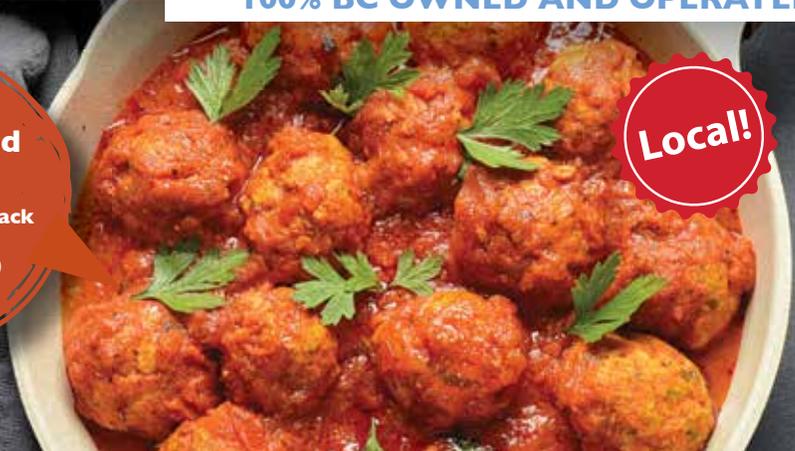




SPRING SAVINGS!

100% BC OWNED AND OPERATED

Organic Lean Ground Beef
Grass Fed, Value Pack
9.99/lb
22.02/kg



Local!

Choices Hot Soup



2 for 8.00
16 oz

Long Seedless Organic Cucumbers
First of the Year!
From Origin Organics in Delta



3.98
each

Local!

Organic Russet Potatoes
From Fraserland Farm in Delta



2.98
2.27kg bag each

Local!

Organic Table Carrots
From Fountainview Farm in Lillooet



7.98
2.27kg bag each

Local!

Ribeye Steaks
Grass Fed, Value Pack
From Australia **35.25/kg**



15.99
/lb

Choices' Own Breads
Rosemary Sea Salt Spring Sourdough Bread, Purple Yam Chia Boule & Beer Bread



4.99
300-400g

Organic Dried Mango
Bulk & Prepackaged



20% Off

Choices Wraps
Ready to Eat Assorted Varieties



7.99
each

Desert Essence Body Care Products
Assorted Varieties



25% off
assorted sizes
Regular Retail 3.99-20.49

New Chapter Herbal Supplements
Assorted Varieties



25% off
assorted sizes
Regular Retail 25.99-57.99

Hardbite Natural Potato Chips
Assorted Varieties



2/4.00
128-150g

LA Croix Natural Sparkling Water
Assorted Varieties



5.49
8 Pack • +deposit +eco fee

Physical Distancing: Please remain 2 metres from others. One customer using the checkout belt at a time. Thank you. | Prices Effective March 4 - 10, 2021

PRODUCE

Organic Ataulfo Mangoes

From Mexico

2/
300

Organic Strawberries

From USA

698
454g

Large Ruby Grapefruits

From Florida

198
each

MEAT

Boneless Skinless Chicken Breast

Raised Without Antibiotics
Value Pack
24.23/kg

Local!

1099
/lb

Butterfly Marinated Chicken

Local!

999
each

Boneless Pork Loin Chops

Raised Without Antibiotics
Value Pack
15.41/kg

Local!

699
/lb

Smoked Duck Breast

44.07/kg

Local!

1999
/lb

Spring Lamb Loin Chops

from New Zealand

30.84/kg

1399
/lb

Sockeye Salmon Fillets

Previously Frozen

from USA

39.66/kg

1799
/lb

Smoked Duck Sausages

35.25/kg

Local!

1599
/lb

Siwin Potstickers & Dumplings

599

454 & 500g

GROCERY

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Savör Grass Fed Butter

Salted or Unsalted



4⁴⁹
250g

Earth Balance Dairy-Free Spreads

Assorted Varieties



30% off
assorted sizes
Regular Retail 6.99-15.99

Faith Farms Cheese

Assorted Varieties



5⁴⁹
360-380g



**Blue Diamond
Almond Breeze**
Assorted Varieties

3⁹⁹
1.89L



**Silk True
Almond Beverages**
Assorted Varieties

2/5⁰⁰
946ml

Tre Stelle Mozzarella Cheese Ball



5⁹⁹
340g



**Liberté
Classic Yogurt**
Assorted Varieties

2/6⁰⁰
650g

**DanActive Drinkable Yogurt or
Activia Yogurt**
Assorted Varieties



5⁴⁹ 6⁹⁹
8 Pack DanActive 12 Pack Activia Yogurt

Bremner's Organic Frozen Berry Blend & Blueberries



16⁹⁹
1.5kg



**Nature's Path
Organic Cereal**
Assorted Varieties

4⁷⁹
assorted sizes



Bob's Red Mill Flour
Select Varieties

30% off
assorted sizes
Regular Retail 6.29-14.99

**Nature's Nuts Organic Peanut Butter
or Almond Butter**
Assorted Varieties



4⁹⁹ 12⁹⁹
500g Peanut Butter 340g Organic Almond Butter

**Earth's Choice Organic
Rainforest Alliance
Certified Coffee**
Assorted Varieties



8⁹⁹
340g



Celestial Seasonings Tea
Assorted Varieties

2/6⁰⁰
18-20 Tea Bags

**Well Juicery Cold Press
Juice, Lemonade & Elixir**
Assorted Varieties



2/5⁰⁰ 4⁷⁹
60ml Elixir 333ml Juice & Lemonade
+deposit +eco fee +deposit +eco fee

**Prana Organic Trail
Mix, Nut Mix and
Chic Choc Bites**
Assorted Varieties



30% off
assorted sizes
Regular Retail 2.49-8.99



Grizzly Paw Soda
Assorted Varieties

2/4⁰⁰
341ml • +deposit +eco fee



**Good Juju
Laundry Detergent
Eco-Strips**
2 Varieties

10⁹⁹
30 Pack

GROCERY



Annie's Homegrown Mac & Cheese
Assorted Varieties

2/4⁰⁰
149-170g



Rustichella Pasta
Assorted Varieties

4⁹⁹
500g



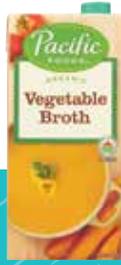
Artesian Acres Kamut Pasta
Assorted Varieties

2/7⁰⁰
454g



Nona Vegan Pasta Sauces
Assorted Varieties

6⁴⁹
300ml



Pacific Organic Broth
Assorted Varieties

3⁹⁹
946ml-1L



Sprague Organic Soup
Assorted Varieties

2/6⁰⁰
398ml



Very Good Butcher Vegan Meat Alternatives
Assorted Varieties

30% off
200-432g
Regular Retail 6.99-10.99



Stella's Gluten-Free Frozen Perogies
Assorted Varieties

7⁹⁹
520g



Comensoli Gluten-Free Vegan Pizza
Assorted Varieties

11⁹⁹
664-800g



Old Dutch Potato Chips
Select Varieties

2/6⁰⁰
assorted sizes



Enercheez Cheddar Snacks
Assorted Varieties

4⁹⁹
70g



RW Garcia Crackers
Assorted Varieties

4⁹⁹
155-180g



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

2/5⁰⁰ 2/7⁰⁰
95g Rice Thins 130g Cakes



Tate's Gourmet Cookies
Assorted Varieties

5⁴⁹
198g

Organic Meadow Ice Cream
Assorted Varieties



6⁹⁹
946ml



Clif Nut Butter Filled Bars & Whey Protein Bars
Assorted Varieties

2/3⁰⁰ 2/4⁰⁰
50g Nut Butter Filled 56g Whey Bars



Theobroma Organic Chocolate Bars
Assorted Varieties

2/4⁰⁰ 2/7⁰⁰
35g 80g

GoMacro Energy Bars
Assorted Varieties



2/6⁰⁰
65-71g

DELI

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Choices Chicken Bites

Cajun or Italian



649
each

Black Forest Ham



219
/100g

Arla Cheese Slices

Assorted Varieties



599
165g

Tre Stelle Reggiano Grana Padano or Romano Cheese



999-1099
200g

Dolmades



try with
Krino's
Tzatziki!

499
1 Dozen
Dolmades

149
/100g
Tzatziki

Le Grand Pestos & Chimichurri



2 for 1000

Summer Fresh Hummus Toppers

Assorted Varieties



549
255g

Shepherd Gourmet Cow or Sheep Feta



599-799
200g

CHOICES' OWN FRESHLY BAKED GOODS

Party Size Cakes

Carrot, Decadent Chocolate, Ganache & Tuxedo



1199
600g

Premium Cookies

The Brownie, Almond Crunch, Salted Tahini Chocolate Chunk and Peanut Butter Nests



599
6 Pack

Keto Baked Goods

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



329-399
6 Pack

MAKING LOCAL CHOICES

Silver Hills Organic Sprouted Power Bread

Assorted Varieties



399
680g

Carbonaut Bread Seeded or White



499
544g

Little Northern Bakehouse Organic Loaf

Original, Ancient Grain or Oatmeal



499
455 & 494g

GROCERY



**Cape Herb & Spice
Table Top Spices**
Assorted Varieties

30% off
assorted sizes
Regular Retail 6.79-16.99



**Koop's
Organic Mustard**
Assorted Varieties

2/6⁰⁰
325ml



**Halvana Hummus
or Tahini Squeeze**
Assorted Varieties

279 499
175g Hummus 300ml Tahini



**Food For Life Gluten-Free
Bread & Ezekial Organic
Gluten-Free Bread**
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.99-10.99

**Artisan Bake Shoppe
Cheese Buns**



399
4 Pack



**Wise Bites Quinoa Super
Cookies, Muffins
& Bars**
Assorted Varieties

249 699
cookies & muffins 75-120g
bars & muffins 300-340g

WELLNESS



**Natural Factors
Immune Support
Supplements**
Select Varieties

20% off
assorted sizes
Regular Retail 12.99-41.99



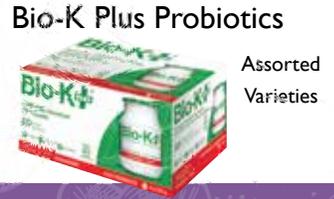
**Garden of Life
Proteins & Sport
Nutrition Products**
Assorted Varieties

20% off
assorted sizes
Regular Retail 44.99-68.99



**Platinum Naturals
Multivitamins**
Assorted Varieties

20% off
assorted sizes
Regular Retail 27.99-99.99



Bio-K Plus Probiotics
Assorted Varieties

1999 2199
6 Pack Dairy 6 Pack Rice or Soy



**Sealicious
Omega-3 Fish Oil**
Select Varieties

2299 3599
250ml 500ml



Boiron Oscilloccinum

1249 3199
6 Dose 30 Dose

Online Choices



**Coming Soon
choicesmarkets.com**



**Allimax
Allicin Extract
from Garlic**

2599 5999
30 Capsules 90 Capsules



**CanPrev
Collagen & Beauty
Supplements**
Assorted Varieties

20% off
assorted sizes
Regular Retail 12.99-43.99



**Bach Flower
Remedies**
Assorted Varieties

25% off
assorted sizes
Regular Retail 5.49-18.99



**Thinksport
& Thinkbaby
Body Care**
Assorted Varieties

20% off
assorted sizes
Regular Retail 5.29-38.99



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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

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