



ST. PATRICK'S DAY

100% BC OWNED AND OPERATED



Corned Beef

1.99/lb

26.43kg

Yukon Gold Potatoes
from BC

2.98

2.27kg

Celebrate St. Patrick's Day with Choices' Own Goodies:

Irish Cream Cake, Shortbread Pistachio Cookies, Dark Chocolate Cupcakes & Shamrock Cookies



4.99

Cupcakes & Pistachio Cookies

1.69

180g Shamrock Cookies



8.99

Irish Cream Cake

Organic Green Cabbage

from the USA

2.16kg

.98
/lb

Rosstown Roasted Chickens



9.99

each

Organic Trail & Nut Mixes

Bulk & Prepackaged



20% Off



Kicking Horse Organic Fair Trade Whole Bean Coffee

Assorted Varieties

12.99

454g



Nuts to You Organic Almond Butter

Crunchy or Smooth

10.99

365g

Prairie Naturals Superfoods

Assorted Varieties



20% off

assorted sizes
Regular Retail 26.99-48.99

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

Prices Effective
March 11 - 17, 2021

PRODUCE

Bunch Spinach
From Cal Organics, USA

2/400



Organic Blueberries
From Mexico

3.98
170g



Organic Pink Lady Apples
From Nature's First Fruit Cawston, BC

5.98
1.36kg



Clementine Mandarin Oranges
From USA

3.98
907g



MEAT

Lean Ground Bison
33.05/kg

14.99
/lb



Ground Pork
Raised Without Antibiotics
11.00/kg

Local!

4.99
/lb



Bacon
No Nitrates Added
24.23/kg

Local!

10.99
/lb



Coho Salmon Fillets
Previously Frozen
44.07/kg

Local!

19.99
/lb



Annasea Tuna Poke Kits

12.99
10 oz Kit



Thomas Reid Whole Organic Chickens
13.21/kg

Local!

5.99
/lb



Beef Sirloin Tip Steaks
Grass Fed, Value Pack from Australia
17.61/kg

7.99
/lb



Ahi Tuna Steaks
Sashimi Grade, Previously Frozen

5.99
6 oz



Chicken Legs
Boneless Skinless
Raised Without Antibiotics
19.82/kg

Local!

8.99
/lb



Pinty's Eat Well Chicken
Nuggets & Strips

13.99-15.99
810g



Fresh Tilapia Fillets
30.84/kg

13.99
/lb



GROCERY

Physical Distancing: Please remain 2 metres from others. | Prices Effective
One customer using the checkout belt at a time. Thank you. | March 11 - 17, 2021



Paqui Tortilla Chips
Assorted Varieties

2/7⁰⁰
155g



**Old Dutch Restaurant
Tortilla Chips & Salsa**
Assorted Varieties

2/7⁰⁰
Assorted Sizes

La Preferida Organic Salsa
Assorted Varieties



4⁹⁹
492ml

Glutino Gluten-Free Products
Assorted Varieties



30% off
assorted sizes, Regular Retail 5.49 - 8.99



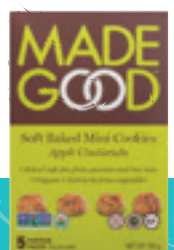
**FreeYumm
Gluten-Free
Bars & Crackers**
Assorted Varieties

2/7⁰⁰
120g - 135g



**Real Foods
Organic Corn Thins**
Assorted Varieties

2/5⁰⁰
150g



**Made Good Gluten-
Free Bites, Bars,
Cookies & Granola**
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.99 - 6.49

Simply Protein Bars

Assorted Varieties



2/4⁰⁰
40g



Perfect Bar
Assorted Varieties

2/6⁰⁰
65g - 71g



**Barbara's
Puffins Cereal**
Assorted Varieties

2/7⁰⁰
283g - 315g



**Lily's
Stevia Sweetened
Chocolate Bars**
Assorted Varieties

3⁹⁹
80g - 85g



**Whittaker's
Chocolate Bars**
Assorted Varieties

4⁴⁹
200g - 220g



**Nora's Cashew
Based Frozen
Dessert**
Assorted Varieties

6⁹⁹
473ml

Breyers Classic Ice Cream

Assorted Varieties



4⁹⁹
1.66L

**Blue Monkey
Coconut Water & Sparkling Juice**

Assorted Varieties



2/4⁰⁰
330ml - 520ml
+deposit +eco fee



Bremner's 100% Juice
Assorted Varieties

30% off
946ml, +deposit +eco fee
Regular Retail 9.99 - 16.99



Ceres 100% Juice
Assorted Varieties

2/6⁰⁰
1L
+deposit +eco fee



**GT's Alive or
Organic Raw
Kombucha**
Assorted Varieties

2/7⁰⁰
480ml
+deposit +eco fee

GROCERY



Liviva
Organic Bean Pasta
Assorted Varieties

4.49
200g - 400g



NuPasta Gluten-Free Organic
Konjac Pasta
Assorted Varieties

3.49 210g Conventional
3.99 210g Organic



Lotus Foods
Organic Thai
Rice Noodles
Assorted Varieties

4.99
227g



Amy's Organic Soup
Assorted Varieties

2/6.00
398ml

Better Than Bouillon Bases



Assorted Varieties

30% off
227g
Regular Retail 8.99 - 11.49

Eden Organic Beans



Assorted Varieties

4.49
796ml



Cha's Organics
Fair Trade Spices
Assorted Varieties

30% off
Assorted Sizes
Regular Retail 3.99 - 12.79



Indianlife Snacks,
Sauces & Frozen Meals
Assorted Varieties

30% off
Assorted Sizes
Regular Retail 4.29 - 11.99



Frontera Mexican Salsa,
Cooking Sauces &
Guacamole Mix
Assorted Varieties

30% off
Assorted Sizes
Regular Retail 3.29 - 5.89

Safe Catch Canned Tuna or Salmon

Assorted Varieties



30% off
142g Regular Retail 4.99 - 6.99

Holy Napoli Frozen Pizza



Assorted Varieties

7.99
365g - 425g

Earthbound Farm Organic
Frozen Vegetables



Assorted Varieties

2/6.00
300g - 400g

Silver Hills Organic



Sprouted Power
Tortilla Wraps
Assorted Varieties

3.99
255g



Silver Hills
Sprouted Power
Fresh Bread
Assorted Varieties

2/8.00
Assorted Sizes



Choices
Sprouted Vegan
Cookies

4.99
312g



Nature's Path
Organic Frozen
Waffles
Assorted Varieties

2/7.00
210g

Canadian Heritage Organic
Maple Syrup



Assorted Varieties

11.99
500ml

Bob's Red Mill Almond
or Organic
Coconut Flour



Assorted Varieties

4.99 453g Coconut Flour
9.99 453g Almond Flour

DELI

Physical Distancing: Please remain 2 metres from others. | Prices Effective
One customer using the checkout belt at a time. Thank you. | March 11 - 17, 2021

Irish Cheese

Assorted Varieties

8⁹⁹

200g

Prosciutto & Salami

Italian Sliced
Assorted Varieties

8⁹⁹

100g

Boursin Cheese

Assorted Varieties

6⁹⁹

150g

Gouda Cheese

Assorted Varieties

4⁴⁹

/100g

Choices Mexican Entrees

Burritos, Quesadillas
& Fajitas

4⁹⁹-
6⁹⁹

Choices Salads

Family Size

10⁹⁹-
12⁹⁹

Choices Lemon Herb Potatoes, Savoury Mexi Wedges or Yam Wedges

1²⁹

/100g

Castello Cheese

Cheddar, Havarti
or Gouda Wedges

6⁹⁹

200g

Castello Blue Cheese Wedges

5⁹⁹

125g

CHOICES' OWN FRESHLY BAKED GOODS

Sourdough Bread



4⁹⁹

530g



March 14 is Pi Day!

9" Pies Apple, Peach Medley & Berry Rhubarb



10⁹⁹

each

Morning Glory Vegan Muffins

4 pack



3²⁹

Mini

5⁴⁹

regular



Online Choices

The future of shopping at Choices is nearly here. Soon you'll be able to click & collect on hundreds of the best local, organic and specialty food items on our new online store!

Coming soon.

choicesmarkets.com



GROCERY



**Mainland
Grass Fed
Cheese**

4⁹⁹ 5⁹⁹
198g sharp vintage

**Tree Island Natural
Grass Fed Yogurt**



10⁹⁹
1.5kg

**Happy Planet
Organic Grass
Fed Milk**



5⁹⁹ 6⁹⁹
1.5L 2% & 3.25% 1.5L Cream Top

**Chobani Oat
Yogurt & Oat
Beverages**
Assorted Varieties



2/500 3⁹⁹
Beverages 946ml 454g Yogurt

**Doi Chaang
Organic Fair Trade
Whole Bean Coffee**
Assorted Varieties



9⁹⁹ - 10⁹⁹
340g

**Armstrong
Cheese**
Assorted Varieties



9⁹⁹
600g

**Avalon
Organic
Probiotic Yogurt**
Assorted Varieties



3⁹⁹ 8⁹⁹
650g 1.75kg

**Olympic
Organic Kefir**
Assorted Varieties



8⁹⁹
2L

**Stash
Premium Tea**
Assorted Varieties



3⁹⁹
18 - 20 Tea Bags

**Elias Liquid Honey
Bear Bottle or
Organic Creamed
Honey**



4⁹⁹ 8⁹⁹
375g Bear Bottle 375g Creamed Honey

WELLNESS



**AOR Vitamins &
Supplements**
Assorted Varieties

20% off
assorted sizes
Regular Retail 29.99-122.99



**Vega Protein &
Greens**
Assorted Varieties

28⁹⁹
586-618g

**Natural Factors
CurcuminRich
Theracurmin Supplements**
Assorted Varieties



20% off
assorted sizes
Regular Retail 24.99-80.99

**Smart Solutions - Lorna
Vanderhaeghe Vitamins
and Supplements**
Assorted Varieties



20% off
assorted sizes
Regular Retail 1.49-96.99

**New Roots
Wild Oregano
Oil C93**
Assorted Varieties



9⁹⁹ 27⁹⁹
15ml 50ml

**Renew Life Cleanse Kits
or Fibre
Supplements**
Assorted Varieties



25% off
assorted sizes
Regular Retail 24.99-46.99



**Purica
Vitamins and
Supplements**
Assorted Varieties

20% off
assorted sizes
Regular Retail 1.49-134.49

**Organika Enhanced
Collagen Supplements,
MCT and Gelatin**
Assorted Varieties



20% off
assorted sizes
Regular Retail 15.49-64.99

**SISU Ester-C
and Magnesium
Supplements**
Assorted Varieties



20% off
assorted sizes
Regular Retail 18.49-69.99

**Nourish
Organic
Facial Care**
Assorted Varieties



30% off
assorted sizes
Regular Retail 21.99-37.49

**All
Products
on sale!**



choicesmarkets.com



/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.