



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

**Organic
Lean Ground
Beef**

11 99/lb

26.43/kg

Grass Fed
value pack

LOCAL
from

Comox, BC

**Nicola
Apples**

1 98/lb

4.37/kg

LOCAL
from

Okanagan

**Organic Green, Rainbow,
and Red Chard**

**3/
600**

bunches

from Cal Organics in USA

Choices Hot Soup

Assorted Varieties

**2/
10.00**

**Ready to Eat Choices
Chicken Parmigiana or
Stuffed Chicken Breast**

**549-
649**

140g-165g

**Choices' Own Whole Wheat
or Multigrain Bread**

499

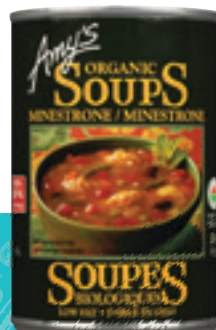
530g



**Flora
Vitamins and
Supplements**

20% off

Assorted Sizes
Regular Retail 5.99-66.49



**Amy's Organic
Canned Soup**

2/7.00

398ml



**Annie's Homegrown
Mac & Cheese Dishes**

2/4.00

Assorted Sizes

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

Prices Effective
November 4-10, 2021

PRODUCE

Organic Pomegranates
from USA

2/400

Organic Blueberries
from Peru

4.98
170g package

Organic 'Pugly' Potatoes
assorted varieties

LOCAL
from
Fraserland
Farms, Delta

3.98
each
2.27g

Organic Heirloom Tomatoes
10.98/kg

4.98
/lb

from Mexico

MEAT

Beef Striploin Steaks
33.05/kg

14.99
/lb

Grass Fed, Value Pack
from Australia

Stapleton Frozen Sausages

15% OFF
all varieties

Lamb Leg Bone In Roast
26.43/kg

11.99
/lb

from New Zealand

Impossible Plant Based Burger

9.99
2pk

Whole Pork Tenderloin
19.82/kg

LOCAL
from
Fraser Valley

8.99
/lb

Raised without Antibiotics

Choices Whole Chicken
11.00/kg

LOCAL
from
Fraser Valley

4.99
/lb

Raised without Antibiotics

Nitrate-Free Bacon
24.23/kg

LOCAL
from
Fraser Valley

10.99
/lb

Choices Pork Sausages made in-store
19.82/kg

LOCAL
from
Fraser Valley

8.99
/lb

Raised without Antibiotics

Fresh Coho Fillets
46.27/kg

20.99
/lb

Canadian Shrimp
39.66/kg

17.99
/lb

previously frozen

GROCERY

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Daiya Dairy-Free
Dressings, Mac &
Cheese, Burritos &
Frozen Desserts

30% off
Assorted Sizes



Mia's Kitchen
Pasta or Pizza Sauce

3⁹⁹ 6⁹⁹
Pizza Sauce 340ml
Pasta Sauce 710ml



Cucina Antica
Pasta Sauce

6⁹⁹
670ml



Udi's
Gluten-Free
Frozen Pizza

10⁹⁹
493g-542g



Earth's Choice
Organic Extra Virgin
Olive Oil

10⁹⁹ 16⁹⁹
500ml 1L

Mezzetta
Olives, Peppers & Relish



30% off
Assorted Sizes



Tasty Bite
Ready To Eat
Indian Meals

1⁹⁹-2⁴⁹
250g-285g



Eden
Organic Beans

2/6⁰⁰
398ml

Raincoast Wild Skipjack Tuna



2/6⁰⁰
142g



Beyond Meat
Plant-Based
Burgers &
Sausages

5⁹⁹ 7⁹⁹
226g Burgers 400g Sausages



Wildbrine
Kimchi, Kraut &
Sauerkraut

7⁹⁹
500ml

Sunrise Soyganic Soft Tofu



2/3⁰⁰
2PK



Mutti Tomatoes,
Puree and
Pizza Sauce

30% off
Assorted Sizes



Anita's
Organic Pancake
Mix & Oats

30% off
Assorted Sizes



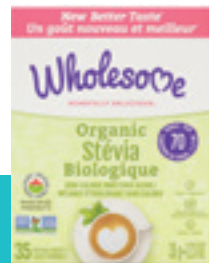
One Degree
Sprouted Cereal,
Granola & Oats

30% off
Assorted Sizes



Lakanto
Monkfruit
Sweeteners

30% off
Assorted Sizes



Wholesome
Organic Sugar &
Sweeteners

30% off
Assorted Sizes

Echoclean Natural Liquid
Laundry Detergent



**BUY 1
GET 1
FREE**
1.5L
Regular Retail 10.99

GROCERY



Kettle Brand
Potato Chips

2⁶⁹
220g



Noochpop
Nutritional
Yeast Popcorn

3⁹⁹
120g



Fresh is Best
Tortilla Chips & Salsa

3⁹⁹
Assorted Sizes



Prana
Organic Trail Mix,
Dried Fruit & Seeds

30% off
Assorted Sizes



Organic Traditions
Superfood Products

25% off
Assorted Sizes



Hornby Organic Bars

2/5⁰⁰
80g



Ritter Sport
Chocolate
Bars

2⁴⁹-2⁹⁹
100g



Smart Sweets
Low Sugar Candy

2⁹⁹
50g



SkinnyPop
Microwavable
Popcorn

4⁹⁹
476g



Rise Organic
Kombucha

6⁹⁹
1L
+deposit +eco fee



Red Crown
Organic Pomegranate Juice

7⁹⁹
1L
+deposit +eco fee

Avalon Organic Cottage Cheese



5⁹⁹
500g



Fiji Natural Artesian
Water

2/5⁰⁰ 2/6⁰⁰
1L 1.5L
+deposit +eco fee +deposit +eco fee



San Pellegrino Mineral &
Sparkling Water & Perrier
Sparkling Water

2/4⁰⁰
750ml & 1L
+deposit +eco fee



Tree Island
Grass Fed &
Greek Yogurt

3⁹⁹
325g-350g

Savor Grass Fed Butter



4⁴⁹
250g

Melt Organic Plant-Based
Butter Alternatives



3⁹⁹
368g-454g

Earthbound Farms
Organic Frozen Fruit



4⁴⁹
300g

BULK



20% Off

DELI

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November 4-10, 2021

Choices Tourtiera Pies



5⁹⁹

Jarlsberg Cheese regular or light



4⁴⁹
/100g

Choices Ready to Eat Pasta Entrees



7⁴⁹-
8⁴⁹
425g-
550g

Grated or Shredded Parmesan Cheese



3⁹⁹
/100g

Spanakopita or Mushroom & Parmesan Phyllo Pies



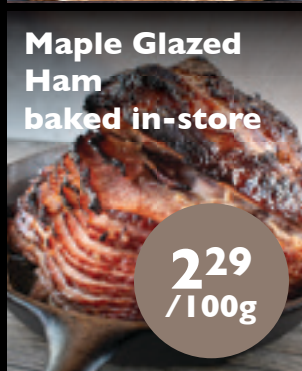
2/
8⁰⁰

Mr. Gustav Gouda Cheese



3⁴⁹
/100g

Maple Glazed Ham baked in-store



2²⁹
/100g

BAKED GOODS

Choices' Own Bars

Cranberry Cheesecake
and Pecan Butter Tart



5⁹⁹
180g-200g

Choices' Own Shortbread Cookies



4⁴⁹-
5⁴⁹
6 Pack

Choices' Own Scones

cheese, blueberry
and cranberry chocolate



3⁴⁹
2 Pack

Artisan Bread assorted varieties



5⁴⁹
500g-600g



Caulipower Cauliflower Tortillas

8⁴⁹
150g &
200g

Slice of Life Bread and Buns assorted varieties



11⁹⁹
300g-590g

ALL-NEW ONLINE
CHOICES

NOW
HERE



NOW AVAILABLE AT
CHOICES SOUTH SURREY & KITSILANO

SHOP.CHOICESMARKETS.COM

GROCERY

Nature's Path
Organic Eco Pac Cereal



7⁹⁹

Assorted Sizes



Happy Planet
Organic
Creamery Milk

5⁹⁹ 6⁴⁹

2% & 3.5% Cream Top
1.5L 1.5L



Califia Dairy-Free
Beverages & Cold
Brew Coffee

4⁴⁹ 5⁴⁹

Dairy-Free Beverages Cold Brew Coffee
1.4L 1.4L



Happy Planet
Smoothies

2/4⁰⁰ 3⁹⁹

325ml 900ml
+deposit +eco fee +deposit +eco fee



Silk True
Almond
Beverages

2/5⁰⁰

946ml



Kicking Horse
Organic Fair
Trade Ground
Coffee

8⁹⁹

284g



Equal Exchange
Organic Fair
Trade Tea

3⁹⁹

28g-40g



Ministry of Tea
Organic Tea

4⁹⁹

35g-50g

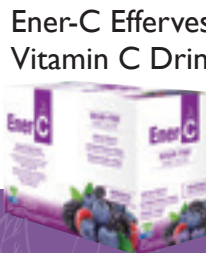
WELLNESS



Garden of Life
Dr. Formulated
Probiotics

20% off

Assorted Sizes
Regular Retail 25.99-56.99



Ener-C Effervescent
Vitamin C Drink Mix

13⁹⁹

30 Pack



Platinum
Naturals
Multivitamins

20% off

Assorted Sizes
Regular Retail 29.99-99.99



St. Francis
Deep Immune
Supplements

20% off

Assorted Sizes
Regular Retail 20.99-38.99



Animal Parade
Children's
Supplements

25% off

Assorted Sizes
Regular Retail 15.49-38.49



Enzymedica
Digestive
Enzymes

20% off

Assorted Sizes
Regular Retail 10.99-107.99



Nature's Way
Cold & Flu
Supplements

20% off

Assorted Sizes
Regular Retail 10.99-33.49



Organika
Enhanced
Collagen

32⁹⁹ 500g

30% off

All other Collagen & Gelatin Supplements
Regular Retail 25.99-69.99



Vega
Protein & Greens

16⁹⁹

Protein Smoothie
252g-264g

32⁹⁹

Protein & Greens
586g-618g



BioSil
Hair, Skin & Nails

17⁹⁹

15ml

36⁹⁹

90caps



Sukin Botanical
Natural Face &
Hair Care

20% off

Assorted Sizes
Regular Retail 7.49-27.49



Tom's
Toothpaste
and Deodorant

5⁹⁹

85ml-90ml
Toothpaste

7⁹⁹

64g
Deodorant



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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.