



# WINTER SPECIALS!

100% BC OWNED AND OPERATED

COMING SOON!  
Black Friday Sale!  
15% OFF  
One day only, next Friday, November 27th!  
entire store

Local  
Boneless Skinless  
Chicken Breasts  
Value Pack,  
Raised Without Antibiotics

**10.99/lb**  
24.23kg

**Beef Wellington**

Baked In-Store

**7.99**  
each

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

Value Pack 35.25/kg

**15.99**  
/lb

**Organic Navel Oranges  
Imported from USA**

6.57/kg

**2.98**  
/lb

**BC Grown Russet Potatoes**

**1.98**  
2.27kg Bag

**Choices' Own Multigrain  
or Whole Wheat Bread**

**4.99**  
530g



**Hardbite Natural  
Potato Chips**

Assorted Varieties

**2/5.00**  
128 & 150g

**Organic Traditions Superfood Products**



Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 5.99-66.99

**Natural Factors, Whole**



**Earth & Sea  
Vitamins &  
Supplements**

Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 4.99-82.99

All  
Products  
on Sale!

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

Prices Effective  
November 19- 25, 2020.



# PRODUCE

**Organic Kiwi Fruit  
from California**

**298**

454g Bag

**BC Grown Organic  
Ambrosia Apples**

4.37/kg

**198**

/lb

**Organic Gold & Red Bunch  
Beets from Cal Organics**

**298**

Bunch

**Organic Bunch Broccoli  
from Ecocampos in Mexico**

8.77/kg

**398**

/lb

# MEAT

**NEW! Greenfield Natural Meats:  
Bacon, Wieners & Sliced Deli Meat**

Raised Without Antibiotics

**15%  
OFF**

**Local Organic  
Chicken Wings**

15.41/kg

**699**

/lb

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

Raised Without Antibiotics, Value Pack

17.61/kg

**799**

/lb

**Local Duck Legs**

26.43/kg

**1199**

/lb

**Venison Boneless Leg  
Steaks from New Zealand**

44.07/kg

**1999**

/lb

**Ocean Mama Frozen  
Raw Shrimp 61/70**

**Chicken Sausages**

Made In-Store

24.23/kg

**1099**

/lb

**Freybe Rhineland Bacon**

**699**

375g

**499**

180g



# GROCERY

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

Prices Effective  
November 19- 25, 2020.



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

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



**NoochPop Nutritional Yeast Popcorn**  
Assorted Varieties

**3<sup>99</sup>**  
120g



**Snyder's of Hanover Gluten-Free Pretzels**  
Assorted Varieties

**4<sup>49</sup>**  
220g



**Green & Black's Organic Fair Trade Chocolate Bars**  
Assorted Varieties

**2/7<sup>00</sup>**  
90g

**Love Good Fats Bars**  
Assorted Varieties



**2/4<sup>00</sup>**  
39 & 40g

**Clif Energy Bars & Luna Bars**  
Select Varieties



**10/10<sup>00</sup>**  
48 & 68g



**Red Crown Organic Pure Pomegranate Juice**

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



**Prana Organic Dried Fruit, Seeds & Cacao Powder**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 7.49-13.99

**Pamela's Gluten-Free Fig Cookies, Grahams & Baking & Pancake Mixes**



Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 6.99-23.99



**Greenhouse Organic Cold Pressed Juice**  
Assorted Varieties

**5<sup>49</sup>**  
300ml • +deposit +eco fee



**Old Dutch Potato Chips**  
Select Varieties

**3/8<sup>00</sup>**  
assorted sizes



**Golden Home Pizza Shells**  
Assorted Varieties

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



**Brew Dr. Organic Kombucha**  
Assorted Varieties

**2/7<sup>00</sup>**  
414ml • +deposit +eco fee



**Rocky Mountain Frozen Artisan Pizza**  
Assorted Varieties

**7<sup>99</sup>**  
405-430g



**Wholly Veggie Frozen Vegetarian Pizza**  
Assorted Varieties

**7<sup>99</sup>**  
300-356g



**Flow Alkaline Water**  
Flavoured & Natural

**2/3<sup>00</sup> 2/4<sup>00</sup>**  
500ml 1L  
+deposit +eco fee +deposit +eco fee



**So Delicious Dairy-Free Frozen Dessert**  
Assorted Varieties

**4<sup>99</sup>**  
500ml



**Avalon Organic Ice Cream**  
Assorted Varieties

**8<sup>99</sup>**  
946ml



# GROCERY



**Traditional Medicinals**  
**Organic Tea**  
Select Varieties

**4.49**  
20 Tea Bags



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

**11.99**  
400g



**Wedderspoon**  
**KFactor 12 & 16**  
**Manuka Honey**

**30% off**  
250g & 500g  
Regular Retail 27.99-53.99



**Earth's Own**  
**Oat Beverages**  
Select Varieties

**3.79**  
1.75L



**Donia Farms**  
**Grass Fed Milk**  
2% & 3.25%

**4.99**  
2L



**Canadian Heritage**  
**Organic Maple Syrup**  
Assorted Varieties

**11.99**  
500ml

**Riviera Petit Pot**  
**& Set Style Yogurt**



Select Varieties

**4.29**  
4 Pack



**Tree Island**  
**Grass Fed Yogurt**  
Assorted Varieties

**3.99**  
325 & 350g

**Spread'Em Almond Based Soft**  
**Cheeze & Cashew Buttery Spread**



Assorted Varieties

**6.99 7.99**  
227g Butter 200g Cheeze



**Tropicana Juice**  
Assorted Varieties

**2/8.00**  
1.54 & 1.75L • +deposit +eco fee

**Armstrong Cheese**

Assorted Varieties



**9.99**  
600g

**Avalon Organic Sour Cream**



**2.99 3.99**  
250ml 500ml



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

**4.49**  
400g



**Nature's Path Organic**  
**Frozen Waffles**  
Assorted Varieties

**2/7.00**  
210g



**Barney Butter**  
**Almond Butter**  
Assorted Varieties

**6.99**  
284g



**GluteNull Keto**  
**Cookies**  
Assorted Varieties

**6.99**  
210 & 220g

**Field Roast Vegan Chao Slices, Vegan**  
**Frankfurters & Sausages**  
Assorted Varieties



**4.99 5.99**  
Chao assorted sizes Frankfurters & Sausages assorted sizes



**Wildbrine Organic**  
**Kimchi & Sauerkraut**  
Assorted Varieties

**6.99**  
500ml



# DELI

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

Prices Effective  
November 19- 25, 2020.

## Beef Cabbage Rolls



3 for  
**6<sup>99</sup>**

## Choices Fresh Soups Assorted Varieties



**5<sup>99</sup>**  
650ml

## Summer Fresh Toppers Assorted Varieties



**4<sup>99</sup>**  
283g

## Alexis de Portneuf Cheese Assorted Varieties



**8<sup>99</sup>**  
300g

## Scalloped Potatoes Baked In-Store



**1<sup>69</sup>**  
/100g

## Choices 4.25" Shepherd's Pie



**4<sup>99</sup>**  
each

## Parmigiano- Reggiano Italian Cheese



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

## Bothwell Cheese Assorted Varieties



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

# CHOICES' OWN FRESHLY BAKED GOODS

## Keto Baked Goods:

Donut Bites, Coconut Muffins, & Roasted  
Pepper and Cheddar Cheese Cornbread



**3<sup>29</sup>-  
4<sup>29</sup>**  
assorted  
sizes

## Keto Puddings:

Blackberry Chia, Strawberry Raspberry  
Chia & Peanut Butter Chia



**3<sup>29</sup>**  
150g

## Party Size Cakes:

Carrot, Ganache, Decadent  
Chocolate & Tuxedo



**1<sup>2<sup>99</sup></sup>**  
600g

## Star of the Season

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. From November 15th to December 24th, the cashiers at your local Choices Markets will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, thanks to generous Choices customers like you, we were able to donate over \$45,000 towards this campaign. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season.

To learn more, visit [www.choicesmarkets.com](http://www.choicesmarkets.com)

I donated to  
**STAR of the SEASON**





# GROCERY



Bar Harbor  
Seafood Soups  
& Products  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 4.69-6.99

Wild Moon Organic  
Frozen  
Bone Broth  
Assorted Varieties



**7<sup>99</sup>**  
450ml



Alexia Frozen  
Potatoes  
& Onion Rings  
Assorted Varieties

**2<sup>99</sup>-3<sup>99</sup>**  
340-567g

Sol Cuisine Organic  
Frozen Vegan Appetizers  
Assorted Varieties



**4<sup>99</sup>**  
255-333g

Ocean's Pole & Line Tuna  
Assorted Varieties



**1<sup>99</sup> 3<sup>79</sup>**  
170g Flaked & Chunk Light 170g Albacore

Eden Organic  
Beans  
Assorted Varieties



**4<sup>49</sup>**  
796ml

Mezzetta  
Pasta Sauces  
Assorted Varieties



**5<sup>99</sup>**  
473ml & 709ml

Italpasta Pasta  
Assorted Varieties



**2/6<sup>00</sup>**  
assorted sizes

Maison Orphée  
Toasted Sesame Oil, &  
Extra Virgin Olive Oil  
Select Varieties



**8<sup>99</sup> 11<sup>99</sup>**  
500ml Sesame 750ml Olive Oils

Indian Life Snacks,  
Cooking Sauce &  
Frozen Entrées  
Assorted Varieties



**30% off**  
assorted sizes  
Regular Retail 4.29-7.39

# WELLNESS



Garden of Life  
mykind Organics  
Vitamins &  
Supplements  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 12.99-52.99



AOR Advanced  
B Complex

**37<sup>99</sup> 54<sup>99</sup>**  
90 Capsules 180 Capsules



Mad Hippie  
Natural Cosmetics  
& Facial Care  
Assorted Varieties

**15% off**  
assorted sizes  
Regular Retail 20.99-51.99



SISU Vitamins  
& Supplements  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail .79-69.99



New Roots Wild  
Oregano Oil C93  
Assorted Varieties

**9<sup>99</sup> 27<sup>99</sup>**  
15ml 50ml



Kaizen Proteins  
& Sports  
Supplements  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 15.49-49.99



Organika  
Bone Broth  
Protein Powder  
Chicken or Beef  
Original or Ginger

**31<sup>99</sup>**  
300g



Do Matcha  
Ceremonial  
Green Tea  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 1.99-44.99

Nordic Naturals Omega-3,  
Cod Liver Oil &  
Childrens Fish Oil  
Supplements  
Assorted Varieties



**25% off**  
assorted sizes  
Regular Retail 24.99-72.99

Gabriel Natural Cosmetics  
& Gabriel Kids Body Care  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 24.79-48.79



**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.