



# MAY LONG WEEKEND!

100% BC OWNED AND OPERATED



**Lean Ground Beef**  
Grass Fed, Value Pack

**10.99/lb**

24.23/kg

**LOCAL**

**NEW! Choices Roasted Yam & Potato, Granny's Potato or Dijon Potato Salad**



**1.69**  
/100g

**Organic Whole Red Seedless Watermelon**

from Mexico

**7.98**  
each

**Organic Orange, Red & Yellow Peppers**

from Origin Organics in Delta

10.98/kg

**4.98**  
/lb

**LOCAL**

**Farmcrest Non-GMO Roasted Chickens**



**13.99**  
each

**Fresh BC Spot Prawn Tails**

66.12/kg

**29.99**  
/lb

**While Stock Lasts!**

**Organic BC Grown Tomato Plants**

from Meadowlands Horticultural Inc.

**6.99**

1 Gallon Pot

**May Not Be Available at All Stores!**

**Choices' Own Cinnamon Swirl Raisin Bread & Scandinavian Rye Sandwich Loaf**



**4.99**  
**5.99**  
580g



**Sukin Botanicals Natural Face & Body Care**

Assorted Sizes  
Regular Retail 7.49-27.49

**BUY 1 GET 1 FREE**

**Righteous Gelato & Sorbetto**



**6.99**  
562ml

**La Croix Sparkling Water**



**4.99**  
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  
May 20 - 26, 2021



# PRODUCE

## Ataulfo Mangoes

Sweet Yellow  
from Mexico

4 for  
500

## Organic Cauliflower

from USA

4<sup>98</sup>  
each

## Bicolour Corn

from USA

4 for  
300

## Ipanema Banana Brownies

Assorted Varieties

20%  
off  
120-250g

# MEAT

## Organic Chicken Breast

33.05/kg

LOCAL

14<sup>99</sup>  
/lb

Boneless, Skinless

## Lamb Leg Steaks

28.64/kg

12<sup>99</sup>  
/lb

Boneless, Grass Fed  
from New Zealand

## Marinated Chicken Breast

24.23/kg

LOCAL

10<sup>99</sup>  
/lb

Boneless, Skinless  
Raised Without Antibiotics

## Grimm's Sizzlin' Smokies

6<sup>99</sup>  
450g

## Greenfield Bacon

8<sup>99</sup>  
each

Raised Without Antibiotics

## Venison Leg Steaks

44.07/kg

19<sup>99</sup>  
/lb

Boneless, Grass Fed  
from New Zealand

## Beef Burgers

19.82/kg

8<sup>99</sup>  
/lb

Grass Fed, Made In-Store

## Chambar Frozen Meals

20%  
Off  
415-950g

## Fresh Steelhead Fillets

37.46/kg

16<sup>99</sup>  
/lb

Value Pack

## Whole Rainbow Trout

24.23/kg

10<sup>99</sup>  
/lb

## Icelandic Fresh Haddock

37.46/kg

16<sup>99</sup>  
/lb



# GROCERY

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## Patience Fruit & Co. Organic



Dried Fruit  
Select Varieties

**30% off**  
assorted sizes

## Coconut Bliss Organic Dairy-Free



Frozen  
Dessert Bars

**5.99**  
3 & 4 Pack



Halo Top  
Frozen Dessert

**5.49**  
473ml



Chimes  
Ginger Chews

**2/7.00**  
142g



Laiki Rice Crackers

**2/7.00**  
100g



Nature's Bakery  
Fig Bars

**4.49**  
6 Pack



Popcorners Chips  
or Flourish  
Veggie Crisps

**2.99-3.99**  
113-142g



Late July Organic  
Tortilla Chips

**3.99**  
227 & 312g



Old Dutch &  
Ridgies Potato Chips  
Select Varieties

**3/8.00**  
assorted sizes



Kiju Organic  
100% Juice

**2/5.00**  
4 Pack or 1L  
+deposit +eco fee



Santa Cruz  
Organic Lemonade

**2/5.00**  
946ml  
+deposit +eco fee



Phillips Sparkmouth  
Soda & Tonic

**2/3.00 5.99**  
355ml Sodas  
+deposit +eco fee  
6 Pack Tonics  
+deposit +eco fee



Gerolsteiner  
Carbonated Mineral Water

**2/4.00**  
750ml  
+deposit +eco fee



Taste Nirvana  
Coconut Water

**2/5.00 3.99**  
280ml  
+deposit +eco fee  
700ml  
+deposit +eco fee



Gldn Hour  
Collagen Sparkling Water

**NEW!**

**2/6.00**  
355ml • +deposit +eco fee

## Field Roast Vegan Cheese Slices & Frozen Entrées



**30% off**  
assorted sizes

## Sol Cuisine Frozen Vegan Burgers



**4.49**  
226-284g



Rocky Mountain  
Frozen  
Artisan Pizza

**8.99**  
405-430g



# GROCERY



Fatso Performance  
Almond &  
Seed Butter

**12<sup>99</sup>**

454g



Bremner's  
Frozen Fruit

**30% off**

300-600g

Nature's Path Organic Love Crunch  
Bars & Granola



**3<sup>99</sup> 4<sup>99</sup>**

180g  
Bars

325g  
Granola



A2 Milk

**4<sup>99</sup>**

2L



Dairyland Organic Milk

**4<sup>99</sup>**

2L



Silk Dairy-Free  
Creamers & Beverages

**2/5<sup>00</sup> 4<sup>49</sup>**

473ml Creamers

1.89L Beverages



Ministry of Tea  
Organic Tea

**4<sup>99</sup>**

35-50g



Elias Liquid Honey  
Select Varieties

**6<sup>99</sup>**

375g



Kicking Horse Organic  
Fair Trade Ground Coffee

**8<sup>99</sup>**

284g

Riviera Vegan Coconut, Oat &  
Goat Milk  
Yogurt



**4<sup>79</sup>**

500g



Danone  
Oikos Yogurt

**2/7<sup>00</sup>**

4 Pack



Anita's Organic Sprouted  
Flour & Pancake Mix

Select Varieties

**30% off**

assorted sizes

Maple Hill Free Range  
Medium Eggs



**4<sup>49</sup>**

1 Dozen



Tre Stelle  
Shredded Cheese

**4<sup>99</sup>**

170-200g



Eco Max Natural Dish  
Liquid & Household Cleaners

**3<sup>99</sup>**

710-740ml



Maison Orphée  
Salad Dressing

**3<sup>99</sup>**

240-250ml



Suzie's  
Organic Condiments

**30% off**

assorted sizes



Fody Low Fodmap  
Condiments &  
Pasta Sauce & Bars

**30% off**

assorted sizes



# DELI

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## NEW! Choices Poke Bowls

Assorted Varieties

**11.99**  
each

## Le Grand Pesto & Chimichurri

Assorted Varieties

**2 for 10.00**  
170g

## Habibis Hummus

Assorted Varieties

**6.99**  
450g

## Arla Cheese Slices

Assorted Varieties

**2 for 10.00**  
assorted sizes

## Choices Family Size Salads

Assorted Varieties

**10.99-12.99**  
350-880g

## Choices Salsa

Corn, Mango & Tomato

**4.99-5.99**  
350g

## Choices Potato Wedges

Lemon & Herb  
Savoury Mexi

**11.9**  
/100g

## Krinos Traditional Cow Feta Cheese

**1.99**  
/100g

# BAKED GOODS

## Choices' Own Cakes & Cheesecake

New York Style Blueberry  
Cheesecake, Tiramisu &  
Low Carb Chocolate Mousse Cake

**16.99**  
400-600g

## Choices' Own Buns

Italian Cheese, Ciabatta,  
Chia Sesame Seed & Sourdough

**2.79-3.99**  
4 Pack

## Artisan Bake Shoppe Bread

Assorted Varieties

**4.99**  
500-600g

## Choices' Own Banana Bread or Lemon Chia Loaf

**5.59**  
300 & 454g

## La Tortilla Wraps & Tortillas

Assorted Varieties & Sizes

**2.99-5.49**

# Nutrition

## Our Nutrition Consultants

We're proud to have a Nutrition Consultant in each Choices location. Our team of Registered Dietitians and Holistic Nutritionists strive to provide evidence-based and holistic food and nutrition information on various topics and conditions. Whether you are dealing with a food intolerance, diagnosed condition (such as celiac disease or diabetes), or you simply want to learn how to read labels, a Choices Nutrition Consultant can help.

To book your Nutrition Tour go to [www.choicesmarkets.com](http://www.choicesmarkets.com) and click on Nutrition Tours.

# BULK

## Organic Mango

Bulk & Prepackaged

**20% Off**



# GROCERY



Earth's Choice  
Organic Beans

**2/5<sup>00</sup>**  
398ml

Casa Fiesta Mexican  
Taco Dinner, Seasoning  
Mix, Sauce &  
Taco Shells



**30% off**  
assorted sizes

Khazana Organic



Ready to Eat  
Curry &  
Cooking Sauces

**3<sup>99</sup> 4<sup>99</sup>**  
Curries Cooking Sauces



Cape Herb & Spice  
Table Top Spices

Select Varieties

**4<sup>49</sup>**  
assorted sizes

Italpasta Pasta



**2/6<sup>00</sup>**  
assorted sizes



Lundberg  
Organic Rice

**5<sup>99</sup>-7<sup>99</sup>**  
907g



Bragg Organic  
Apple Cider Vinegar

**3<sup>99</sup>**  
473ml



Nutiva Organic  
Coconut Oil

Select Varieties

**30% off**  
assorted sizes

# WELLNESS



Natural Factors  
Vitamins &  
Supplements  
Bonus Bottles Only

**20% off**  
assorted sizes  
Regular Retail 19.99-34.99

Living Alchemy Your Flora  
Series Fermented  
Activated Herbals



**31<sup>99</sup>**  
60 Caps



Genuine Health  
Fermented  
Organic  
Vegan Proteins

**43<sup>99</sup> 57<sup>99</sup>**  
600g 900g



Animal Parade  
Children's  
Supplements

**25% off**  
assorted sizes  
Regular Retail 15.49-38.49



Now  
Vitamins &  
Supplements

**20% off**  
assorted sizes  
Regular Retail 7.49-69.99

Bio-K Plus Probiotics



**1<sup>99</sup> 21<sup>99</sup>**  
6 Pack Dairy 6 Pack Rice or Soy

Organika Enhanced  
Collagen & All Other  
Organika Collagen &  
Gelatin Supplements



**32<sup>99</sup> 30% off**  
500g Enhanced Collagen assorted sizes  
All Other Collagen



MegaFood  
Vitamins &  
Supplements  
Select Varieties

**25% off**  
assorted sizes  
Regular Retail 34.99-84.99

Mineral Fusion Natural  
Cosmetics &  
Nail Polish



**40% off**  
assorted sizes  
Regular Retail 11.99-45.99

Andalou Naturals  
Face & Body Care  
Products



Select Varieties

**35% off**  
assorted sizes  
Regular Retail 2.99-34.99



Natracare  
Natural Feminine  
Hygiene Products

**20% off**  
assorted sizes  
Regular Retail 3.79-8.49



Thinksport Suncare  
Thinkbaby Bodycare  
& Water Bottles

**25% 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

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.