



PICNIC CHOICES!

100% BC OWNED AND OPERATED

New!

Deli Summer Salads:

- Cypriot Farro with Grilled Halloumi
- Pasta w/ Blue Cheese & Prosciutto
- Summer Quinoa & Spinach
- Yam Potato Salad

149-219
/100g



Chicken Kabobs

Made In-Store
19.82/kg

899
/lb



Choices Artisan Buns:

Italian Cheese
or Pesto Bun

Chia Sesame
Seed Bun

Ciabatta
Bun

419
4 pack

329
4 pack

299
4 pack



100% Grass Fed Beef Burgers

Made In-Store, Raised Without Antibiotics
19.82/kg

899
/lb



BC Grown Green, Red
& Romaine Lettuce
from RGR Farms

3 for 450



BC Grown Organic
Blueberries from
Westberry Farm

498
454g Package



BC Grown Long
Seedless Cucumbers

2 for 300



Badger Suncare
Assorted Varieties

25% off
assorted sizes
Regular Retail 15.49-25.99

Beyond Meat Plant Based Sausages

Mild or Hot



799
400g



Chosen Foods
Avocado Oil Dressings
Assorted Varieties

599
237ml

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

Prices Effective
July 9 - 15, 2020.

PRODUCE

**Organic Strawberries
from USA**

5⁹⁸
Readycycle
Package 454g

**BC Grown Organic White
Nugget Potatoes from
Fraserland Farms**

4.37/kg

1⁹⁸
/lb

**Organic Whole Red
Seedless Watermelon
from USA**

9⁹⁸
each

MEAT

**100% Grass Fed Beef Sirloin
Tip Steaks from Australia**

Value Pack
17.61/kg

7⁹⁹
/lb

Local Ground Pork
Raised Without Antibiotics
11.00/kg

4⁹⁹
/lb

**Freybe A Taste of
Europe Salami**

Mix Pack

**2 for
10⁰⁰**
100g



Local Bacon

No Nitrates Added

24.23/kg

10⁹⁹
/lb

**Thomas Reid Whole
Organic Chickens**

13.21/kg

5⁹⁹
/lb

Large Prawns

Previously Frozen
44.07/kg

19⁹⁹
/lb

Halibut Burger Patties

Previously Frozen

7⁹⁹
Package of 2
4 oz each

Choices Ground Chicken

24.23/kg

10⁹⁹
/lb

Whole Rainbow Trout

24.23/kg

10⁹⁹
/lb

GROCERY

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

Prices Effective
July 9 - 15, 2020.



**Boulder Canyon
Potato Chips**
Assorted Varieties

2/5⁰⁰
128g-142g



**Southern Recipe
Keto Pork Rinds**
Assorted Varieties

2/7⁰⁰
85g



Paqui Tortilla Chips
Assorted Varieties

2/7⁰⁰
155g



**Seasnax Organic
Seaweed Snacks**
Assorted Varieties

2/4⁰⁰ 2/3⁰⁰
10g 5g



**Nora
Seaweed Snacks**
Assorted Varieties

2/7⁰⁰
32-45g



Handfuel Nuts
Assorted Varieties

5⁹⁹
150g



**Simply 7 Quinoa,
Lentil & Kale Chips**
Assorted Varieties

2/6⁰⁰
99-113g



**Endangered Species
Fair Trade Chocolate Bars**
Assorted Varieties

2/6⁰⁰
85g



RXBAR Energy Bars
Assorted Varieties

2/5⁰⁰
52g

Zevia Stevia Sweetened Soda



Assorted Varieties

4⁴⁹
6 Pack
+deposit +eco fee



RJ's Licorice
Assorted Varieties

2/6⁰⁰
165-180g



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

3⁹⁹
80-85g

Breyers Creamery Ice Cream



Assorted Varieties

6⁴⁹
1.66L



**Deebie's Organic
Superfruit Freezies**

5⁹⁹
12 Pack



**Natural Choice
Organic Frozen
Fruit Bars**
Assorted Varieties

3⁹⁹
4 Pack



**Greenhouse
Organic Cold-Pressed
Lemonade & Kombucha**
Assorted Varieties

2/7⁰⁰
300ml • +deposit +eco fee



**Brew Dr.
Organic Kombucha**
Assorted Varieties

2/7⁰⁰
414ml • +deposit +eco fee



**Phillips Craft Sodas
& Tonic Water**
Assorted Varieties

2/3⁰⁰ 4⁹⁹
355ml Soda +deposit +eco fee 6Pk Tonic Water +deposit +eco fee

GROCERY



Terra Breads
Granola

12⁹⁹ 15⁹⁹
1kg Original 1kg Pistachio



Silk Dairy Free
Beverages & Creamers
Assorted Varieties

2/5⁰⁰ 4⁴⁹
473ml Creamers 1.89L



Avalon Chocolate Milk

1⁹⁹ 2⁹⁹
500ml +deposit 1L +deposit



Happy Planet Smoothies
Select Varieties

2/4⁰⁰
325ml



Natur-A Almond
& Coconut Beverages
Assorted Varieties

2/5⁰⁰
946ml



Califia Cold Brew Coffee
Assorted Varieties

4⁹⁹
1.4L

Maple Hill Free Range
Medium Eggs



4⁴⁹
1 Dozen

Spread'Em Almond Based Cheezes
& Cashew Based Buttery Spread



Assorted Varieties

6⁹⁹ 7⁹⁹
227g Buttery Spread 200g Cheeze



Silver Hills
Sprouted Power Bread

Assorted Varieties

2/8⁰⁰
430-615g



Elias Honey
Assorted Varieties

5⁹⁹ 6⁴⁹
500g Tub & Liquid 500g Creamed Raw



Mary's Organic
Gluten-Free Crackers
Assorted Varieties

4⁴⁹-5⁹⁹
142-184g



Nuts to You
Organic Peanut Butter
Smooth & Crunchy

7⁹⁹
750g

Faith Farms Cheese



Assorted Varieties

5⁴⁹
360-380g



Tree Island
Grass Fed
Greek Yogurt
Assorted Varieties

4⁴⁹
325-350g



Saugeen Country
Yogurt & Kefir
Assorted Varieties

4⁴⁹
1kg



Blue Monkey Coconut
Milk or Watermelon Juice

3⁹⁹
1L • +deposit +eco fee



Fiji Natural
Artesian Water

2/4⁰⁰ 2/5⁰⁰
1L +deposit +eco fee 1.5L +deposit +eco fee



Biovert Natural Laundry
Products & Dish Soap
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.29-16.99

DELI

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

Prices Effective
July 9 - 15, 2020.

Rosdown Roasted Chickens



899
each

Choices' Own Organic Cheese



**399-
549**
/100g

Spanakopitas or Mushroom & Parmesan Pies



399
each

Imported Irish Cheese



799
each

Choices' Own Family Size Salads



**899-
999**

L'Ancetre Organic Cheese Patty Burger



599
2 Packs

Kalamata Olives



169
/100g

Tre Stelle Crumbled Feta Cheese



499
150g

Tre Stelle Bocconcini Cheese Assorted Varieties



599
200g

CHOICES' OWN FRESHLY BAKED GOODS

Multigrain Bread



499
530g

Alternative Flour Cookies



**499-
549**
80-120g

9" Fruit Pies New Varieties:

Apple, Blueberry &
Sour Cherry Rhubarb



1099
650-750g

Choices Meat

Quality and ethics are the two most important words in the Choices Meat Department. That's why you'll only find high quality beef and pork products that are raised without the use of antibiotics or growth hormones. For the best in Free Range, Grass Fed and Organic proteins, talk to the butcher at your local Choices Markets.



GROCERY



**Fody Condiments,
Sauces, Bars &
Dressings**
Assorted Varieties

30% off
assorted sizes
Regular Retail 2.49-7.99



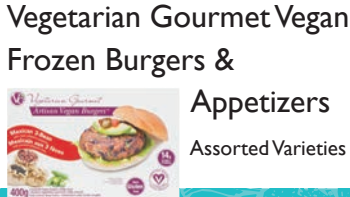
**Saputo
Shredded
Cheese**
Assorted Varieties

549 399
320g 170g



Wholly Veggie!
Wings, Bites,
Patties & Pizza
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.99-12.99



**Vegetarian Gourmet Vegan
Frozen Burgers &
Appetizers**
Assorted Varieties

499 599
assorted sizes
Appetizers Burgers



**Udi's
Gluten-Free
Frozen Bread
& Pizza**
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-8.99



**Karthain's
Organic
Sauerkraut**
Assorted Varieties

499 799
375ml 750ml



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

449
assorted sizes



**Patak's Indian
Cooking Sauces
& Chutneys**

549
250-400ml



**Better Than Pasta Organic
Konjac
Noodles**
Assorted Varieties

399
385g



**Muir Glen Organic
Fire Roasted
Tomatoes**
Crushed & Diced

2/700
796ml

WELLNESS



**Flora Vitamins
& Supplements**
Assorted Varieties

20% off
assorted sizes
Regular Retail 5.99-65.49



**Andalou Body Care,
Cannacell & Anadalou
Men's Body Care**
Assorted Varieties

35% off
assorted sizes
Regular Retail 2.99-41.99



**BioSil For Skin,
Hair & Nails**
Assorted Varieties

20% off
assorted sizes
Regular Retail 23.99-66.99



**Genuine Health
Fermented Organic
Vegan Protein
Powders & Bars**
Assorted Varieties

20% off
assorted sizes
Regular Retail 3.50-71.99



**Dr. Bronner's
Non-GMO Organic
Castile Soap**
Assorted Varieties

649
236ml



Bio-K Plus Probiotics
Assorted Varieties

3599 3899
12 pack Dairy 12 pack Rice or Soy



**Avalon Hair,
Face & Body
Care Products**
Assorted Varieties

20% off
assorted sizes
Regular Retail 9.99-31.99



**Amazing Grass
Green Superfood
Powders**
Assorted Varieties

20% off
assorted sizes
Regular Retail 1.79-63.99



**New Roots
Liver Formula
& Vitamin C8**
Select Varieties

25% off
assorted sizes
Regular Retail 23.99-89.99



**Manitoba Harvest
Hemp Yeah!
Protein Powders**
Assorted Varieties

25% off
assorted sizes
Regular Retail 16.49-39.99



choicesmarkets.com

[f/ChoicesMarkets](#)

[@ChoicesMarkets](#)

[/Choices_Markets](#)

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.