

WEEKLY SPECIALS

Prices Effective October 3 to October 9, 2019.

100% BC Owned and Operated



Celebrate Garlic

Choices' Own Festival
Garlic and Cheddar Bread
made with organic jumbo Red
Russian Garlic from Kind Hearted Farm
from Our Bakery Dept.

5.49 200g

All BC Grown Garlic
from Our Produce Dept.

2.00/lb Off

Habibi's Lebanese or
Basil and Garlic Hummus
from Our Deli Dept.

3.99 200g

Pork Sausages
made fresh in-store
with local Red Russian Garlic
from Our Meat Dept.

5.99lb



BC Boneless Skinless Chicken Breast
value pack
11.00kg



4.99lb



Choices' Own Pasta Entrees
from Our Deli Dept.

5.49 to 7.99



Vegan!

Nuts for Cheese Vegan Cheese
made from cashews
assorted varieties

9.99

from Our Deli Dept.



Smart Sweets Low Sugar Candy
assorted varieties
50g



2/6.00



GT's Organic Raw Kombucha
assorted varieties 1.4L
+deposit +eco fee



7.49



Allimax Allicin Extract from Garlic

23.99
30 Capsules

54.99
90 Capsules

79.99
180 Capsules

GROCERY

Prana Organic Nut Mixes



assorted varieties
150g
reg price 4.99-9.49

30% off

Zazubean Organic Fair Trade Chocolate Bars



assorted varieties
85g

2/7.00

Think! Energy Bars



2/4.00 60g Bar

18.99 10 Pack

Zevia Sugar Free Sodas, Energy Drinks & Teas



.89 355ml Single Soda

4.49 6 Pack Soda

2/4.00 Energy Drinks & Tea

Daiya Dairy-Free Cheezecakes, Frozen Dessert and Yogurt



2/3.00 150g Yogurt

4.99 231ml Frozen Dessert

5.49 400g Cheezecake

Sunflower Kitchen Dips & Spreads



assorted varieties
227-300g
reg price 3.99-6.99

30% off

Kiju Organic Juice



assorted varieties
1L
+deposit +eco fee

2/5.00

Oasis Fresh Premium Juice and Smoothies



assorted varieties
1.64-1.75L
+deposit +eco fee

2/7.00

Califia Cold Brew and Matcha Latte



assorted varieties
295ml

2/6.00

Island Farms Ice Cream and Frozen Yogurt



4.99 to 5.99

Sonoma Creamery Crackers



assorted varieties
64g

4.99

Partners Wisecrackers



assorted varieties
114g

2/7.00

Kind Breakfast and Pressed Bars



assorted varieties

2/7.98 200g Breakfast Bars

2/3.00 35g Pressed Bars

16.99 12 Pack Pressed

Hippie Snacks Coconut and Seed Clusters



assorted varieties
56g

2/7.00

Old Dutch Potato Chips and Ridges



assorted varieties
220-255g

3/8.00

Silly Cow Hot Chocolate



assorted varieties
480g

5.99

Navitas Berries and Superfoods



assorted varieties
113-227g
reg price 7.99-15.99

30% off

Boulder Clean Natural Cleaning Products



assorted varieties
assorted sizes
reg price 5.99-22.99

30% off

GROCERY

Farmers Market Organic Canned Vegetables



assorted varieties
397-425g

2/5.00

Butternut Squash & Potato

2/6.00

Pumpkin Puree & Pumpkin

Choices Organic Canned Beans



assorted varieties
398ml

2/3.00

Lundberg Organic Rice



assorted varieties
907g
reg price 8.99-10.99

30% off

Di Martino Pasta



assorted varieties
250-500g

2/5.00

Choices Gourmet Pasta Sauce

assorted varieties 750ml



6.99

Field Roast Chao Slices Dairy-Free Cheese and Vegan Sausages

assorted varieties assorted size



4.99

Vegan Sausages

5.49

Dairy-Free Cheese

Amy's Organic Frozen Burritos and Wraps



assorted varieties
156-170g

2/5.00

Regular

2/6.00

Gluten Free

Daiya Dairy-Free Frozen Pizza and Burritos



assorted varieties
assorted sizes

3.99

Burritos

6.49

Pizzas

Karine & Jeff Soup



New to Choices

assorted varieties

6.99

500ml

9.99

1L

Cape Herb & Spice Table Top Spices



assorted varieties
assorted sizes
reg price 6.79-8.99

30% off

Cha's Organics Fair Trade Organic Spices



assorted varieties
10-150g
reg price 4.19-12.99

30% off

Wildbrine Kimchi, Kraut, Coleslaw



and Sauerkraut
assorted varieties
500ml

6.49

Primal Kitchen Dressings, Oils, Mayonnaise and Ketchup



assorted varieties
assorted sizes
reg price 7.59-19.99

30% off

Ginger People Candies, Marinades and Ginger Products



assorted varieties
assorted sizes
reg price 2.29-12.99

30% off

Kuehne Sauerkraut, Dressings and Condiments



assorted varieties
assorted sizes
reg price 3.99-6.29

30% off

Anita's Organic Oats



assorted varieties
1kg

5.49

Let's Do Organic Baking Products

assorted varieties
assorted sizes



reg price 4.99-8.99

30% off

Liberté Organic Butter salted & unsalted



454g

7.49

DELI

Choices' Own Family Size Quiche



13.99

Choices' Own Praga Ham



2.99/100g

Kalamata Olives



1.49/100g

Choices' Own Hot Soup
assorted varieties assorted sizes



2.99 to 7.99

Woolwich Goat Brie Cheese



7.99

165g

10.99

180g

Imported Swiss Emmental Cheese



3.79/100g

Parmesan Reggiano Cheese



4.99/100g

Paysan Breton Creamy Cheese



New to Choices

6.49 each

Castello Blue Cheese Wedges



125g

5.99

PRODUCE



BC Grown Organic
Wolfe's Green Dirt
Farm Salads
142g
assorted varieties

3.98

Rainbow, Green and Red
Chard from Myers Organic Farm



1.98

BC Grown Organic Gala Apples
from Elms Organics



1.98lb

Organic Hass Avocados



2/4.00

Cara Cara Red Navel Oranges Imported
from Australia



1.58lb

MEAT



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

9.99lb



Georels Bone Broth
chicken or beef

11.99 each



New Zealand
Spring Lamb, 100%
Grass Fed, Boneless
Lamb Leg Steak or Roast
28.64kg

12.99lb



BC Boneless Skinless
Marinated Chicken Breasts
assorted varieties
17.61kg

7.99lb



Choices Ground
Chicken Breast
raised without antibiotics
22.02kg

9.99lb



Cod Loin Fillets
from Iceland
39.66kg

17.99lb



Breaded Pork Cutlets
made-in-store
13.21kg

5.99lb



Local 100% Grass Fed,
Organic Lean Ground Beef
value pack
17.61kg

7.99lb



Wild Sockeye
Salmon Fillets
value pack
33.05kg

14.99lb



Wild-Caught Ahi Tuna
Loin Steaks, Sashimi Grade

5.99 each

BAKERY

Choices' Own 6" Chocolate
Pecan Pie Alternative Flour Recipe



6.49

Choices' Own 8" Pecan Walnut Pie



8.99

Choices' Own 9" Fruit Pies
handmade from scratch apple, sour cherry & blueberry



10.99

WELLNESS



Prairie Naturals
Digestive Enzymes
assorted varieties
assorted sizes
reg price 13.49-46.99

20% off



Progressive Probiotics
assorted varieties
assorted sizes
reg price 32.99-72.99

20% off



Organika Bone Broth Protein
Powder Chicken or Beef

29.99 300g



Earth Science Face and Hair Care
assorted varieties
assorted sizes
reg price 8.99-17.99

20% off

New Chapter Vitamins and Supplements



assorted varieties assorted sizes
reg price 25.99-87.99

20% off

Anne Marie Borlind Facial Care and



Natural Cosmetics
assorted varieties
assorted sizes
reg price 9.79-59.99

20% off

BULK



Assorted Bulk
Food Products
Bins Only

20% off

GROCERY

Silver Hills Sprouted Power Bread
assorted varieties assorted sizes



2/7.98

Nature's Farm Free Run Omega-3 Eggs



4.49 Large

4.79 Extra Large



Uncle Luke's Organic Maple Syrup
assorted varieties
500ml

11.99



Nature's Nuts Organic
Peanut Butter & Almond Butter
assorted varieties

4.49 500g Peanut Butter

10.99 340g Almond Butter



Crofter's Organic Jams & Spreads
assorted varieties
235-383ml
reg price 4.79-6.79

30% off



Earth Balance Coconut
Peanut Butter Spreads
assorted varieties
500g

4.99



Le Grand Organic Plant Based Cream



Cheese Spreads
assorted varieties
227g

4.49



Nature's Path
Organic Hot Cereal
assorted varieties
8 Pack

2.99 to 4.99



Frog Friendly Coffee Beans
assorted varieties
340g

9.99

Tree Island Grass Fed Cream Top Yogurt
select varieties



3.99 500g

7.99 1.5Kg



Saugeen Country Organic
Yogurt & Kefir
assorted varieties
1Kg

4.49

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
604.736.0009

Cambie
604.875.0099

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Yaletown
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Commercial Drive
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Kelowna
250.862.4864

South Surrey
604.541.3902

Burnaby Crest
604.522.0936

Abbotsford
604.744.3567

North Vancouver
604.770.2868

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