



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

7⁹⁸

907g Bag

NEW CROP! Organic Red Onions from USA

1⁹⁸
/lb

4.37/kg

BC Grown Organic Bunch Spinach from Myers Organic Farms

2⁹⁸

Bunch

Organic Ruby Grapefruit from USA

6⁹⁸

1.81kg Bag

BC Grown Peaches

4.37/kg

1⁹⁸
/lb

MEAT

Local Pork Tenderloin

Raised Without Antibiotics

19.82/kg

8⁹⁹

/lb

100% Grass Fed Top Sirloin Steaks from Australia

Value Pack

22.02/kg

9⁹⁹

/lb

Choices' Own Whole Chickens

Raised Without Antibiotics

8.80/kg

3⁹⁹

/lb

100% Grass Fed Canadian Beef Burgers

22.02/kg

9⁹⁹

/lb

New Zealand Spring Lamb Loin Chops

30.84/kg

13⁹⁹

/lb

Wild Caught Ahi Tuna Loin Steaks

5⁹⁹

6 oz each

Fresh Black Cod Fillets

52.89/kg

23⁹⁹

/lb

Salmon Burgers

Previously Frozen

6⁹⁹

4 oz each
2 pack

Ocean Mama Frozen Raw Shrimp 61/70

4⁹⁹

180g

Fresh BC Halibut Fillets

66.12/kg

29⁹⁹

/lb

GROCERY

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**Hardbite Natural
Potato Chips**
Assorted Varieties

2/4⁰⁰
128-150g



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

3⁹⁹
300g Tortilla Chips
375ml Salsa



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

3⁹⁹
70g



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

3/9⁰⁰
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

2/7⁰⁰
assorted sizes



**Effervé Sparkling
Lemonade**
Assorted Varieties

4⁹⁹
750ml • +deposit +eco fee



**Late July Organic
Tortilla Chips**
Assorted Varieties

2/6⁰⁰
156-170g



**Old Dutch
Potato Chips**
Assorted Varieties

2/6⁰⁰
220-255g

Zevia Stevia Sweetened Soda



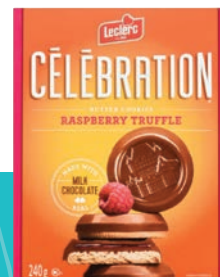
Assorted Varieties

4⁴⁹
6 Pack
+deposit +eco fee



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

3⁹⁹
80-85g



**Leclerc
Celebration Cookies**
Assorted Varieties

3⁹⁹
240g



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

2/4⁰⁰
750ml-1L • +deposit +eco fee



Vortex Alkaline Water

2/4⁰⁰
1.5L • +deposit +eco fee



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

4⁹⁹-5⁹⁹
assorted sizes



**Organic Meadow
Ice Cream**
Assorted Varieties

6⁹⁹
946ml



**Chapman's
Frozen Yogurt**
Assorted Varieties

5⁴⁹
2L



**Betterwith
Ice Cream**
Assorted Varieties

4⁹⁹
500ml

GROCERY



Olympic Yogurt
Assorted Varieties

2/6⁰⁰ 2/8⁰⁰

500g Krema
650g Natural

650g Krema,
Greek & Organic



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

4⁴⁹
1kg

Bremner's Organic Frozen Berries
Assorted Varieties



1⁶⁹⁹
1.5kg



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

7⁹⁹
340g



Taylors Tea
Assorted Varieties

4⁹⁹
20 Tea Bags



**Swerve Sugar
Alternatives**
Assorted Varieties

7⁹⁹
340g



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

3⁹⁹
400g



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

4⁴⁹ 2/5⁰⁰
1.89L Beverages 473ml Creamers



**Blue Diamond
Almond Breeze**
Assorted Varieties

3⁹⁹
1.89L Tetra



**Terra Breads
Granola**
Original

1²⁹⁹
1kg



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

1⁵⁹⁹
735g

**Maple Hill Organic
Free Range Large Eggs**



5⁷⁹
1 Dozen



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

6⁹⁹

227g Cashew Butter

7⁹⁹

200g Almond Cheeze



**Armstrong
Cheese Slices**
Assorted Varieties

4⁴⁹
220-240g



**Tre Stelle
Shredded Cheese**
Assorted Varieties

4⁷⁹
170-200g



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

6⁹⁹
6 Pack
Paper Towel

8⁹⁹
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

2/4⁰⁰
325ml • +deposit +eco fee

DELI

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Prices Effective
July 23 - 29, 2020.

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



3/5⁰⁰
398ml



**Cape Herb
& Spice Table
Top Spices**
Select Varieties

4⁴⁹
assorted sizes



Chosen Foods
**Avocado Oil
Salad Dressings**
Assorted Varieties

5⁹⁹
237ml



Simply Natural
**Organic Salad
Dressings**
Assorted Varieties

3⁹⁹
354ml



Earth's Choice
**Organic Extra
Virgin Olive Oil**

9⁹⁹ | 15⁹⁹
500ml 1L



**Fody Sauces,
Salad Dressings
& Marinades**
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-7.99



**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

5⁹⁹
284-312g



**AOR Vitamin
B Complex**

37⁹⁹ 54⁹⁹
90 Capsules 180 Capsules



Bio-K Plus Probiotics
Assorted Varieties

35⁹⁹ 38⁹⁹
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

4⁹⁹ 5⁹⁹
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

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

51⁹⁹ 59⁹⁹
390-438g Greens 640-710g Proteins & Greens



choicesmarkets.com

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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.