



# SUMMER CHOICES!

100% BC OWNED AND OPERATED



**Beef Sirloin  
Tip Steaks**  
Value Pack, Grass Fed  
from New Zealand

**6.99/lb**  
15.41/kg

**Organic  
White  
Cauliflower**  
from Lina's Garden  
in Cawston

**3.48/lb**  
7.67/kg

**LOCAL**

**Choices Ready to Eat Wraps**  
Assorted Varieties



**8.49**  
each



**Shelling Peas**  
4.37/kg

**LOCAL**

**1.98**  
/lb



**Peaches**  
5.47/kg

**LOCAL**

**2.48**  
/lb

**Choices' Own Artisan Bread**  
Purple Yam Chia Boule, Rosemary Spring  
Wheat Sourdough & Beer Bread



**4.99**  
300-400g



**Flora Vitamins  
& Supplements**

**20% off**  
assorted sizes  
Regular Retail 5.99-79.99



**Barbara's Cheez Puffs**

**2/5.00**  
155-198g



**Rise Organic Kombucha**

**2/6.00**  
414ml  
+deposit +eco fee

**Physical Distancing:** Please remain 2 metres from others. | Prices Effective  
One customer using the checkout belt at a time. Thank you. | July 15 - 21, 2021.



# PRODUCE

## Green & Red Cabbage

1.72/kg

LOCAL

.78  
/lb

## Organic Apricots

from Nature's First Fruit in Cawston

LOCAL

6.98  
907g Bag

## Organic Mini Red Seedless Watermelon

from Mexico

3.98  
each

# MEAT

## Ground Pork

11.00/kg

LOCAL

4.99  
/lb

Value Pack  
Raised Without Antibiotics

## Bacon

24.23/kg

LOCAL

10.99  
/lb

No Added Nitrates

## Pork Sausages

15.41/kg

LOCAL

6.99  
/lb

Made In-Store

## Chicken Breast

24.23/kg

LOCAL

10.99  
/lb

Boneless, Skinless  
Value Pack  
Raised Without Antibiotics

## Annasea Tuna Poké Kits

12.99  
10 oz



## Lean Ground Bison

33.05/kg

14.99  
/lb

## Marinated Chicken Wings

15.41/kg

LOCAL

6.99  
/lb

Jamaican Jerk  
Raised Without Antibiotics

## Fresh Halibut Fillets

66.12/kg

LOCAL

## Lamb Rack Chops

59.50/kg

26.99  
/lb

Grass Fed  
from New Zealand

## Duck Breast

37.46/kg

LOCAL

16.99  
/lb

Boneless

29.99  
/lb



# GROCERY

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RW Garcia  
Organic  
Gluten-Free  
Corn Chips

**5.49**  
212-233g



Spokes Snacks

**2/7.00**  
80g



La Cocina Tortilla Chips

**2/7.00**  
300-400g



RJ's Licorice

**2.99-3.99**  
165-280g



Freeyum  
Gluten-Free  
Bars & Crackers

**2/7.00**  
120-135g

Las Margaritas Salsa  
Hot or Medium



**5.99**  
500g

Kind Bars



**2/3.00 16.99**  
40g Single Bar 12 Pack



Mid-Day Squares  
Superfood Bars

**2/6.00**  
70g



Sigdal Bakeri Crispbreads

**4.99**  
190-220g



Rico 'n Lalo  
Frozen Bars

**4.99**  
4 Pack



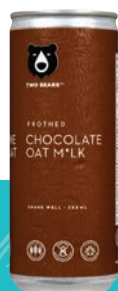
Denman Island  
Chocolate Organic Bars

**2/6.00**  
44-46g



Camino Organic  
Fair Trade  
Chocolate Bars

**2/7.00**  
80-100g



Two Bears  
Cold Brew Coffee  
& Oat Milk Lattes

**2/6.00**  
250ml

Udderly Ridiculous Goat Milk  
Ice Cream



**6.99**  
473ml



Mochi Coconut  
Dairy-Free  
Ice Desserts

**6.99**  
450g



Happy Planet Smoothies

**2/4.00**  
325ml  
+deposit +eco fee



San Pellegrino  
Sparkling  
Beverages

**.99 4.99**  
330ml Single  
+deposit +eco fee 6 Pack  
+deposit +eco fee



Fiji Natural Artesian Water

**2/4.00 2/5.00**  
1L  
+deposit +eco fee 1.5L  
+deposit +eco fee

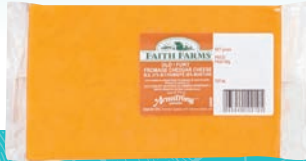
# GROCERY

Maple Hill Organic  
Free Range Large Eggs



**5<sup>99</sup>**  
1 Dozen

Faith Farms Cheese



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

Woolwich Goat Cheese



**30% off**  
assorted sizes



Lions Bay Organic  
Fair Trade Coffee

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



Taylors  
of Harrogate Tea

**4<sup>99</sup>**  
20 Tea Bags



Silk Dairy-Free  
Beverages & Creamers

**2/5<sup>00</sup> 4<sup>49</sup>**  
473ml Creamers  
1.89L Beverages



Drizzle  
Raw Honey  
Golden or White

**7<sup>99</sup>**  
375g



Swerve  
Sugar Replacement

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



Rawcology  
Raw Crunch Granola

**7<sup>99</sup>**  
200g



MaraNatha  
Nut Butter

**30% off**  
340-500g



Crofter's Organic  
Premium Spreads

Select Varieties

**2<sup>99</sup>-3<sup>49</sup>**  
235ml



Kinnikinnick  
Gluten-Free Products

**30% off**  
assorted sizes



Happy Planet  
Organic Juice

**3<sup>99</sup>-4<sup>99</sup>**  
1.75 & 1.89L  
+deposit +eco fee



Earth's Own  
Dairy-Free  
Spreads

**3<sup>99</sup> 4<sup>99</sup>**  
227g Cream Cheese & Dip  
340g Sour Cream & Butter

Liberté Méditerranée Yogurt



**2/6<sup>00</sup>**  
500g



Hello Bello  
Diapers & Wipes

**25% off**  
assorted sizes



Seventh Generation  
Household Cleaners & Wipes  
Select Varieties

**30% off**  
assorted sizes



Nature Clean  
Natural Dish Liquid  
& Household Cleaners

**30% off**  
assorted sizes



# DELI

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## Choices Ready to Eat Green Salads

Assorted Varieties

549-  
849

## Kerrygold Irish Cheese

Assorted Varieties

799  
200g

## Jarlsberg Cheese

449  
/100g

## Cows Creamery Cheddar Cheese

899-  
999

## Choices Hummus

Assorted Varieties

2 for  
700  
250g

## Choices Sushi Rolls

Assorted Varieties

549  
each

## Tzatziki or Kalamata Olives

149  
/100g

## Choices Prawn Fish Cakes

2 for  
300

## Yorkshire Valley Organic Turkey & Chicken

799  
150g

# BAKED GOODS

## Choices' Own Bread

White or Brioche

349-  
599  
500-530g

## Choices' Own Classic Cookies

499  
12 Pack

## Choices' Own 9" Pies

Seasonal Quatro Berry,  
Blueberry & Apple

1099  
each

## Choices' Own Margarita Bars & The Indulgence Brownie Bar

599  
150 & 220g

## 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 Dried Fruit

Bulk & Prepackaged

20%  
Off



# GROCERY



Bragg  
Organic Apple  
Cider Vinegar

**5<sup>99</sup>**  
946ml



San-J  
Cooking Sauces

**30% off**  
assorted sizes



Chosen Foods  
Avocado Oil  
Salad Dressings

**5<sup>99</sup>**  
237ml



Due Vittorie  
Balsamic Vinegar

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



Wholly Veggie!  
Plant-Based  
Patties, Pizzas  
& Meals

**30% off**  
assorted sizes



Golden Home Pizza Crust

**5<sup>99</sup>**  
assorted sizes



Cucina Antica  
Pasta Sauce

**6<sup>99</sup>**  
670ml



Italpasta Artisan Pasta

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

# WELLNESS



Natural Factors  
CurcuminRich  
Theracurmin  
Supplements  
Select Varieties

**20% off**  
assorted sizes  
Regular Retail 24.99-80.99



Purica Vitamins  
& Supplements

**20% off**  
assorted sizes  
Regular Retail 1.49-134.49



Omega Nutrition  
Organic Pumpkin  
Seed Protein  
Powder

**23<sup>99</sup>**  
600g



Natural Factors  
Active Vitamin B  
Supplements  
Select Varieties

**20% off**  
assorted sizes  
Regular Retail 9.49-37.99



Manitoba Harvest  
Hemp Yeah!  
Protein Blend  
Powders &  
Hemp Proteins

**25% off**  
assorted sizes  
Regular Retail 16.49-32.99



CanPrev  
Magnesium  
Bis-Glycinate

**23<sup>99</sup> 33<sup>99</sup>**  
120caps or 500ml 240 Caps



Genuine Health  
Clean Collagen  
& Collagen Bars

**21<sup>99</sup> 29<sup>99</sup>**  
8 Pack Collagen Bars 210-301g Marine or Bovine



MegaFood  
Multi-Vitamins  
Select Varieties

**20% off**  
assorted sizes  
Regular Retail 50.99-81.99



Avalon Organic  
Hair, Face &  
Body Care  
Products

**20% off**  
assorted sizes  
Regular Retail 9.99-31.99



Sukin Botanicals  
Natural Face &  
Hair Care

**20% off**  
assorted sizes  
Regular Retail 7.49-27.49



Thinksport  
Suncare

**20% off**  
assorted sizes  
Regular Retail 16.99-38.99



The Soap Works  
Bar Soap  
Select Varieties

**3/5<sup>49</sup>**



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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.