



# ORGANIC WEEK!

100% BC OWNED AND OPERATED

**10% OFF**  
 South Surrey & Kelowna Anniversary Specials  
 Saturday, September 12 & Sunday, September 13.  
 Available at Choices South Surrey & Kelowna locations only.  
 See back page for details!

Local Organic  
 Boneless Skinless  
 Chicken Breast

**1399/lb**  
 30.84/kg

Choices' Own Organic Cheese  
 & Yorkshire Valley Organic  
 Sliced Turkey or Chicken Breast

**399-549**  
 /100g Cheese

**799**  
 150g  
 Turkey  
 or Chicken

BC Grown Organic Bartlett  
 Pears from Cawston  
 4.37/kg

**198**  
 /lb

First  
 of the  
 Season!

BC Grown Organic Akane  
 Apples from Cawston

**398**  
 1.36kg Bag

First  
 of the  
 Season!

BC Grown Organic Long  
 Seedless Cucumbers from  
 Origin Organic Farm in Delta

**348**  
 each

Que Pasa Organic  
 Tortilla Chips  
 Assorted Varieties



**299**  
 300-350g

Que Pasa Organic Salsa  
 Assorted Varieties



**349**  
 420ml

Alter Eco Fair Trade  
 Organic  
 Chocolate Bars  
 Assorted Varieties



**2/600**  
 75-80g

Garden of Life Organic  
 Proteins & Sport  
 Nutrition  
 Products  
 Assorted Varieties



**20% off**  
 assorted sizes • Regular Retail 44.99-68.99

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

Prices Effective  
 September 10 - 16, 2020.



# GROCERY

## Ben & Jerry's Ice Cream



Including Non-Dairy  
Assorted Varieties

**4<sup>99</sup> 5<sup>99</sup>**  
500ml Dairy 500ml Non-Dairy

## Love Good Fats Bars

Assorted Varieties



**1<sup>99</sup> 20<sup>99</sup>**  
39-40g 12 Pack

## Larabar Snack Bars

Assorted Varieties



**2/3<sup>00</sup> 24<sup>00</sup>**  
45-48g 16 Pack



The Good Bean  
Chickpea or Favas  
& Chickpea Snacks  
Assorted Varieties

**2/8<sup>00</sup>**  
170g

ChocXO Almond Butter Cups  
& Keto Coconut  
Almond Squares



**4<sup>49</sup>**  
98g



Haribo  
Gummy Candies  
Assorted Varieties

**2/5<sup>00</sup>**  
175g

Made Good Gluten-Free Granola  
Bars, Granola Minis, Mini Cookies,  
& Crispy Rice Bars



Assorted Varieties

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

McVitie's Cookies & Biscuits

Assorted Varieties



**2/6<sup>00</sup>**  
300- 400g

Applesnax Apple Sauce Cups

Assorted Varieties



**2/6<sup>00</sup> 2/7<sup>00</sup>**  
6 Pack Conventional 6 Pack Organic



SeaSnax  
Seaweed Snacks  
Assorted Varieties

**2/3<sup>00</sup> 2/4<sup>00</sup>**  
5g 10g

Edward & Sons Rice Snaps

Assorted Varieties



**3<sup>99</sup>**  
100g

Chasers Fresh  
Cold Pressed Juice

Assorted Varieties



**10<sup>99</sup>**  
1L • +deposit +eco fee



Rise Nitro Cold Brew  
Oat Milk Latte  
Assorted Varieties

**2/6<sup>00</sup>**  
207ml • +deposit +eco fee



Greenhouse Kombucha,  
Lemonade & Booster Juice  
Assorted Varieties

**2/7<sup>00</sup>**  
300ml • +deposit +eco fee



Yogi Organic Tea  
Assorted Varieties

**4<sup>49</sup>**  
16 Tea Bags



Happy Planet Smoothies  
Assorted Varieties

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



Zevia Tea &  
Energy Drinks  
Assorted Varieties

**2/4<sup>00</sup>**  
355ml  
+deposit +eco fee

La Croix Sparkling Water



Assorted Varieties

**5<sup>49</sup>**  
8 x 355ml  
+deposit +eco fee

# GROCERY

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Choices Organic Milk  
Skim, 1%, 2% & 3.8%

**849** **899**  
4L 4L  
Skim, 1% & 2% 3.8%



Donia Farms  
Grass Fed Milk  
2% & 3.25%

**499**  
2L



Califia Non-Dairy  
Beverages & Cold Brew  
Assorted Varieties

**399** **499**  
1.4L 1.4L  
Non-Dairy Beverage Cold Brew



The Granola King  
Gourmet Granola  
2 Varieties

**899**  
750g



Jordans Morning  
Crisp Organic  
Cereal & Muesli  
Assorted Varieties

**499**  
450 & 500g



Bob's Red Mill  
Gluten-Free Oats  
Assorted Varieties

**699**  
680-907g

Kraft Philly Cream Cheese



Assorted Varieties

**2/600**  
227-250g



Earth's Choice  
Organic Peanut Butter  
Assorted Varieties

**499**  
500g



Crofter's Organic  
Just Fruit Spreads  
Assorted Varieties

**2/600**  
235ml

Van's Gluten-Free Frozen Waffles

Assorted Varieties



**399**  
255g



Uncle Luke's  
Organic Maple Syrup  
Assorted Varieties

**2099**  
1L

Maple Hill Free Range  
Organic Large Eggs



**599**  
1 Dozen

Stahlbush Island Farms  
Sustainable Frozen Fruit



Assorted Varieties

**449**  
227-300g

Olympic Crema Yogurt

2 Varieties



**499**  
8 Pack



Tree Island  
Grass Fed Greek  
& Fruit Yogurt  
Assorted Varieties

**399**  
325 & 350g



Evive Frozen  
Smoothie Cubes  
Assorted Varieties

**799**  
405g



Liberté Organic  
Yogurt &  
Organic Kefir  
Assorted Varieties

**2/700**  
650 & 750g Yogurt / 1L Kefir



Choices Organic  
Rice Cakes  
Assorted Varieties

**2/600**  
185g



# GROCERY



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

**30% off**  
assorted sizes  
Regular Retail 5.99-8.99



**Slice of Life  
Carb Wise Bread**  
Assorted Varieties

**8<sup>99</sup>**  
assorted sizes



**Ozery Bakery  
Morning Rounds  
& Snacking Rounds**  
Assorted Varieties

**2/7<sup>00</sup>**  
312 & 450g



**Holy Napoli  
Frozen Pizza**  
Assorted Varieties

**7<sup>99</sup>**  
365-425g



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

**3<sup>79</sup>**  
510 & 675g



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

**3<sup>99</sup>**  
255g

**Wholly Veggie Frozen Pizza, Patties  
& Appetizers**



Assorted Varieties

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



**Karine & Jeff Soups**  
Assorted Varieties

**6<sup>99</sup> 9<sup>99</sup>**  
500ml 1L



**Kitchen Basics  
Cooking Stock**  
Assorted Varieties

**2/5<sup>00</sup>**  
946ml

**Beyond Meat Burgers**



**5<sup>99</sup>**  
226g



**Earth's Choice  
Organic Coconut  
Milk & Cream**  
Assorted Varieties

**2<sup>99</sup>**  
400ml



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

**9<sup>99</sup> 14<sup>99</sup>**  
500ml 1L



**Rizopia Organic  
Gluten-Free Pasta**  
Assorted Varieties

**2/5<sup>00</sup> 2/6<sup>00</sup>**  
340-454g Brown Rice & Quinoa 340-454g Wild Rice

**Choices Small Batch Pasta Sauce**

Assorted Varieties



**6<sup>99</sup>**  
750ml

**Delverde Italian Pasta**

Select Varieties



**2/5<sup>00</sup>**  
450g



**Lakanto Monk  
Fruit Sweetener**  
Golden or Classic

**6<sup>99</sup> 19<sup>99</sup>**  
235g 800g

**Wild Planet Tuna & Sardines**

Assorted Varieties



**4<sup>99</sup> 2/7<sup>00</sup>**  
142g Tuna 125g Sardines

**Gold Seal Pink Salmon**

Salt, No Salt, or Boneless/Skinless



**2/7<sup>00</sup>**  
170 & 213g



# GROCERY



**Celestial Seasonings Herbal Tea**  
Select Varieties

**2/7<sup>00</sup>**  
18 & 20 Tea Bags



**Salt Spring Organic Fair Trade Coffee**  
Assorted Varieties

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



**Saputo Shredded Cheese**  
Assorted Varieties

**3<sup>99</sup> 4<sup>99</sup>**  
170g 320g



**Sonoma Creamery Cheese Crisps**  
Assorted Varieties

**4<sup>99</sup>**  
64g

**Armstrong Cheese**  
Assorted Varieties



**2/6<sup>00</sup>**  
200g

**Mainland Grass Fed Cheese**  
Assorted Varieties



**30% off**  
198g  
Regular Retail 8.29-10.99



**Seventh Generation Natural All Purpose Cleaners**  
Assorted Varieties

**4<sup>99</sup>**  
710ml

**Echoclean 2X Concentrated Liquid Laundry Detergent**  
Assorted Varieties



**6<sup>99</sup>**  
1.5L

**Cascades Fluff Ultra Bathroom Tissue**



**8<sup>99</sup>**  
12 Double Rolls

**Caboo Bamboo 2 Ply Bathroom Tissue**



**14<sup>99</sup>**  
24 Roll

# WELLNESS

**All Products on Sale!**

**Health Solutions Lorna Vanderhaeghe Magnesium Supplements**  
Assorted Varieties



**18<sup>99</sup> 25<sup>99</sup>**  
200g 90 Caps

**Natural Factors & Whole Earth & Sea Vitamins & Supplements**  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 3.79-82.99

**Botanica Organic Oil of Oregano**  
Assorted Varieties  
**BUY 1 GET 1 FREE**  
Product comes wrapped as two!



**18<sup>49</sup> 21<sup>99</sup>**  
Regular Extra Strength

**Host Defense Medicinal Mushroom Supplements**  
Select Varieties



**25% off**  
assorted sizes  
Regular Retail 29.99-112.99

**Sukin Botanicals Natural Face, Body & Hair Care**  
Select Varieties



**20% off**  
assorted sizes  
Regular Retail 11.49-25.99

**Renew Life Vitamins & Supplements**  
Assorted Varieties



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

**Sisu Kids Vitamins & Supplements**  
Select Varieties



**25% off**  
assorted sizes  
Regular Retail 6.79-19.49

**Everyone Natural Hand Soap & Body Care Products**  
Assorted Varieties



**25% off**  
assorted sizes  
Regular Retail 9.49-18.49

**Nordic Naturals Omega-3 Fish Oil Supplements**  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 24.99-72.99

**Anne Marie Borlind Facial Care & Natural Cosmetics**  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 9.79-109.99



**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.



# PRODUCE

**BC Grown Organic Mixed  
Cherry Tomatoes from  
Lina's Garden in Cawston**

**4<sup>98</sup>**  
1 Pint

**BC Grown Organic Green  
Peppers from Lina's Garden  
in Cawston 6.57/kg**

**2<sup>98</sup>**  
/lb

**BC Grown Organic  
Nectarines from Cawston  
8.77/kg**

**3<sup>98</sup>**  
/lb

# MEAT

**Local Ground Pork**  
Raised Without Antibiotics  
11.00/kg

**4<sup>99</sup>**  
/lb

**100% Grass Fed Beef  
Striploin Steaks  
from Australia**

Value Pack  
30.84/kg

**13<sup>99</sup>**  
/lb

**Bison Sirloin Tip Steaks**  
Raised Without Antibiotics  
37.46/kg

**16<sup>99</sup>**  
/lb

**Marinated Butterfly  
Whole Chicken**

Made In-Store

**9<sup>99</sup>**  
each

**Local Smoked Duck Breasts**  
44.07/kg

**19<sup>99</sup>**  
/lb

**100% Grass Fed Beef Burgers**  
Made In-Store 19.82/kg

**8<sup>99</sup>**  
/lb

**Fresh Local Halibut Fillets**  
66.12/kg

**Local Smoked Duck Sausages**  
35.25/kg

**15<sup>99</sup>**  
/lb

**Wild Caught Ahi Tuna  
Steaks, Sashimi Grade**  
Previously Frozen

**5<sup>99</sup>**  
6 oz

**29<sup>99</sup>**  
/lb



# DELI

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## Rosstown Roasted Chickens

**899**  
each

## Vegetable Herb Samosas

**2 for 500**  
160g

## Summer Fresh Hummus Toppers

**499**  
283g

## Arla Cheese Slices Assorted Varieties

**499**  
165g

## Choices' Own Artisan Ham, Turkey or Roast Beef Sandwiches

**799**  
each

## Choices' Own Wild Salmon Cakes

**350**  
each

## Breakfast Mix & Match Parfaits or English Muffins & Bagels

**2 for 600**

# CHOICES' OWN FRESHLY BAKED GOODS

## Keto Baked Goods

Including Donut Holes, Coconut Muffins & Roasted Pepper Corn Bread

**349-399**

## Alternative Flour Desserts

Paleo Fudgy Brownie & Alternative flour Carrot Cake

**429**  
180g Carrot Cake

**499**  
200g Brownies

## Keto Desserts

Low Carb Chocolate Mousse & Chocolate Coconut Fat Bombs

**2 for 600**  
90g Mousse

**2 for 1400**  
130g Bombs

New From the Choices Bakery!

## Purple Yam & Chia Boule

**NEW!**

Amazing nutritional value meets a fun purple colour! High in fibre, antioxidants and omega-3

**499**  
each

Caramelized Onion and Rosemary

## Focaccia

You'll love the delicate addition of sea salt flakes to this amazing take on the traditional Italian classic.

**NEW!**

**499**  
each





**Saturday, September 12  
& Sunday, September 13 ONLY!**

Choices South Surrey, 3248 King George Blvd.  
Choices Kelowna, 1937 Harvey Ave.

**10%  
OFF**

**THE ENTIRE STORE,  
INCLUDING SALE ITEMS**

**NO  
MINIMUM  
PURCHASE  
NECESSARY**

**EVEN  
BIGGER  
SAVINGS**

Anniversary sale is only available  
at Choices South Surrey and  
Choices Kelowna Locations.