



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Beef Ribeye Steaks
 Grass Fed, Value Pack
 from New Zealand
15⁹⁹/lb
 35.25/kg



Rosstown Roasted Chickens & Choices Family Size Salads
 Assorted Varieties

10⁹⁹
 Chicken
10⁹⁹-12⁹⁹
 Salads



Fair Trade Organic Bananas
 1.50/kg

.68
 /lb



Organic Yellow Peaches
 from California

5⁹⁸
 907g
 Package



Imported Italian Prosciutto & Salami

6⁹⁹-11⁹⁹
 70-85g



Fresh Icelandic Haddock Fillets
 39.66/kg

17⁹⁹
 /lb



Choices' Own Sourdough Bread

4⁹⁹
 530g



NEW! Choices' Own Tres Citrus Cake

3⁵⁹
 140g
 Slices

12⁹⁹
 Party Size
 550g

Natural Factors and Whole Earth & Sea Vitamins & Supplements



All Products on Sale!

20% off
 assorted sizes
 Regular Retail 4.99-86.49



Kettle Brand Potato Chips

2⁴⁹
 220g



Righteous Gelato & Sorbetto

6⁹⁹
 562ml

Physical Distancing: Please remain 2 metres from others. | Prices Effective June 24 - 30, 2021
 One customer using the checkout belt at a time. Thank you.

PRODUCE

Organic Gummy Berry Red Grapes

5⁹⁸
454g Package



W. Murcott Mandarins
from California

3⁹⁸
907g Package



BC Grown Organic Red Tomatoes on the Vine
from Origin Organics

8.77/kg

3⁹⁸
/lb



BC Grown Green Zucchini

2.16/kg

.98
/lb



Organic Candy Heart Red Grapes

9⁹⁸
907g Package



MEAT

Pork Back Ribs

26.43/kg

LOCAL

11⁹⁹
/lb

Raised Without Antibiotics



Bison Sirloin Tip Steaks

37.46/kg

16⁹⁹
/lb



Greenfield Smoked Sausages

6⁹⁹
each

Raised Without Antibiotics



Organic Chicken Breast

33.05/kg

LOCAL

14⁹⁹
/lb

Boneless, Skinless



Marinated Chicken Breast

24.23/kg

LOCAL

10⁹⁹
/lb

Boneless, Skinless
Raised Without Antibiotics



Smoked Salmon Lox

50.68/kg

22⁹⁹
/lb

Previously Frozen



Lean Ground Beef

15.41/kg

6⁹⁹
/lb

Grass Fed, Value Pack
from New Zealand



Beef Burgers

19.82/kg

8⁹⁹
/lb

Made In-Store



Fresh Whole Rainbow Trout

24.23/kg

10⁹⁹
/lb

LOCAL



GROCERY

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GT's Organic
Raw Kombucha

349

480ml
+deposit +eco fee



R.W. Knudsen
Organic Beverages

30% off

750-946ml
+deposit +eco fee



Blue Monkey Coconut Milk,
Coconut Water & Fruit Juice

30% off

assorted sizes
+deposit +eco fee



Llanllyr Source
Sparkling Water & Mixers

2/600 699

750ml Waters
+deposit +eco fee

4 Pack Mixers
+deposit +eco fee



Bio-K+ Probiotic Sparkling
Water & Iced Tea

2/700 1299

355ml Single
+deposit +eco fee

4 Pack
+deposit +eco fee

San Pellegrino Sparkling Soda



499

6 Pack • +deposit +eco fee



Sober Carpenter
Non-Alcoholic Beer

2/400

473ml
+deposit +eco fee

GoMacro Energy Bars



2/600

65-71g



RXBAR Protein Bars

2/500

52g



Green & Black's
Organic Fair Trade
Chocolate Bars

2/700

90g



YumEarth
Organic Candy

599-899

assorted sizes

Dandies Gluten-Free
Vegan Marshmallows



399

283g



Plum-M-Good
Organic Rice
Thins & Cakes

249-349

95-130g

Old Dutch & Ridgies Potato Chips



2/600

200-240g



Glutino Gluten-Free
Crackers, Snacks, Bread
Muffins & Cookies

30% off

assorted sizes

Breyers Classic Ice Cream



499

1.66L



Deebee's Organic
Superfruit Freezies

499

10 Pack



Eco-Max Natural Cleaners
& Laundry Products

30% off

assorted sizes

GROCERY



Terra Breads
Granola

14⁹⁹ 15⁹⁹
1 Kg Regular 1 Kg Pistachio



49th Parallel Coffee

12⁹⁹
340g



Kicking Horse Organic
Fair Trade Ground Coffee

8⁹⁹
284g



Blue Diamond
Almond Breeze

2/5⁰⁰
946ml



Earth's Own
Oat Beverages

3⁹⁹
1.75L



Dairyland
Lactose Free Milk

4⁹⁹
2L



Bremner's
Frozen Fruit

30% off
assorted sizes



Olympic Yogurt
Select Varieties

2⁹⁹-3⁹⁹
650g

Rawesome Cashew Based
Cream Cheese & Tzatziki



6⁹⁹ 7⁹⁹
227g Cream Cheese 227g Tzatziki



Uncle Luke's
Maple Syrup

17⁹⁹
1L Jug



Wholesome Organic
Sugars & Sweeteners

30% off
assorted sizes

Savör Grass Fed Butter



4⁴⁹
250g

Armstrong Cheese



9⁹⁹
600g



Armstrong
Cheese Snacks

4⁴⁹
10 Pack

Daiya Plant Based Cheese
Blocks, Shreds, Slices & Spreads



2/7⁰⁰
assorted sizes



Udi's Gluten-Free
Breads, Pizzas,
Muffins &
Frozen Entrées

30% off
assorted sizes



Woolwich
Goat Cheese

30% off
assorted sizes



Primal Kitchen
Condiments,
Dressings & Sauces

30% off
assorted sizes

DELI

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

1 69
/100g



Boursin Cheese
Assorted Varieties

5 99
150g



Burrata Cheese
Fresh Mozzarella
with Cream Filling

12 99
250g



**Apetina Feta
Cheese in Oil**

**2 for
5 00**
100g



**Choices Summer Macaroni
or Coastal Coleslaw Salad**

1 69
/100g



Castelvetrano Olives

2 19
/100g



**Habibi's Lebanese
Hummus**

Garlic & Basil or
Roasted Red Pepper

3 99
200g



BAKED GOODS

Choices' Own Cakes

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

16 99
each



Choices' Own Muffins

Mini & Regular
Assorted Varieties

2 99
mini 130g

4 79
regular
280g



**Silver Hills Organic
Sprouted Power Bagels**

Assorted Varieties

3 99
each



**Little Northern Bakery
Gluten-Free Buns & Rolls**

4 99
220 & 320g



Online Video Seminars

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

Gentle Floor Yoga

Join Psylock and Chelsea in a guided class on gentle yoga.

Free event. Register online at choicesmarkets.com/events. Details to join 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

**Organic
Nuts & Mixes**

Bulk & Prepackaged

**20%
Off**



GROCERY

Lightlife Plant Based
Burgers &
Smart Dogs



2/700 5⁹⁹
340g Smart Dogs 227g Burgers

Sol Cuisine Vegan Burgers



4⁹⁹
284g

Prairie Harvest
Organic Pasta



2/5⁰⁰
454g

Rizopia Gluten-Free Brown
Rice Pasta & Quinoa Pasta



1⁹⁹-2⁹⁹
340-454g



Kikkoman Sauces,
Panko Bread
Crumbs & Oil

30% off
assorted sizes



Western
Rice Mills
Organic Rice

5⁹⁹-6⁹⁹
907g



Bubbies Pickles,
Horseradish &
Sauerkraut

30% off
assorted sizes



Bragg Organic
Apple Cider Vinegar
& Soy Seasoning

5⁹⁹ 8⁹⁹
946ml Apple Cider 946ml Soy Seasoning

WELLNESS



Everyone
Hand Soap &
3 in 1 Soap
& Body Lotions

6⁴⁹ 13⁴⁹
377ml Hand Soap 946ml & 960ml
3 in One Soap
& Body Lotions



Pure Potent
WOW Pure
Essential Oils
& Bodycare

20% off
assorted sizes
Regular Retail 2.49-31.99



Dr. Bronner's
Non-GMO Organic
Castile Soap

11⁹⁹
454-472ml



All Natural Sun
Care Products

25% off
assorted sizes
Regular Retail 7.49-40.99



NutraSea Omega-3
& Select Fish Oils
Select Varieties

20% off
assorted sizes
Regular Retail 23.99-99.99



Vega One
All-in-One
Nutritional
Shakes

4⁹⁹
827-876g

Bio-K Plus Probiotics



36⁹⁹ 39⁹⁹
12 Pack Dairy 12 Pack Rice or Soy



Smart Solutions
Lorna Vanderhaeghe
Vitamins &
Supplements

20% off
assorted sizes
Regular Retail 1.49-96.99



Prairie Naturals
Vitamins &
Supplements

20% off
assorted sizes
Regular Retail 6.49-79.99



Genuine Health
Advanced
Gut Health
Probiotics

20% off
assorted sizes
Regular Retail 26.99-87.99



SISU Vitamins
& Supplements

25% off
assorted sizes
Regular Retail .79-69.99



Canprev Zinc
Bis-Glycinate
& Synergy B

12⁹⁹ 23⁹⁹
120 Caps Zinc Bis-glycinate 60 Caps Synergy B



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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.