



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Organic Lean Ground Beef

Value Pack, Grass Fed

11.99/lb

26.43/kg

LOCAL

Choices Poke Bowls

Salmon, Tuna or Spicy Shrimp

11.99

each

BC Grown Cherries

13.18/kg

LOCAL

5.98
/lb

BC Grown Organic Hot House Red, Orange and Yellow Peppers

from OriginO

10.98/kg

LOCAL

4.98
/lb

Choices Chicken Bites

Cajun or Italian

5.99

225g

Fresh Sockeye Salmon

44.07/kg

19.99
/lb

Value Pack

Choices' Own Bakery Buns

Italian Cheese, Chia Sesame Seed, Ciabatta & Sourdough

2.99-3.99

4 Pack



Progressive
Vitamins
& Supplements

20% off

assorted sizes
Regular Retail 15.79-72.99



Earth's Own
Oat Beverages
Select Varieties

3.99

1.75L



Uncle Luke's
Organic Maple Syrup

20.99

1L

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

Prices Effective
July 8 - 14, 2021

PRODUCE

BC Grown Organic Blueberries
from Westberry Farms

LOCAL

2 for 500
170g

BC Grown Organic Black or Green Kale

LOCAL

298
each

Ataulfo Mangos
from Mexico

4 for 500

MEAT

Pork Tenderloin
19.82/kg

LOCAL

899
/lb

Raised Without Antibiotics

Grimm's Harvest Wieners

699
450g

Organic Whole Chickens
13.21/kg

LOCAL

599
/lb

Beef Burgers
19.82/kg

899
/lb

Made In-Store

Organic Chicken Legs
24.23/kg

LOCAL

1099
/lb

Boneless, Skinless

Whole Rainbow Trout
22.02/kg

999
/lb

Great for the BBQ!

Beef Ribeye Steaks
33.05/kg

1499
/lb

Value Pack, Grass Fed from Australia

Venison Leg Steaks
44.07/kg

1999
/lb

Grass Fed from New Zealand

Icelandic Cod Fillets
41.87/kg

1899
/lb

Lamb Leg Steaks
28.64/kg

1299
/lb

Boneless, Grass Fed from New Zealand

GROCERY

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Saugeen Country Organic
Yogurt & Kefir



4.49
908g

Riviera Coconut, Oat
or Goat Milk Yogurt



Select Varieties

4.99
500g

Bremner's Organic Blueberries
or Berry Blend



17.99
1.5kg



Kicking Horse
Organic Fair Trade
Ground Coffee

8.99
284g



Level Ground Organic
Fair Trade Coffee,
Tea & Dried Fruit

30% off
assorted sizes



Nuts to You Organic
Almond Butter

Select Varieties

12.99
365g



L'Ancetre
Organic Cheese

Select Varieties

30% off
assorted sizes



Saputo
Shredded Cheese

3.99 5.49
170g 320g

Dairyland Sour Cream



2/5.00
450-500ml



Happy Planet
Organic Lemonade

3.99
1.5L
+deposit +eco fee



Udi's Gluten-Free
Bread & Pizza Crust

30% off
assorted sizes

Avalon Organic Cottage Cheese



5.99
500g

La Croix Sparkling Water



4.99
8 Pack • +deposit +eco fee



King Island
Pure Coconut Water

2/4.00 2/7.00
500ml 1L
+deposit +eco fee +deposit +eco fee



Zevia Zero Calorie Soda

.99 4.99
355ml 6 Pack
+deposit +eco fee +deposit +eco fee



Health-Ade
Organic Kombucha

2/7.00
473ml
+deposit +eco fee



Greenhouse
Organic Cold Pressed
Blue Lemonade & Kombucha

2/7.00
300-340ml
+deposit +eco fee



Rise Organic Oat Milk,
Nitro Brew Coffee
& Milk Oat Latte

2/7.00 4.99
207ml Lattes 946ml Oat Milk
+deposit +eco fee +deposit +eco fee

GROCERY

Halo Top Ice Cream



5⁹⁹

473ml

Dream Pops Plant Based Frozen Dessert Bars



4⁹⁹

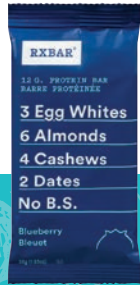
4 Pack

Deebee's Organic SuperFruit Freezies



4⁹⁹

10 Pack



RXBAR Protein Bars

2/5⁰⁰

52g



Good To Go Keto Bars & Bites

2/4⁰⁰ 4⁴⁹

40g Bar

100g Bites

Larabar Fruit & Nut Bars



2/3⁰⁰ 21⁹⁹

45-48g

16 Pack



Made Good Bites, Bars, Cookies & Granola

30% off

assorted sizes



Lily's Stevia Sweetened Chocolate Bars

3⁹⁹

80-85g



Mary's Organic Gluten-Free Crackers

4⁹⁹-5⁹⁹

141-184g



Kettle Brand Potato Chips

2²⁹

220g

Neal Brothers Organic Tortilla Chips & Salsa



4⁴⁹ 4⁹⁹

300g Tortilla Chips 410ml Salsa



Beanitos Bean Chips

2/7⁰⁰

128-142g



Angie's Boomchickapop Popcorn & Puffs

2⁹⁹-3⁹⁹

assorted sizes



Sensible Portions Veggie Straws & Chips

2/6⁰⁰

141-142g



Beyond Meat Plant Based Burger & Ground Beef

5⁹⁹ 7⁹⁹

226g Burgers

340g Ground Beef



Origen 846 Extra Virgin Olive Oil

12⁹⁹ 13⁹⁹

846ml Unfiltered

846ml Organic Unfiltered



Berio Extra Virgin Olive Oil

7⁹⁹ 10⁹⁹

250ml Organic 750ml Conventional



Spectrum Cooking Oils & Mayonnaise

30% off

assorted sizes

DELI

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Choices Quiche



**2 for
800**

Tre Stelle Parmigiano Reggiano, Romano or Grana Padano Cheese

**899-
1099**
/100g



Tre Stelle Bocconcini Cheese or New Lactose Free Feta Cheese

**2 for
1000**
200g



New Dairy-Free! Boursin Spreadable Cheese Garlic & Herb

699
170g



Choices Artisan Sandwiches

Ham, Turkey or Roast Beef



899
each

Choices Salads



**20%
off**

Choices Salmon Lox Bagels



699
each

Choices Turkey Breast

Antibiotic Free
Cooked or Smoked



449
/100g

BAKED GOODS

Choices' Own Cake Slices

Decadent Chocolate, Ganache, Carrot,
Tuxedo and our *New Tre-Citrus!*



329
120-150g

Choices' Own 6" Young Coconut Cream Pies



649
each

Choices' Own Vegan Morning Glory Muffins

Mini or Regular

329
4 Pack
Mini

549
4 Pack
Regular



Choices' Own Bread Multigrain or Whole Wheat



499
530g

Silver Hills Sprouted Power Bread

Assorted Varieties

**2 for
800**
assorted
sizes



Supporting Local

Right now, it's more important than ever to support the local producers in our communities. Our friends, neighbours and community members need help more than ever to stay on their feet and provide for you. Choices Markets has always been a staunch supporter of local producers, and we're asking you now to help in any way you can. Pick BC grown fruits and vegetables when choosing produce. Choose seafood harvested in BC waters. Find out which of your favourite foods and wellness items are Canadian made. Every little bit we can do to help goes a long way towards our sustainable future.

BULK

Organic Seeds & Snacks

Bulk & Prepackaged

**20%
Off**



GROCERY



Cape Herb & Spice
Table Top Spices
Select Varieties

4.49

assorted sizes



Drew's Organics
Organic Salad
Dressing

4.99

360ml



Prairie Harvest
Organic Ketchup
575ml • Regular Retail 7.99

**BUY 1
GET 1
FREE**



Fody Low Fodmap
Dressings, Marinades,
Condiments & Sauce
Select Varieties

30% off

assorted sizes



Lotus Foods
Organic
Pad Thai Noodles

4.99

227g



Lucky Spring
Rolls Frozen &
Lucky Seoul

30% off

assorted sizes



Muir Glen
Organic
Fire Roasted
Tomatoes

3.99

796ml



Mutti Tomatoes

30% off

assorted sizes

WELLNESS



New Roots
MCT Energy

15.99 26.99

500ml

1L



Vega Protein
Smoothie &
Sport Protein

15.99 39.99

252-264g

Protein Smoothie

801-837g

Sport Protein



Host Defense
Mushrooms

49.99

60 Caps

Lions Main & Brain



BioSil Hair,
Skin & Nails

19.99 45.99

15ml

90 Caps



Platinum Naturals
Multivitamins

20% off

assorted sizes

Regular Retail 29.99-99.99



SISU Vitamins
& Supplements

20% off

assorted sizes

Regular Retail .79-69.99



New Chapter
Turmeric Force

29.99 49.99

60 Caps

120 Caps



Trophic Vitamins

25% off

assorted sizes

Regular Retail 14.49-67.99



Nature's Aid Healing
Gel, Hair & Body
Care Products

20% off

assorted sizes

Regular Retail 3.79-40.99



Acure Hair Care

11.99

236ml

Santevia Alkaline Water
Pitchers, Water Systems,
Shower Filters & More

Select Varieties

20% off

assorted sizes

Regular Retail 13.99-199.99



Nourish Organic
Facial Care

25% off

assorted sizes

Regular Retail 24.49-38.99



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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.