



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Organic Lean Ground Beef

Grass Fed, Value Pack

199/lb
26.43/kg

LOCAL

Warba White Nugget Potatoes

New Crop

148/lb
3.26/kg

LOCAL

Choices Ready To Eat Specialty Mexican Entrees

Burritos, Quesadillas and Fajitas



549-749

Traditional Cow Feta Cheese



199
/100g

Organic Long Seedless Cucumbers

from Origin Organics in Delta

298
each

LOCAL

Sockeye Salmon Fillets

39.66/kg

1799
/lb

Previously frozen



Choices' Own Seasonal Rhubarb Pie



599-1099
220-700g



NutraSea Omega-3 and Omega-3 + Vitamin D, and HP Fish Oil

20% off

assorted sizes
Regular Retail 23.99-99.99



Eve's Crackers

699
108g

Spread'Em Vegan Dips & Spreads



30% off
assorted sizes

Physical Distancing: Please remain 2 metres from others. Prices Effective
One customer using the checkout belt at a time. Thank you. June 3 - 9, 2021

PRODUCE

Hass Avocados
from Mexico



4/500

Sweet Vidalia Onions
from USA
3.26/kg



148/lb

Organic Raspberries
Imported from Mexico



398
170g

Organic Gold and Red Bunch Beets
from Cal Organics, USA



2/500

MEAT

Beef Ribeye Steaks
35.25/kg



1599/lb

Grass Fed from New Zealand

Boneless Pork Shoulder Butt Roast
13.21/kg



599/lb

LOCAL

Raised Without Antibiotics

Whole Fresh Duck
11.00/kg



499/lb

LOCAL

Organic Whole Chicken
13.21/kg



599/lb

LOCAL

Turkey Sausages
17.61/kg



799/lb

made in store

Boneless Skinless Chicken Breast
17.61/kg



799/lb

LOCAL

Lamb Leg Steaks Bone In
24.23/kg



1099/lb

Grass Fed from New Zealand

Organic Sturgeon Steaks
Fresh
39.66/kg



1799/lb

Whole Rainbow Trout
Fresh
24.23/kg



1099/lb

GROCERY

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Skinny Pop
Popcorn

2/7⁰⁰
125-150g



Covered Bridge
Potato Chips

2/5⁰⁰
142-170g



Annie's Crackers,
Cookies & Fruit Snacks

30% off
assorted sizes

Bobo's Gluten-Free Bars



2/5⁰⁰
71-85g



Seattle Chocolate
Chocolate Bars

3⁹⁹
70g



Prana
Organic Chia
Seeds, Fruits
& Nuts

30% off
assorted sizes

So Delicious Dairy-Free
Frozen Dessert



4⁹⁹
500ml

NadaMoo Organic Dairy-Free
Frozen Dessert



5⁹⁹
473ml

Enlightened Keto Ice Cream



6⁹⁹
473ml



San Pellegrino Mineral
Water & Perrier Sparkling
Mineral Water

2/4⁰⁰
750ml or 1L
+deposit +eco fee



Vita Coco
Coconut Water

3⁹⁹
1L
+deposit +eco fee



Health-Ade
Organic Kombucha

2/6⁰⁰
473ml
+deposit +eco fee



Fentimans
Craft Soda

6⁹⁹
4 PK, +deposit +eco fee



Clever
Non-Alcoholic Mocktails

2/5⁰⁰
355ml
+deposit +eco fee



Two Bears Oat Milk Lattes
& Cold Brew Coffees

2/6⁰⁰
250ml
+deposit +eco fee



Happy Planet Smoothies

2/4⁰⁰ **3⁹⁹**
325ml 900ml
+deposit +eco fee +deposit +eco fee



Love Child
Organic Baby Snacks

Select Varieties

2/4⁹⁹-4⁹⁹
assorted sizes



VIP Ultra Liquid
Laundry Detergent

2.95L • Regular Retail 12.49



GROCERY



Earth's Own
Oat Beverages

3⁹⁹
1.75L



Terra Breads Granola

12⁹⁹ 15⁹⁹
1 kg Original 1 kg Pistachio



Canadian Heritage
Organic Maple Syrup

20⁹⁹
1L



Silk True
Almond Beverages

2/5⁰⁰
946ml



Lakanto
Monkfruit
Sweeteners

30% off
assorted sizes



Salt Spring Organic
Fair Trade
Whole Bean Coffee

11⁹⁹
400g



Barbara's
Puffins Cereal

2/7⁰⁰
283-312g

Maple Hill Free Range
Extra Large Eggs



4⁷⁹
1 Dozen

Olympic Yogurt



7⁹⁹-9⁹⁹
1.75kg



Earth Balance
Dairy-Free
Spreads

30% off
assorted sizes



Earth's Choice
Organic
Peanut Butter

5⁴⁹
500g

Riviera Petit Yogurt

Select Varieties



5⁴⁹
4Pk

Rolling Meadow Grass Fed
Creamers
& Yogurt



30% off
assorted sizes

Danone DanActive Yogurt Drinks
and Danone
Activia Yogurt



4⁹⁹ 6⁹⁹
8Pk Yogurt Drinks 12Pk Activa

Dairyland
Milk2Go



2/4⁰⁰
assorted sizes



L'Ancêtre
Organic Cheese
Select Varieties

30% off
190g - 200g

Violife Plant Based Cheese

Select Varieties



4⁹⁹
200g - 227g



Dairyland
Cottage Cheese

2/7⁰⁰
500g

DELI

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Prices Effective
June 3 - 9, 2021

Choices Artisan Ham, Roast Beef or Turkey Sandwiches

899

each

Spinach & Feta or Ricotta & Feta Phyllo

2 for 600

New Castello Aged Gouda Cheese Slices

599

150g

Saputo Bocconcini Cheese

599

200g

Choices Salmon Lox Bagels

699

each

Vegetable Herb Samosas

2 for 500

Yucatan Organic Guacamole

599

each

Honey or Black Forest Ham

antibiotic free

329

/100g

BAKED GOODS

Silver Hills Sprouted Power Bread

Assorted Varieties

399

assorted sizes



Choices' Own Bread

The Bakers Mezzo Bastone, Crusty Loaf & Sourdough Baguette

149-279

assorted sizes



Choices' Own Keto Desserts

Low Carb Chocolate Mousse, Low Carb Cookies & Cream Cheesecake

349

60 & 90g



Silver Hills Sprouted Power Ancient Grains Bread

Assorted Varieties

2/700

assorted sizes



Choices' Own Scones

Assorted Varieties

339

2 Packs



Choices' Own Bars

Individual Nanaimo, Blondie Walnut & Date and Brownie Indulgence

249

assorted sizes



GluteNull Bread & Keto Almond Fatty Buns

Assorted Varieties

799-1199

assorted sizes



Online Video Seminars

Tuesday June 15th, 2021 | 7:00-8:30pm

Restoring Our Oceans Through Seafood

Join Shiori and Nathalie from Ocean Wise Seafood to learn about sustainable and ocean-positive seafood

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.

BULK

Organic Rice, Beans & Grains

Bulk & Prepackaged

20% Off



GROCERY



Earth's Choice
Organic
Coconut Products

30% off

assorted sizes



Avafina
Organics
Seeds & Spices

30% off

assorted sizes

Daiya
Dairy-Free Products



30% off

assorted sizes

Stahlbush Island Farms
Sustainable Frozen Berries
& Vegetables



2/5⁰⁰ 4⁴⁹

Vegetables
assorted sizes

Berries
assorted sizes



Rao's
Homemade Pizza
or Pasta Sauce

5⁹⁹ 8⁹⁹

370 ml
Pizza Sauce

660ml
Pasta Sauce



Explore Cuisine
Organic
Bean Pasta

4⁹⁹-5⁹⁹

200-300g

Beyond Meat Plant Based
Burgers &
Sausages



5⁹⁹ 7⁹⁹

226g Burgers

400g Sausages

Wholly Veggie Plant Based
Frozen Entrees
& Pizzas



30% off

assorted sizes

WELLNESS



New Roots
Herbal
Enzymes

23⁹⁹ 29⁹⁹

Plant Enzymes
60 caps

Digestive Enzymes
100 caps



Bach Flower
Remedies

20% off

assorted sizes
Regular Retail 5.49-18.99



Flora
Probiotics

20% off

assorted sizes
Regular Retail 15.99-65.49



Manitoba
Harvest Hemp
Hearts

6⁹⁹ 7⁹⁹

227g

Organic
200g



withinUs
TruMarine
Collagen

43⁹⁹ 62⁹⁹

20pk

250g



NutraVege
Omega-3 Plant
DHA & EPA

20% off

assorted sizes
Regular Retail 36.99-69.99



Host Defense
Medicinal Single
Mushroom
Supplements

27⁹⁹ 49⁹⁹

30caps

60caps



Garden of
Life mykind
Organics
Vitamins and
Supplements

20% off

assorted sizes
Regular Retail 12.99-46.99



AOR Vitamins &
Supplements

20% off

assorted sizes
Regular Retail 29.99-124.99



Andalou
Naturals
Select Varieties



NOW
Essential Oils
Regular, Organic,
and Blends

20% off

assorted sizes
Regular Retail 7.29-77.99



Everyone 3 in 1
Soap and Body
Lotions

13⁴⁹

946ml & 960ml



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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 Immet 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.