



# HAPPY THANKSGIVING!

Prices Effective October 8 - 14, 2020.

100% BC OWNED AND OPERATED



**Choices  
Free Range  
Turkey**  
Raised Without  
Antibiotics  
**3.99/lb**  
8.80kg



## Thanksgiving Meal

From Our Deli Dept.

Choices' Own  
Specialty Stuffed Sliced  
Turkey Breast Roasts  
**3.99/100g**

Turkey Gravy  
**5.99-7.99**  
500-710ml

Choices' Own Maple  
Dijon Baked Ham  
**2.19/100g**

Shitake Mushroom  
Gravy  
**4.99**  
500ml

Cranberry Sauce  
**4.49**  
250g

### Tofurky Gravy & Tofurky Roast and Ham Style Roast



**4.99**  
397ml  
Gravy

**12.99**  
539 & 747g  
Roasts

### BC Grown Organic Winter Squash

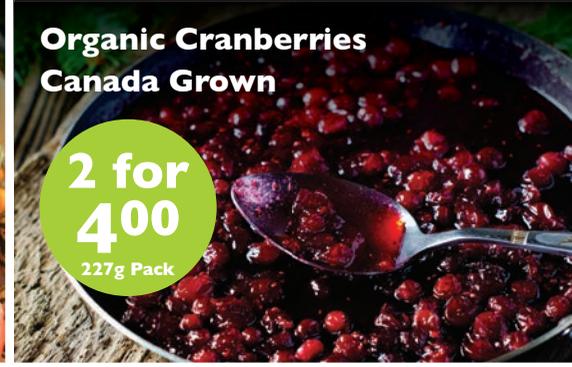
3.26/kg

**1.48**  
/lb



### Organic Cranberries Canada Grown

**2 for  
4.00**  
227g Pack



### Earth's Choice Organic Pumpkin & Cranberry Sauce



**2 for  
5.00**  
348ml  
Cranberry

**2 for  
6.00**  
398ml  
Pumpkin

### Choices' Own Famous Thanksgiving Baked Goods!

**Pies:**

- 6" & 8" Pumpkin
- 9" Vegan Pumpkin
- 8" Pecan

**4.99-  
8.99**

**Featuring our New:**

- Pumpkin Spice  
Loaf & Pumpkin  
Chocolate Brownie

**5.99-  
6.49**



**Gluten-Free  
Pumpkin  
Available  
In-Store!**

# GROCERY



Harvest Acres  
Organic Canned  
Vegetables  
Assorted Varieties

**2/5<sup>00</sup>**  
398ml



Beyond Meat  
Sausages  
Mild or Hot

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



Earthbound Farm  
Organic Frozen  
Fruit & Vegetables  
Assorted Varieties

**2/6<sup>00</sup> 3<sup>99</sup>**  
300-400g Vegetable 300g Fruit



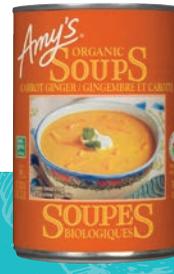
Pacific Organic Broth  
Assorted Varieties

**3<sup>99</sup>**  
946ml/1L



My Butcher  
Bone Broth  
Beef or Chicken

**5<sup>99</sup>**  
700ml



Amy's Organic Soup  
Assorted Varieties

**2/6<sup>00</sup>**  
398ml



Mayacamas  
Gluten-Free  
Gravy Mix  
Assorted Varieties

**4/5<sup>00</sup>**  
assorted sizes



Frontier  
Organic Spices  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 4.49-8.99



Kraft Stove Top  
Stuffing Mix  
for chicken or turkey

**2/2<sup>00</sup>**  
120g



Gay Lea Whipped Cream  
Regular or Coconut

**3<sup>99</sup>**  
225-236g



Dairyland Cream  
& Whipping Cream  
Assorted Varieties

**2<sup>99</sup>-4<sup>99</sup>**  
1L

Dairyland Sour Cream

Assorted Varieties



**2/5<sup>00</sup>**  
450-500ml

Wholly Wholesome Frozen  
Pie Shells

Assorted Varieties



**4<sup>99</sup> 5<sup>99</sup>**  
2 Pack Traditional 2 Pack Gluten-Free

Righteous Gelato

Assorted Varieties



**5<sup>99</sup>**  
562ml

Coconut Bliss Non-Dairy

Frozen Dessert

Assorted Varieties



**5<sup>99</sup>**  
473ml

Little Northern Bakehouse  
Gluten-Free Pizza Crusts  
Original and Thin



**6<sup>99</sup>**  
420 & 600g

Shockingly Healthy Desserts

Assorted Varieties Including  
Pumpkin Pie Blondie



**2/5<sup>00</sup> 7<sup>99</sup>**  
70g 280g

Little Northern  
Bakehouse  
Gluten-Free Bagels

4 Varieties



**5<sup>49</sup>**  
400g

# GROCERY

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**San Pellegrino Water**  
Assorted Varieties

**1.79**  
750ml/1L • +deposit +eco fee



**San Pellegrino Italian Sodas**  
Assorted Varieties

**.79 4.99**  
330ml Single Can 6 Pack  
+deposit +eco fee +deposit +eco fee



**Prana Organic Nut Mixes**  
Assorted Varieties

**30% off**  
150g  
Regular Retail 4.79- 8.99



**Kindred Cultures Water Kefir**  
Assorted Varieties

**2/700**  
250ml • +deposit +eco fee



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

**7.99**  
1.4L • +deposit +eco fee



**Bremner's Caesar Mixes**  
Spiced or Vegan

**5.99**  
1L • +deposit +eco fee



**Hardbite Natural Potato Chips**  
Assorted Varieties

**2/500**  
128-150g



**Late July Organic Flavoured Tortilla Chips**  
Assorted Varieties

**2/600**  
156-170g

**Choices Small Batch Salsa**  
Assorted Varieties



**4.99**  
750ml



**Zazubean Organic Fair Trade Chocolate Bars**  
Assorted Varieties

**2/700**  
80-85g



**Whittaker's Premium Chocolate Bars**  
Assorted Varieties

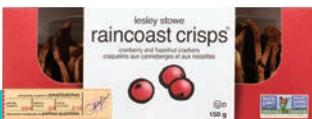
**4.49**  
200-220g



**Noble Vegan Jerky**  
Assorted Varieties

**4.99**  
70g

**Lesley Stowe Raincoast Crisps**  
Assorted Varieties



**4.99**  
150g

**Spread'Em Soft Cashew Based Spreads & Dips**  
Assorted Varieties



**5.49 6.99**  
183g Dips 183g Spreads



**Eve's Gluten-Free Keto Crackers**  
Assorted Varieties

**5.99**  
108g

**R.W. Garcia Gluten-Free Crackers & Corn Chips**  
Assorted Varieties



**4.49 5.49**  
155-180g Crackers 212-233g Corn chips

**Pulse Kitchen Nut Based Cheese Spreads**  
Assorted Varieties



**5.99**  
100g

**Breyers Classic Ice Cream**  
Assorted Varieties



**4.49**  
1.66L

# GROCERY



Earth's Own So Fresh  
Almond, Cashew &  
Coconut Beverages  
Assorted Varieties

**2/700**  
1.89L



Silk Alternative  
Creamers & Beverages  
Assorted Varieties

**2/500 449-499**  
473ml 1.75-1.89L

Liberté Dairy-Free Yogurt



Assorted Varieties

**499**  
500g



Dairyland  
Organic Milk  
Assorted Varieties

**899**  
4L



Dairyland  
Lactose-Free Milk  
Assorted Varieties

**499**  
2L

Tree Island Grass Fed Yogurt



Plain or Vanilla Bean

**899**  
1.5kg

Maple Hill Free Range Large Eggs



**499**  
1 Dozen

Bremner's Organic Frozen Fruit



Assorted Varieties

**399-699**  
300-600g



Terra Breads Granola

**699 1299**  
454g 1kg

Chasers  
Cold Pressed Juice



Assorted Varieties

**599**  
500ml • +deposit +eco fee



Oasis Orange  
Juice & Smoothies

Assorted Varieties

**2/700**  
1.65-1.75L • +deposit +eco fee



R.W. Knudsen Just Juice  
& Celebration Beverages

Assorted Varieties

**799 499**  
946ml Just Juice 750ml Celebration  
+deposit +eco fee +deposit +eco fee



49th Parallel  
Specialty  
Roasters Coffee  
Assorted Varieties

**1299**  
340g



Stash Premium Teas

Assorted Varieties

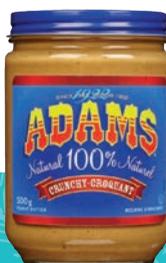
**399**  
18-20 Tea Bags



Say When Chai  
Organic Beverages

Assorted Varieties

**499**  
946ml



Adam's Natural  
Peanut Butter  
Assorted Varieties

**2/700**  
500g



Canadian Heritage  
Organic Maple Syrup

Assorted Varieties

**1999**  
1L



Caboo Bamboo  
Bathroom Tissue

**799**  
12 Rolls

# GROCERY

Primal Kitchen Avocado Based Dressing, Mayonnaise, & Oil Assorted Varieties



**30% off**  
assorted sizes  
Regular Retail 7.59-19.99



Brianna's Salad Dressing Assorted Varieties

**4<sup>99</sup>**  
355ml

Nutiva Organic Virgin Coconut Oil



**7<sup>99</sup> 12<sup>99</sup>**  
444ml 860ml



Mezzetta Napa Valley Olives Assorted Varieties

**6<sup>49</sup>**  
212g & 250ml

Saputo Shredded Cheese Assorted Varieties



**3<sup>99</sup> 5<sup>49</sup>**  
170g 320g

Amy's Organic Pizza Assorted Varieties



**6<sup>99</sup>-7<sup>99</sup>**  
340-403g

Faith Farms Cheese Assorted Varieties



**5<sup>49</sup>**  
360-380g

L'Ancetre Organic Cheese Assorted Varieties



**8<sup>99</sup>**  
325g

Daiya Dairy-Free Cheeze Blocks, Slices, Spreads & Shreds Assorted Varieties



**3<sup>99</sup>**  
200-227g

Earth Island Dairy-Free Dressing, Cheeze Slices, Vegenaise & Sour Cream Assorted Varieties



**3<sup>49</sup>-5<sup>99</sup>**  
assorted sizes

# WELLNESS

## SUPPORTS IMMUNE HEALTH!

Ener-C Effervescent Vitamin C



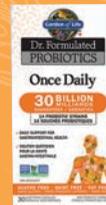
**10/5<sup>00</sup> 14<sup>99</sup>**  
Single Sachet 30 Pack

Natural Factors Oil of Oregano & Echinamide Supplements



Select Varieties  
**20% off**  
assorted sizes  
Regular Retail 12.99-41.99

Garden of Life Dr. Formulated Probiotics Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 24.49-53.99

New Roots Vitamins & Supplements Assorted Varieties



**25% off**  
assorted sizes  
Regular Retail 1.79-114.99

All Products on Sale!

Andalou Naturals & Canacell Face & Body Care Products



Select Varieties  
Regular Retail 2.99-41.49

**BUY 1 GET 1 FREE**

Pure Potent WOW Pure Essential Oils & Body Care Products



**20% off**  
assorted sizes  
Regular Retail 2.49-31.99

MegaFood Multi-Vitamins Select Varieties



**20% off**  
assorted sizes  
Regular Retail 50.99-81.99

Smart Solutions Lorna Vanderhaeghe Vitamins & Supplements



Assorted Varieties  
**25% off**  
assorted sizes  
Regular Retail 1.49-96.99

All Products on Sale!

The Kelowna Candle Factory Beeswax & Soy Candles

Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 1.79-38.99

All Vega One, Vega Sport and Vega Vitamins & Supplements



Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 1.19-64.99

All Products on Sale!

# PRODUCE

**BC Grown Organic Table Carrots from Fountainview Farm in Lillooet**  
**798**  
2.27kg Bag

**BC Grown Organic Large Honeycrisp Apples from Nature's First Fruit in Cawston**  
**198**  
/lb  
4.37/kg

**BC Grown Brussel Sprouts**  
4.37/kg

**198**  
/lb

**Organic Cauliflower from USA**

**498**  
each

# MEAT

**Turkey Boneless Breasts**

Raised Without Antibiotics  
Made In-Store  
19.82/kg

**899**  
/lb

**Turkey Boneless Breast & Thigh Roasts**

Raised Without Antibiotics  
Made In-Store  
17.61/kg

**799**  
/lb

**Stuffed Pork Tenderloin**

Made In-Store  
19.82/kg

**899**  
/lb

**Georels Bone Broth**

**1249**  
750ml

**100% Grass Fed Local Organic Ground Beef**

Value Pack 22.02/kg

**999**  
/lb

**100% Grass Fed New York Striploin Steak from Australia**

Value Pack 30.84/kg

**1399**  
/lb

**New Zealand Lamb Stew**

Raised Without Antibiotics  
24.23/kg

**1099**  
/lb

**Bison Sirloin Tip Steaks**

Raised Without Antibiotics  
37.46/kg

**1699**  
/lb

**Fresh BC Halibut Fillets**

66.12kg

**2999**  
/lb

**Grimm's Ham**

**1299**  
800g

# DELI

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## Choices' Own Festive Side Dishes:

Mashed Potatoes

**1 19**  
/100g

Root Vegetables

**1 49**  
/100g

Green Beans

**1 99**  
/100g

Brussel Sprouts or  
Winter Butternut Squash

**2 29**  
/100g

## Specialty Turkey Meals



**1 099**  
each

## Choices' Own 8" Tourtiere



**1 399**  
each

## Italian Imported Sliced Prosciutto & Salami



**1 00**  
**off**  
70-100g

## La Panzanella Crackers



**5 99**  
170g

## Imported Swiss Emmental, Gruyere or Cave Aged Gruyere Cheese

**4 29-  
5 99**  
/100g



**NEW!**

## Baked Brie with Cranberries, Almonds & Pumpkin Seeds Goat Cheese Trio



**1 099-  
1 299**

## Summer Fresh Dips & Hummus Assorted Varieties



**2 for  
7 00**  
227g

## Alexis D'Portneuf Brie or Camembert Cheese

**8 99**  
300g



# CHOICES' OWN FRESHLY BAKED GOODS

## Artisan Breads:

Cheese & Mixed Olive Fougasse, Rosemary  
Sea Salt Spring Wheat Sourdough,  
Beer Bread, Purple Yam Chia Boule &  
Caramelized Onion & Rosemary Focaccia



**4 99**  
300-400g

## Fresh Dinner Buns

White & Whole Wheat



**2 99**  
6 Pack

See in-store for our *Gluten-free  
Stuffing Cubes & Bread Mix!*

## Bread Crumbs & Bread Stuffing

3 Varieties



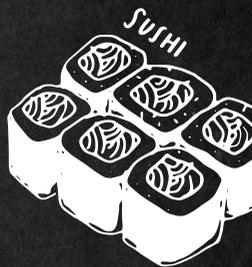
**4 49**  
180-336g



# New Dinner Ideas

EXPLORE LOCAL CHOICES  
FROM OUR DELI

Never wonder what to have for dinner again with our new fall line of healthy and flavourful ready-to-go meals from the Choices Deli. Explore your neighbourhood Choices to find locally made, simple to prepare and incredibly tasty meals for you and your family.



[choicesmarkets.com](http://choicesmarkets.com)



/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.