



SPRING SAVINGS!

100% BC OWNED AND OPERATED



Green Asparagus
Imported

1.98/lb
4.37kg

Yarrow
Meadows Whole
Organic Chickens

4.99/lb
11.00kg

BC Grown
Organic Long
English Cucumbers
from Origin
Organics in Delta

3.99 each



Choices' Own Sushi

10% off



Choices' Own Deli Salads

20% off



They're Back!

Choices' Own Hot Cross Buns

4.99
package of 6



Choices' Own Ground Chicken
Raised Without Antibiotics

10.99
/lb
24.23kg

Maple Hill Free Range Large Eggs



4.69 Dozen



Natural Factors Vitamins
& Supplements

Bonus Bottles Only
Regular Retail 19.99-33.99

20% off



L'Ancêtre
Organic Cheese
Assorted Varieties

30% off
325g
Regular Retail 11.99-12.49

SEE IN-STORE FOR HUNDREDS OF GREAT DEALS THIS WEEK!
Prices Effective March 19-25, 2020.

PRODUCE

Organic Red Grape Tomatoes
Imported

2⁹⁸

1pt package

Organic Blueberries and
Blackberries Imported

3⁹⁸

170g package

Green Bartlett Pears
from Argentina
2.16/kg

.98
/lb

Organic Ruby Grapefruit
from California

**4 for
5.00**

MEAT

Fresh Turkey Sausages

Made In-Store

17.61/kg

7⁹⁹

/lb

BC Boneless Skinless
Chicken Breasts

Value Pack **15.41/kg**

6⁹⁹

/lb

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

Value Pack **26.43/kg**

11⁹⁹

/lb

Bison Sirloin Tip Steaks

33.05/kg

14⁹⁹

/lb

Local Nitrate Free Bacon

24.23/kg

10⁹⁹

/lb

Lean Ground Bison Free Range

Raised Without Antibiotics

33.05/kg

14⁹⁹

/lb

New Zealand Spring Lamb 100%
Grass Fed, Lamb Bone-In Shoulder
Steaks **22.02/kg**

9⁹⁹

/lb

BC Boneless Pork Butt Roasts

Raised Without Antibiotics

13.21/kg

5⁹⁹

/lb

Canadian Shrimp

Previously Frozen

44.07/kg

19⁹⁹

/lb

Ocean Wise Rockfish

22.02/kg

9⁹⁹

/lb

GROCERY

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**Earth's Own So Fresh
Oat Beverages**
Original & Vanilla

2/7⁰⁰
1.75L



**Jordans Cereal
& Muesli**
Assorted Varieties

5⁴⁹
450-500g

Olympic Yogurt



Assorted Varieties

7⁹⁹-9⁹⁹
1.75kg



**Natur-A Almond,
Soy & Rice Beverages**
Select Varieties

2/5⁰⁰
946ml



**GluteNull Organic
Gluten-Free
Granola & Cookies**
Assorted Varieties

5⁹⁹ 6⁹⁹
Cookies Assorted Sizes
Granola Assorted Sizes

Tree Island Greek Yogurt



Assorted Varieties

3⁹⁹
325-350g



**Level Ground Organic
Fair Trade Coffee**
Assorted Varieties

8⁹⁹
300g



Celestial Seasonings Tea
Assorted Varieties

2/6⁰⁰
18-20 Tea Bags



**Canadian Heritage
Organic Maple Syrup**
Assorted Varieties

10⁹⁹
500ml



**Earth's Choice
Organic
Peanut Butter**
Assorted Varieties

4⁹⁹
500g



**St. Dalfour Premium
Jams & Marmalades**
Assorted Varieties

4⁴⁹
225ml



**Nature's Path
Organic Frozen Waffles**
Assorted Varieties

2/7⁰⁰
210g

Fraser Valley Creamery Butter



Salted & Unsalted

4⁹⁹
454g

Armstrong Cheese Slices



Assorted Varieties

6⁹⁹
320-360g



**Little Northern Bakehouse
Millet Chia Buns &
Chia Hot Dog Buns**

4⁹⁹
260 & 320g

**Caboo Bamboo Toilet Paper,
Napkins, Paper Towels, Wipes
& Facial Tissue**



Assorted Varieties

30% off
Assorted Sizes
Regular Retail 1.99-26.99



**Boulder Clean Natural
Cleaning Products**
Assorted Varieties

30% off
Assorted Sizes
Regular Retail 5.99-27.99



**Classico Pasta
Sauce & Pesto**
Assorted Varieties

2/5⁰⁰
Assorted Sizes

GROCERY



**Kettle Brand
Potato Chips**
Assorted Varieties

3⁹⁹
397g



**La Cocina Mexican
Tortilla Chips**
2 Varieties

2/6⁰⁰
300-400g



**Southern Recipe
Keto Pork Rinds**
Assorted Varieties

2/7⁰⁰
85g



**Mary's Organic
Gluten-Free
Crackers**
Assorted Varieties

4⁹⁹
142-184g Regular

5⁴⁹
155g Super Seed



**Choices Gourmet
Small Batch Salsa**
Assorted Varieties

5⁹⁹
750ml



**Indianlife Snacks,
Samosas & Sauces**
Assorted Varieties

30% off
Assorted Sizes
Regular Retail 4.29-7.69



**GoGo Quinoa
Organic Gluten-Free
Cookies**
Assorted Varieties

4⁹⁹
198g

Carr's Crackers
Select Varieties



2/5⁰⁰
125-184g



**Laiki Black & Red
Rice Crackers**
Assorted Varieties

2/6⁰⁰
100g



**Remedy Organic
Kombucha & Organic
Water Kefir Coconut**
Assorted Varieties

2/6⁰⁰
330ml
+deposit +eco fee

La Croix Natural Sparkling Water
Assorted Varieties



5⁴⁹
8 Packs
+deposit +eco fee

Kiju Organic Juice
Assorted Varieties



2/5⁰⁰
4 Pack
+deposit +eco fee



**Zazubean Organic
Fair Trade
Chocolate Bars**
Assorted Varieties

2/7⁰⁰
85g



**Galerie Au Chocolat
Fair Trade Chocolate Bars**
Assorted Varieties

3⁹⁹
100g

GoMacro Organic Protein Bars
Assorted Varieties



2/6⁰⁰
57-71g



**Wholesome
Organic Sugar,
Syrup & Stevia**
Assorted Varieties

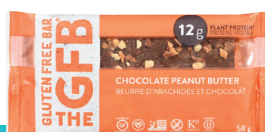
30% off
Assorted Sizes
Regular Retail 6.49-19.99



**Anita's Organic Flour,
Pancake Mix & Cereal**
Assorted Varieties

30% off
Assorted Sizes
Regular Retail 7.39-21.99

The Gluten Free Bites & Bars
Assorted Varieties



5⁹⁹ 113g Bites
2/5⁰⁰ 58g Bars

DELI

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

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Choices' Own Ready To Eat Wraps

Made In-Store

6⁹⁹

each

Jamaican Patties

Assorted Varieties

3⁴⁹

each

Boursin Cheese



6⁴⁹

150g each

Castello Mature Tickler or Aged

Havarti Cheese

6⁹⁹

200g each

Choices' Own Hot Soup

4⁹⁹

16 oz each

Choices' Own Ready to Eat Green Salads

4⁹⁹-
7⁹⁹

each

Shepherd's Gourmet Cow or Sheep Feta Cheese



4⁹⁹

Cow Feta
200g

6⁴⁹

Sheep Feta
200g

Vitale Italian Sliced Prosciutto or Salami



7⁹⁹

100g each

FRESH FROM OUR BAKERY

Choices' Own Cookies

Low Carb Chocolate Chunk
or Paleo Nuts & Raisin Spice

5⁴⁹

80-120g

Choices' Own Tarts

Pecan or Lemon

6⁹⁹

package of 6

Choices' Own Muffins

Mini, Regular & Alternative Flour
Assorted Varieties

2 for
6⁰⁰

mini

2 for
9⁰⁰

package of 4

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or email us: nutrition@choicesmarkets.com

BULK

Candy
Assorted Varieties,
Bins and Random Weight Bags

20%
off

GROCERY



Earth's Choice Organic Coconut Products
Assorted Varieties

30% off

Assorted Sizes
Regular Retail 2.79-21.99



Earth's Choice Organic Canned Tomatoes
Assorted Varieties

2/5⁰⁰ 2/7⁰⁰

398ml 796ml



Earth's Choice Organic Extra Virgin Olive Oil

10⁹⁹ 15⁹⁹

500ml 1L



Simply Natural Organic Pasta Sauce
Assorted Varieties

5⁴⁹

739ml



Imagine Organic Soup & Broth
Assorted Varieties

3⁹⁹ 4⁹⁹

500ml Soups & 946ml Broths
946ml & 1L Soup



Bar Harbor Seafood Stock, Chowder, Sardines, Clam Juice & Bisque
Assorted Varieties

30% off

Assorted Sizes
Regular Retail 4.69-6.49



Annie's Homegrown Mac & Cheese
Assorted Varieties

2/4⁰⁰

149-170g

Boosh Frozen Vegan Bowls & Entrées
Assorted Varieties

5⁴⁹ 10⁹⁹

275g Bowls 650g Entrées

Sol Cuisine Frozen Vegan Burgers



Assorted Varieties

4⁴⁹ 4⁹⁹

226g 284g

The Very Good Butchers Vegan Meat Alternatives



Assorted Varieties

30% off

Assorted Sizes
Regular Retail 7.99-10.99

WELLNESS



Natural Factors Stress Relax & Sleep Supplements
Assorted Varieties

20% off

Assorted Sizes
Regular Retail 17.49-44.99

New Chapter Vitamins & Supplements
Assorted Varieties



25% off

Assorted Sizes
Regular Retail 25.99-87.99



Joy of the Mountains Oil of Oregano

12⁹⁹ 24⁹⁹

10ml 30ml



Thinksport Suncare
Assorted Varieties

15% off

Assorted Sizes
Regular Retail 14.99-38.99



Derma-E Facial and Hair Care Products
Assorted Varieties

25% off

Assorted Sizes
Regular Retail 10.49-49.99

Nuun Hydration Electrolytes Sport, Boost, Immunity & Vitamin Tabs
Assorted Varieties



8⁹⁹

10 tabs



Nature's Way Herbal Supplements
Assorted Varieties

20% off

Assorted Sizes
Regular Retail 11.99-35.49



Garden of Life Dr. Formulated Probiotics
Assorted Varieties

20% off

Assorted Sizes
Regular Retail 24.49-53.99



Weleda Facial Care
Assorted Varieties

30% off

Assorted Sizes
Regular Retail 19.49-39.99



The Soapworks Bar Soap
Select Varieties

3 Bars for 4⁹⁸



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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 Immel 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.