



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

2/5⁰⁰
398ml



Beyond Meat
Sausages
Mild or Hot

7⁹⁹
400g



Earthbound Farm
Organic Frozen
Fruit & Vegetables
Assorted Varieties

2/6⁰⁰ **3⁹⁹**
300-400g Vegetable 300g Fruit



Pacific Organic Broth
Assorted Varieties

3⁹⁹
946ml/1L



My Butcher
Bone Broth
Beef or Chicken

5⁹⁹
700ml



Amy's Organic Soup
Assorted Varieties

2/6⁰⁰
398ml



Mayacamas
Gluten-Free
Gravy Mix
Assorted Varieties

4/5⁰⁰
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

2/2⁰⁰
120g



Gay Lea Whipped Cream
Regular or Coconut

3⁹⁹
225-236g



Dairyland Cream
& Whipping Cream
Assorted Varieties

2⁹⁹-4⁹⁹
1L



Dairyland Sour Cream
Assorted Varieties

2/5⁰⁰
450-500ml

Wholly Wholesome Frozen
Pie Shells
Assorted Varieties



4⁹⁹ **5⁹⁹**
2 Pack Traditional 2 Pack Gluten-Free

Righteous Gelato
Assorted Varieties



5⁹⁹
562ml

Coconut Bliss Non-Dairy
Frozen Dessert
Assorted Varieties



5⁹⁹
473ml

Little Northern Bakehouse
Gluten-Free Pizza Crusts
Original and Thin



6⁹⁹
420 & 600g

Shockingly Healthy Desserts
Assorted Varieties Including
Pumpkin Pie Blondie



2/5⁰⁰ **7⁹⁹**
70g 280g

Little Northern
Bakehouse
Gluten-Free Bagels
4 Varieties



5⁴⁹
400g

GROCERY

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

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San Pellegrino Water
Assorted Varieties

1.79

750ml/1L • +deposit +eco fee



San Pellegrino Italian Sodas
Assorted Varieties

.79

330ml Single Can
+deposit +eco fee

4.99

6 Pack
+deposit +eco fee



Prana Organic Nut Mixes
Assorted Varieties

30% off

150g
Regular Retail 4.79- 8.99



Kindred Cultures Water Kefir
Assorted Varieties

2/7.00

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

2/5.00

128-150g



Late July Organic Flavoured Tortilla Chips
Assorted Varieties

2/6.00

156-170g

Choices Small Batch Salsa
Assorted Varieties



4.99

750ml



Zazubean Organic Fair Trade Chocolate Bars
Assorted Varieties

2/7.00

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

183g Dips

6.99

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

155-180g
Crackers

5.49

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

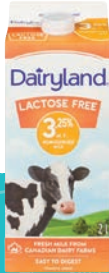


4⁹⁹
500g



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 1 kg



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 +deposit +eco fee 750ml Celebration +deposit +eco fee



49th Parallel
Specialty
Roasters Coffee
Assorted Varieties

12⁹⁹
340g



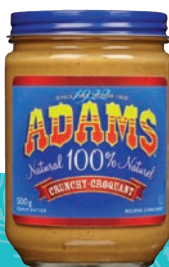
Stash Premium Teas
Assorted Varieties

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

1⁹⁹
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

4⁹⁹
355ml

Nutiva Organic Virgin Coconut Oil



7⁹⁹ 12⁹⁹
444ml 860ml



Mezzetta Napa Valley Olives
Assorted Varieties

6⁴⁹
212g & 250ml

Saputo Shredded Cheese
Assorted Varieties



3⁹⁹ 5⁴⁹
170g 320g

Amy's Organic Pizza
Assorted Varieties



6⁹⁹-7⁹⁹
340-403g

Faith Farms Cheese
Assorted Varieties



5⁴⁹
360-380g

L'Ancetre Organic Cheese
Assorted Varieties



8⁹⁹
325g

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



3⁹⁹
200-227g



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

3⁴⁹-5⁹⁹
assorted sizes

WELLNESS

SUPPORTS IMMUNE HEALTH!

Ener-C Effervescent Vitamin C



10/5⁰⁰ 14⁹⁹
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
Assorted Varieties



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

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

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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.