



# BUY ONE GET ONE FREE!

100% BC OWNED AND OPERATED

**Organic Pork Back Ribs**  
Previously Frozen  
Regular Retail 8.16lb/17.99kg

**BUY 1  
GET 1  
FREE**

**Summer Fresh  
Hummus Toppers**  
Assorted Varieties • 283g

Regular Retail 6.49



**BUY 1  
GET 1  
FREE**

**Hass Avocados**  
Regular Retail 2.48 each

**BUY 1  
GET 1  
FREE**

**Arla Cheese Slices**

Assorted Varieties  
125-175g  
Regular Retail 6.99



**BUY 1  
GET 1  
FREE**

**Clif Energy Bars**  
Assorted Varieties  
68g • Regular Retail 1.79

**BUY 1  
GET 1  
FREE**



**Kiju Organic Juice**  
Assorted Varieties • 1L  
+deposit +eco fee • Regular Retail 3.69

**BUY 1  
GET 1  
FREE**



**Choices' Own Bakery Buns:  
Hamburger, Hot Dog & Sliders**  
Assorted Varieties • 6 & 12 Pack

Regular Retail 5.49



**BUY 1  
GET 1  
FREE**

**Andalou Hair Care, CannaCell  
& Andalou Men's Body Care**

Select Varieties • Assorted Sizes  
Regular Retail 2.99-41.99

**BUY 1  
GET 1  
FREE**



**Alba Botanica Hair Care**  
Assorted Varieties  
355ml • Regular Retail 10.49

**BUY 1  
GET 1  
FREE**



**McSweeney's  
Jerky 80g**  
Regular Retail 8.99

**BUY 1  
GET 1  
FREE**

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

Prices Effective  
July 23 - 29, 2020.

# PRODUCE

**BC Grown Organic Apricots**  
7<sup>98</sup>  
907g Bag



**NEW CROP! Organic Red Onions from USA**  
1<sup>98</sup>  
/lb  
4.37/kg



**BC Grown Peaches**  
4.37/kg  
1<sup>98</sup>  
/lb



**BC Grown Organic Bunch Spinach from Myers Organic Farms**  
2<sup>98</sup>  
Bunch



**Organic Ruby Grapefruit from USA**  
6<sup>98</sup>  
1.81kg Bag



# MEAT

**Local Pork Tenderloin**  
Raised Without Antibiotics  
19.82/kg  
8<sup>99</sup>  
/lb



**100% Grass Fed Top Sirloin Steaks from Australia**  
Value Pack  
22.02/kg  
9<sup>99</sup>  
/lb



**Choices' Own Whole Chickens**  
Raised Without Antibiotics  
8.80/kg  
3<sup>99</sup>  
/lb



**100% Grass Fed Canadian Beef Burgers**  
22.02/kg  
9<sup>99</sup>  
/lb



**New Zealand Spring Lamb Loin Chops**  
30.84/kg  
13<sup>99</sup>  
/lb



**Wild Caught Ahi Tuna Loin Steaks**  
5<sup>99</sup>  
6 oz each



**Fresh Black Cod Fillets**  
52.89/kg  
23<sup>99</sup>  
/lb



**Salmon Burgers**  
Previously Frozen  
6<sup>99</sup>  
4 oz each  
2 pack



**Ocean Mama Frozen Raw Shrimp 61/70**  
4<sup>99</sup>  
180g



**Fresh BC Halibut Fillets**  
66.12/kg  
29<sup>99</sup>  
/lb



# GROCERY

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**Hardbite Natural Potato Chips**  
Assorted Varieties

**2/4<sup>00</sup>**  
128-150g



**Fresh is Best Tortilla Chips & Fresh Salsa**  
Assorted Varieties

**3<sup>99</sup>**  
300g Tortilla Chips  
375ml Salsa



**Hippie Snacks Avocado, Cauliflower & Almond Crisps**  
Assorted Varieties

**3<sup>99</sup>**  
70g



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

**3/9<sup>00</sup>**  
480ml • +deposit +eco fee



**Made Good Granola Bites, Bars, Cookies & Granola**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 4.99-8.99



**FreeYumm Gluten-Free Bars, Cookies & Crackers**  
Assorted Varieties

**2/7<sup>00</sup>**  
assorted sizes



**Effervé Sparkling Lemonade**  
Assorted Varieties

**4<sup>99</sup>**  
750ml • +deposit +eco fee



**Late July Organic Tortilla Chips**  
Assorted Varieties

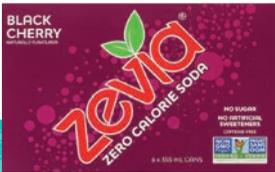
**2/6<sup>00</sup>**  
156-170g



**Old Dutch Potato Chips**  
Assorted Varieties

**2/6<sup>00</sup>**  
220-255g

**Zevia Stevia Sweetened Soda**



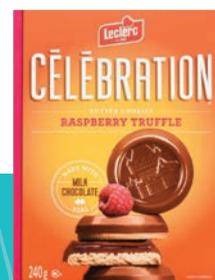
Assorted Varieties

**4<sup>49</sup>**  
6 Pack  
+deposit +eco fee



**Lily's Stevia Sweetened Chocolate Bars**  
Assorted Varieties

**3<sup>99</sup>**  
80-85g



**Leclerc Celebration Cookies**  
Assorted Varieties

**3<sup>99</sup>**  
240g



**San Pellegrino Mineral Water & Perrier Sparkling Water**  
Assorted Varieties

**2/4<sup>00</sup>**  
750ml-1L • +deposit +eco fee



**Vortex Alkaline Water**

**2/4<sup>00</sup>**  
1.5L • +deposit +eco fee



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

**4<sup>99-5<sup>99</sup></sup>**  
assorted sizes



**Organic Meadow Ice Cream**  
Assorted Varieties

**6<sup>99</sup>**  
946ml



**Chapman's Frozen Yogurt**  
Assorted Varieties

**5<sup>49</sup>**  
2L



**Betterwith Ice Cream**  
Assorted Varieties

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

# GROCERY



**Olympic Yogurt**  
Assorted Varieties

**2/6<sup>00</sup> 2/8<sup>00</sup>**  
500g Krema  
650g Natural  
650g Krema,  
Greek & Organic



**Saugeen Country Organic Yogurt & Kefir**  
Assorted Varieties

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

**Bremner's Organic Frozen Berries**  
Assorted Varieties



**1<sup>6<sup>99</sup></sup>**  
1.5kg



**Earth's Choice Organic Rainforest Alliance Certified Coffee**  
Assorted Varieties

**7<sup>99</sup>**  
340g



**Taylors Tea**  
Assorted Varieties

**4<sup>99</sup>**  
20 Tea Bags



**Swerve Sugar Alternatives**  
Assorted Varieties

**7<sup>99</sup>**  
340g



**Silver Hills Sprouted Power Organic Bagels**  
Assorted Varieties

**3<sup>99</sup>**  
400g



**Silk Dairy-Free Beverages & Creamers**  
Select Varieties

**4<sup>49</sup> 2/5<sup>00</sup>**  
1.89L Beverages 473ml Creamers



**Blue Diamond Almond Breeze**  
Assorted Varieties

**3<sup>99</sup>**  
1.89L Tetra



**Terra Breads Granola**  
Original

**1<sup>2<sup>99</sup></sup>**  
1kg



**Nuts to You Almond Butter**  
Crunchy or Smooth

**1<sup>5<sup>99</sup></sup>**  
735g

**Maple Hill Organic Free Range Large Eggs**



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



**Spread'Em Almond Cheeze & Cashew Buttery Spread**  
Assorted Varieties

**6<sup>99</sup> 7<sup>99</sup>**  
227g Cashew Butter 200g Almond Cheeze



**Armstrong Cheese Slices**  
Assorted Varieties

**4<sup>49</sup>**  
220-240g



**Tre Stelle Shredded Cheese**  
Assorted Varieties

**4<sup>79</sup>**  
170-200g



**Cascades Ultra Fluff Toilet Tissue & Tuff Extreme Paper Towels**  
Assorted Varieties

**6<sup>99</sup> 8<sup>99</sup>**  
6 Pack Paper Towel 12 Pack Toilet Tissue



**Biovert Natural Cleaning, Laundry & Dishwasher Products**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 4.29-16.99



**Happy Planet Smoothies**  
Select Varieties

**2/4<sup>00</sup>**  
325ml • +deposit +eco fee

# DELI

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**Indianlife Spinach, Vegetable or Onion Pakoras**



**249**  
/100g

**Choices' Own Salmon Bagels, Wraps, Entrées & More**



**20% off**

**Choices' Own Coleslaw, Macaroni Salad & Yam Potato Salad**



**59-89**  
/100g

**Choices' Own Ready to Eat Specialty Chicken Leg or Cave Man Turkey Drumstick**



**2 for 600**  
200g

**Choices' Own Artisan Sandwiches**



**799**  
each

**Capriny Soft Goat Cheese Assorted Varieties**



**399**  
/100g

**Tre Stelle Feta Cheese Light or Regular**



**499**  
200g

## CHOICES' OWN FRESHLY BAKED GOODS

**Gourmet Cakes**

Including **New Kalamansi Mousse**  
Assorted Varieties



**1699**  
400-600g

**New!**

**Morning Glory Vegan Muffins**



**299**  
Minis  
4 Pack

**449**  
Regular  
4 Pack

**Gourmet Muffins**

Including Bran Raisin, Oatmeal Blueberry,  
Oatmeal Carrot, & Banana  
Chocolate Chunks



**299**  
Mini's  
4 Pack

**449**  
Regular  
4 Pack

## Plant Sales

### Over \$6000 Donated to Local Schools

At Choices, we've always been big on buying local and supporting the communities we live in. More than ever, we're looking to help out the growers and producers who live in our communities. Help out your friends, neighbours and family members by buying BC and Canadian made products, and we'll all be better off for it.

Each Spring Choices donates a portion of the proceeds we generate from our weekend bedding plant sales to local schools. By growing your own garden, you're helping us fundraise for local youth. How great is that? This year, we raised over \$6000 that we're happy to donate to schools in the communities that you live in.



# GROCERY

Choices Organic

Canned Beans  
Assorted Varieties



**3/5<sup>00</sup>**  
398ml



Cape Herb  
& Spice Table  
Top Spices  
Select Varieties

**4<sup>49</sup>**  
assorted sizes

Chosen Foods  
Avocado Oil  
Salad Dressings  
Assorted Varieties



**5<sup>99</sup>**  
237ml

Simply Natural  
Organic Salad  
Dressings  
Assorted Varieties



**3<sup>99</sup>**  
354ml

Earth's Choice  
Organic Extra  
Virgin Olive Oil



**9<sup>99</sup> | 15<sup>99</sup>**  
500ml 1L

Fody Sauces,  
Salad Dressings  
& Marinades  
Assorted Varieties



**30% off**  
assorted sizes  
Regular Retail 5.99-7.99

# WELLNESS



SISU Vitamins  
& Supplements  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail .79-69.99



Renew Life  
Vitamins &  
Supplements  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 16.49-72.99

Fermented  
Organic Vegan  
Protein Powders  
& Bars  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 3.50-71.99

Whole Earth &  
Sea Greens and  
Proteins & Greens  
Assorted Varieties



**51<sup>99</sup> 59<sup>99</sup>**  
390-438g Greens  
640-710g Proteins & Greens

Nature's Aid Healing  
Gel, Hair & Body  
Care Products  
Assorted Varieties



**25% off**  
assorted sizes  
Regular Retail 3.79-40.99

Santevia Alkaline Water  
Pitchers, Water Systems,  
Shower Filters  
& More  
Assorted Varieties



**25% off**  
select sizes  
Regular Retail 13.99-64.99

Karthein's  
Organic  
Sauerkraut  
& Kimchi  
Assorted Varieties



**30% off**  
assorted sizes  
Regular Retail 6.99-14.49

Udi's Gluten-Free  
Frozen Pizza  
Assorted Varieties



**5<sup>99</sup>**  
284-312g

AOR Vitamin  
B Complex



**37<sup>99</sup> 54<sup>99</sup>**  
90 Capsules 180 Capsules

Bio-K Plus Probiotics  
Assorted Varieties



**35<sup>99</sup> 38<sup>99</sup>**  
12 Pack Dairy 12 Pack Rice or Soy

Wholly Veggie Frozen Bites,  
Burgers & Pizzas  
Assorted Varieties



**30% off**  
assorted sizes  
Regular Retail 7.99-12.99

Vegetarian  
Gourmet Frozen  
Appetizers  
& Burgers  
Assorted Varieties



**4<sup>99</sup> 5<sup>99</sup>**  
assorted sizes  
Appetizers Burgers

Flora  
Vitamins &  
Supplements  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 5.99- 79.99

BioSil For Skin,  
Hair & Nails  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 23.99-66.99



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[/Choices\\_Markets](https://www.youtube.com/channel/UC...)

**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.