



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Brave Face Organic Cotton Reusable Face Masks

Adult & Children, 2 Varieties to choose from
Assorted Sizes, Assorted Colours
Product May Not Be As Depicted

Made in Canada



10⁹⁹-
11⁹⁹

FROM THE DELI:

Rosssdown Roasted Half Chickens



549
each

Sweet Ataulfo Mangoes
from Mexico



4 for
5⁰⁰

BC Grown Organic Red
Tomatoes on the Vine

6.57/kg



2⁹⁸
/lb

Organic Green Seedless Grapes
from Mexico

13.18/kg



5⁹⁸
/lb

Boneless Skinless Chicken Breasts

Raised Without Antibiotics

24.23/kg



10⁹⁹
/lb

Sockeye Salmon Fillets

35.25/kg



15⁹⁹
/lb

Choices' Own
Sourdough Multiseed Bread



4⁹⁹
600g



All Vega One &
Vega Sport Products

Assorted Varieties

25% off

Assorted Sizes
Regular Retail 1.79-65.99



Greenhouse Cold-Pressed
Almond & Oat Beverages

Assorted Varieties

6⁹⁹ 7⁴⁹
300ml Almond 300ml Oat



Uncle Luke's
Organic Maple Syrup

Assorted Varieties

20⁹⁹
1L

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

Prices Effective
May 21-27, 2020.

PRODUCE

BC Grown Organic Orange, Red, & Yellow Peppers from Origin Organics

10.98/kg

4⁹⁸
/lb

Organic Blueberries
Imported from Mexico

2⁹⁸
170g package

Broccoli Crowns
Imported from Mexico

4.37/kg

1⁹⁸
/lb

MEAT

Bison Sirloin Tip Steaks

37.46/kg

16⁹⁹
/lb

Bison Burgers

Made-In-Store
39.66/kg

17⁹⁹
/lb

100% Grass Fed Striploin
Steaks from Australia

Value Pack 28.64/kg

12⁹⁹
/lb

New Zealand Spring Ground Lamb

27.54/kg

12⁴⁹
/lb

Local Pork Tenderloin

Raised Without Antibiotics
19.82/kg

8⁹⁹
/lb

Boneless Duck Breasts

37.46/kg

16⁹⁹
/lb

Nourish Yourself Bone Broths

Chicken or Beef

9⁹⁹
750ml

Canadian Shrimp

Previously Frozen
44.07/kg

19⁹⁹
/lb

Marinated Boneless Skinless
Chicken Breasts

28.64/kg

12⁹⁹
/lb

GROCERY

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Happy Planet Organic
Grass Fed Milk

5⁹⁹ **6⁴⁹**
1.5L 2% & 3.5% 1.5L Cream Top



Dairyland Organic Milk
Assorted Varieties

4⁷⁹
2L



Blue Diamond Fresh
Almond Breeze Beverages
Assorted Varieties

3⁹⁹
1.89L



The Granola
King Granola
Select Varieties

22⁹⁹
2kg



Bob's Red Mill Flaxseed
& Flaxseed Meal

2/4⁰⁰ **2/7⁰⁰**
368g Seeds 453g Meal



Nature's Nuts Organic
Peanut Butter &
Almond Butter
Assorted Varieties

4⁹⁹ **11⁹⁹**
500g Peanut Butter 340g Almond

Liberté Organic Butter

Salted & Unsalted



7⁹⁹
454g



Glutino
Gluten-Free Products
Assorted Varieties

25% off
assorted sizes
Regular Retail 3.99-9.79

Artisan Bake Shoppe Whole

Grain Bread

Assorted Varieties



4⁹⁹
500 & 600g



La Chaudiere
Organic
Cheese
Assorted Varieties



Spread'em Almond
Based Cheeze &
Cashew Buttery Spread
Assorted Varieties

6⁹⁹ **7⁹⁹**
227g Butter 200g Cheeze



Tre Stelle
Shredded Cheese
Assorted Varieties

4⁹⁹
170-200g

25% off
assorted sizes
Regular Retail 7.79-12.99



Level Ground Organic
Fair Trade Coffee
Assorted Varieties

7⁹⁹
300g



Rise Oat Milk Nitro
Cold Brew Coffee
Latte & Mocha

2/6⁰⁰
207ml
+deposit +eco fee



Happy Planet Smoothies
Assorted Varieties

2/4⁰⁰
325ml
+deposit +eco fee



Cascades Fluff
Toilet Tissue

5⁹⁹ **8⁹⁹**
8 Pack 12 Pack



Kiju Organic Juice
Assorted Varieties

2/5⁰⁰
1L
+deposit +eco fee



Made Good Bars,
Bites, Granola
& Cookies
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.99-8.99

GROCERY



Zazubean
Organic Fair Trade
Chocolate Bars
Assorted Varieties

2/7⁰⁰
85g



Galerie Au Chocolat
Chocolate Bars
Assorted Varieties

3⁹⁹
100g



Pur Gum & Mints
Assorted Varieties

2/4⁰⁰ 2/6⁰⁰
22g Mints 80g Gum



Greenhouse Cold-Pressed
Kombucha & Lemonade
Assorted Varieties

2/7⁰⁰
300ml • +deposit +eco fee



G.H. Cretors Popcorn
Assorted Varieties

2/7⁰⁰
assorted sizes



Uglies Potato Chips
Assorted Varieties

2/7⁰⁰
170g



Taste Nirvana
Coconut Water
Assorted Varieties

2/4⁰⁰ 2/7⁰⁰
280ml 700ml
+deposit +eco fee +deposit +eco fee



Paqui Tortilla Chips
Assorted Varieties

2/7⁰⁰
155g



Neal Brothers Organic Tortilla
Chips & Salsa
Assorted Varieties

4⁹⁹
assorted sizes



The Good Drink Iced Tea
and Organic Spritzers
Assorted Varieties

2/3⁰⁰ 2/4⁰⁰
355ml Spritzers 473ml Iced Teas
+deposit +eco fee +deposit +eco fee

Want Want Super Slim Crisps & Hot
Kid Rice Crisps
Assorted Varieties



2/5⁰⁰ 2/6⁰⁰
100g 100g
Hot Kid Rice Crisps Want Want Super Slim



Schär Gluten-Free
Cookies & Crackers
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-8.99

Flow Alkaline Water



Assorted Varieties

6⁹⁹
6 Pack
+deposit +eco fee



Leclerc
Celebration Cookies
Assorted Varieties

3⁹⁹
210-240g



FreeYumm
Gluten Free Cookies,
Bars & Crackers
Assorted Varieties

2/6⁰⁰
assorted sizes



Avalon Organic
Ice Cream
Assorted Varieties

8⁹⁹
946ml

Coconut Bliss Organic Frozen



Dessert Bars
Assorted Varieties

5⁹⁹
3- 4 Pack



Sonoma
Creamery Crackers
Assorted Varieties

4⁹⁹
64g

DELI

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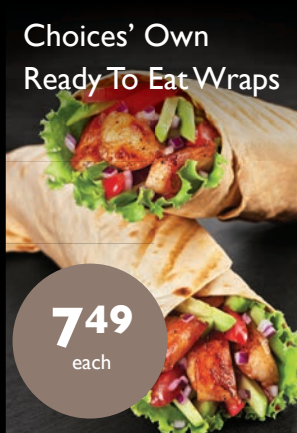
Prices Effective
May 21-27, 2020.

Choices' Own Mango Date,
Currey or Original Chicken Salads



229
/100g

Choices' Own
Ready To Eat Wraps



749
each

Parmesan or Asiago
Petals Cheese



249-299
/100g

Shepherd Gourmet
Cow or Sheep
Feta Cheese



499-699
200g

Cave Man Turkey Drums



2 for 700
200g

Deli Case
Medium Salads



2 for 1000

Havarti Cheese



279
/100g

Vitale Sliced Italian
Prosciutto & Salami



799
100g

FRESH FROM OUR BAKERY

Choices' Own Dessert Loaves
Lemon Chia, Chocolate Pecan & Banana



599
300-454g

Choices' Own Gourmet Cakes
Keto Chocolate Mousse, Tiramisu & New York Style
Blueberry Cheesecake



1799
400-600g

Choices' Own Muffins
Mini, Alternative Flour & Gourmet



299
4 Pack Mini's

449
4 Pack All Others

NEW! Online Seminars

Seminars offered online, via video conference. Must have email address to sign-up.

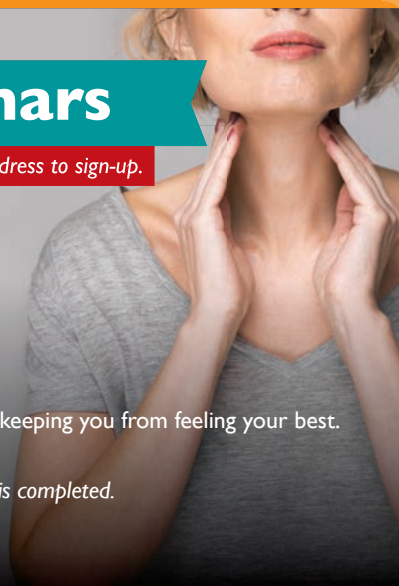
Tuesday, May 26th | 6:30-8:00 pm
Unhappy Thyroid:
Why One Pill Isn't Enough

with Olisa Mak, ND

Join Dr. Mak to learn about how suboptimal thyroid health is keeping you from feeling your best.

Free event, register online at [Choicesmarkets.com/events](https://www.choicesmarkets.com/events).

Details to join the seminar will be available by email once sign-up is completed.



Queen St. Bakery
Gluten-Free Bread,
Buns & Pizza Dough
Assorted Varieties

449-699
200-500g

GROCERY



Choices Extra
Virgin Olive Oil

10⁹⁹
1L



Suzie's Organic
Condiments
& Sauces
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.29-8.99



Kaslo
Fermentata
Pasta
Assorted Varieties

6⁹⁹-9⁹⁹
560g



Mezzetta
Pasta Sauces
Assorted Varieties

5⁹⁹
473-709ml

Amy's Organic Frozen
Vegetarian Burritos & Wraps



Assorted
Varieties

2/5⁰⁰ 2/6⁰⁰
170g Regular 156g Gluten-Free



Frontera Skillet
Sauces & Salsas
Select Varieties

2/5⁰⁰ 2/7⁰⁰
226g Skillet Sauces 454g Salsa



La Tortilla
Wraps &
Tortillas
Assorted Varieties

3²⁹-5⁶⁹
assorted sizes

Green Cuisine Frozen
Vegetarian Burgers
& Tempeh
Assorted Varieties



2/6⁰⁰
assorted sizes

Rocky Mountain Frozen
Artisan Pizza
Select Varieties



Artisan Pizza
Select Varieties

8⁹⁹
405-430g

Wholly Veggie Vegetarian
Appetizers &
Veggie Bites
Assorted Varieties



5⁹⁹ 6⁴⁹
assorted sizes
Appetizers Bites

WELLNESS



Herbatint
Natural
Permanent
Hair Colour
Assorted Colours

16⁹⁹
1 Kit



Sukin Botanicals
Natural Face Care
& Bodycare
Assorted Varieties

25% off
assorted sizes
Regular Retail 7.29-25.99

Mineral Fusion Natural
Cosmetics & Nail Polish



Assorted Varieties

35% off
assorted sizes
Regular Retail 11.99-47.99



Progressive
Probiotics
Assorted Varieties

25% off
assorted sizes
Regular Retail 33.99-72.99



Cultured
Coconut Organic
Fermented
Coconut Milk

22⁹⁹
500ml

Organyc Feminine Hygiene



25% off
assorted sizes
Regular Retail 5.29-8.99



Natural Factors
Vitamins &
Supplements
Bonus Bottles Only
Assorted Varieties

20% off
assorted sizes
Regular Retail 20.99-35.99



AOR Ortho Adapt
& AOR Ortho
Adapt Vegan

38⁹⁹ 29⁹⁹
120 Capsules
Ortho Adapt 90 Capsules
Ortho Adapt Vegan



Oneka Shampoo
& Conditioners
Assorted Varieties

11⁹⁹
500ml



Soapworks
Bar Soap
Select Varieties

3/4⁹⁸



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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.