



BUY ONE GET ONE FREE

100% BC OWNED AND OPERATED



Organic Pork Back Ribs
previously frozen
907/lb
19.99/kg

BUY 1 GET 1 FREE

Choices Hot Soup
500ml
regular retail 5.99

BUY 1 GET 1 FREE



Organic Hass Avocados

BUY 1 GET 1 FREE

regular retail 2.68

From Mexico



Gluten-Free Carbonaut Bread
assorted varieties

BUY 1 GET 1 FREE

regular retail 8.99



Divine Essence Essential Oils
Select Varieties

BUY 1 GET 1 FREE

Select Sizes
regular retail 8.99-55.99



Nature Clean Hand Soap

BUY 1 GET 1 FREE

415ml - 500ml



Choices' Own Whole Wheat Bread

BUY 1 GET 1 FREE

530g
regular retail 5.99



Stash Premium Tea

BUY 1 GET 1 FREE

18 - 20 Tea Bags
regular retail 5.69



Nutiva Organic Virgin Coconut Oil
Select Varieties

BUY 1 GET 1 FREE

444ml & 860ml
regular retail 13.99 & 24.99



Krinos Spinach & Feta or Ricotta & Feta Twisters

BUY 1 GET 1 FREE

regular retail 3.99

Physical Distancing: Please remain 2 metres from others. Prices Effective
One customer using the checkout belt at a time. Thank you. September 23-29, 2021

PRODUCE

Organic Grape Tomatoes

398
280g-310g
from Secret Farm in Oliver

LOCAL

Organic Prune Plums

698
907g
from Hewitt Orchards

LOCAL

Organic Yellow Potatoes

498
2.27kg Bag
from Fraserland Organic Farms in Delta

LOCAL

Organic Venus Grapes

698
907g
from Secret Farm in Oliver

LOCAL

Green and Red Seedless Grapes

298
/lb
6.57kg
USA Grown

MEAT

Beef Ribeye Steaks

35.25/kg

1599
/lb

Value Pack
From New Zealand
100% Grass Fed

Bison Sirloin Tip Steaks

37.46/kg

1699
/lb

Pork Boneless Loin Chops

15.41/kg

699
/lb

Value Pack
Raised without antibiotics

LOCAL

Ribeye and Lamb Leg Steaks

35.25/kg

1599
/lb

From New Zealand

Marinated Chicken Wings, Jamaican Jerk

15.41/kg

699
/lb

LOCAL

Nourish Yourself Bone Broth

1099
750ml

LOCAL

Steelhead Fillets

37.46/kg

1699
/lb

Value Pack

Siwin Frozen Dumplings

599
500g

Fresh Tilapia Fillets

30.84/kg

1399
/lb

Rockfish Fillets

19.82/kg

899
/lb

Value Pack

Organic Chicken Drumsticks

13.21/kg

599
/lb

LOCAL

GROCERY

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Happy Planet
Organic
Grass Fed Milk

5⁹⁹ **6⁴⁹**
2%-3.5% Cream Top
Whole Milk



Silk
Dairy-Free Creamers
& Beverages

2/5⁰⁰ **4⁴⁹**
473ml Creamers 1.89L



Blue Diamond
Almond Breeze

4⁴⁹
1.89L



MadeGood
Bites, Balls, Bars &
Cookies

30% off
assorted sizes



Danone DanActive Yogurt Drinks
& Activia
Yogurt
Multipacks

4⁹⁹-5⁴⁹ **6⁹⁹**
8 pack Drink 12 pack Yogurt



L'Anceetre
Organic Cheese

30% off
125g-200g



Granola King
Granola

9⁹⁹
750g



Nature's Path Organic
Frozen Waffles

3⁴⁹-4⁴⁹
210g-240g



Anita's
Gluten-Free
Flour and Pancake
& Waffle Mix

30% off
assorted sizes



OneCoffee
Organic
Fair Trade
Coffee Cups

6⁹⁹
12pk



NOW Stevia

30% off
assorted sizes



Lakanto
Monkfruit
Sweeteners

30% off
assorted sizes



Kicking Horse
Organic Whole
Bean Coffee

12⁹⁹
454g



Yogi Tea

4⁹⁹
16 Tea Bags



Pukka
Organic Tea

4⁹⁹
20 Tea Bags



Liberte
Greek Yogurt & Kefir

3⁹⁹
500g & 1L



Olympic
Yogurt

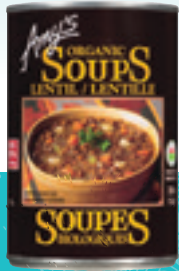
3⁴⁹-4⁴⁹
650g



Yoggu! Vegan
Coconut Yogurt

6⁹⁹
500ml

GROCERY



Amy's Organic Soup

2/7⁰⁰
398ml



GoBio Organic Bouillon Cubes

30% off
assorted sizes

Divina Olives and Roast Tomatoes



30% off
assorted sizes



San-J Cooking Sauces

30% off
assorted sizes



Naam Cooking Sauces

5⁴⁹
350ml & 355ml

Hodo Soy Organic Tofu Cubes, Nuggets and Yuba Noodles



3⁹⁹-6⁹⁹
assorted sizes



Woolwich Goat Cheese

25% off
1 | 3g-300g



Earth's Choice Organic Extra Virgin Olive Oil

10⁹⁹ 16⁹⁹
500ml 1L



Karthain's Organic Sauerkraut & Kimchi

5⁹⁹ 6⁹⁹
Sauerkraut 375ml Kimchi 375ml



Prairie Harvest Organic Pasta

2/5⁰⁰
454g



Rao's Pasta & Homemade Pasta Sauce

3⁴⁹ 8⁹⁹
454g Pasta 660ml Pasta Sauce

GoGo Quinoa Organic Pasta



2/6⁰⁰
227g

Very Good Butcher Vegan Meat Alternatives



30% off
assorted sizes



Tofurky Plant Based Deli Slices & Slow Roasted Chick'N

3⁴⁹-3⁹⁹
156g-227g

Earthbound Farm Organic Frozen Vegetables



2/6⁰⁰
300g-400g



Western Rice Mills Organic Rice

4⁹⁹-6⁹⁹
907g



Organic Traditions Dried Fruit

25% off
assorted sizes



Nature Clean Natural Dish Liquid, Cleaners & Laundry Products

30% off
assorted sizes



BAKED GOODS

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<p>Choices' Own Artisan Buns</p>  <p>299-399 4 pack</p>	<p>Carbonaut Bread and Buns</p>  <p>499-549 assorted sizes</p>	<p>Rawesome Vegan Cake</p>  <p>2/1000 95g</p>	<p>Choices' Own Individual Bars</p>  <p>2/500 50g-85g</p>	<p>Choices 6-9" Pumpkin Pies assorted varieties</p>  <p>599-1099</p>
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DELI

<p>Choices Natural Cooked or Smoked Turkey Breast</p>  <p>449 /100g</p>	<p>Habibi's Hummus</p>  <p>699 450g</p>	<p>Tre Stelle Grana Padano, Reggiano or Romano Cheese</p>  <p>899-1099 200g</p>	
<p>Dofino Havarti Cheese</p>  <p>299 /100g</p>	<p>Vegetable Herb Samosas</p>  <p>2/500</p>	<p>Choices Sandwiches assorted varieties</p>  <p>649 200g</p>	<p>Arla Cheese Slices</p>  <p>2/1000 assorted sizes</p>



In Support of Truth and Reconciliation

September 30 marks the first National Day of Truth and Reconciliation to ensure the ongoing legacy of residential schools is never forgotten. Choices Markets stands with Indigenous Peoples in Canada to mark the first National Day of Truth and Reconciliation, as we work toward a better, more inclusive future for all.

GROCERY

Fresh is Best
Tortilla Chips & Salsa



3⁹⁹
assorted sizes



Que Pasa
Organic
Grain Free
Tortilla Chips

3⁹⁹
142g



Kettle Krinkle
Potato Chips

3⁹⁹
397g



Mary's
Organic
Gluten-Free
Crackers

4⁹⁹-5⁴⁹
141g - 184g

Love Good Fats
Keto Friendly Bars



1⁹⁹
39g - 40g



Health-Ade
Organic
Kombucha

2/6⁰⁰
473ml
+deposit +eco fee

Camino Organic Fair-Trade
Chocolate Bars
and Hot
Chocolate

2/7⁰⁰
assorted sizes
Chocolate Bars

6⁹⁹
assorted sizes
Hot Chocolate



Ritter Sport
Chocolate
Bars

2⁴⁹-2⁹⁹
100g

WELLNESS



Natural Factors
and Whole Earth
& Sea Vitamins &
Supplements

20% off
assorted sizes
Regular Retail 4.99-86.49



Garden of Life
mykind Organics
Vitamins and
Supplements

20% off
assorted sizes
Regular Retail 12.99-46.49



Botanica Perfect
Protein Greens
Superfood
Powders

33⁹⁹ 48⁹⁹
154g-216g 629g-840g



Iron Vegan
Sprouted Protein
or Athlete's
Blend Protein

5⁹⁹
1kg



Renew Life
Vitamins and
Supplements

20% off
assorted sizes
Regular Retail 16.49-70.99



BioSil, Medi-C,
Sealicious
and Vegiday
Vitamins and
Supplements

25% off
assorted sizes
Regular Retail 10.99-75.99



Enerex
Vitamins and
Supplements

20% off
assorted sizes
Regular Retail 20.99-81.99



Ener-C
Effervescent
Vitamin C Drink Mix

13⁹⁹
30 Pack



Mad Hippie
Natural
Cosmetics &
Facial Care

20% off
assorted sizes
Regular Retail 21.49-51.49



Vega One
All-in-One
Nutritional
Shakes

4⁹⁹
827g-876g

Nordic Naturals
Omega-3, Cod Liver Oil
and Childrens Fish Oil
Supplements



25% off
assorted sizes
Regular Retail 24.99-72.99



Incrediwear
Socks, Braces
and Wraps

20% off
assorted sizes
Regular Retail 18.99-148.99



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.