



SHOP LOCAL!

100% BC OWNED AND OPERATED

BC
PRODUCT!

Pork Loin Chops

Boneless, Value Pack
Raised Without Antibiotics

6.99/lb

15.41/kg

Okanagan Grown Nectarines

6.57/kg

BC
PRODUCT!

Organic Field Tomatoes

from Secret Farm in Oliver

6.57/kg

BC
PRODUCT!

**2.98
/lb**

Choices Salmon Lox Bagels

BC
PRODUCT!

7.49
each

Choices' Own 9" Pie

Apple, Seasonal Quatro Berry & Blueberry

BC
PRODUCT!

10.99

Green and Red Leaf Lettuce

from Fraser Valley

BC
PRODUCT!

**2/
2.00**



withinUs
TruMarine
Collagen

BC
PRODUCT!

44.99 **62.99**
20 Pack 250g



Zazubean
Organic
Fair Trade
Chocolate Bars

BC
PRODUCT!

3.49-3.99
80g-85g



Happy
Planet
Smoothies

BC
PRODUCT!

3.99
900ml
+deposit +eco fee

Physical Distancing: Please remain 2 metres from others. One customer using the checkout belt at a time. Thank you. Prices Effective August 19 - 25, 2021.

PRODUCE



Choices Fresh Salad Dressings and Dips

Assorted Varieties
Hand Made in Burnaby

LOCAL

3.98
375ml

Organic Whole Cantaloupe & Galia Melon

from Secret Farm in Oliver

3.26/kg

LOCAL

1.48
/lb

Caliente, Jalapeno, Chipotle, and Habanero Hot Sauces

from Caliente in Salmon Arm

Raw, Vegan and Keto

LOCAL



5.98
153ml

MEAT

Organic Lean Ground Beef

26.43/kg

LOCAL

11.99
/lb

Value Pack, Grass Fed

Lamb Loin Chops

33.05/kg

14.99
/lb

From New Zealand

Organic Chicken Legs

24.23/kg

LOCAL

10.99
/lb

Boneless, Skinless

Beef Top Sirloin Steaks

19.82/kg

8.99
/lb

Grass Fed
From New Zealand

Belmont Homestyle Frozen Burgers

12.99
each



Lamb Burgers

26.43/kg

11.99
/lb

Made In-Store

Venison Boneless Leg Steaks

44.07/kg

19.99
/lb

Ling Cod Fillets

35.25/kg

15.99
/lb



Whole Fresh Pink Salmon

13.21/kg

5.99
/lb



GROCERY

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Noochpop!
Nutritional
Yeast Popcorn

3⁹⁹
120g



Southern Recipe
Pork Rinds

2/7⁰⁰
85g



Old Dutch
Restaurant
Tortilla Chips
& Salsa

2/7⁰⁰
assorted sizes



Kettle Brand
Potato Chips

2⁴⁹
220g



Clif Nut Butter Filled
Bars & Whey Protein Bars

2/3⁰⁰ 2/4⁰⁰
50g Nut Butter Filled 56g Whey

Dandies Vegan Marshmallows



4⁴⁹
283g



Sonoma
Creamery
Crisps

4⁹⁹
64g



Organic Traditions
Superfood and
Natural Traditions
Products

25% off
assorted sizes

Dream Pops Plant-Based Frozen
Dessert Bars



4⁹⁹
4 Pack



Nora's
Plant-Based
Frozen Dessert

6⁹⁹
500ml



So Delicious
Plant-Based
Frozen Dessert

5⁹⁹
500ml



Righteous
Gelato & Sorbetto

6⁹⁹
562ml



Fiji Natural Artesian Water

2/4⁰⁰ 2/5⁰⁰
1L +deposit +eco fee 1.5L +deposit +eco fee



San Pellegrino & Perrier
Sparkling & Mineral Water

2/4⁰⁰
750ml & 1L +deposit +eco fee



Sober Carpenter
Non-Alcoholic Beer

2/4⁰⁰
473ml +deposit +eco fee



GT's Organic
Raw Kombucha

3⁴⁹
480ml +deposit +eco fee

Zevia Zero Calories Soda



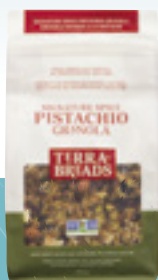
4⁹⁹
6 Pack/355ml +deposit +eco fee



R.W. Knudsen Juice

30% off
750ml & 946ml +deposit +eco fee

GROCERY



Terra Breads
Granola

6⁹⁹-7⁹⁹

340g-454g



Nature's Path
Organic Boxed Cereal

4⁴⁹

assorted sizes



Pamela's
Gluten-Free Cookies,
Crackers & Pancake Mix

30% off

assorted sizes



Pacific Foods
Organic Almond &
Hazelnut Beverages

2/7⁰⁰

946ml



Earth's Own
Almond Beverages

3⁹⁹

1.89L



Ripple
Dairy-Free Beverages

5⁹⁹

1.42L



Nature's Nuts
Organic Almond
& Peanut Butter

4⁹⁹

500g

Peanut Butter

12⁹⁹

340g

Almond Butter



Kicking Horse
Organic Fair Trade
Whole Bean Coffee

12⁹⁹

454g



We Love Van
Liquid Squeeze Bear
& Organic Honey

3⁹⁹

375g Bear

10⁹⁹

500g Organic

Maple Hill Organic
Free Range Large Eggs



5⁷⁹

1 Dozen

Bremner's Frozen Fruit

Select Varieties



30% off

300g-600g

Tree Island Cream Top Yogurt



3⁹⁹ 8⁹⁹

500g

1.5kg

Woolwich Goat Cheese



30% off

assorted sizes



Tre Stelle
Shredded Cheese

4⁹⁹

170g-200g

Earth's Own Plant-Based Dips,
Sour Cream
& Butter



3⁹⁹-4⁹⁹

227g-340g

Happy Planet Organic
Cultured Butter



7⁹⁹

200g

Modern Table Lentil
Pasta



4⁹⁹

227g

Cascades Tuff Paper Towels
& Fluff Toilet Tissue



6⁹⁹

6 Pack
Paper Towels

9⁹⁹

12 Pack
Toilet Tissue



DELI

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Farmcrest Specialty Roasted Chickens

13⁹⁹
each

Choices Salads

Pesto Orzo, Tortellini
or Summer Quinoa
& Spinach

1⁹⁹
/100g

Indianlife Naan & Wraps

Assorted Varieties

5⁹⁹
250g-500g

Summer Fresh Dips

Assorted Varieties

3⁹⁹
227g

Choices Family Size Salads

**10⁹⁹-
12⁹⁹**
350g-450g

Krinos Spinach & Feta or Ricotta & Feta Phyllo Twisters

**2 for
7⁰⁰**

Castello Cheese

Blue Wedge, Blue
or Brie Half Moon,
Aged Cheddar or
Aged Havarti

**4/
20⁰⁰**
assorted
sizes

Burrata Cheese

12⁹⁹
250g

Italian Prosciutto & Salami Slices

**6⁹⁹-
11⁹⁹**
70g-120g

BAKED GOODS

Choices' Own

Cinnamon Raisin Swirl Bread or
Scandinavian Rye
Sandwich Loaf

**4⁹⁹-
5⁹⁹**
580g

Choices' Own Muffins

Regular or Mini

**2⁹⁹-
4⁴⁹**
4 Pack

Dempster's Bagels

Assorted Varieties

**2 for
8⁰⁰**
5 or 6 Packs

Choices' Own Individual Bars

Blondie Walnut and Date or Brownie
Indulgence & Nanaimo Bars

2⁶⁹
each

Choices' Own Caramel Cake

8⁹⁹
300g

Little Northern Bakehouse Loafs

**4⁹⁹-
5⁴⁹**
454g-567g

Grilled Salmon Summer Salad

By Kelsey Moore RD, Nutrition Operations Manager Choices Markets

4-6 cups spring greens
1 cup strawberries, sliced
100g feta, or 1 avocado
1/2 cup pecans or walnuts, chopped
1 tbsp. avocado oil
150g x 4 Ocean Wise salmon fillets
1 lemon, sliced into 4
2-3 tbsp. balsamic glaze
salt and pepper to taste

Pre-heat grill 500 F.

Brush salmon fillets with avocado oil and add salt and pepper to taste. Once grill is preheated, add salmon fillets to grill skin side up for 5 minutes. Flip and grill for another 3 minutes, ensure the internal temperature has reached 145F before serving. Remove and let cool for a few minutes.

Wash greens; add to a large salad bowl. Add sliced strawberries, crumbled feta or sliced avocado, and nuts. Drizzle balsamic glaze over salad.

Serve salad on a plate and salmon on the side with a lemon slice. Enjoy!



GROCERY



Primal Kitchen
Condiments,
Dressings &
Pasta Sauces

30% off

assorted sizes



Thai Kitchen
Coconut Milk,
Sauce, Noodles
and Curry Paste
Select Varieties

30% off

assorted sizes

Beyond Meat
Plant Based Sausages



7⁹⁹

400g

Gardein Vegan
Frozen Meat Alternatives



4⁴⁹

assorted sizes



Berio Organic
Extra Virgin
Olive Oil

8⁹⁹ | 16⁹⁹

250ml 750ml



Nutiva Organic
Refined
Coconut Oil

9⁹⁹ | 16⁹⁹

860ml 1.6L

Hilary's Eat Well Organic
Frozen Burgers



3⁹⁹

181g



Wholly Veggie
Patties, Pizzas
& Appetizers
Select Varieties

30% off

assorted sizes

WELLNESS



Organic
Traditions
Superfoods

25% off

assorted sizes
Regular Retail 10.29-37.99



Vega Protein
Smoothie &
Protein & Energy

16⁹⁹ 26⁹⁹

252g-264g Protein Smoothie
510g-513g Protein & Energy



Bach Flower
Remedies

25% off

assorted sizes
Regular Retail 5.49-18.99



Desert Essence
Toothpaste

6⁹⁹

176g



Natural Factors
CoQ10
Supplements

20% off

assorted sizes
Regular Retail 18.49-87.49



Genuine Health
Advanced
Gut Health
Probiotics

20% off

assorted sizes
Regular Retail 26.99-87.99



Ecoideas
Superfoods
Chia, Baobab
& Maca

20% off

assorted sizes
Regular Retail 9.49-31.99



Natracare Natural Feminine
Hygiene Products

20% off

assorted sizes
Regular Retail 3.79-8.49



Nature's
Way Herbal
Supplements

20% off

assorted sizes
Regular Retail 11.99-41.99



New Chapter
Multivitamins
Mens and Womens

20% off

assorted sizes
Regular Retail 39.99-87.99



New Roots
Ultra B Vitamins
& Magnesium
Supplements

20% off

assorted sizes
Regular Retail 11.49-70.99



Weleda
Body Care

9⁴⁹ | 14⁹⁹

200ml body wash 200ml lotion



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 Immet 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.