



# HAPPY HALLOWEEN!

100% BC OWNED AND OPERATED

Organic  
Boneless  
Skinless Chicken  
Breasts

**13.99/lb**

30.84/kg

LOCAL  
from

Fraser Valley

Mini  
Carrots

**2/3.00**

454g bags

LOCAL  
from

Fraser Valley

Fair Trade  
Organic Hass  
Avocados

**4/6.00**

Prager  
Cooperative,  
Mexico

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

available until October 31st



**1.99-  
4.99**

Assorted  
Sizes



Natural Factors  
and Whole Earth  
& Sea Vitamins &  
Supplements

**20% off**

Assorted Sizes  
Regular Retail 4.99-87.49

Jason Body Care Products,  
Hair & Oral Care and Body Wash



**20% off**

Assorted Sizes  
Regular Retail 6.99-16.99

Choices Burritos,  
Fajitas & Quesadillas



**4.99-  
6.99**  
each



Hardbite Natural  
Potato Chips

**2.49**

128g-150g



Green & Black's  
Organic Fair Trade  
Chocolate Bars

**3.49**

90g

Rosdown  
Roasted Chickens



**10.99**

**Physical Distancing:** Please remain 2 metres from others. Prices Effective  
One customer using the checkout belt at a time. Thank you. Oct 28-Nov 3, 2021



# PRODUCE

## Organic Spinach

from Cal Organics, USA

**2<sup>98</sup>**  
bunch

## Organic Cauliflower

from USA

**3<sup>98</sup>**  
bunch

## Jazz Apples

from Enza in Washington

**3<sup>98</sup>**  
907 g bag

## Green Bartlett Pears

2.82/kg

from Washington

**1<sup>28</sup>**  
/lb

# MEAT

## Venison Boneless Leg Steaks

44.07/kg

**1<sup>999</sup>**  
/lb

from New Zealand

## Fresh Steelhead Salmon

37.46/kg

**1<sup>699</sup>**  
/lb

## Fresh Tilapia Fillets

30.84/kg

**1<sup>399</sup>**  
/lb

## Choices Chicken Sausages made in-store

30.84/kg

**LOCAL**  
from  
Fraser Valley

**1<sup>399</sup>**  
/lb

## Whole Duck

13.21/kg

**LOCAL**  
from  
Yarrow BC

raised without antibiotics

**5<sup>99</sup>**  
/lb

## Beef Flank Steak

28.64/kg

**1<sup>299</sup>**  
/lb

100% grass fed  
raised without antibiotics  
from New Zealand

## Pork Boneless Loin Chops

15.41/kg

**LOCAL**  
from  
Fraser Valley

**6<sup>99</sup>**  
/lb

value pack  
raised without antibiotics

## Lamb Rib Chops

59.50/kg

**2<sup>699</sup>**  
/lb

from New Zealand

## Yorkshire Valley Organic Pot Pies and Tourtiere



**15% OFF**  
225g-700g



# GROCERY

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Barbara's  
Cheez Puffs

**2/6<sup>00</sup>**  
155g-198g



Old Dutch  
Restaurante Tortilla  
Chips & Salsa

**2/7<sup>00</sup>**  
Assorted Sizes



RW Garcia  
Vegetable Crackers

**4<sup>99</sup>**  
155g-180g



Handfuel Nuts

**5<sup>99</sup>**  
150g



Glutino  
Gluten-Free Crackers,  
Cookies & Snacks

**30% off**  
assorted sizes



Carr's Crackers

**2/5<sup>00</sup>**  
125g-184g

GoMacro Bars



**2/6<sup>00</sup>**  
65g-71g

Kind Bars



**2/3<sup>00</sup>**  
40g



Bliss Balls  
Gluten-Free

**5<sup>99</sup>**  
150g

YumEarth  
Organic Candy



**30% off**  
Assorted Sizes

Dwarf Stars Pumpkin Butter Cups



**2/6<sup>00</sup>**  
42g



Kindred  
Sparkling Water Kefir

**2/7<sup>00</sup>**  
250ml  
+deposit +eco fee

Sapsucker  
Organic Sparkling Tree Water



**6<sup>99</sup>**  
4pk  
+deposit +eco fee

Zevia Zero Calorie Soda



**4<sup>99</sup>**  
6pk  
+deposit +eco fee



Rise  
Organic Kombucha

**2/6<sup>00</sup>**  
414ml  
+deposit +eco fee

Plant Veda  
Vegan Lassi &  
Cashew Creamers



**4<sup>99</sup>** **7<sup>99</sup>**  
500ml Creamers 1L Lassi



Snö Dairy-Free  
Oat Based Frozen  
Sandwiches  
& Pints

**5<sup>99</sup>**  
Assorted Sizes



Righteous  
Gelato & Sorbetto

**6<sup>99</sup>**  
562ml

# GROCERY



Spectrum Cooking  
Oils & Mayonnaise

**30% off**

Assorted Sizes

Raincoast Pink Salmon



**3<sup>99</sup>-4<sup>99</sup>**

150g-160g



Fody  
Low Fodmap  
Condiments &  
Dressings

**30% off**

Assorted Sizes



L'Ancetre  
Organic Cheese

Select Varieties

**8<sup>99</sup>**

325g

Di Martino Pasta



**2<sup>49</sup>-2<sup>99</sup>**

Assorted Sizes

Saputo Feta Cheese



**3<sup>99</sup>**

200g



Root 8  
Cauliflower  
Wings

**8<sup>99</sup>**

225g



Yves  
Vegan Meat  
Alternatives

**30% off**

assorted sizes



Violife Vegan  
Cheese Alternatives

**4<sup>99</sup>**

200g-227g



Sharwood's  
Indian Sauce  
& Mango Chutney

**3<sup>99</sup>-4<sup>49</sup>**

250ml-395ml



Lundberg  
Organic Rice

**30% off**

907g



Simply Organic  
Bottled Spices

**30% off**

Assorted Sizes



Karine & Jeff  
Soup & Meals

**30% off**

Assorted Sizes



Golden Home  
Pizza Crusts

**5<sup>99</sup>**

Assorted Sizes



Seventh Generation  
Natural Cleaning Products

**30% off**

Assorted Sizes

Yumi Organics  
Overnight Oats



**5<sup>99</sup>**

330g

Nature's Path Organic  
Grain Free Granola



**5<sup>49</sup>-6<sup>49</sup>**

Assorted Sizes

Nuts to You  
Organic Peanut Butter



**8<sup>99</sup>**

750g

**BULK**

Organic  
Cashews

**20%  
Off**





# DELI

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**NEW!**  
**Vegan Cabbage Rolls or Stuffed Eggplant**

249-  
599

**Vegan Savoury Pies**  
Assorted Varieties

499

**Summer Fresh Hummus Toppers**

499  
255g

**Tre Stelle Feta Cheese**  
Light, Regular or Lactose-Free

599  
200g

**Havarti Cheese**

299  
/100g

**Italian Reggiano or Grana Padano Cheese**

399-  
499  
/100g

**Choices Fresh Soup**

649  
650ml

**Black Forest Ham**

229  
/100g

## BAKED GOODS

**Choices' Own 6" Pies**  
Assorted Varieties

599

**Choices' Own Sourdough Country Wholesome Bread**

499  
575g

**Choices' Own New York Style Blueberry Cheesecake**

1799  
540g

**Dempster's Bagels**  
Assorted Varieties

2/  
800  
5 or 6 pack

**La Tortilla Wraps and Tortillas**  
Assorted Varieties

349-  
749  
Assorted Sizes

COMING SOON

**ALL-NEW  
ONLINE  
CHOICES**



SHOP.CHOICESMARKETS.COM



# GROCERY

Maple Hill Organic  
Free Range Large Eggs



**5<sup>79</sup>**  
1 Dozen



Just Egg Folded  
Plant Based  
Alternative

**4<sup>99</sup>**  
227g



49th Parallel  
Direct Trade  
Coffee

**12<sup>99</sup>**  
340g



Earth's Own  
Almond & Oat  
Beverages

**2/6<sup>00</sup>**  
946ml



Canadian  
Heritage Organic  
Maple Syrup

**21<sup>99</sup>**  
1L

Danone Oikos  
Greek Yogurt



**3<sup>99</sup>**  
4pk



Earth Balance  
Dairy-Free  
Spreads

**30% off**  
Assorted Sizes

Fraser Valley Butter  
salted or unsalted



**5<sup>99</sup>**  
454g

# WELLNESS



Bio-K Plus  
Probiotic  
Capsules

**20% off**  
Assorted Sizes  
Regular Retail: 11.49-50.99



A.Vogel  
Echinaforce

**14<sup>99</sup> 16<sup>99</sup>**  
Throat Spray 120 tabs  
30ml

Smart Solutions Lorna  
Vanderhaeghe Vitamins and  
Supplements



**20% off**  
Assorted Sizes  
Regular Retail: 1.49-96.99

Organika Bone Broths  
Chicken, Beef or Veggie



**31<sup>99</sup>**  
Original or Ginger  
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



Flora  
Organic Flax Oil

**8<sup>99</sup> 22<sup>99</sup>**  
250ml 941ml



AOR  
Vitamins &  
Supplements

**20% off**  
Assorted Sizes  
Regular Retail: 25.99-124.99



Nature's  
Way Herbal  
Supplements

**20% off**  
Assorted Sizes  
Regular Retail 11.99-35.49



Naturtint  
Natural Permanent  
Hair Colour

**8<sup>49</sup> 15<sup>99</sup>**  
Touch Up 1 Kit Assorted Colours 1 Kit



The Soap  
Works  
Bar Soap  
Select Varieties

**3/5<sup>49</sup>**  
110g bars



South of France  
Soaps  
bars or liquid

**6<sup>99</sup>**  
236ml or 170g



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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.