



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Organic Salads from Earthbound Farm in USA

3.98

142g

100% Grass Fed Organic Lean Ground Beef Value pack

9.99/lb
22.02kg

Local!

Farmcrest Non-GMO Roasted Chickens

13.99
each

Choices Fresh Rolls: Chicken, Tuna, Salmon & Roast Beef

5.49
each

Canadian Made Salad Dressings from Cedar Valley

4.98
275ml

Selections Assorted Varieties

Coho Fillets Previously Frozen

15.99/lb

Local!

Choices' Own Sourdough Multiseed & Wholesome Country Sourdough Bread

4.99
575 & 600g

Natural Factors and Whole Earth & Sea Vitamins & Supplements



Assorted Varieties

All Products on Sale!

20% off

assorted sizes
Regular Retail 3.79-82.99

Yoggu Dairy-Free Probiotic Yogurt

Assorted Varieties



7.49
500ml

Organic Traditions Superfood Products

Assorted Varieties



25% off

assorted sizes
Regular Retail 5.99-66.99

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

Prices Effective
January 7 - 13, 2021.

PRODUCE

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

**2 for
400**

**Star Ruby Grapefruit
from Florida USA**

**4 for
300**

**Organic Cara Cara Red
Navel Oranges from USA**

4.37/kg

**1 98
/lb**

**BC Grown Organic McIntosh
Apples from Sundance Farm**

3.26/kg

**1 48
/lb**

MEAT

**Boneless Skinless
Chicken Breasts**

Raised Without Antibiotics
Value Pack
24.23/kg

Local!

**10⁹⁹
/lb**

**Organic Boneless Skinless
Chicken Leg Meat**

27.54/kg

Local!

**12⁴⁹
/lb**

Boneless Pork Chops

Raised Without Antibiotics
Value Pack

15.41/kg

Local!

**6⁹⁹
/lb**

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

Value Pack
30.84/kg

**13⁹⁹
/lb**

Pinty's Eat Well

Assorted Varieties



**13⁹⁹-
15⁹⁹**

**Ground Lamb
from New Zealand**

27.54/kg

**12⁴⁹
/lb**

Sockeye Salmon Fillets

Previously Frozen
Value Pack
35.25/kg

**15⁹⁹
/lb**

**Nourish Yourself
Frozen Bone Broth**



**10⁹⁹
650ml**

**Wild Caught Ahi Tuna Loin
Steaks Sashimi Grade**

**5⁹⁹
6 oz**

GROCERY

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Arla Cream Cheese

Assorted Varieties



3⁹⁹
200g



Nuts to You Almond Butter

Assorted Varieties

14⁹⁹
735g



Nuts to You Organic Peanut Butter

Assorted Varieties

8⁹⁹
750g

Daiya Dairy-Free Cheese Slices, Shreds, Spreads & Blocks

Assorted Varieties



3⁹⁹
200-227g

Le Grand Plant Base Organic Cheese Spreads

Assorted
Varieties



4⁴⁹
227g

Udi's Gluten-Free Frozen Buns, Rolls & Muffins

Assorted Varieties



30% off
assorted sizes
Regular Retail 4.99-7.99



Bar Harbor Soup & Canned Seafood

Assorted Varieties

30% off
assorted sizes
Regular Retail 4.69-6.99



Better Than Pasta Organic Konjac Noodles & Pasta

Assorted Varieties

3⁹⁹
385g



Lundberg Nutrafarmed Rice

Assorted Varieties

3⁹⁹-6⁹⁹
assorted sizes



Earth's Choice Organic Beans

Assorted Varieties

2/5⁰⁰
398ml

Lightlife Plant Based Meat Alternatives

Assorted Varieties



2⁹⁹-4⁹⁹
assorted sizes

Wildbrine Organic Kimchi & Krauts

Assorted Varieties



6⁹⁹
500ml



Bragg Organic Apple Cider Vinegar & Soy Seasoning

4⁹⁹ 5⁹⁹
473ml Soy Apple Cider Vinegar



Primal Kitchen Condiments, Dressings & Oil

Assorted Varieties

30% off
assorted sizes
Regular Retail 7.59-19.99



Cape Herb & Spice Tall Grinders Salt & Pepper

Select Varieties

6⁹⁹-10⁹⁹
assorted sizes



Que Pasa Organic Tortilla Chips (Including Grain-Free) & Salsa

Assorted Varieties

2/7⁰⁰ 2/8⁰⁰
assorted sizes
Chips & Salsa
assorted sizes
Grain-Free Chips



Bremner's 100% Juice

Assorted Varieties

30% off
946ml • +deposit +eco fee
Regular Retail 9.99-14.99



Seventh Generation Natural Dish Soap

Select Varieties

2/7⁰⁰
739ml

GROCERY



Riviera Petite
Style & Pot
Style Yogurt
Assorted Varieties

4.49

4 Pack



Avalon Organic
Probiotic Yogurt
Assorted Varieties

4.49 8.99

650g

1.75kg



Olympic Organic Kefir
Assorted Varieties

8.99

2L



Danone
Activia Yogurt
Assorted Varieties

2/7.00

650g



Danone Natural Yogurt & Danone
Activia Yogurt
Assorted Varieties

3.99 6.99

650g Natural

12 Pack Activia

Faith Farms Cheese
Assorted Varieties



5.49

360 & 380g



Dairyland
Lactose Free Milk
Assorted Varieties

4.99

2L



Silk Dairy-Free
Beverages & Creamers
Assorted Varieties

2/5.00 4.49

473ml Creamers

1.89L Beverages



Califia Better Half
Dairy-Free Creamers
Original or Unsweetened

2/7.00

500ml



Silver Hills Sprouted
Power Soft Wheat
English Muffins

4.49

510g



Traditional Medicinals
Organic Herbal Tea
Assorted Varieties

4.49

20 Tea Bags



Kicking Horse
Organic Fair Trade
Whole Bean Coffee
Assorted Varieties

12.99

454g



Barbara's
Puffins Cereal
Assorted Varieties

2/7.00

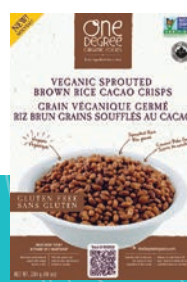
283-312g



Terra Breads Granola
Assorted Varieties

5.99-7.99

340-454g



One Degree Organic
Cereal, Oatmeal,
Granola & Flour
Assorted Varieties

30% off

assorted sizes

Regular Retail 5.49-8.79



Canadian Heritage
Organic Maple Syrup
Assorted Varieties

11.99

500ml



Elias Honey
Assorted Varieties

5.99

500g Creamed Tub
& Liquid Squeeze

6.49

500g Creamed Raw

Stahlbush Island Farm Frozen



Berries
Assorted Varieties

4.49

227-300g

DELI

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Choices Egg Bites

Assorted Varieties



179
85g

Choices Organic Cheese

Assorted Varieties



379-579
100g

Summer Fresh Hummus Toppers

Assorted Varieties



499
283g

Imported Swiss Emmental or Gruyere Cheese



449-549
100g

Choices Ready to Eat Green Salads



449-799

Choices Artisan Roast Beef, Turkey or Ham Sandwiches



899
each

Sunflower Kitchen Soup

Assorted Varieties



799
925ml

CHOICES' OWN FRESHLY BAKED GOODS

Morning Glory Vegan Muffins



339
Mini
4 Pack

549
Regular
4 Pack

Classic Cookies

All Butter Chocolate Chunk, Oatmeal
Cranberry, Birds Nest & many more varieties



499
200g

Keto Chocolate

Coconut Fat Bombs

Chocolate Decadence Without the Guilt!



699
6 Pack

Online Video Seminars:

NEW! Watch our recorded seminars on YouTube.
Visit choicesmarkets.com for more info.

Wednesday, January 13th | 7:00-8:30 pm

SOS: Stress or Sleep Trouble? How to Break Through and Feel Energized Again

with Shannon, BSc. Vitality's Educator

Join Shannon to discuss energy zappers and learn lifestyle & supplement tips to help you de-stress and feel refreshed. **Please note this is a sponsored event.**

Free Event. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed.

Bulk Foods Now Open!

With 80% of our items
now **ORGANIC!**



GROCERY



Skinny Pop
Popcorn
Assorted Varieties

2/6⁰⁰
125-150g



Eve's
Crackers
Assorted Varieties

6⁹⁹
108g

Edward & Son's Rice
Toast & Rice Snaps
Assorted Varieties



2/6⁰⁰ 3⁹⁹
65g Toast 100g Crisps



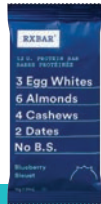
Plum-M-Good
Organic Rice
Thins & Cakes
Assorted Varieties

2/5⁰⁰ 2/7⁰⁰
95g Rice Thins 130g Rice Cakes



Clif Energy Bars
Assorted Varieties

5/5⁰⁰
68g



RXBar
Energy Bars
Assorted Varieties

2/5⁰⁰ 2/7⁹⁹
52g Bar 12 Pack



Kind Healthy
Grain Bars,
Breakfast Bars
& Clusters
Assorted Varieties

3⁹⁹ 4⁹⁹
Healthy Grain or Breakfast Bars 312g Clusters



Ginger People
Candies, Spreads
& Marinades
Assorted Varieties

30% off
assorted sizes
Regular Retail 2.29-8.99



Rise Organic
Kombucha
Assorted Varieties

5⁹⁹
1L
+deposit +eco fee



The Cultured
Coconut
Probiotic

18⁹⁹
460ml

WELLNESS



New Roots
Vitamin C8
Assorted Varieties

25% off
assorted sizes
Regular Retail 1.79-44.99



Garden of Life
Dr. Formulated
Probiotics
Assorted Varieties

20% off
assorted sizes
Regular Retail 24.49-53.99



St. Francis
Herb Farm
Herbal Tinctures
Assorted Varieties

20% off
assorted sizes
Regular Retail 18.99-38.99



Kaizen Proteins
& Sports
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 15.49-49.99



Flora Udo's
Choice 3.6.9
Blend & DHA
Oil Blend
Assorted Varieties

20% off
assorted sizes
Regular Retail 18.49-49.99



CanPrev
Vitamins &
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 15.99-47.49



Bio-K Plus Probiotics
Assorted Varieties

19⁹⁹ 21⁹⁹
6 Pack Dairy 6 Pack Rice or Soy



BioSil, Medi-C,
Sealicious &
Vegiday Vitamins
& Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 10.99-86.49



Organika
Bone Broth
Protein Powder
Chicken or Beef
Original or Ginger

32⁹⁹
300g



Ener-C Effervescent
Vitamin C
Drink Mix
Assorted Varieties

10/5⁰⁰ 13⁹⁹
Single Sachet 30 Pack



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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.