



# BACK TO SCHOOL

100% BC OWNED AND OPERATED

## Sockeye Salmon Fillets

Fresh, Value Pack

**1999/lb**  
44.07/kg

Organic  
Blueberries  
from Westberry Farms  
in the Fraser Valley

**2998**  
2.27kg box

LOCAL

## Prune Plums

From the Okanagan

4.37/kg

LOCAL

**198**  
/lb

## Freestone Peaches

From the Okanagan

4.37/kg

LOCAL

**198**  
/lb

## Choices' Own Vegan Morning Glory Muffins

mini and regular

**339**  
minis  
4 pack

**549**  
regular  
4 pack

## Choices' Own Bread Multigrain and Whole Wheat



**499**  
530g

## Choices Ready to Eat Wraps



**849**  
assorted  
varieties



New Roots Vitamins  
& Supplements

**20% off**  
assorted sizes  
1.79-114.99



Uncle Luke's  
Organic Maple Syrup

**2099**  
1L



Yumi Organics  
Organic  
Overnight Oats

**599**  
330g

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

Prices Effective  
August 26 - September 1, 2021.



# PRODUCE

## Organic Green Cabbage

from Lina's Garden in Cawston

3.92/kg

LOCAL

178  
/lb

## Organic Yukon

### Gold Potatoes

from Fraserland Farms in Delta

LOCAL

498

2.27kg  
bag

New Crop

## Organic Nectarines

from Nature's First Fruit in Cawston

LOCAL

598

907g  
bag

# MEAT

## Beef Ribeye Steaks

35.25/kg

Value Pack

100% Grass Fed  
from New Zealand

1599  
/lb

## Bison Sirloin Tip Steaks

37.47/kg

1699  
/lb

## Lamb Leg Steaks Boneless

35.25/kg

from New Zealand

1599  
/lb

## Belmont Homestyle Frozen Burgers

1299  
each



## Choices Whole Chickens

11.00/kg

LOCAL

499  
/lb

Raised Without Antibiotics

## Two Rivers Salami

LOCAL

999  
150g

## Ground Lamb

35.25/kg

from New Zealand

999  
/lb

## Whole Rainbow Trout

24.23/kg

LOCAL

1099  
/lb

## Arctic Char Fillets

41.87/kg

LOCAL

1899  
/lb

Fresh



# GROCERY

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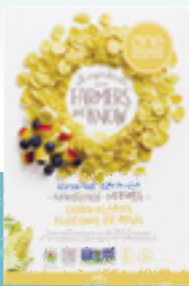
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Granola King  
Granola  
2 Varieties

**24<sup>99</sup>**

2kg



One Degree  
Organic Foods  
Cereal, Oats,  
Granola & Flour

**30% off**

assorted sizes



Bob's Red Mill  
Pancake &  
Waffle Mixes

**30% off**

assorted sizes



Chobani Oat  
Beverages & Yogurt

**2/3<sup>00</sup> 4<sup>99</sup>**

946ml Beverages

454g Yogurt



Coconut Dream  
Beverages

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

946ml

Riviera Petit Pot Organic Goat Yogurt



**4<sup>99</sup>**

4 Pack

Earthbound Farms Organic  
Frozen Fruit



**3<sup>99</sup>**

300g



Equal Exchange  
Organic Fair Trade Tea

**3<sup>99</sup>**

28g-40g



Ethical Bean  
Organic Fair Trade Coffee

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

227g Ground

**9<sup>99</sup>**

340g Whole Bean



Nuts to You  
Almond or  
Peanut Butter  
Select Varieties

**5<sup>99</sup> 15<sup>99</sup>**

750g

Peanut Butter

735g

Almond Butter



Plum-M-Good  
Organic Rice Thins

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

95g

MadeGood Granola  
Organic Minis & Bars

Select Varieties



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

5 Pack



Elias Honey  
Select Varieties

**30% off**

375g & 1kg



Swerve  
Sugar  
Replacement

**7<sup>99</sup>**

340g

Nature's Farm Free Run  
Large Omega-3 Eggs



**7<sup>49</sup>**

18 Pack

Armstrong Cheese



**9<sup>99</sup>**

600g



L'Ancetre Organic  
Cheese Shreds

**4<sup>99</sup>-6<sup>99</sup>**

200g

Caboo Bamboo Facial Tissue, Baby  
Wipes and Bathroom Tissue

Select Varieties



**30% off**

assorted sizes

# GROCERY



Kettle Brand  
Organic  
Potato Chips

**2/6<sup>00</sup>**  
142g



Annie's  
Crackers, Cookies  
& Fruit Snacks

**30% off**  
115g-213g



Prana Organic  
Trail Mix &  
Chic Choc Bites

**30% off**  
assorted sizes



Theo Organic  
Fair Trade  
Chocolate Bars

**2/7<sup>00</sup>**  
85g



Green & Black's  
Organic Fair Trade  
Chocolate Bars

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

GoMacro Energy Bars



**2/6<sup>00</sup>**  
65g-71g



Efferve Sparkling  
Lemonade

**5<sup>49</sup>**  
750ml • +deposit +eco fee



Bio-K  
Probiotic Sparkling Water  
& Iced Tea

**2/7<sup>00</sup> 12<sup>99</sup>**  
355ml +deposit +eco fee 4 Pack +deposit +eco fee



Brew Dr.  
Organic Kombucha

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



Happy Planet Smoothies

**2/4<sup>00</sup>**  
325ml +deposit +eco fee



Brüst Cold Brew  
Protein Coffee  
Light or Dark

**2/5<sup>00</sup>**  
330ml



Rumble  
Protein Supershakes

**3<sup>99</sup>**  
355ml



Maison Orphée  
Salad Dressings  
& Vinaigrettes

**3<sup>99</sup>**  
240ml – 250ml



Prairie Harvest  
Organic Ketchup

**3<sup>99</sup>**  
575ml



Enlightened  
Keto Ice Cream

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



Phoeapolis Organic  
Extra Virgin Olive Oil

**10<sup>99</sup> 13<sup>99</sup>**  
500ml 750ml



Thai Kitchen  
Instant Noodles  
and Noodle Bowls

**2/3<sup>00</sup> 2/5<sup>00</sup>**  
45g Noodles 68g Noodle Bowls



Avalon Organic  
Ice Cream

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



# DELI

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**Castello  
Cheese**

**2/  
1000**  
200g

**Old Fashioned  
Black Forest or  
Honey Ham**

**219**  
/100g

**NEW Choices  
Thai Prawn  
Noodle Salad**

**699**  
375g

**Choices Soba  
Chicken or Beef  
Noodle Bowls**

**699-  
749**  
270g-450g

**Bothwell Cheese**  
assorted varieties



**299**  
/100g

**Naturally Aged  
Parmesan  
Cheese Petals**



**299**  
/100g

**Burrata Cheese**



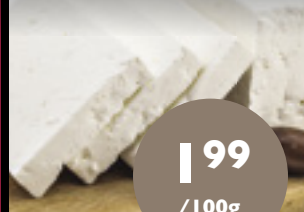
**1199**  
250g

**Habibi's Dips  
& Hummus**



**399**  
200g

**Traditional Cow  
Feta Cheese**



**199**  
/100g

## BAKED GOODS

**Choices' Own Cupcakes**  
assorted varieties



**339  
-549**  
4 pack

**Choices' Own 6" Pies**  
assorted varieties



**599-  
649**

**Choices' Own  
Premium Cookies**  
assorted varieties



**599**  
6 pack

**Artisan Bake Shoppe Cookies**  
assorted varieties



**649**  
300g

**Queen St. Bakery Loafs, Buns,  
Bunlets and Pizza Dough**



assorted varieties

**399-  
699**  
assorted  
sizes

**FREE ONLINE SEMINAR** - Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events).

**Tuesday Sept 14th, 2021 - 7-8:30pm**

**Gut Health: Why Does it Matter?**

with Alexandra Inman, BSc, RD - Co-Founder of The Vancouver Dietitians

Join Registered Dietitian and Co-Founder of 'The Vancouver Dietitians', Alexandra Inman to learn about Gut Health: Why does it Matter?

## BULK

**Organic Candy  
& Snacks**

Bulk &  
Prepackaged

**20%  
Off**



# GROCERY



Lundberg  
Nutra-Farmed  
Rice

**30% off**  
907g



RightRice  
made with  
vegetables

**4<sup>99</sup>**  
198g

Di Martino Pasta  
Select Varieties



**2<sup>49</sup>-2<sup>99</sup>**  
453g-500g



Eden  
Organic Beans

**30% off**  
398ml

Field Roast Vegan Sausages  
& Chao  
Cheese Slices



**4<sup>99</sup> 5<sup>99</sup>**  
200g Chao Slices 368g Sausages

Wildbrine Kimchi,  
Sauerkraut and Kraut



**7<sup>99</sup>**  
500ml

Kikkoman Sauces,  
Panko Bread  
Crumbs and Oil



**30% off**  
assorted sizes

Sunrise Soft Tofu



**1<sup>29</sup>**  
300g

# WELLNESS

Bio-K Plus Probiotics  
Dairy & Non-Dairy



**2/40<sup>00</sup>**  
6 pk

NutraSea  
Omega-3 and  
Omega-3 &  
Vitamin D and  
HP Fish Oil



**20% off**  
assorted sizes  
Regular Retail 23.99-99.99

Alpha  
Supreme  
MCT Oil



**22<sup>99</sup> 33<sup>99</sup>**  
500ml 946ml

Jason Body Care  
Products Hair  
Care, Body Wash  
and Oral Care



**20% off**  
assorted sizes  
Regular Retail 6.99-16.99



Herband  
Vitamins and  
Supplements

**30% off**  
assorted sizes  
Regular Retail 3.99-17.49



Organika  
Enhanced  
Collagen

**18<sup>49</sup> 31<sup>99</sup>**  
250g 500g



Natural Factors  
Probiotics

**20% off**  
assorted sizes  
Regular Retail 17.99-55.49



Herbatint  
Natural  
Permanent Hair  
Colour

**16<sup>99</sup>**  
1 kit



Flora  
Organic Flax Oil

**8<sup>99</sup> 22<sup>99</sup>**  
250ml 941ml



Natural Calm  
Magnesium  
Supplements

**20% off**  
assorted sizes  
Regular Retail 15.49-71.99



The Kelowna  
Candle Factory  
Beeswax  
Candles

**20% off**  
assorted sizes  
Regular Retail 1.79-38.99



Andalou Naturals  
Hair Care, Shower  
Gel & Body Lotion

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



**choicesmarkets.com**



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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.