



# WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Organic Lemons  
Imported

**6/300**

Wild Sockeye  
Salmon  
Value Pack

**14<sup>99</sup>/lb**  
33.05/kg

Organic  
Clamshell Herbs  
Assorted Varieties

**15% off**  
14-28g

Farmcrest Non-GMO  
Specialty Roasted Chickens

**13<sup>99</sup>**  
each

Choices' Own  
Ready to Eat Green Salads

**4<sup>99</sup>-  
7<sup>99</sup>**  
each

## Keto Choices



Choices' Own Keto  
Chocolate Mousse

**2<sup>99</sup>**  
90g

Choices' Own Keto Chocolate  
Coconut Fat Bombs

**7<sup>49</sup>**  
package of 6



Nutiva Organic MCT Oil

**1<sup>99</sup>** 473ml  
**3<sup>39</sup>** 946ml



Organika  
Enhanced Collagen

**1<sup>99</sup>** 250g  
**3<sup>59</sup>** 500g



Hardbite Natural  
Potato Chips  
Assorted Varieties

**2/5<sup>00</sup>**  
128-150g



GT's Organic  
Raw Kombucha  
Assorted Varieties

**3/9<sup>99</sup>** 480ml  
+deposit +eco fee

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Prices Effective February 27 to March 4, 2020.



# PRODUCE

BC Grown Long English Cucumbers

**1.98**  
each

Mini San Marzano Tomatoes  
Imported

**2.98**  
284g  
package

Organic Black, Green and  
Red Kale Imported

**1.98**  
bunch

Fair Trade Organic Bananas  
1.94kg

**.88**  
/lb

Organic Rio Red Grapefruit  
from USA

**4.98**  
1.81kg  
(4lb) bag

BC Grown Organic Table Carrots  
from Fountainview Farm

**6.98**  
2.27kg  
(5lb) bag

# MEAT

Pork Back Ribs  
Raised Without Antibiotics  
**19.82/kg**

**8.99**  
/lb

Boneless Duck Breast  
**33.05/kg**

**14.99**  
/lb

Choices Turkey Drumsticks  
**6.59/kg**

**2.99**  
/lb

100% Grass Fed Lean  
Ground Beef  
**17.61/kg**

**7.99**  
/lb

Stuffed Chicken Cordon  
Assorted Flavours

**3.99**  
each

Sirloin Tip Roasts 100% Grass Fed  
**19.82/kg**

**8.99**  
/lb

New Zealand Lamb, 100% Grass Fed  
Rack of Lamb **57.30/kg**

**25.99**  
/lb

Freybe Canadian Back Bacon Sliced

**4.99**  
175g each

Organic Ground Beef  
Frozen

**11.59**  
1lb package  
each

Arctic Char Fillets  
**41.87/kg**

**18.99**  
/lb

Beef Stir Fry Kit Made In-Store

**9.99**  
each



# GROCERY

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Greenhouse Cold  
Pressed Lemonade  
& Kombucha

Assorted Varieties

**2/7<sup>00</sup>**  
+deposit +eco fee 300ml



Fentimans Craft Sodas

Assorted Varieties

**2/4<sup>00</sup>** **749**  
275ml 4 Pack  
+deposit +eco fee



Choices Gourmet  
Small Batch Salsa

Assorted Varieties

**5<sup>99</sup>**  
750ml



Whittaker's  
Chocolate Bars

Assorted Varieties

**4<sup>99</sup>**  
200-220g



Zazubean Organic  
Fair Trade Chocolate Bars

Assorted Varieties

**2/7<sup>00</sup>**  
85g



The Gluten-Free  
Bites & Bars

Assorted Varieties

**2/5<sup>00</sup>** **5<sup>99</sup>**  
58g Bars 113g Bites



Real Food Corn Thins

Assorted Varieties

**2/5<sup>00</sup>**  
150g

Clif Kid Organic ZBars



Assorted Varieties

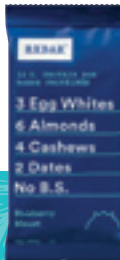
**2/7<sup>00</sup>**  
5 Packs

McVitie's Cookies

Assorted Varieties



**2/6<sup>00</sup>**  
300-400g



RX Energy Bars

Assorted Varieties

**2/5<sup>00</sup>** **27<sup>99</sup>**  
52g Single 12 Pack

Mary's Organic Gluten-Free Crackers



Assorted Varieties  
Regular Price 6.99-8.99

**30% off**  
assorted sizes

Freeyumm Allergen Friendly



Bars & Cookies

Assorted Varieties

**2/6<sup>00</sup>**  
135-154g

Bremner's Organic Frozen Fruit



Assorted Varieties  
Regular Price 7.99-25.99

**30% off**  
assorted sizes



Old Dutch  
Potato Chips

Assorted Varieties

**3/8<sup>00</sup>**  
assorted sizes

Hippie Snacks Organic Sesame Snacks



Assorted Varieties

**.69** **14<sup>99</sup>**  
16g Single 24 Pack

Saputo Feta Cheese



Regular or Light

**2/7<sup>00</sup>**  
200g



Nature Clean  
Natural Dish Liquid

Assorted Varieties

**2/7<sup>00</sup>**  
740ml



EchoClean 2X  
Liquid & Powdered  
Laundry Detergent

Assorted Varieties

**6<sup>99</sup>**  
assorted sizes

# GROCERY



Uncle Luke's Organic  
Maple Syrup  
Assorted Varieties

**20<sup>99</sup>**  
1L



Bob's Red  
Mill Muesli  
Assorted Varieties

**4<sup>99</sup> - 10<sup>99</sup>**  
assorted sizes



Traditional Medicinals  
Organic Tea  
Assorted Varieties

**4<sup>49</sup>**  
20 Tea Bags



Nuts to You  
Hazelnut Butters  
Select Varieties  
Regular Price 9.99-14.99

**30% off**  
250g & 365g



Bonne Maman  
Jam & Jelly  
Assorted Varieties

**4<sup>99</sup>**  
250ml

Fraser Valley Butter  
Salted & Unsalted



**5<sup>49</sup>**  
454g



Earth's Own So Fresh  
Oat and So Nice Fresh  
Organic Almond  
Beverages Assorted Varieties

**3<sup>49</sup>** 1.75L Oat Beverage  
**3<sup>99</sup>** 1.75L Almond Beverage



Silk True  
Almond Beverages  
Select Varieties

**2/5<sup>00</sup>**  
946ml



Natur-A  
Dairy-Free Beverages  
Assorted Varieties

**2/5<sup>00</sup>**  
946ml



Tree Island  
Grass Fed  
Greek Yogurt  
Assorted Varieties

**3<sup>99</sup>**  
325-350g



Olympic Krema Yogurt  
Assorted Varieties

**4<sup>99</sup>**  
8 Pack



Saugeen Country  
Organic Yogurt  
& Kefir

**4<sup>49</sup>**  
1Kg

Rabbit River Free Range  
Organic Large Eggs



**5<sup>79</sup>**  
1 Dozen



Choices' Own  
Organic Milk

**4<sup>79</sup>** 2L 1%, 2% & Skim  
**4<sup>99</sup>** 2L 3.8%



Happy Planet  
Organic Fresh Juice  
Select Varieties

**3<sup>99</sup> - 4<sup>49</sup>**  
1.75-1.89L  
+deposit +eco fee



Celestial  
Seasonings Tea  
Assorted Varieties

**2/6<sup>00</sup>**  
18 - 20 Tea Bags



L'Ancetre  
Organic Cheese  
Assorted Varieties  
Regular Price 11.99-12.49

**30% off**  
325g



Dempster's Fresh Bagels  
Assorted Varieties

**2/8<sup>00</sup>**  
6 Pack



# DELI

**SEE IN-STORE FOR HUNDREDS OF GREAT DEALS THIS WEEK!**

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## Choices' Own Hot Soup

Assorted Varieties

**4<sup>99</sup>**

16 oz each

## Choices' Own

Fresh Salad Rolls  
Tuna, Salmon,  
Chicken or Avocado

**5<sup>49</sup>**

each

## Tre Stelle

Parmigiano-Reggiano,  
Grana Padano or  
Romano Wedges  
Cheese

**8<sup>99</sup> -  
10<sup>99</sup>**

200g each

## Arla Cheese Slices

Assorted Varieties

**4<sup>99</sup>**

165g

## Choices' Own Ham, Turkey or Roast Beef Sandwiches

**6<sup>49</sup>**

each

## Choices' Own Black Forest or Honey Ham

Antibiotic Free

**2<sup>99</sup>**

/100g

## Choices' Own Wild Salmon Cakes

**3<sup>49</sup>**

each

## Shepherd Gourmet Cow Feta and Sheep Feta Cheese

**4<sup>99</sup>**

Cow Feta  
Cheese 200g

**6<sup>99</sup>**

Sheep Feta  
Cheese  
200g

# BAKERY

## Choices' Own Keto Chia Pudding

Blackberry, Strawberry Raspberry  
& Peanut Butter

**3<sup>49</sup>**

150g

## Choices' Own Garlic Bread

Made With Roasted Garlic Butter

**3<sup>99</sup>**

320g

## Choices' Own Multigrain Bread

**4<sup>99</sup>**

530g

# BULK

## Flour and Baking Necessities

Pins or Random Weight Bags

**20%  
Off**

# FREE nutrition tours!

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Dietitians & Holistic Nutritionists

Our 60 minute one-on-one or 90 minute group tours  
are customizable to your interests or health concerns.

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or email us: [nutrition@choicesmarkets.com](mailto:nutrition@choicesmarkets.com)**



# GROCERY

**Rocky Mountain Frozen  
Artisan Pizza**  
Select Varieties



**8<sup>99</sup>**  
405-430g

**Alexia Frozen  
Potatoes &  
Onion Rings**  
Assorted Varieties



**2<sup>99</sup>-3<sup>99</sup>**  
assorted sizes

**Amy's Organic Vegetarian  
Frozen Entrées**  
Assorted Varieties



**4<sup>99</sup>**  
assorted sizes

**Very Good  
Butcher  
Vegan Meat  
Alternatives**  
Assorted Varieties



**5<sup>49</sup>-7<sup>99</sup>**  
assorted sizes

**Pacific  
Organic Soup**  
Assorted Varieties



**3<sup>99</sup> 4<sup>99</sup>**  
472ml 1L

**Rustichella  
Pasta**  
Assorted Varieties



**4<sup>99</sup>**  
500g

**Omega  
Nutrition  
Organic Apple  
Cider Vinegar**



**2<sup>99</sup> 4<sup>99</sup>**  
355ml 946ml

**Choices' Own  
Premium Extra  
Virgin Olive Oil**



**5<sup>99</sup>**  
500ml

**Raincoast Sockeye Salmon  
& Wild Skipjack Tuna**  
Assorted Varieties



Regular Price  
4.49-7.99

**30% off**  
142-160g

**Armstrong  
Cheese Snacks**  
Assorted Varieties



**4<sup>49</sup>**  
10 Pack

# WELLNESS

**Garden of Life  
Dr. Formulated  
Probiotics**  
Assorted Varieties  
Regular Price 24.49-53.99



**20% off**  
assorted sizes

**New Chapter Vitamins &  
Supplements**  
Assorted Varieties  
Regular Price  
25.99-87.99



**25% off**  
assorted sizes

**AOR Vitamins &  
Supplements**  
Assorted Varieties  
Regular Price 31.99-124.99



**20% off**  
assorted sizes

**Progressive VegEssentials  
All In One  
Protein Powders**  
Assorted Varieties



**51<sup>99</sup>**  
840-1080g

**Boiron Oscilloccoccinum**



**12<sup>29</sup> 17<sup>99</sup>**  
6 Dose 12 Dose

**Bio-K Plus Probiotics**  
Dairy or Non-Dairy  
Regular Price  
16.99-26.99



**20% off**  
6 packs

**Desert Essence  
Hair and Body  
Care Products**  
Assorted Varieties  
Regular Price 3.99-20.29



**25% off**  
assorted sizes

**Joy of the Mountains  
Oil of Oregano**



**12<sup>99</sup> 24<sup>99</sup>**  
10ml 30ml

**Natural Factors  
Stress Relax &  
Sleep Supplements**  
Assorted Varieties  
Regular Price 17.49-44.99



**20% off**  
assorted sizes

**A.Vogel Vitamins  
and Supplements**  
Assorted Varieties  
Regular Price 13.99-62.99



**20% off**  
assorted sizes



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**Kerrisdale** - 1888 W 57th Ave, Vancouver  
**Yaletown** - 1202 Richards St, Vancouver  
**Cambie** - 3493 Cambie St, Vancouver  
**Kitsilano** - 2627 W 16th Ave, Vancouver  
**Commercial Drive** - 1045 Commercial Dr, Vancouver

**North Vancouver** - 801 Marine Dr, North Vancouver  
**South Surrey** - 3248 King George Blvd, Surrey  
**Burnaby Crest** - 8683 10th Ave, Burnaby  
**Abbotsford** - 3033 Immet St, Abbotsford  
**Kelowna** - 1937 Harvey Ave, Kelowna

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.