



# WEEKLY SPECIALS

100% BC OWNED AND OPERATED

**COMING SOON!**  
**Black Friday Sale!**  
**15% OFF**  
one day only, next Friday, November 26th!  
entire store

**Lean Ground Beef**

**8.99/lb**

19.82/kg  
value pack, grass fed, raised without antibiotics from Canada

**Hass Avocados**  
from Mexico

**4/5.00**

**NEW!**

**PIZZA KITS**

**4 Flavours:**

Tropical Ham & Pineapple  
Sundried Tomato Margherita  
Mayan Veggie  
Sweet & Spicy Sausage & Pepper

**14.99**

**Pork Back Ribs**

26.43/kg

**LOCAL**  
from

Fraser Valley

**11.99**  
/lb

raised without antibiotics

**NEW!**

**Choices' Own Bars**

Cranberry Cheesecake  
& Pecan Butter Tart

**5.99**  
each

**Stem and Leaf Mandarin Oranges**

**6.98**  
1.36kg

from Blue Jay in California



**Garden of Life mykind Organics Vitamins and Supplements**  
Select Varieties

**20% off**

Assorted Sizes  
Regular Retail 13.99-52.99



**Uncle Luke's Organic Maple Syrup**

**21.99**  
1L



**Kicking Horse Organic Fair Trade Whole Bean Coffee**

**12.99**  
454g

**Physical Distancing:** Please remain 2 metres from others. Prices Effective  
One customer using the checkout belt at a time. Thank you. November 18-24, 2021



# PRODUCE

## Organic Celery

2.16/kg

from USA

**.98**  
/lb

## Organic Raspberries

from Mexico

**4.98**  
170g  
package

## Organic Red Grape Tomatoes

**2.98**  
1 pint  
each

## Organic Long English Cucumbers

from Mexico

**2.98**  
each

# MEAT

## Breaded Pork Cutlets made in-store

15.41/kg

**LOCAL**  
from  
Fraser Valley

**6.99**  
/lb

## Lamb Leg Roast Boneless

33.05/kg

from New Zealand

**14.99**  
/lb

## Organic Chicken Legs Boneless Skinless

26.43/kg

**LOCAL**  
from  
Fraser Valley

**11.99**  
/lb

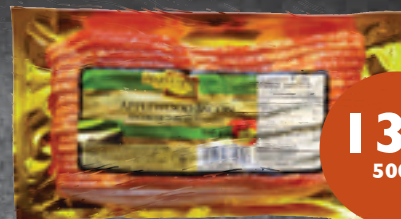
## Pinty's Eat Well Frozen Chicken Breast

assorted varieties



**17.99**  
810g

## Harvest Bacon



**13.99**  
500g

## Marinated Boneless Skinless Chicken Breast

sweet chili, lemon citrus,  
rosemary and herb

28.64/kg

**LOCAL**  
from  
Fraser Valley

**12.99**  
/lb

## Fresh Steelhead Fillets

37.46/kg

**16.99**  
/lb

## Fresh Icelandic Cod Fillets

41.87/kg

**18.99**  
/lb



# GROCERY

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Califia Dairy-Free  
Beverages & Cold  
Brew Coffee

**449** **499**

Dairy-Free  
Beverages, 1.4L Cold Brew  
1.4L



Donia Farms  
Grass Fed Milk

**499**

2L



A2 Milk

**549**

2L



Level Ground Organic  
Fair Trade Coffee,  
Dried Fruit & Tea

**30% off**

Assorted Sizes



Stash  
Premium Tea

**399**

18-20 Tea Bags



Traditional Medicinals  
Organic Herbal Tea

**449**

18-20 Tea Bags



Swerve Sugar  
Replacements

**799**

340g



Lakanto  
Monkfruit Sweeteners

**30% off**

Assorted Sizes



Silk True Almond  
Beverages

**2/500**

946ml



Nut's to You  
Peanut Butter

**699**

750g



Fatso High  
Performance  
Almond & Seed  
Butter

**1199**

454g



Granola King  
Premium Granola

**999** **2499**

750g

2kg



Happy Planet  
Organic Juice

**449-499**

1.75L-1.89L

+deposit +eco fee



Evive Frozen  
Smoothie Cubes

**899**

405g



Earthbound Farm  
Organic Frozen Fruit

**449**

300g



Riviera  
Petite Pot Set  
Style Yogurt

**449**

4Pk



Danone  
Activia Yogurt

**399**

650g

**499**

8Pk

Nature's Farm Organic  
Free Run Omega-3 Large Eggs



**679**

1 Dozen

# GROCERY



Pacific  
Organic Soups

**4.49**  
946ml-1L



Imagine  
Organic Broth

**4.49**  
1L

Raincoast Wild Skipjack Tuna



**2/6.00**  
142g



Lundberg  
Nutra-Farmed Rice

**30% off**  
907g



Eden Organic  
Beans

**4.99**  
796ml



RightRice Risotto  
& Rice Alternatives

**4.99**  
170g-198g



Rao's  
Pasta & Sauce

**2/7.00 9.99**  
Pasta, 454g      Sauce, 660ml



Italpasta Pasta

**2/6.00**  
250g -900g



Maison Orphee Toasted  
Sesame Oil & Extra  
Virgin Olive Oil

Select Varieties

**10.99 14.99**  
500ml Sesame Oil    750ml Olive Oil

Daiya Dairy-Free Dressings,  
Cheezecakes, Burritos &  
Cheezy Mac



**30% off**  
Assorted Sizes



Lightlife  
Plant-Based  
Meat  
Alternatives

**30% off**  
Assorted Sizes



Pearl's  
Frozen Perogies

**5.49**  
600g



Holy Napoli  
Frozen Pizza

**8.99**  
Assorted Sizes



Prasad Ayurveda  
Organic Ghee

**15.99 23.99**  
225g      425g



Sunflower Kitchen  
Hummus & Pesto

**30% off**  
Assorted Sizes



Woolwich  
Goat Cheese

**30% off**  
Assorted Sizes



Armstrong Cheese

**9.99**  
600g



Greenhouse  
Organic Cold  
Pressed Juice

**5.49**  
300ml  
+deposit +eco fee



**BULK**  
Organic  
Almonds

**20% Off**



# DELI

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## Choices Artisan Ham, Turkey or Roast Beef Sandwiches

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

each

## Farmcrest Specialty Roasted Chickens

**13<sup>99</sup>**

## Choices Ready to Eat Green Salads

**549-949**

250g-440g

## Choices Sesame Ginger or Golden Curry Tofu Salads

**2<sup>19</sup>**

/100g

## Black Forest Ham

**2<sup>29</sup>**

/100g

## Parmigiano-Reggiano Parmesan Cheese

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

/100g

## Cathedral City Cheddar Cheese

Mature or Extra Mature

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

200g

## Choices Fresh Turkey, Beef or Vegan Chili

**7<sup>99</sup>**

650ml

## Little Qualicum Cheese

**4<sup>99</sup>-5<sup>49</sup>**

/100g

# BAKED GOODS

## Choices' Own Bakery Buns assorted varieties

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

package of 4

## Choices' Own Cakes Slices assorted varieties

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

120g & 150g

## Choices' Own Vegan Morning Glory Muffins mini or regular

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

package of 4

## Choices' Own Pumpkin Spice, Orange Cranberry or Banana Loaves

**5<sup>99</sup>-6<sup>49</sup>**

300-454g

## Artisan Bake Shoppe Cookies assorted varieties

**7<sup>49</sup>**

300g

## Uprising Bread Sourdough Bread light rye or grainful

**4<sup>49</sup>**

650g

ALL-NEW ONLINE  
CHOICES

NOW  
HERE



NOW AVAILABLE AT  
CAMBIE, KELOWNA, KERRISDALE, KITSILANO,  
SOUTH SURREY, AND YALETOWN

[SHOP.CHOICESMARKETS.COM](http://SHOP.CHOICESMARKETS.COM)



# GROCERY



Fresh Is Best  
Tortilla Chips  
& Salsa

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

Assorted Sizes



Old Dutch  
Potato Chips  
& Rip-L Chips

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

Assorted Sizes



Laid Back  
Snacks

**30% off**

130g

Ozery  
Super Seed Crunch



**3<sup>49</sup>**

150g



Hardbite  
Vegetable  
Chips

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

150g



Rise Organic  
Kombucha

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

1L  
+deposit +eco fee



Good to Go  
Keto Bars

**2/4<sup>00</sup>**

40g Single

**16<sup>99</sup>**

9Pk

Love Good Fats Keto  
Friendly Bars



**1<sup>99</sup>**

39g-40g

# WELLNESS



Flora  
Vitamins and  
Supplements

**20% off**

Assorted Sizes

Regular Retail 5.99-81.49



Vitality  
Vitamins and  
Supplements

**20% off**

Assorted Sizes

Regular Retail 22.99-59.99



Sukin Botanicals  
Natural Face  
Care and Hair  
Care

**20% off**

Assorted Sizes

Regular Retail 7.49 -27.49



Sundhed  
Himalayan  
Salt Lamps

**20% off**

Assorted Sizes

Regular Retail 6.99-66.99



Garden of Life  
Dr. Formulated  
Probiotics

**20% off**

Assorted Sizes

Regular Retail 25.99-56.99



Purica  
Immune 7

**24<sup>99</sup> 43<sup>99</sup>**

60capsules

120capsules

Ener-C Effervescent  
Vitamin C Drink Mix



**14<sup>99</sup>**

30Pack



Progressive  
Multivitamins  
and Greens  
& Proteins

**25% off**

Assorted Sizes

Regular Retail 18.99-42.99



Vega One  
All-in-One  
Nutritional  
Shakes

**52<sup>99</sup>**

827g-876g



Prairie Doctor  
Herbal  
Tinctures

**25% off**

Assorted Sizes

Regular Retail 18.99-32.99



Nuun Hydration  
Electrolytes - Sport,  
Boost, Immunity  
and Vitamin Tabs

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

10tabs



Do Matcha  
Ceremonial  
Green Tea

**20% off**

Assorted Sizes

Regular Retail 1.99-74.99



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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 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.