



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Beef Ribeye Steaks
1799/lb
39.66/kg
value pack
grass fed

Organic Mixed Salad Greens from organicgirl

428 142g
USA Grown

Hass Avocados
4/5⁰⁰
from Mexico

Choices Fresh Turkey or Beef Chili

799
650ml

New Roots Vitamins & Supplements



20% off
assorted sizes
Regular Retail 1.99-117.99

Andalou Face and Body Care Products
Select Varieties



35% off
assorted sizes
Regular Retail 2.99-41.49

Choices Pot Pies
Assorted Varieties



599
260g-300g

Spread'Em Kitchen Plant-Based Dips, Spreads & Cheeze



30% off
Assorted Sizes

GT's Organic Raw or Alive Kombucha



349
480ml
+deposit +eco-fee

Choices' Own Halloween Chocolate Cupcakes and Mummy, Pumpkins & Bat Halloween Cookies



199-549
Assorted Sizes

Physical Distancing: Please remain 2 metres from others. One customer using the checkout belt at a time. Thank you. Prices Effective October 21-27, 2021

PRODUCE

Organic Winter Squash
4.37/kg

LOCAL
from
Fraser Valley & Okanagan

1.98
/lb



Ambrosia, Jonagold, and Gala Apples
2.82/kg

LOCAL
from
Okanagan

1.28
/lb



Organic Broccolini Bunches

from USA

3.98
each



Fair Trade Organic Large Ruby Grapefruit

from Mexico

2/4.00



MEAT

Thomas Reid Whole Organic Chickens
13.21/kg

LOCAL
from
Abbotsford

5.99
/lb



Sockeye Salmon Nuggets
66.12/kg

previously frozen

2.99
/lb



Bison Sirloin Tip Steaks
37.46/kg

1.69
/lb



Ling Cod Fillets
35.25/kg

1.59
/lb



Pork Sausages
17.61/kg

LOCAL
from
Chilliwack

7.99
/lb



Chicken Schnitzel
22.02/kg

LOCAL
from
Vancouver

9.99
/lb



**Soup ETC!
Soup and Broth**

2/10.00
700ml



Leg of Lamb Roast and Steaks Boneless
33.05/kg

from New Zealand

1.49
/lb



Choices Ground Chicken Breast
26.43/kg

LOCAL
from
Abbotsford

1.19
/lb



Pinty's Eat Well Chicken Breast

1.59
810g



GROCERY

Physical Distancing: Please remain 2 metres from others. | Prices Effective
One customer using the checkout belt at a time. Thank you. | October 21-27, 2021



Angie's
Boom Chicka Pop
Popcorn & Puffs

3⁹⁹
126g-198g



Covered Bridge
Potato Chips

2/5⁰⁰
142g-170g



Annie's
Crackers, Cookies
& Fruit Snacks

30% off
Assorted Sizes



Frankie's Organic
Clouds Puffs

2/5⁰⁰
120g-140g



Old Dutch
Crunch Potato Chips
Select Varieties

2/7⁰⁰
200g

Lesley Stowe
Raincoat Crisps



4⁹⁹
150g



Endangered Species
Chocolate Bars

2/6⁰⁰
85g



Alter Eco
Organic Fair Trade
Chocolate Bars

2/7⁰⁰
75g-80g



Clif
Nut Butter Filled Bars
& Whey Protein Bars

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

Plum-M-Good
Organic Rice Thins & Cakes



2/5⁰⁰ **3⁹⁹**
95g Thins 185g Cakes



Smart Sweets
Low Sugar Candy

2/6⁰⁰
50g



Smashmallows
Crispy Treats &
Marshmallows

4⁴⁹ **5⁹⁹**
128g Marshmallows 198g Crispy Treats



Tate's Cookies

5⁹⁹
198g



Rico'n Lalo
Frozen Fruit Bars

4⁹⁹
4Pk



Daydream
Sparkling Water

2/7⁰⁰
355ml
+deposit +eco fee

GoGo Quinoa
Pasta, Cookies & Cereal



30% off
Assorted Sizes



Enlightened
Keto Ice Cream

5⁹⁹
473ml



Gldn Hour
Collagen Sparkling Water

2/6⁰⁰
355ml
+deposit +eco fee

GROCERY



Nature's Path
Organic
Hot Cereal

3.99-4.49
6Pk & 8Pk



Prana Organic
Granolove
Cookie Crunch
2 Varieties

3.99
300g



Iogo Canadian
Harvest Yogurt &
Nano Drinkable
Yogurt

2/6.00 **2/7.00**
4Pk 6Pk
Canadian Harvest Nano

Nature's Nuts
Organic Peanut or Almond Butter



5.99 **12.99**
500g 340g
Peanut Butter Almond Butter



Crofter's
Organic Spreads

2.99-3.49
235ml

Liberté Greek Yogurt



2/6.00
2Pk & 4Pk



Ethical Bean
Organic
Fair Trade Coffee

6.99 **9.99**
227g 340g
Ground Whole Bean

Frog Friendly
Rainforest Alliance Certified Coffee



10.99
340g



Armstrong
Cheese Snacks

4.99
10Pk



Silk
Dairy-Free Creamers
& Beverages

2/5.00 **4.49**
473ml 1.89L
Creamers Beverages



Avalon
Organic Milk

5.99 **6.49**
1.89L, Homo & 2% 1.89L, Chocolate
+deposit +deposit

Dairyland Sour Cream



2/7.00
750ml



Wholesome
Organic Sugar
& Sweeteners

30% off
Assorted Sizes



Anita's Organic Flour
Select Varieties

30% off
Assorted Sizes



Organic Traditions
Cacao Powder,
Nibs & Butter

30% off
Assorted Sizes

Daiya Plant-Based
Cheese Slices, Shreds
& Blocks



2/7.00
Assorted Sizes

Field Roast Vegan Sausages



5.99
368g

Beyond Meat Plant-Based
Burgers &
Sausages



5.99 **7.99**
226g 400g
Burger Sausages

BULK

All Organic
Bulk Bins

20% Off

DELI

Physical Distancing: Please remain 2 metres from others. | Prices Effective
One customer using the checkout belt at a time. Thank you. | October 21-27, 2021

Choices Curry Entree's



**599-
899**
435g-
540g

Summer Fresh Dips & Hummus



**2/
700**
227g

Imported Swiss Emmental Gruyere & Cave Aged Gruyere Cheese



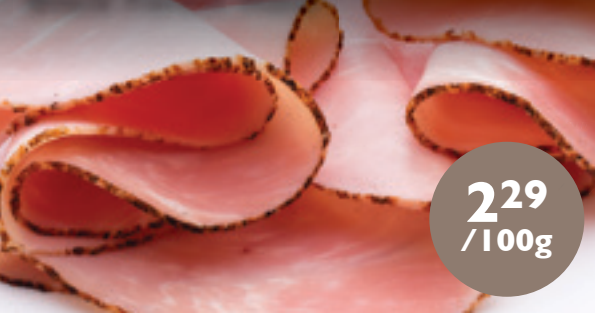
**549-
649**
/100g

Castello Brie or Blue Cheese



**349-
399**
/100g

Black Forest Ham



229
/100g

Tre Stelle Romano, Reggiano or Grana Padano Cheese Wedges



**999-
1199**
200g

Bothwell Cheese Assorted Varieties



319
/100g

BAKED GOODS

Choices' Own Cake Slices Assorted Varieties



**2/
600**
120g-
150g

Choices' Own Raw Nut Bar, Pecan Butter Bars and Raw Bites



**599-
649**
Assorted
Sizes

Choices' Own Cheesecake Assorted Varieties



**2/
600**
60g-80g

Choices' Own Garlic Bread with Roasted Garlic Butter



399
320g

Choices' Own Vegan Morning Glory Muffins

mini & regular



349 **549**
4 pack 4 pack
mini regular

Little Northern Bakehouse Loaf



**549-
649**
Assorted
Sizes

Happy Anniversary, Choices Abbotsford
Saturday, October 23rd ONLY!

at Choices Abbotsford, 3033 Immel St

10% OFF THE ENTIRE STORE,
INCLUDING SALE ITEMS

Anniversary sale is available at our Abbotsford location only.

GROCERY



Earth's Choice
Organic
Coconut Milk,
Cream & Oil

30% off

Assorted Sizes



Sprague
Organic
Soup

2/7⁰⁰
398ml



Thai Kitchen
Coconut Milk,
Noodles &
Curry Paste

30% off
Assorted Sizes

Raincoast
Sockeye Salmon



5⁹⁹-6⁹⁹

150g-160g



Chosen Foods
Avocado Oils &
Sprays

30% off

Assorted Sizes

Omega Organic Coconut
Oil, Apple Cider
Vinegar & Pumpkin
Seed Butter



30% off

Assorted Sizes



Eco Max Natural
Cleaning &
Laundry Products

30% off

Assorted Sizes

Casa Fiesta
Mexican Products



30% off

Assorted Sizes

WELLNESS



Progressive
Vitamins and
Supplements

20% off

assorted sizes
Regular Retail 15.79-72.99



Natural Factors
Echinamide
Supplements
Select Varieties

20% off

assorted sizes
Regular Retail 10.49-31.99



Sisu Ester-C
Supplements
Select Varieties

20% off

assorted sizes
Regular Retail 18.99-69.99



The Kelowna
Candle Factory
Beeswax
Candles

20% off

assorted sizes
Regular Retail 1.79-38.99



Vega One
All-in-One
Nutritional
Shakes

48⁹⁹
827g-876g



Purica
Curcumin
Extra Strength

48⁹⁹ 94⁹⁹
60caps 120caps



Now
Vitamins and
Supplements

20% off

assorted sizes
Regular Retail 7.49-69.99



NutraVege
Omega-3 Plant
DHA & EPA

20% off

assorted sizes
Regular Retail 36.99-69.99



New Chapter
Turmeric Force

29⁹⁹ 49⁹⁹
60 caps 120 caps



Ecoideas
Superfoods
Chia, Baobab
and Maca

20% off

assorted sizes
Regular Retail 9.49-31.99



Joy of the
Mountains Oil
of Oregano

12⁹⁹ 24⁹⁹
10ml 30ml



Havn Life
Mushroom
Supplements

20% off

assorted sizes
Regular Retail 29.99-59.99



choicesmarkets.com



/ChoicesMarkets



@ChoicesMarkets



/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 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.