



HAPPY THANKSGIVING!

Prices Effective October 7 - 13, 2021.

100% BC OWNED AND OPERATED



LOCAL

**Choices Free
Range Turkeys**
Raised Without Antibiotics

449/lb

9.90/kg

7kg - 9kg
While Quantities
Last.

Thanksgiving Meal

From Our Deli Department

Specialty Stuffed Turkey Breast

449/100g

Turkey Gravy

8⁹⁹

710ml

Cranberry Stuffing

1⁹⁹

/100g

Cranberry Sauce

449

250ml

Delicious Side Dishes

149-249

/100g

**Tofurky Vegan Holiday
Roasts & Gravy**



549

Gravy
397ml

13⁹⁹

Roasts
539g & 737g

**Earth's Choice
Organic Pumpkin**



**2/
600**

398ml

**Organic Fresh
Cranberries**



**2/
500**

227g pkg

from Quebec

Brussel Sprouts

4.37/kg

LOCAL

**1⁹⁸
/lb**

**Organic
Spartan Apples**

LOCAL

398

1.36kg
bag

from Clapping Chimp

Choices' Own Famous Thanksgiving Baked Goods!

Gluten-Free Stuffing Mix

11⁹⁹

240g

8 & 9" Pumpkin Pies

8" Pecan Walnut Pie

899-1099

Featuring our New:

6" Pumpkin Tiramisu Cake

17⁹⁹

Gluten-Free
Pumpkin Pies
Available
In-Store!



PRODUCE

Yellow Onions
from Washington

148
1.36kg
Mesh Bag

Organic Green Asparagus
15.39/kg
from Mexico

698
/lb

Bunch Organic Carrots
BC Grown

LOCAL

298
each

Organic Yellow Potatoes
from Fraserland Farms
in Delta

LOCAL

498
2.27kg
bag

MEAT

Turkey Boneless Thigh Roast
19.82/kg

LOCAL

899
/lb

Turkey Breast and Thigh Roast
20.92/kg

LOCAL

949
/lb

Turkey Breast Roast
22.02/kg

LOCAL

999
/lb

Made in store

Bacon
22.02/kg

LOCAL

999
/lb

nitrate free

Arctic Char Fillets
41.87/kg

1899
/lb

Fresh

Choices Homestyle Turkey Stock

LOCAL

599
750ml

Pork Sausages
17.61/kg

LOCAL

799
/lb

Made in store

Lamb Leg Boneless Roasts and Steaks
33.05/kg

1499
/lb

Lean Ground Beef
17.61/kg

799
/lb

value pack
grass fed
from New Zealand

GROCERY

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

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Farmer's Market
Organic Pumpkin and
Cranberry Sauce

2/6⁰⁰
397g – 425g



Dairyland Creamo &
Whipping Cream

3²⁹-4⁷⁹
1L



Wholly
Wholesome
Organic
Pie Shells

5⁹⁹-6⁹⁹
2pk



Maison Orphee
Organic Cooking Oils
Select Varieties

30% off
500ml-750ml



Chosen Foods
Cooking Oils
Select Varieties

30% off
Assorted Sizes



Imagine
Organic Broth

4⁴⁹
1L



Simply Organic
Bottled Spices

30% off
Assorted Sizes



Divina Olives and Roasted Tomatoes

30% off
Assorted Sizes



Raincoast Sockeye Salmon

6⁴⁹-6⁹⁹
150g-160g

Daiya Plant-Based Cheese
Blocks, Shreds & Slices



3⁹⁹
200g-227g

Faith Farms Cheese



5⁴⁹
360g-380g



Saputo
Shredded Cheese

3⁹⁹ 5⁹⁹
170g 320g



Lundberg
Organic Rice

30% off
454g & 907g

Enjoy Life Baking Chocolate
Chunks & Chips



4⁹⁹
225g-283g



Bob's Red Mill
Baking Soda,
Yeast & Starches
Select Varieties

30% off
Assorted Sizes



Chocolove
Chocolate Bars

2/7⁰⁰
90g



Zazubean Organic
and Slinky Stevia
Sweetened Fair Trade
Chocolate Bars

3⁴⁹-3⁹⁹
80g-85g



If You Care
Kitchen Products

30% off
Assorted Sizes

GROCERY

Maple Hill
Organic Free Range Large Eggs



5⁹⁹
1 Dozen

L'Ancetre
Organic Butter



5⁹⁹
250g

Olympic Organic Sour Cream



3⁹⁹
500ml



Blue Diamond
Almond Breeze
Beverages

3⁹⁹
1.89L



Silk Dairy-Free Creamers
& Beverages

2/5⁰⁰ 4⁴⁹
473ml Creamers
1.89L Beverages



Dairyland
Lactose-Free Milk

4⁹⁹
2L



49th Parallel
Whole Bean
Coffee

12⁹⁹
340g



Mogiana
Whole Bean Coffee

11⁹⁹
340g



Ginger People
Chews, Marinades
& Sauces

30% off
Assorted Sizes



Elias Liquid
Squeeze,
& Creamed
Honey

6⁴⁹-6⁹⁹
500g



Canadian Heritage
Organic Maple Syrup

21⁹⁹
1L



Nature's Path
Organic Hot Cereal
Select Varieties

3⁹⁹-4⁹⁹
Assorted Sizes



Bremner's
Frozen Fruit

30% off
Assorted Sizes



Bremner's
100% Juice

30% off
946ml
+deposit +eco fee



Nuts to You
Organic Peanut Butter

8⁹⁹
750g

Coconut Bliss
Organic Plant-Based
Frozen
Desserts



6⁹⁹
473ml



Righteous
Gelato &
Sorbetto

6⁹⁹
562ml



Avalon
Organic
Ice Cream

8⁹⁹
946ml



DELI

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Choices Roast Turkey Meals

Stuffed specialty turkey breast, mashed potatoes, roasted vegetables with fennel, green beans, stuffing, cranberry sauce and gravy.



12⁹⁹

Alexis D' Portneuf Brie & Camembert Cheese



9⁹⁹
300g

Imported Italian Prosciutto & Salami



**6⁹⁹-
11⁹⁹**
70g-120g

La Panzanella Croccantini Crackers



5⁹⁹
170g

Choices 8" Savoury Quiche



12⁹⁹

Summer Fresh Dips & Hummus



**2/
7⁰⁰**
227g

Boursin Cheese



5⁹⁹
150g

Imported Swiss Emmental, Gruyere & Cave Aged Gruyere Cheese



**5⁴⁹-
6⁴⁹**
/100g

Bella Casara Burrata Cheese



12⁹⁹
250g

BAKED GOODS

Choices' Own The Baker's Mezzo Bastone Bread



1⁴⁹
250g

Choices' Own The Baker's Crusty Loaf



2⁴⁹
450g



Silver Hills Organic Sprouted Power Bagels

4⁹⁹
400g



Little Northern Bakehouse Bread

5⁴⁹
454g &
482g

Choices' Own Fresh White Dinner Buns



2⁹⁹
6 pack

Choices' Own Bread Stuffing



4⁴⁹
336g

Organge Cranberry Loaf & Pumpkin Spice Loaf



5⁹⁹
300g-400g

COMING SOON

**ALL-NEW
ONLINE
CHOICES**



SHOP.CHOICESMARKETS.COM

GROCERY

Lesley Stowe
Raincoast Crisps



4⁹⁹
150g

Spread'Em Cashew Vegan
Dips, Spreads
and Cheeze



30% off
Assorted Sizes



Kettle Brand
Potato Chips

2⁶⁹
220g



Barbara's
Cheez Puffs
& Bakes

2/6⁰⁰
155g-198g



Smashmallow
Crispy Treats &
Marshmallows

4⁹⁹ **5⁹⁹**
128g 198g
Marshmallows Crispy Treats



Seasnax
Organic
Seaweed
Snacks

12⁹⁹
4pack



Rico 'N Lalo
Frozen
Fruit Bars

4⁹⁹
4pack

San Pellegrino
Sparkling Beverages



5⁴⁹
6pack
+deposit +eco fee

WELLNESS

New Roots
Vitamins &
Supplements



20% off
assorted sizes
Regular Retail 1.99-17.99



Renew Life
Omega-3
Supplements

22⁹⁹ **41⁹⁹**
Super Critical 30s &
Critical Omega 60s
Super Critical 60s



Natural Factors
Echinamide
Supplements

20% off
assorted sizes
Regular Retail 10.49-31.99

Organika Broth - Chicken,
Beef or Veggie
Original or Ginger



31⁹⁹
300g



Lily of the Desert
Aloe Vera Juice
or Gel

20% off
assorted sizes
Regular Retail 6.99-27.99



Prairie
Naturals
Superfoods

20% off
assorted sizes
Regular Retail 21.99-48.99



Sisu Ester-C
Supplements

20% off
assorted sizes
Regular Retail 18.99-69.99



Now
Vitamins and
Supplements

20% off
assorted sizes
Regular Retail 7.49-69.99



Natural Factors
Digestive
Enzymes &
Support

25% off
assorted sizes
Regular Retail 5.99-49.99



CanPrev
Lipsonals
Curcumin, Vitamin C or
Magnesium

29⁹⁹
450ml

Jason Naturals



6⁴⁹ **12⁹⁹**
Hand Soap Body Wash
473ml 887ml-900ml



Earth Science
Face Care

25% off
assorted sizes
Regular Retail 9.99-14.99



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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.