



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

We want to ensure our local communities are able to get the food and supplies they need and keep our customers and staff safe during these unprecedented times. We are working around the clock to keep our shelves stocked and our stores clean. More importantly, we are going to make sure we stay up and running to meet your needs and are confident we have processes in place and government support to do that. During this time, please note we are reserving the right to limit quantities per household and unfortunately will not be offering any rain checks.

We also promise we have not - and will not - raise prices for the purpose of taking advantage of the current situation. As always, we are here to support our local communities. Thank you for your patience and understanding.

Organic Navel Oranges
from California
4.37/kg



1.98
/lb

Local Organic 100% Grass Fed
Lean Ground Beef

value pack
22.02/kg



9.99
/lb



Georels Bone Broth
Chicken or Beef

12.49
700ml

Choices' Own Chia Keto Puddings
blackberry, raspberry/strawberry & peanut butter



3.49
150g

Ener-C
Effervescent Vitamin C Drink Mix
Assorted Varieties



10/4.99
Single Sachet
1.49
30 Pack



Dr. Bronner's Non-GMO
Organic Castile Soap,
Hand Soap & Toothpaste
Select Varieties

20% off
assorted sizes
Retail 3.49-25.49

Rosstown Roasted Chickens



8.99
each



Silk Dairy-Free Beverages
& Creamers
Assorted Varieties

2/5.00
473ml Creamers
4.49
1.89L Beverages

Earth's Choice Organic Peanut Butter
Assorted Varieties



4.99
500g

NEW! FROM THE DELI
Choices' Own Fruit Filled Hand Pies



2/4.00

Social Distancing: Please remain 2 metres from others.
One customer using the checkout belt at a time. Thank you

Prices Effective
April 2-8, 2020.

PRODUCE



Organic Lemons Imported

4⁹⁸
907g bag



BC Grown Organic Red Radishes
from 2EE Farm in Surrey

2⁹⁸
bunch



Organic Broccoli Crowns
Imported from Mexico

6.57/kg



Green Beans Imported

2⁹⁸
300g package



Imported Ataulfo Mangoes

2 for 3⁰⁰

MEAT



100% Grass Fed Beef Burgers
made in-store

15.41/kg

6⁹⁹
/lb



100% Grass Fed Ribeye Steaks
or Roasts Aged 21+ Days from
Australia

value pack
33.05/kg

14⁹⁹
/lb



Venison Stew Meat
100% Grass Fed

44.07/kg

19⁹⁹
/lb



Wild-Caught Ahi Tuna Loin
Steaks, Sashimi Grade

5⁹⁹
6 oz



Smoked Duck Farmers Sausage

30.84/kg

13⁹⁹
/lb



Cod Loin Fillets from Iceland

41.87/kg

18⁹⁹
/lb



Choices' Own
Pork Sausages made in-store

Assorted Varieties
5.41/kg

6⁹⁹
/lb



Choices' Own
Boneless, Skinless Chicken Breasts

value pack
22.02/kg

9⁹⁹
/lb



Choices Whole Chicken
Assorted Varieties

8.80/kg

3⁹⁹
/lb



Victorian Acres
Turkey Bacon

41.87/kg

18⁹⁹
/lb

GROCERY

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Taylor's Tea
Assorted Varieties

4.99

20 Tea Bags

Cow's Creamery Butter
Assorted Varieties



5.49
250g

Avalon Organic Sour Cream



2.99
250ml

3.79
500ml

Bob's Red Mill Organic Oats



Assorted Varieties

25% off

assorted sizes
Regular Retail 4.99-11.49

Earth Balance Spreads

Assorted Varieties



4.99-15.99
assorted sizes

Crofter's Organic Fruit Spreads



Assorted Varieties

2/7.00
235ml

Daiya Dairy-Free Yogurts & Cheezecakes



Select Varieties

5.49
400g Cheezecake

4.99
2/3.00
454g Greek Yogurt
150g Greek

Riviera Petit Goat or Organic Yogurt

Assorted Varieties



4.99
4 Pack

Danone Natural Yogurt



Assorted Varieties

2/6.00
3.99
4Pk
650g



Stash Organic Premium Tea

Assorted Varieties

2/6.00
18 Tea Bags



Ethical Bean Organic Fair Trade Coffee

Assorted Varieties

6.99
9.99
227g Ground 340g Whole Bean



Illy Espresso & Coffee

Assorted Varieties

13.99
225g

Second Spring Baking & Mix Blends



Assorted Varieties

5.49-6.99
assorted sizes



Anita's Organic Flour, Cereal and Pancake Mixes

Assorted Varieties

25% off
assorted sizes
Regular Retail 7.39-21.99



Green & Black's Organic Hot Chocolate & Cocoa Powder

4.99
8.99
125g Cocoa 300g Hot Chocolate



Shady Maple Organic Maple Syrups

Assorted Varieties

30% off
assorted sizes
Regular Retail 8.99-29.99



Armstrong Cheese Snacks

Assorted Varieties

4.49
10 Pack



R.W. Knudsen Juice

Assorted Varieties

30% off
assorted sizes + deposit + eco fee
Regular Retail 6.99-15.99

GROCERY



Barbara's Cheez Puffs
Assorted Varieties

2/5⁰⁰
155-198g



**Old Dutch Popcorn
Twists, Cheese Pleezers
& Low Fat Pretzels**
Select Varieties

2/6⁰⁰
Assorted Sizes

Daiya Plant Based Frozen Pizza
Assorted Varieties



6⁹⁹
Assorted Sizes



**GT's Organic Raw
Kombucha**
Assorted Varieties

7⁹⁹
1.4L
+deposit +eco fee

**Annie's Homegrown Crackers,
Cookies & Fruit Snacks**
Assorted Varieties



349 - 3⁹⁹
Assorted Sizes

Kind Energy Bars
Assorted Varieties



2/3⁰⁰
35-40g



**Rise Organic
Kombucha**
Assorted Varieties

2/6⁰⁰
414ml
+deposit +eco fee

**Blue Diamond Artisan Nut Thins
& Crackers**
Assorted Varieties



2/7⁰⁰
120g



Sigdal Bakeri Crispbread
Assorted Varieties

4⁴⁹
190-220g

Zevia Sugar Free Soda
Assorted Varieties



4⁴⁹
6 Pack
+deposit +eco fee

**SeaSnax Organic Seaweed & Big
G&G Snacks**
Assorted Varieties



2/3⁰⁰ 5g **2/4⁰⁰** 10g

Chimes Ginger Chews
Assorted Varieties



2/3⁰⁰
42.5g



Vita Coco Coconut Water
Assorted Varieties

2/4⁰⁰ 500ml
+deposit **2/7⁰⁰** 1L
+deposit



**So Delicious
Frozen Desserts**
Assorted Varieties

4⁴⁹ 4 Pack
Dessert Bars **5⁴⁹** 500ml
Frozen Dessert



**Organic Meadow
Organic Ice Cream**
Assorted Varieties

6⁹⁹
946ml



**VIP Natural Liquid
Laundry Detergent**
Assorted Varieties

**Buy one
get one free**
Regular Retail 12.49 2.95L



VIP Liquid Dish Soap
Assorted Varieties

2/4⁰⁰
740ml



**AspenClean Natural
Cleaning Products**
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.39-24.99

DELI

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Choices' Own Mexican Fajitas,
Burritos & Quesadillas

**449-
599**

Choices' Own Salads

Assorted Varieties

**20%
off**

Castello Brie, Blue or
Gorgonzola Cheese

**349-
449**

/100g

Choices' Own
Salmon Lox Bagels

699
each

Choices' Own
Ready to Eat Wraps

Assorted Varieties

749
each

Happy Planet Soup

Assorted Varieties

649
500-650ml

Choices' Own
Ready to Eat Green
or Greek Salads

600
each

Tre Stelle
Bocconcini Cheese

549
each 200g

FRESH FROM OUR BAKERY

Choices' Own Country
Wholesome Sourdough and
Wholegrain Seeded Bread

499
530g

Choices' Own Low Carb
Chocolate Mousse or
Chocolate Coconut Fat Bombs

**2 for
600**
90g Mousse

749
130g
Fat Bombs

Choices' Own
Keto Products

339
Donut Bites
6 Pack

339
Keto Roasted
Pepper & Cheddar
Corn Bread
120g

FREE nutrition tours!

With Choices' team of Registered
Dietitians & Holistic Nutritionists

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

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or email us: nutrition@choicesmarkets.com

GROCERY

Earthbound Organic
Frozen Fruit &
Vegetables
Assorted Varieties



2/6⁰⁰ 2/8⁰⁰
Vegetables 300g - 400g
300g fruit

Gardein Frozen Vegan
Meat Alternatives



Assorted
Varieties

4⁴⁹
Assorted Sizes

Simply
Organic Spices
Assorted Varieties



30% off
assorted sizes
Regular Retail 6.99 - 13.99

Earth's Choice
Organic
Canned Beans
Assorted Varieties



2/5⁰⁰
398ml

Garden of Life mykind
Organics Vitamins
& Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 12.99-52.99

Love Good
Fats Shakes
Chocolate or Vanilla



24⁹⁹
400g

Vega Sport
Products
Assorted Varieties



25% off
assorted sizes
Regular Retail 1.19-54.99

Flora
Vitamins and
Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 5.99-79.99

Wolfgang
Puck Organic
Canned Soup
Assorted Varieties



2/6⁰⁰
398ml

Miracle Noodle Pasta
Assorted Varieties



2/6⁰⁰
198g

Martin & Pleasant Ki
Immune, Cold & Flu
& Harmony
Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 15.99-48.99

Bio-K Plus Probiotics
Assorted
Varieties



35⁹⁹ 38⁹⁹
12 pk Dairy 12 pk Rice or Soy

Bragg Organic
Apple Cider
Vinegar



3⁹⁹ 5⁹⁹
473ml 946ml

Nutiva
Organic Virgin
Coconut Oil



8⁹⁹ 15⁹⁹ 25⁹⁹
444ml 860ml 1.6L

BioSil For Skin,
Hair and Nails
Assorted Varieties



20% off
assorted sizes
Regular Retail 23.99-66.99

withinUs TruMarine
Collagen, Matcha Misto,
Coconut Creamer
& Rehydrate
Assorted Varieties



20% off
assorted sizes
Regular Retail 26.99-79.99

Cha's Organics
Canned Organic
Jack Fruit &
Tropical Fruit
Assorted Varieties



3⁹⁹ 4⁴⁹
Jackfruit 400ml
Tropical Fruit 400ml

GoBio Organic Bouillon
& Broth Cubes
Assorted Varieties



30% off
assorted sizes
Regular Retail 3.99 - 6.99

Alba Botanica
Hair Care
Assorted Varieties



7⁹⁹
355ml

Herbion Naturals Cough
Lozenges and Syrup



3/6⁹⁹ 7⁹⁹
18 Lozenges Cough Syrup



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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.
Until further notice: We reserve the right to limit quantities per household. We will not be offering any rain checks. Thank you for your understanding.