



BUY ONE GET ONE FREE!

100% BC OWNED AND OPERATED

Organic Pork Back Ribs

Previously Frozen
Regular Retail 9.07lb/19.99kg

**BUY 1
GET 1
FREE**

Choices Fresh Soup

650ml
Regular Retail 7.49

**BUY 1
GET 1
FREE**

Choices' Own Whole Wheat Bread

530g
Regular Retail 5.99

**BUY 1
GET 1
FREE**

CALIENTE Fresh Raw Vegan & Keto Hot Sauces from BC Jalapeno, Chipotle & Habanero

Assorted Varieties • 153ml
Regular Retail 9.98

**BUY 1
GET 1
FREE**



New to
Choices

Grimm's Mini Peps

Original, Hot & Honey Garlic
300g • Regular Retail 9.99

**BUY 1
GET 1
FREE**



Dr. Bronner's All-One Organic Toothpaste

Assorted Varieties • 140g
Regular Retail 9.29

**BUY 1
GET 1
FREE**



Love Good Fats Keto Bars

Select Varieties • 39-40g
Regular Retail 2.99

**BUY 1
GET 1
FREE**



Field Roast Plant Based Frozen Entrées, Sausages & Corn Dogs

Select Varieties • Assorted Sizes

Regular Retail 8.99



**BUY 1
GET 1
FREE**

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

Prices Effective
January 14 - 20, 2021.

PRODUCE

**Fair Trade Organic Long
Seedless Cucumbers
from Mexico**

2⁹⁸
each

**Fair Trade Organic Red
Grape Cherry
Tomatoes
from Mexico**

3⁹⁸
1 Pint

**Organic California Grown
Large Pomelo**

2⁹⁸
each

**Green & Red Seedless
Grapes Imported**

2⁹⁸
/lb

**Organic Large Navel
Oranges from USA**

1⁴⁸
/lb

MEAT

Ground Pork
Raised Without Antibiotics
11.00/kg

Local!

4⁹⁹
/lb

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

Value Pack
30.84/kg

13⁹⁹
/lb

**Marinated Boneless
Skinless Chicken Breasts**

Lemon Citrus, Rosemary Herb
& Sweet Chili
Raised Without Antibiotics
24.23/kg

Local!

10⁹⁹
/lb

Fresh Arctic Char Fillets
41.87/kg

Local!

18⁹⁹
/lb

Stapleton Frozen Sausages
Assorted Varieties

Local!

**10%
off**

Choices Whole Chickens
Raised Without Antibiotics
8.80/kg

Local!

Fresh Tilapia Fillets
30.84/kg

13⁹⁹
/lb

**Lamb Rib Chops
from New Zealand**
61.71/kg

27⁹⁹
/lb

3⁹⁹
/lb

GROCERY

Physical Distancing: Please remain 2 metres from others. | Prices Effective
One customer using the checkout belt at a time. Thank you. | January 14 - 20, 2021.



L'Ancetre
Organic Cheese
Slices & Shreds

Assorted Varieties

30% off

assorted sizes
Regular Retail 5.29-9.99



Parmela Creamery
Nut Based Cheese
Shreds & Slices

Assorted Varieties

4⁹⁹

198g

Saputo Feta Cheese



Regular or Light

2/7⁰⁰

200g

Liberté Skyr Yogurt



Assorted Varieties

3⁹⁹

500g



Olympic Yogurt

Select Varieties

2/7⁰⁰ 2/8⁰⁰

650g
Natural

650g Organic,
Krema & Greek



Armstrong
Cheese Snacks

Assorted Varieties

4⁴⁹

10 Pack, 210g

Yoso Coconut & Almond



Based Yogurt

Assorted Varieties

3⁹⁹ 4⁴⁹

440g Coconut 440g Almond

Daiya Dairy-Free Yogurt, Dressings,
Frozen Burritos & Cheezecakes



Assorted Varieties

30% off

assorted sizes
Regular Retail 2.19-9.99



Happy Planet Organic
Grass Fed Milk

5⁹⁹

1.5L 2% & 3.5%

6⁹⁹

1.5L Cream Top



Earth's Own
Oat Beverages

Assorted Varieties

3⁹⁹

1.75L



Silk True Almond Beverages

Assorted Varieties

2/5⁰⁰

946ml



Malk Organic Dairy-Free
Oat & Almond Beverages

Assorted Varieties

5⁴⁹

946ml



Nature's Path
Organic
Eco Pac Cereal

Assorted Varieties

8⁹⁹

assorted sizes



Rawcology Raw
Crunch Granola

Assorted Varieties

6⁹⁹

200g



Nature's Path Organic
Grain Free Granola

Select Varieties

5⁴⁹-6⁴⁹

assorted sizes



Anita's Organic
Pancake Mixes & Oats

Assorted Varieties

30% off

assorted sizes
Regular Retail 7.99-14.99



Uncle Luke's
Organic Maple Syrup

Assorted Varieties

20⁹⁹

1L



Capilano Honey

Assorted Varieties

6⁹⁹-10⁹⁹

375g

GROCERY



Sprague Organic
Canned Soup
Assorted Varieties

2/6⁰⁰
398ml



Karine & Jeff Soup
Assorted Varieties

6⁹⁹ 10⁹⁹
500ml 1L

Earth's Choice Organic



Canned Tomatoes
Assorted Varieties

2⁹⁹ 3⁹⁹
398ml 796ml



Prairie Harvest
Organic Pasta Sauce
Assorted Varieties

4⁹⁹
705ml



Eden Organic Beans
Assorted Varieties

2/6⁰⁰
398ml



Cha's Organic
Coconut Milk & Cream
Assorted Varieties

2/7⁰⁰
400ml



Berio Extra
Virgin Olive Oil

8⁹⁹ 11⁹⁹
250ml Organic 750ml Conventional



Fody Low
FODMAP Pasta
Sauces & Condiments
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-7.99



Sunrise Tofu

1²⁹ 1⁹⁹
300g Soft 454g Medium



Bonne Maman
Jam
Assorted Varieties

4⁹⁹
250ml



Little Northern
Bakehouse Gluten-Free Loaf
Assorted Varieties

4⁹⁹
454-482g

Beyond Meat Plant Based Burger



5⁹⁹
226g

Earthbound Farm Organic



Frozen Vegetables
Assorted Varieties

2/6⁰⁰
300-400g

Earthbound Farm Organic



Frozen Fruit
Assorted Varieties

2/8⁰⁰
300g



Eville Frozen
Smoothie Cubes
Assorted Varieties

7⁹⁹
405g

Level Ground Organic



Fair Trade
Coffee & Tea
Assorted Varieties

5⁴⁹ 7⁹⁹
70g Tea 300g Coffee

Pukka Organic Tea



Assorted Varieties

4⁹⁹
20 Sachets

Kicking Horse Organic



Fair Trade
Ground Coffee
Assorted Varieties

8⁹⁹
284g



Silver Hills
Fresh Sprouted
Power Bread
Assorted Varieties

2/8⁰⁰
assorted sizes

DELI

Physical Distancing: Please remain 2 metres from others. | Prices Effective
One customer using the checkout belt at a time. Thank you. | January 14 - 20, 2021.

Summer Fresh Hummus Snack'n go!

Assorted Varieties • 82g
Regular Retail 2.99

**BUY 1
GET 1
FREE**



Baked Veggie Samosas



**2 for
400**
115g

Habibi's Family Size Hummus

Assorted Varieties



6.99
each

Arla Cheese Slices

Assorted Varieties



5.99
165g

Choices Curry Entrées

Assorted Varieties



**4.99-
8.99**

NEW! Choices Savoury Half Pies

Assorted Varieties



3.99
each

Parmesan Reggiano Cheese



4.99
/100g

Choices Natural Turkey or Ham



**3.29-
4.99**
/100g

Tre Stelle Feta Cheese Slices or Crumbled



5.99
150-200g

CHOICES' OWN FRESHLY BAKED GOODS

Alternative Flour Muffins:

Blueberry Lemon
& Apple Cinnamon



4.49
4 Pack

Purple Yam & Chia Boule



4.99
400g

Keto Desserts:

Donut Bites, Roasted Pepper
& Cheddar Corn Bread
& Coconut Muffins



**3.39-
4.29**
3-6 Pack

6" Pies:

Apple, Peach Medley &
Berry Rhubarb



5.99
each

Online Video Seminars:

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

Wednesday, January 20th | 7:00-8:30 pm

**Heal Your Past: How to Take Control of Your life Using EMDR
(Eye Movement Desensitization and Reprocessing) Therapy**

with Tricia Veltri, MCC,BA,BEd.

Join Tricia from Core Level Healing to learn about how to heal your past using EMDR Therapy.

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



Beanfields
Bean Chips
Assorted Varieties

3⁹⁹
156g



Simply 7
**Quinoa &
Lentil Chips**
Assorted Varieties

2/7⁰⁰
assorted sizes

Hippie Snacks
**Avocado, Cauliflower &
Almond Crisps**
Assorted Varieties



3⁹⁹
70g



Suzie's
Thin Rice Cakes
Assorted Varieties

2/6⁰⁰
130-155g

Hornby Organic
Energy Bars
Assorted Varieties



2/5⁰⁰
80g



Theobroma
Organic
Chocolate Bars
Assorted Varieties

2/7⁰⁰
80g

Wise Bites Gluten-Free
Vegan School Safe Cookies,
Muffins, Bites
& Bars
Assorted Varieties



249-6⁹⁹
assorted sizes



Earth's Choice
Organic
Peanut Butter
Assorted Varieties

549
500g



GT's Organic
Raw Kombucha
Assorted Varieties

2⁹⁹
480ml • +deposit +eco fee



Greenhouse
Organic Cold
Pressed Juice
Assorted Varieties

549
300ml • +deposit +eco fee

WELLNESS



Botanica Perfect
Proteins & Greens
Superfood
Powders
Assorted Varieties

48⁹⁹ 33⁹⁹
629-840g 154-216g
Perfect Proteins Greens



Natural Factors
Immune Support
Supplements
Select Varieties

20% off
assorted sizes
Regular Retail 12.49-39.99



Renew Life
Probiotics
Select Varieties

20% off
assorted sizes
Regular Retail 17.49-72.99



Nuun Hydration
Electrolytes Sport,
Boost, Immunity &
Vitamin Tabs
Assorted Varieties

8⁹⁹
10 Tabs



Nature's
Way Herbal
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 11.99-35.49



Natural Calm
Magnesium
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 15.49-54.99



AOR Vitamins
& Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 29.99-122.99

Progressive Vitamins
& Supplements



Assorted Varieties

20% off
assorted sizes
Regular Retail 15.79-72.99

All Products on Sale!

Suro Organic Elderberry
Syrup & Tincture
Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 11.79-25.49

Vega One All-in-One
Nutritional Shakes
Assorted Varieties



49⁹⁹
827-876g

See In-store for more Vega One Products on Sale!



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.