



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

**Beef
Striploin Steaks**

14.99/lb

33.05/kg
value pack
from New Zealand
grass fed



Strawberries

3.98

454g package
grown in USA

**Organic Green and Red
Seedless Grapes**

6.57/kg



**2.98
/lb**

from USA

**Organic Gold and
Red Bunch Beets**

LOCAL

**2.98
bunch**

from Myers Organic Farm



Choices Pasta Entrées

**6.99-
7.99**

425g-450g



Choices Hot Soup
assorted varieties

**2.99-
7.99**

250ml-1L



**Choices' Own
Sourdough Bread**

4.99

530g



**AOR Vitamins &
Supplements**

20% off

assorted sizes
Regular Retail 25.99-124.99

**Maple Hill
Free Range Large Eggs**



4.99

1 Dozen

**Kicking Horse
Organic Fair Trade
Ground Coffee**



8.99

284g

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

Prices Effective
October 14-20, 2021

PRODUCE



Organic Lemons
from Mexico

4.98
907g bag



Organic Green Kale Bunches
from Myers Organic Farm

LOCAL

2/5.00



Large Sweet Spanish Onions
from Idaho

2.16/kg

.98
/lb

MEAT



Lamb Loin Chops
33.05/kg

grass fed
from New Zealand

14.99
/lb



Pork Side Ribs
15.41/kg

raised without antibiotics

LOCAL

6.99
/lb



Duck Breast Boneless Skin On
41.87/kg

LOCAL

18.99
/lb



3Fish Frozen Seafood Medley

5.49
340g



Boneless Skinless Chicken Breast
24.23/kg

value pack
raised without antibiotics

LOCAL

10.99
/lb



Sockeye Salmon
44.07/kg

19.99
/lb



Icelandic Haddock Fillets
39.66/kg

fresh

17.99
/lb



Turkey Sausages
19.82/kg

made in store

LOCAL

8.99
/lb



Greenfield Bacon

raised without antibiotics

9.49
375g each



Choices Whole Chicken
11.00/kg

raised without antibiotics

LOCAL

4.99
/lb

GROCERY

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Terra Breads
Granola

6⁹⁹-7⁹⁹
340g-454g



Nature's Path
Organic Eco Pac Cereal

8⁹⁹
Assorted Sizes



Food For Life
& Ezekial Frozen Bread

30% off
Assorted Sizes



Earth's Own
Oat Beverages

2⁹⁹
946ml



Holy Crap
Superseed Blend Cereal

6⁹⁹
225g



Earth's Own and So Nice
Almond Beverages

2/7⁰⁰ 3⁹⁹
Earth's Own 1.89L
So Nice 1.75L



Nuts to You
Almond Butter

7⁹⁹
365g



Uncle Luke's
Organic Maple Syrup

10⁹⁹
500ml



Blender Bites
Organic
Smoothie Pucks

10⁹⁹
540g

Cows Creamery Butter



4⁹⁹
250g



Taylors Tea

4⁹⁹
20 Tea Bags



Olympic
Natural, Organic &
Krema Yogurt

349-449
650g



Hardbite
Natural Potato Chips

249
128g-150g



Que Pasa
Organic Tortilla Chips
& Salsa

2/7⁰⁰
Assorted Sizes



Old Dutch
Potato Chips & Ridgies

2/6⁰⁰
200g-240g



So Delicious
Dairy-Free
Frozen Dessert

4⁹⁹
500ml

Island Farms Ice Cream



4⁹⁹-5⁹⁹
1.65L



Buck
Plant-Based Gelato

6⁹⁹
500ml

GROCERY



Daiya
Plant-Based
Frozen Pizza

749

444g-550g



Big Mountain
Vegan Bites,
Crumbles
& Patties

549

300g-400g



Pearl's
Frozen Perogies

399

600g



Earth Island
Dairy-Free Cheese
Slices & Shreds

499 599

Shreds
227g

Slices
200g



L'Ancrette
Organic Cheese

899

325g



Udi's
Gluten-Free Burger
& Hot Dog Buns

349-449

Assorted Sizes



Nuts for Cheese
or Nuts for Butter
Organic Dairy
Alternatives

899 699

Cheese
120g

Butter
227g



Armstrong Cheese

999

600g



Imagine
Organic Soup

499

1L



Kikkoman Sauces &
Panko Bread Crumbs

30% off

Assorted Sizes



Primal Kitchen Oils,
Dressings & Condiments

30% off

Assorted Sizes



Bragg Organic Apple
Cider Vinegar

599

946ml



Safe Catch Canned Fish

30% off

142g



Raincoast Pink Salmon

349-499

150g-160g



Frontier
Organic Spices

30% off

Assorted Sizes



Rustichella
Pasta

499

500g



Antico
Organic
Pasta Sauce

449

700ml



Eden
Organic
Beans

449

796ml

BULK

Organic
Candy &
Snacks

20% Off

DELI

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Choices Pad Thai

2 varieties



649-
699

360g-420g

Indianlife Naan Tortilla or Roti Wraps



599

Choices Ready to Eat Wraps

assorted varieties



849

Habibi's Hummus



699

450g



Castello Aged Havarti, Gouda or Mature Cheddar Cheese

699

200g

Parmigiano-Reggiano Cheese



fresh cut

549
/100g

Caciocavallo Regular & Smoked Cheese



299

/100g

BAKED GOODS

Choices' Own Classic Cookies

assorted varieties



499

12pk

Choices' Own Mini Muffins



2/
600

4 pack

Choices' Own Sweet Bars



599

150g-200g

GluteNull Bread



899-
1399

425g-737g

Carbonaut Bread



599-
699

544g &
550g

COMING SOON

ALL-NEW ONLINE CHOICES



SHOP.CHOICESMARKETS.COM

GROCERY



RXBAR

2/5⁰⁰ 28⁹⁹
52g 12pk



Haribo Gummies

2/5⁰⁰
175g



Theo Organic Fair Trade Chocolate Bars

2/7⁰⁰
85g



Lily's Stevia Sweetened Chocolate Bars

3⁹⁹
80g-85g



Remedy Organic Kombucha

2/4⁰⁰ 6⁹⁹
330ml Cans 4pk
+ deposit + eco fee + deposit + eco fee



Brew Dr. Organic Kombucha

2/6⁰⁰
414ml
+ deposit + eco fee



AspenClean Organic Cleaning Products

30% off
Assorted Sizes



Cascades Tuff Enviro Paper Towels & Fluff Bathroom Tissue

6⁹⁹ 8⁴⁹
6pk Paper Towel 12pk Bathroom Tissue

WELLNESS



Vega Sport Protein

43⁹⁹
801g-837g



Flora Organic Flax Oil

8⁹⁹ 22⁹⁹
250ml 941ml



Sisu Multivitamins

20% off
assorted sizes
Regular Retail 8.49-57.99



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

20% off
assorted sizes
Regular Retail 3.49-40.99



withinUs TruMarine Collagen

44⁹⁹ 62⁹⁹
20pk 250g



Enerex Serrapeptase Supplements

20% off
assorted sizes
Regular Retail 20.99-49.99



Nature's Way Herbal Supplements

20% off
assorted sizes
Regular Retail 11.99-35.49



The Soap Works Select Varieties

3/5⁴⁹
110g



Natren Probiotics

20% off
assorted sizes
Regular Retail 26.99-99.99



Innovate Vitamins and Supplements

20% off
assorted sizes
Regular Retail 12.49-65.99



Platinum Naturals Vitamins and Supplements

20% off
assorted sizes
Regular Retail 10.49-99.99



Ferapro Iron Formula

46⁹⁹
100 Caps



choicesmarkets.com



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/Choices_Markets

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.