



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED



Beef Ribeye Steaks

Grass Fed, Value Pack from New Zealand

1599/lb
35.25/kg

Organic Red Tomatoes on the Vine from Origin Organics in Delta

298/lb
6.57/kg

LOCAL

Rosstown Roasted Chickens

999
each

Choices Ready to Eat Green Salads

Assorted Varieties

549
899
150-410g



Organic Romaine Hearts Imported

398

Package of 3



Rhubarb

3.26/kg

148
/lb

LOCAL



Chicken Breast

Boneless, Skinless, Value Pack Raised Without Antibiotics

22.02/kg

999
/lb

LOCAL



Earth's Own Oat Beverages

2/700
1.75L



Nature's Path Organic Eco Pac Cereal

899
assorted sizes

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

Prices Effective
May 13 - 19, 2021

PRODUCE

Organic Strawberries

Imported from Mexico

598

454g

Organic Valencia Oranges

from Mexico

498

1.81kg

Organic Blueberries

Imported

498

170g

MEAT

Pork Tenderloin

19.82/kg

LOCAL

899
/lb

Raised Without Antibiotics

Pork Sausages

15.41/kg

699
/lb

Made In-Store

Ocean Mama Shrimp Gyoza

899
each

Duso's Pasta & Pasta Sauces

449
assorted sizes

Lamb Rib Chops

28.64/kg

1299
/lb

Grass Fed
from New Zealand

Lean Ground Bison

33.05/kg

1499
/lb

Butterfly Whole Chicken

1299
each

Marinated
Raised Without Antibiotics

Lamb Burgers

28.64/kg

1299
/lb

Made In-Store

Shrimp Skewers

37.46/kg

1699
/lb

Previously Frozen

Icelandic Cod Fillets

41.87/kg

1899
/lb

Previously Frozen

GROCERY

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Prices Effective
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Uncle Luke's Organic
Maple Syrup

10⁹⁹
500ml



Anita's Organic
Pancake Mix & Oats
Select Varieties

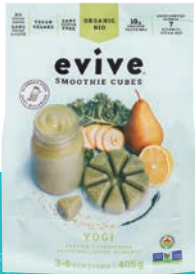
30% off
assorted sizes



Wedderspoon Organic
Manuka Drops &
Manuka Honey

Select Varieties

30% off
assorted sizes



Eville
Smoothie Cubes

7⁹⁹
405g



Natur-a Almond,
Soy & Rice Beverages

Select Varieties

2/5⁰⁰
946ml



Blender Bites
Organic
Smoothie Pucks

9⁹⁹
540g



Armstrong
Natural
Cheese Slices

4⁹⁹
220-240g



Parmela Creamery
Nut Based Shreds
& Sliced Cheese

4⁹⁹
198g



Miyoko's Vegan
Cheese & Butter

30% off
184-227g

Nature's Farm Organic
Large Free Run Omega-3 Eggs



8⁹⁹
18 Pack



Happy Planet
Organic Juice

3⁹⁹-4⁹⁹
1.75-1.89L
+deposit +eco fee



Avalon Organic
Probiotic Yogurt

Select Varieties

3⁹⁹ 8⁹⁹
650g 1.75Kg



Nuts to You
Organic
Peanut Butter

5⁹⁹
500g



Greenhouse
Organic Cold Pressed
Kombucha & Lemonade

2/7⁰⁰
300-340ml
+deposit +eco fee



Kinnikinnick
Gluten-Free Products

30% off
assorted sizes



Mary's Organic
Gluten-Free
Crackers

4⁹⁹-5⁹⁹
141-184g



Echoclean
Laundry Detergent
Liquid or Powder

6⁹⁹
assorted sizes



Cascades Fluff
Enviro Bathroom
Tissue & Extreme
Tuff Paper Towels

7⁹⁹ 17⁹⁹
6 Pack Paper Towels 24 Pack Bathroom Tissue

GROCERY



Que Pasa
Organic Tortilla
Chips & Salsa

2/7⁰⁰

assorted sizes



Covered Bridge
Potato Chips

2/5⁰⁰

142-170g



Southern Recipe
Keto Pork Rinds

2/7⁰⁰

85g

Fresh is Best Tortilla Chips,
Salsa & Dips



3⁹⁹

assorted sizes



Kettle Brand
Krinkle Cut
Potato Chips

3⁹⁹

397g



NoochPop
Nutritional
Yeast Popcorn

3⁹⁹

120g



Zevia Tea
& Energy Drinks

2/4⁰⁰

355ml • +deposit +eco fee



Clif Nut Butter Filled
& Whey Protein Bars

Select Varieties

2/3⁰⁰

50g
Nut Butter Filled

2/4⁰⁰

56g
Whey Bars



Smart Sweets
Low Sugar Candy

2/6⁰⁰

50g

San Pellegrino Sparkling Organic
Italian Sodas



4⁹⁹

6 Pack • +deposit +eco fee

Ritter Sport Chocolate Bars



24⁹-2⁹⁹

100g



Zimt Organic Raw
Vegan Chocolate Bars

44⁹

40g



Roar Organic Beverages

2/5⁰⁰

532ml
+deposit +eco fee



Last Call Vitamin Beverages

NEW!

2/6⁰⁰

308ml
+deposit +eco fee



Avalon Organic
Ice Cream

8⁹⁹

946ml



Bremner's
Caesar Mixes

5⁹⁹

1L
+deposit +eco fee



Holy Napoli
Frozen Pizza

8⁹⁹

365-425g



Quesava
Frozen Poppers,
Samosas & Perogies

6⁹⁹

200-240g

DELI

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Choices Ready To Eat Fresh Rolls

Assorted Varieties

449-
549

Saputo Mozzarella Fresca Cheese

599
200g

Grand Cheddar Cheese

3 or 5 years

399-
499

Happy Days Soft Goat Cheese

Assorted Varieties

549-
599
140-150g

Choices Hummus

Assorted Varieties

2 for
700
250g

Castello Cheese Wedges

2 Varieties

499
125g

Castelvetro Olives

239
/100g

Yorkshire Valley Organic Sliced Chicken or Turkey Breast

849
150g

Calavo Guacamole

Regular or Spicy

599
227g

BAKED GOODS

Choices' Own Sourdough Bread

499
530g

Choices' Own 6" Pies Young Coconut Cream & Lemon Meringue

699
each

Choices' Own Premium Cookies

Assorted Varieties

599
6 Packs

Choices' Own Vegan Morning Glory Muffins

Mini & Regular

329-
549

Pretzilla Soft Pretzel Buns

Mini, Sausage & Burger

449
4 & 6 Pack

Queen St. Chia Bunlets

Assorted
Varieties

449
200 & 250g

Queen St. Loaf

Assorted Varieties

599
500g

Queen St. Artisan Buns & Chia Loaf

599-
649
425 & 480g

Online Video Seminars!

Seminars offered online, via video conference. Must have email address to sign-up.

Wednesday, May 19th | 7:00-8:30 pm

The Gut, Brain, Stress & Immune Connection

With Jason Watkin

Join Jason of PURICA to learn about living the mindful life.

Free event, register online at Choicesmarkets.com/events. Details to join the seminar will be available by email once sign-up is completed.

New!

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

BULK

Seeds & Snacks

Bulk & Prepackaged

20%
Off

GROCERY



Liviva Organic
Bean &
Shirataki Pasta

4.49

200-400g



NuPasta Organic
Gluten-Free
Konjac Pasta

2.99-3.49

210g



Naked & Saucy
Organic
Gluten-Free
Cooking Sauces

5.99-6.99

296ml



Wholly Veggie
Frozen Entrées,
Burgers & Pizzas

30% off

assorted sizes



Earth's Choice
Organic Extra
Virgin Olive Oil

10.99 | 15.99

500ml

1L



Chosen Foods
Oil Sprays
& Mayonnaise
Select Varieties

30% off

assorted sizes

Gold Seal
No Salt Pink Salmon



2/7.00

213g



Eden
Organic Beans

4.49

796ml

WELLNESS

Flora Udo's Choice 3.6.9

Blend & Vitamins
& Supplements



24.99 20% off

500ml

Udo's Blend

assorted sizes

Vitamins & Supplements



Host Defense
Medicinal Single
Mushroom
Supplements

27.99 47.99

30 Caps

60 Caps



Natural Factors
Stress-Relax &
Sleep Solutions

20% off

assorted sizes

Regular Retail 7.49-67.99

Vega One All-in-One

Nutritional Shakes
& Vega Sport Protein



43.99 49.99

801-837g

Sport Protein

827-876g

Nutritional Shakes



Botanica
Perfect Protein
& Greens
Superfood
Powders

33.99 48.99

154-216g

Greens Superfood

629-840g

Perfect Protein



Enerex
Vitamins &
Supplements

20% off

assorted sizes

Regular Retail 20.99-81.99

Harmonic Arts Superfoods
Elixers &
Restorative Blends



25% off

assorted sizes

Regular Retail 26.99-65.99

BioSil, Medi-C, Sea-licious &
Vegiday Vitamins
& Supplements



25% off

assorted sizes

Regular Retail 12.49-89.99



AOR
Vitamins &
Supplements

20% off

assorted sizes

Regular Retail 29.99-124.99



Organic
Traditions
Superfoods
Select Varieties

25% off

assorted sizes

Regular Retail 10.29-37.99



Lily of the Desert
Aloe Vera
Juice or Gel

20% off

assorted sizes

Regular Retail 6.99-28.49



South of France
Liquid or Bar Soap

6.99

236ml or 170g



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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.