fee

**2/4.00** 275ml Single

**6.99** 4 Pack



R.W. Knudsen Organic Juice  
assorted varieties 946ml  
+deposit +eco fee  
reg price 7.49-16.99

**35% off**

Wonder+Well Infused Water



assorted varieties  
8 pack  
+deposit +eco fee

**4.99**

## 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](mailto:nutrition@choicesmarkets.com) or [choicesmarkets.com](http://choicesmarkets.com).