



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Beef Ribeye Steaks

1999/lb

44.07/kg

grass fed, value pack from Australia



Organic Broccoli Bunches

298/lb

6.57/kg

from USA

Organic Strawberries



598

454g

from USA

NEW!
Choices Pesto or Tomato Macaroni Muffins



2/400

135g-165g

Rosdown Roasted Chickens
Assorted Varieties



1099

each

Choices' Own Classic Cookies
Assorted Varieties



499

12 pack



Sisu
Vitamins &
Supplements

20% off

Assorted Sizes
Regular Retail 6.99-69.99



Earth's Own
So Fresh Oat Beverage

399

1.75L



Terra Breads
Granola

1499-1599

1kg

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

Prices Effective
November 11 - 17, 2021

PRODUCE

Organic Lemons

4⁹⁸
907g bag

from Mexico

Long English Cucumbers

**2/
3⁰⁰**

from Mexico

Organic Kale Bunches

assorted varieties

**3/
6⁰⁰**

from Cal Organics in USA

Mixed Hot House Peppers

4⁹⁸
907g bag

from Mexico

MEAT

Organic Chicken Drumsticks

13.21/kg



5⁹⁹
/lb

Lean Ground Bison

33.05/kg

14⁹⁹
/lb

Lamb Loin Chops

33.05/kg

14⁹⁹
/lb

from New Zealand

Yorkshire Valley Farms, Organic Frozen Products



15% OFF
assorted sizes

Ground Pork

13.21/kg



5⁹⁹
/lb

Value Pack, raised without antibiotics

Choices Turkey Sausages made in store

22.02/kg



9⁹⁹
/lb

Siwin Dumplings



5⁹⁹
454g

Arctic Char Fillets

41.87/kg

18⁹⁹
/lb

Fresh

Boneless Skinless Chicken Breasts

22.02/kg



9⁹⁹
/lb

Value Pack

Duck Breast Boneless Skin On

41.87/kg



18⁹⁹
/lb

Icelandic Haddock Fillets

39.66/kg

17⁹⁹
/lb

Fresh

GROCERY

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Ethical Bean Organic
Fair Trade Coffee

6⁹⁹ 9⁹⁹
227g, Ground 340g, Bean



Genuine
Third Wave Tea

5⁹⁹
15 Tea Bags



Canadian Heritage
Organic Maple Syrup

11⁹⁹
500ml



Blue Diamond
Almond Breeze

4⁴⁹
1.89L

Stahlbush Island Farms
Sustainable Frozen Fruit



4⁴⁹
283g-300g



Ripple
Pea Based Milk Alternative

5⁹⁹
1.42L

Earth's Choice
Organic Peanut Butter



5⁴⁹
500g

Bob's Red Mill Oats

Select Varieties



3⁹⁹-7⁹⁹
Assorted Sizes



Nature's Path &
Enviro Kidz Organic
Boxed Cereal

4⁴⁹-4⁹⁹
Assorted Sizes

Maple Hill Free Range
Organic Extra Large Eggs



5⁹⁹
1 Dozen

Happy Days Goat Yogurt & Kefir



3⁴⁹ 3⁹⁹
475g Yogurt 1L Kefir



Olympic
Natural, Organic
& Crema Yogurt

3⁴⁹-4⁴⁹
650g



Saputo
Shredded Cheese

3⁹⁹ 5⁹⁹
170g 320g

Violife
Plant Based Cheese Alternatives



4⁹⁹
200g-227g



Balderson
Aged Cheddar
Cheese

7⁹⁹-9⁹⁹
250g-280g

L'Ancetre Organic Butter



4⁹⁹
250g



Anita's Organic
Sprouted &
Gluten-Free Flour
and Pancake Mix

30% off
Assorted Sizes



Seventh Generation
Natural Cleaning &
Laundry Products

30% off
Assorted Sizes

GROCERY

Wholly Veggie Plant Based
Burgers, Pizzas & Appetizers



30% off
Assorted Sizes

Field Roast
Vegan Chao Slices & Frozen Entrees



30% off
Assorted Sizes

Amy's Organic Frozen Burritos



2/6⁰⁰
170g



King Soba
Organic Noodles

4⁴⁹
250g



Lotus Foods
Organic Ramen
Soup & Rice

30% off
Assorted Sizes



Better Than Pasta
Organic Konjac Pasta

2/7⁰⁰
385g



Karine and Jeff
Soup & Meals

30% off
Assorted Sizes



Imagine Organic Soup

4⁹⁹
1L



Cha's Organics
Organic Coconut
Milk & Cream

3⁹⁹
400ml



Quesava Gluten-Free
Poppers, Perogies
and Samosas
Assorted Varieties

5⁹⁹
Assorted Sizes



Nutiva
Organic Coconut Oil
& Manna

30% off
Assorted Sizes



Safe Catch Canned Tuna & Salmon

30% off
142g

Prairie Harvest
Organic Pasta & Sauce



2/5⁰⁰ 4⁹⁹
454g Pasta 705ml Sauce



Chickapea
Organic Pasta

3⁹⁹
161g-227g



Mezzetta
Pasta and
Marinara Sauce

5⁹⁹
473ml-709ml

Rocky Mountain
Frozen Artisan Pizza



8⁹⁹
Assorted Sizes

Indian Life Snacks,
Sauces & Frozen Meals



30% off
Assorted Sizes



Sigdal Bakeri
Crispbread

4⁹⁹
190g-220g

BULK

Organic
Rice,
Beans &
Grains

**20%
Off**

DELI

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Choices Pot Pies



649

Vegetable Herb Samosas



2/
500
160g

Choices' Potato Side Dishes



129-
149
/100g

Choices Hummus



2/
700
250g

Sundried Tomato or Dijon Turkey Breast



299
/100g

Shepherds Gourmet Cow & Goat Feta Cheese



499-
699
200g

Cows Creamery 1,2 & 3 year old Cheddar Cheese



899-
1099
200g

Imported Lactose Free Swiss Emmental or Gruyere Cheese



499-
599
/100g

BAKED GOODS

Choices' Own Muffins



449
4 pack

Choices' Own Bars Assorted Varieties



2/
500
50g-85g

Silver Hills Sprouted Power Bread Assorted Varieties



2/
800
430g-
615g

Choices' Own Multiseed Bread



499
each

Mountain Bread Wraps Assorted Varieties



699
200g

Little Northern Bakehouse Loaf 2 Varieties



799
454g &
482g

ALL-NEW ONLINE
CHOICES

NOW
HERE



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

SHOP.CHOICESMARKETS.COM

GROCERY



La Cocina
Tortilla Chips

2/7⁰⁰
300g-400g

Lesser Evil Popcorn &
Paleo Puffs



34⁹ 39⁹
142g Popcorn
142g Puffs



Old Dutch
Rip-L Potato
Chips &
Ridgies

2/6⁰⁰
200g-235g



Lundberg
Organic
Rice Cakes

3⁹⁹
241g-269g



Mid-Day
Superfood
Squares

2/6⁰⁰
70g



Clif Bars

5/5⁰⁰
68g



Health-Ade
Organic
Kombucha

2/7⁰⁰
473ml
+deposit +eco fee



Blue Monkey
Sparkling Juice &
Coconut Water

30% off
assorted sizes
+deposit +eco fee

WELLNESS



New Roots
Wild Oregano
Oil C93

104⁹ 28⁹⁹
15ml 50ml



Garden of Life
Proteins and
Sport Nutrition
Products

20% off
Assorted Sizes
Regular Retail 47.99-72.99



Manitoba
Harvest Hemp
Hearts

6⁹⁹ 7⁹⁹
227g Organic, 200g



Living Alchemy
Your Flora Series
Fermented
Activated
Herbals

31⁹⁹ 55⁹⁹
60 Caps 60 Caps
+Professional



Martin & Pleasant
Ki Immune,
Cold & Flu,
and Harmony
Supplements

25% off
Assorted Sizes
Regular Retail 15.49-44.99

Iron Vegan
Sprouted Protein or
Athlete's Blend Protein
assorted varieties



584⁹
1Kg

Beekeeper's Natural's
Propolis Throat Spray
and B-LXR



10⁹⁹ 24⁹⁹
Adult & Kids 30ml BLRX Brain Fuel 6 Pack



Renew Life
Vitamins and
Supplements

25% off
Assorted Sizes
Regular Retail 17.49-72.99



Host Defense
Medicinal
Mushroom
Supplements

20% off
Assorted Sizes
Regular Retail 29.99-112.99



AOR Vitamins
& Supplements

20% off
Assorted Sizes
Regular Retail 25.99-124.99



Natural Factors
Vitamin C &
Vitamin D
Supplements

20% off
Assorted Sizes
Regular Retail 4.99-30.49



Green Beaver
Face and Body
Care

20% off
Assorted Sizes
Regular Retail 6.79-22.99



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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.