



# VEGAN CHOICES

100% BC OWNED AND OPERATED



Choices  
Ready to Eat  
Kale Salad

549

Organic  
Black Seedless  
Grapes  
from Mexico  
398/lb  
8.77/kg

Organic  
Bunch Spinach  
from Olera Farms in  
Abbotsford  
298  
each

LOCAL

Choices Vegan  
Herb Samosas



2 for  
500

Choices Hummus



2 for  
700  
250g



Vega One All-in-One  
Nutritional Shakes



4999  
827-876g



Coconut Bliss  
Organic Frozen  
Dessert



599  
473ml

Taylor Farms Salad Kits

5 New Varieties  
from USA



398  
267-383g

Natural Factors and Whole Earth  
& Sea Vitamins & Supplements



All  
Products  
on Sale!

20% off

assorted sizes  
Regular Retail 3.79-86.49



Hardbite Natural  
Potato Chips



2/500  
128g - 150g

Choices' Own Vegan Morning  
Muffins



349  
mini  
150g

549  
regular  
350g

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

Prices Effective  
June 10 - 16, 2021



# PRODUCE

## Whole Cantaloupe

from USA  
2.16/kg

**.98**  
/lb

## Green & Red Leaf Lettuce

LOCAL

**2 for**  
**2.00**

## Organic Broccoli Bunches

from USA  
4.37/kg

**1.98**  
/lb

# MEAT

## Beef Top Sirloin Steaks

22.02/kg

**9.99**  
/lb

Grass Fed, Value Pack  
from New Zealand

## Lean Ground Bison

33.05/kg

**14.99**  
/lb

from Canada

## Whole Pork Tenderloin

19.82/kg

**8.99**  
/lb

Raised Without Antibiotics

## Whole Chicken Thighs

13.21/kg

LOCAL

**5.99**  
/lb

Bone-In, Value Pack  
Raised Without Antibiotics

## Marinated Butterfly Chicken

LOCAL

**15.99**  
each

Raised Without Antibiotics

## Shrimp Skewers

37.46/kg

**16.99**  
/lb

Previously Frozen

## Organic Fresh Sturgeon Fillets

52.89/kg

LOCAL

**23.99**  
/lb

## Coho Salmon Fillets

44.07/kg

LOCAL

**19.99**  
/lb

Previously Frozen

## Lamb Loin Chops

30.84/kg

**13.99**  
/lb

Grass Fed  
from New Zealand

## Lamb Burgers

26.43/kg

**11.99**  
/lb

Made In-Store

## Grimm's Bavarian Smokies



**7.49**  
450g



# GROCERY

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Bakery On Main  
Gluten-Free Granola  
& Oatmeal



**5<sup>99</sup> 6<sup>99</sup>**  
300g Oatmeal 340g Granola



One Degree Organic  
Sprouted Cereal,  
Granola & Oats

**30% off**  
assorted sizes



Manitoba Harvest  
Hemp Bliss



**2/6<sup>00</sup>**  
946ml



Nuts to You  
Almond Butter  
Smooth or Crunchy



**14<sup>99</sup>**  
735g



Bonne Maman  
Jam & Spreads



**4<sup>99</sup>**  
250ml



Earth's Own  
Almond Beverages



**2/7<sup>00</sup>**  
1.89L



Kicking Horse  
Organic Fair Trade  
Whole Bean Coffee



**12<sup>99</sup>**  
454g



49th Parallel  
Coffee



**12<sup>99</sup>**  
340g



Bremner's  
Organic  
Frozen Fruit



**30% off**  
assorted sizes



Donia Farms  
Grass Fed  
Yogurt

**3<sup>99</sup> 9<sup>99</sup>**  
650g 1.75kg



Yoso Dairy-Free  
Coconut, Almond  
or Oat Yogurt

**3<sup>99</sup> - 4<sup>99</sup>**  
440g

Savör Grass Fed Butter



**4<sup>49</sup>**  
250g



Saputo  
Shredded  
Cheese

**3<sup>99</sup> 5<sup>49</sup>**  
170g 320g



Faith Farms Cheese

**5<sup>49</sup>**  
360g - 380g

Tre Stelle Mozzarella Ball



**5<sup>99</sup>**  
340g



Seventh Generation  
Natural Laundry  
Detergent & Household  
Cleaning Products

**30% off**  
assorted sizes



Caboo Bamboo  
Paper Products  
Select Varieties

**30% off**  
assorted sizes



Earth's Best  
Organic Baby  
Formula

**27<sup>99</sup>**  
658g



# GROCERY



Pur Mints  
& Gum

**2/3<sup>00</sup>** **2/7<sup>00</sup>**  
9Pk Mints 80g Gum



gimMe Organic Roasted  
Seaweed Snacks



**2/5<sup>00</sup>** **5<sup>99</sup>**  
10g Single 6Pk



RW Garcia  
Crackers

**4<sup>99</sup>**  
155g - 180g



Righteous  
Gelato &  
Sorbetto

**6<sup>99</sup>**  
562ml



Green & Black's Organic  
Fair Trade Chocolate Bars

**2/7<sup>00</sup>**  
90g



Daiya Dairy-Free  
Frozen Dessert



**5<sup>99</sup>**  
231ml - 473ml



Sapsucker  
Organic  
Birch Water

**5<sup>99</sup>**  
4Pk  
+deposit +eco fee



Bremner's 100% Juice

**30% off**  
946ml



Santa Cruz  
Organic Lemonade  
& Limeade

**2/6<sup>00</sup>**  
946ml  
+deposit +eco fee



Fiji Natural  
Artesian Water

**2/4<sup>00</sup>** **2/5<sup>00</sup>**  
1L +deposit +eco fee 1.5L +deposit +eco fee



Brew Dr.  
Organic Kombucha



**2/6<sup>00</sup>**  
414ml  
+deposit +eco fee

Hornby Organic Bars



**2/5<sup>00</sup>**  
80g



Cape Herb & Spice  
Salts & Peppercorns  
Select Varieties

**7<sup>99</sup> - 11<sup>99</sup>**  
Assorted Sizes



Primal Kitchen Condiments,  
Dressing, Sauces & Oil

**30% off**  
assorted sizes



Maison Orphée  
Toasted Sesame Oil  
& Extra Virgin Olive Oil  
Select Varieties

**10<sup>99</sup>** **13<sup>99</sup>**  
500ml, Sesame 750ml, Olive Oil

Di Martino Pasta



**249-349**  
453g - 500g



Lundberg  
Nutra-Farmed Rice

**399-799**  
907g



Frontera Mexican  
Sauce, Salsa &  
Guacamole Mix

**199-449**  
Assorted Sizes



# DELI

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## Ready to Eat BBQ Ribs

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

Half

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

Whole

## Dolmades

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

pack of 12

## Burrata Cheese, Fresh Mozzarella with Cream Filling

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

250g

## Rosdown Roasted Half Chickens

Assorted Varieties

**5<sup>99</sup>**

## Imported Swiss Emmental, Gruyere or Cave Aged Gruyere Cheese

**479-**

**5<sup>99</sup>**

/100g

## Choices Ready to Eat Wraps

**8<sup>49</sup>**

## Goat Feta Cheese

**2<sup>79</sup>**

/100g

# BAKED GOODS

## Choices' Own Cake Slices

**3<sup>29</sup>**

120-150g

## Choices' Own Keto Puddings

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

150g

## Choices' Own Country French Bread, Milk Bread & Brioche Bread

**4<sup>99</sup>-  
5<sup>99</sup>**

assorted  
sizes

## Wendel's Gluten-Free Frozen Pies

2 Varieties

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

675g

## Silver Hills Organic Sprouted Power Bread

3 Varieties

**4<sup>29</sup>**

510-680g

## Silver Hills Sprouted Power Hamburger & Hot Dog Buns

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

330-520g

## Online Video Seminars

Thursday, June 17th | 7:00-8:30pm

## Exploring Body Image Through Self-Compassion

Join Janine Scheffler to learn about Exploring Body Image through Self-Compassion using Health at Every Size® principles.

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

# BULK

## Organic Cashews

Bulk & Prepackaged

**20%  
Off**



# GROCERY

Daiya  
Plant Based Frozen Pizzas



**6<sup>99</sup>**  
444g - 550g

Wildbrine  
Kimchi & Sauerkraut



**6<sup>99</sup>**  
241ml - 500ml



Vegetarian  
Gourmet Frozen  
Burgers &  
Appetizers



**4<sup>99</sup>** **5<sup>99</sup>**  
Appetizers Assorted Sizes  
Burgers Assorted Sizes

Avalon Organic Sour Cream



**2<sup>99</sup>** **3<sup>99</sup>**  
250ml 500ml



Yves Plant  
Based Sausages  
& Wieners



**30% off**  
275g - 400g

Tofurky Plant Based  
Sausages, Brats & Kielbasa



**4<sup>99</sup>-5<sup>99</sup>**  
397g

TMRW Foods Plant Based  
Burger &  
Ground



**5<sup>99</sup>** **6<sup>99</sup>**  
226g Burger 340g Ground

Daiya Plant Based  
Cheeze Spreads, Slices,  
Blocks & Shreds



**3<sup>99</sup>**  
200g - 227g

# WELLNESS



Desert Essence  
Body Care  
Products

**25% off**  
assorted sizes  
Regular Retail 3.99-20.49



Badger Suncare

**11<sup>49</sup>** **18<sup>99</sup>**  
18.4g Stick 87ml Tube



Naturtint Natural  
Permanent Hair  
Colour & Root  
Touch-Up  
Assorted Colours

**8<sup>49</sup>** **15<sup>99</sup>**  
1 Kit Root Touch-Up 1 Kit Hair Colour



EveryMan Jack  
Body & Face Care

**40% off**  
assorted sizes  
Regular Retail 3.29-16.99

Prairie Naturals Vitamins  
& Supplements



**20% off**  
assorted sizes  
Regular Retail 6.49-79.99

Bio-K Plus Probiotics



**36<sup>99</sup>** **39<sup>99</sup>**  
12 Pack Dairy 12 Pack **Vegan** Rice or Soy



St. Francis  
Herb Farm  
Herbal Tinctures

**20% off**  
assorted sizes  
Regular Retail 18.99-39.99



Smart Solutions  
Lorna Vanderhaeghe  
Vitamins  
& Supplements

**20% off**  
assorted sizes  
Regular Retail 1.49-96.99



Genuine Health  
Advanced Gut  
Health  
Probiotics



**20% off**  
assorted sizes  
Regular Retail 26.99-87.99



Sealicious  
Omega-3 Fish Oil  
Select Varieties

**25<sup>99</sup>** **39<sup>99</sup>**  
250ml 500ml



Dr. Bronner's  
Non-GMO Organic  
Castile Soap

**11<sup>99</sup>**  
472ml



Everyone  
Hand Soap



**6<sup>49</sup>**  
377ml



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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.