



HEALTHY START

100% BC OWNED AND OPERATED

Organic
Lemons

Imported

3/98

907g

Organic Kale
Black, Green &
Red Varieties

from Cal Organics, USA

2/500

Organic Hass
Avocados

from Mexico

3/498

Long Seedless
Cucumbers

from Mexico

2/300

Bio-K Plus Probiotics

Dairy & Non-Dairy



2/3998

6 pk

AOR
Vitamins &
Supplements



20% off

Assorted Sizes
Regular Retail 27.99-124.99

CanPrev
Vitamins &
Supplements



20% off

Assorted Sizes
Regular Retail 12.99-46.99



Whole Earth & Sea
Greens & Proteins
& Greens

5299

390g-438g
Greens

5999

640g-710g
Protein's & Greens

MegaFood
Vitamins and
Supplements



30% off

Assorted Sizes
Regular Retail 34.99-84.99



Renew Life
Vitamins and
Supplements

30% off

Assorted Sizes
Regular Retail 17.49-72.99

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

Prices Effective
Dec 30-Jan 5, 2022

PRODUCE

Organic Red Grape Cherry Tomatoes



2⁹⁸
1 pint

from Mexico

Organic Cauliflower



2⁹⁸
each

from USA

MEAT

Thomas Reid Whole Organic Chicken

15.41/kg



6⁹⁹
/lb

Coho Fillets

44.07/kg



Previously Frozen

1⁹⁹⁹
/lb

Ground Lamb

33.05/kg



Grass Fed
From New Zealand

1⁴⁹⁹
/lb

Smoked Salmon Lox

66.12/kg



2⁹⁹⁹
/lb

Bison Sirloin Tip Steaks

37.46/kg



1⁶⁹⁹
/lb

Boneless Skinless Chicken Breasts

26.43/kg



Value Pack
Raised without antibiotics

11⁹⁹
/lb

Scallops

44.07/kg



Previously Frozen

1⁹⁹⁹
/lb

Beef Striploin

26.43/kg



Grass Fed, Value Pack
From New Zealand/Australia

11⁹⁹
/lb

Marinated Chicken Wings made in store

17.61/kg



Raised without antibiotics

7⁹⁹
/lb

Chicken Sausages

28.64/kg

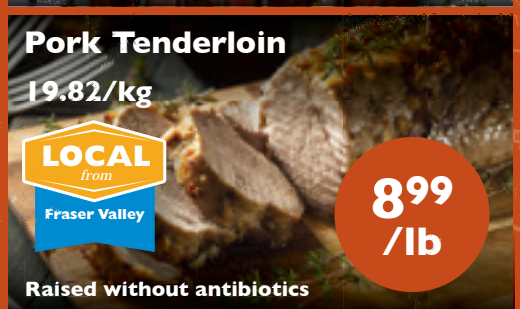


Made in store
Raised without antibiotics

1²⁹⁹
/lb

Pork Tenderloin

19.82/kg



Raised without antibiotics

8⁹⁹
/lb

GROCERY

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One Degree
Organic Cereal,
Oats & Flour

30% off
Assorted Sizes



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

30% off
Assorted Sizes



Wholesome
Organic Agave
Sweeteners

30% off
Assorted Sizes



Nature's Nuts
Almond Butter

11⁹⁹
500g Conventional

12⁹⁹
340g Organic



Swerve
Sugar Replacements

7⁹⁹
340g



Shady Maple Farms
Organic Maple Syrup,
Sugar & Cookies

30% off
Assorted Sizes



Salt Spring Organic
Fair Trade Coffee

12⁹⁹
400g



Earth's Own Oat
Café & Culinary
Edition Creamers

2⁹⁹-3⁴⁹
473ml



Plant Veda
Vegan Lassi & Creamers

4⁹⁹ 500ml Creamers
7⁹⁹ 1L Lassi



Dairyland
Organic Milk

8⁹⁹
4L



Ripple Pea
Plant Based Milk Alternative

5⁹⁹
1.42L



Terra Breads
Granola

6⁹⁹-7⁹⁹
340g-454g

iÖGO Nano Drinkable Yogurt



3⁹⁹
6Pk

Danone Activia & DanActive
Drinkable
Yogurts



3⁹⁹-4⁹⁹ 8Pk Drinkable Yogurt
6⁹⁹ 12Pk Yogurt

Riviera Petit Pot Style Yogurt



4⁹⁹-5⁹⁹
4Pk



Armstrong
Natural
Cheese Slices

4⁹⁹
220g-240g



Miyoko's
Vegan Butter &
Vegan Cheese

6⁹⁹ Butter 227g
8⁹⁹ Cheese 184g-227g

Dairyland Cottage Cheese



2/7⁰⁰
500g

GROCERY



Southern Recipe
Keto Pork Rinds

2/7⁰⁰
85g



Ozery
Super Seed
Crunch Keto
Snacks

3⁹⁹
150g



ChocXO
Keto Chocolate Cups
& Snaps

3⁹⁹
98g-100g



Lesser Evil
Popcorn &
Paleo Puffs

3⁹⁹-4⁴⁹
142g



Que Pasa
Organic Grain Free
Tortilla Chips

Select Varieties

3⁹⁹
142g



Beanitos
Tortilla Chips

2/7⁰⁰
128g-142g



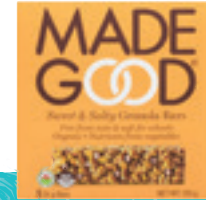
Lundberg
Organic Rice Cakes &
Thin Stackers

3⁴⁹-4⁴⁹
Assorted Sizes



Ryvita
Crispbread

2/5⁰⁰
125g-250g



Made Good
Cookies, Bars
& Cereal

30% off
Assorted Sizes



Perfect Bar
Peanut Butter

Select Varieties

2/6⁰⁰
65g-71g



Camino
Organic Fair Trade
Chocolate Bars

3⁴⁹
80g-100g

Simply Protein Bars



1⁷⁹
40g



Happy Planet
Smoothies

2/4⁰⁰
325ml
+deposit +eco fee



Health-Ade
Organic Kombucha

2/6⁰⁰
473ml
+deposit +eco fee



Rumble
Protein Shakes

3⁴⁹
355ml

Sapsucker Organic
Sparkling Tree Water



7⁹⁹
4% alc. +deposit +eco fee



Chasers
Cold Pressed Juice

6⁹⁹
500ml
+deposit +eco fee

11⁹⁹
1L
+deposit +eco fee

Earthbound Farm
Organic Frozen Fruit



4⁴⁹
300g

BULK

Organic
Nuts &
Seeds

**20%
Off**

DELI

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Choices Ready to Eat Wraps



7⁹⁹
each

Habibi's Hummus

Assorted Varieties



**2/
7⁰⁰**
200g

Choices Ready to Eat Green Salads



**6⁹⁹-
8⁹⁹**
each

Rosstown Roasted Chickens



10⁹⁹
each

Sunflower Kitchen Soup



7⁹⁹
925ml

Black Forest Ham



2²⁹
/100g

Choices Organic Cheese



**3⁶⁹-
5⁹⁹**
/100g

Arla Cheese Slices

Assorted Varieties



5⁹⁹
145g-175g

Macedonian Style Doric Feta Cheese



4⁹⁹
200g

BAKED GOODS

Choices' Own Multigrain Bread



4⁹⁹
530g

Silver Hills Sprouted Power Bread

Select Varieties



**2/
8⁰⁰**
510g-680g

GluteNull Vegan & Gluten-Free Cookies



9⁹⁹
210g-220g

Choices' Own Keto Treats



**3⁴⁹-
3⁹⁹**
100g-140g

Choices' Own Morning Glory Vegan Muffins



**3⁴⁹-
5⁴⁹**
4 Pack

Choices' Own 9 inch Artisan Pies



10⁹⁹

ALL-NEW ONLINE
CHOICES

**NOW
HERE**



NOW AVAILABLE AT
ALL STORES

SHOP.CHOICESMARKETS.COM



GROCERY



TMRW Plant Based Shreds & Breakfast Sausages

5⁹⁹
200g-240g



Wholly Veggie Frozen Meals, Pizza's & Burgers

30% off
Assorted Sizes

Amy's Frozen Burritos



2⁹⁹-3⁴⁹
156g-170g



Violife Plant Based Cheese Alternatives

4⁹⁹
200g-227g



Primal Kitchen Dressings, Condiments & Oil

30% off
Assorted Sizes

Fody Low Fodmap Condiments, Dressings & Pasta Sauces



30% off
Assorted Sizes

Nutiva Organic Coconut Oils & Manna



Select Varieties

30% off
Assorted Sizes



Karine & Jeff Soup

7⁹⁹ 9⁹⁹
500ml 1L

WELLNESS



Flora Udo's Choices Omega 3.6.9 Blend

14⁹⁹ 25⁹⁹
250ml 500ml



Lily of the Desert Aloe Vera Juice or Gel

10⁴⁹
946ml



Sproos Collagen Powders

30% off
Assorted Sizes
Regular Retail 3.79-59.99



Dr. Bronner's Non GMO Soap and Organic Lotion

6²⁹ 9⁹⁹
237ml Castile Soap 237ml Organic Lotion



Ecoideas Superfoods: Chia Seeds, Maca and Moringa

20% off
Assorted Sizes
Regular Retail 9.49-31.99



BioSil, Medi-C, Sealicious and Vegiday Vitamins and Supplements

25% off
Assorted Sizes
Regular Retail 12.99-89.99



Genuine Health Advanced Gut Health Probiotics

20% off
Assorted Sizes
Regular Retail 26.99-87.99

Santevia Alkaline Water Pitchers & Filters



20% off
Assorted Sizes
Regular Retail 20.99-199.99



Nature's Way Herbal Supplements

20% off
Assorted Sizes
Regular Retail 10.99-41.99



Purica Extra Strength Recovery

31⁹⁹ 58⁹⁹
180caps 360caps



New Chapter Turmeric Force

29⁹⁹ 49⁹⁹
60caps 120caps



Sukin Botanicals Natural Hair and Body Care

25% off
Assorted Sizes
Regular Retail 7.49-28.99



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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. Not all items available online.