



HOLIDAY SPECIALS!

100% BC OWNED AND OPERATED



**Sockeye
Salmon Fillets**

19.99/lb

44.07/kg

Previously frozen

**Green
Asparagus**
from Mexico

2.98/lb

6.57/kg

**Organic
Bunch Carrots**

from Cal Organics
in USA

2.98

bunch

TASTY CHEESE FOR THE HOLIDAYS

**Happy Days
Soft Goat Cheese**

2/10.00 140g-150g



**Manchego Aged
One Year Cheese**

5.49/100g

**Castello Aged Havarti,
Cheddar & Gouda Wedges**

Assorted Varieties

5.99 200g



**Paysan Breton or Alexis
D'Portneuf Brie Cheese**

3.79/100g

CHOICES TURKEY DINNER MEAL KIT

Choices festive turkey meals and all the
holiday favourites are now available.

**Order in store on or before
8 pm December 19.**

***Not available online**



Dinner
for 2

49.99

Dinner
for 4

99.00

**Organic Chicken Legs
Boneless Skinless**

26.43/kg



**11.99
/lb**



**Andalou
Naturals Facial
Care**
Select Varieties



35% off

Assorted Sizes
Regular Retail 5.49-38.99



**Green & Black's
Organic
Fair Trade
Chocolate Bars**

2/7.00

90g



**Simply Organic
Bottled Spices**

30% off

Assorted Sizes

Choices' Own Tarts
Pecan or Mince



6.99

6 pack

**Now Here! All-New Online Choices
shop.choicesmarkets.com**

Prices Effective
December 9-15, 2021

PRODUCE



Red Tomatoes on the Vine
3.26/kg

Imported

1.48
/lb

Cauliflower

2.98
each

from USA

Organic Gala Apples

LOCAL from Cawston

4.98
1.36kg bag

Organic Navel Oranges

from USA

7.98
1.81kg bag

MEAT

Lean Ground Bison
33.05/kg

14.99
/lb

Venison Boneless Leg Steaks
44.07/kg

grass fed from New Zealand

19.99
/lb

Beef Top Sirloin Steaks
22.02/kg

grass fed, value pack from Australia/New Zealand

9.99
/lb

Ocean Mama Frozen Shrimp
61/70

4.99
180g

Choices Turkey Sausages
22.02/kg

LOCAL from Fraser Valley

9.99
/lb

Choices Ground Turkey Breast
28.64/kg

LOCAL from Fraser Valley

Raised without antibiotics

12.99
/lb

Lamb Loin Chops
33.05/kg

grass fed from New Zealand

14.99
/lb

GROCERY

Now Here! All-New Online Choices
shop.choicesmarkets.com

Prices Effective
December 9-15, 2021



Nutiva
Organic Virgin
Coconut Oil

9⁹⁹ **16⁹⁹**
444ml 860ml



Maison Orphee Toasted
Sesame Oil & Extra Virgin
Flavoured Olive Oils

8⁹⁹ **12⁹⁹**
Olive Oil 250ml
Sesame Oil 250ml



Earth's Own
Organic Lemon
or Lime Juice

2/7⁰⁰ **7⁹⁹**
250ml 1L



Rustichella
Artisan Pasta

4⁹⁹
500g

Rizopia Rice Pasta



249-2⁹⁹
340g-454g



Divina Olives,
Tomatoes & Spreads

30% off
Assorted Sizes

Field Roast Plant Based Frozen
Meals, Burgers & Frankfurters

Select Varieties



649-7⁹⁹
Assorted Sizes

Ocean's Pole & Line Albacore Tuna



3⁹⁹
170g

Green Organic Frozen Vegetables



3⁹⁹
500g



Dairyland
Organic Milk

8⁹⁹
4L



Earth's Own &
So Fresh Almond
Beverages

399-449
1.75L-1.89L



So Nice & Earth's Own
Barista Blend Creamers

2⁹⁹ **4⁹⁹**
So Nice 946ml
Earth's Own 946ml

Donia Farms Grass Fed Butter



7⁹⁹
250g



Earth Balance
Dairy-Free Spreads



30% off
Assorted Sizes



Fatso
High Performance
Peanut Butter

7⁹⁹
500g

Nature's Farm Free Run
Omega-3 Large Eggs



479
1 Dozen



Nature's Path
Organic Hot Cereal

449-4⁹⁹
6pk-8pk



Saputo
Shredded Cheese

449 **5⁹⁹**
170g 320g



GROCERY



Barbara's
Cheez Puffs

2/6⁰⁰
155g-198g



Covered Bridge
Potato Chips &
Lela's Chickpea Chips

3/8⁰⁰
120g-170g



Fresh Is Best
Tortilla Chips
& Salsa

4⁴⁹
Assorted Sizes



Old Dutch Potato
Chips & Ridgies

2/6⁰⁰
200g-235g

Craize Corn Crisps



3⁹⁹
113g



Hippie Snacks
Almond Crisps

3⁹⁹
70g

Carr's Crackers



2/5⁰⁰
125g-184g



Spread'em
Vegan Dips,
Spreads &
Cheeze

30% off
Assorted Sizes



Haribo
Gummy Candy

2/6⁰⁰
175g

Love Good Fats Keto Friendly Bars



1⁹⁹
39g-40g



Theo
Organic Fair Trade
Chocolate Bars

2/7⁰⁰
85g



Spectrum
Cooking Oils
& Mayonnaise

30% off
Assorted Sizes

Larabars



2/3⁰⁰
45g-48g



Righteous
Gelato & Sorbetto

6⁹⁹
562ml



Happy Planet
Organic Juice

4⁴⁹-4⁹⁹
1.75 & 1.89L
+deposit +eco fee



Mighty Leaf
Artisan Tea

9⁹⁹
15 Tea Bags



Salt Spring
Organic Fair
Trade Coffee

12⁹⁹
400g



Happy Planet
Organic Grass
Fed Egg Nog

6⁹⁹
750ml

BULK

Organic Baking
Ingredients
& Flakes

20% Off

DELI

Now Here! All-New Online Choices
shop.choicesmarkets.com

Prices Effective
December 9-15, 2021

Choices Family Size Salads

Assorted Varieties

10⁹⁹-
12⁹⁹

Petite Appetizers

6/
3⁹⁹

12/
7⁹⁹

Choices Salami, Paté or Deli Meats

Assorted Varieties



NEW! Humble Seeds Saucy Dipz

Assorted Varieties



5⁹⁹
190g

Farmcrest Specialty Roasted Chickens

Assorted Varieties



13⁹⁹



20%
OFF

antibiotic free

BAKED GOODS

Choices' Own Pumpkin Pie



8⁹⁹-
10⁹⁹
8-9 inch

Choices' Own 6 inch Cakes

Tiramisu or New York Style
Blueberry Cheesecake



17⁹⁹

Choices' Own Low Carb or Keto Desserts

Assorted Varieties



349
60g-140g

Silver Hills Sprouted Power Bread

Assorted Varieties



449
430g-615g

GluteNull Bars and Cookies



9⁹⁹
240g-320g

Ozery Snacking or Morning Rounds



399
312g-450g

ALL-NEW ONLINE
CHOICES

NOW
HERE



NOW AVAILABLE AT
ALL STORES

SHOP.CHOICESMARKETS.COM



GROCERY



Cascades
Fluff
Bathroom
Tissue

5⁹⁹ 7⁹⁹

8pk 12pk

Caboo Bamboo Paper
Towels & Disinfecting
Wipes



3⁹⁹ 7⁹⁹

2pk Paper Towels 70 Count Wipes

Paper Chef Baking Cups
& Cooking Bags



30% off

Assorted Sizes



Seventh Generation
Natural Household
Cleaners

30% off

Assorted Sizes



Bob's Red Mill
Flour

30% off

Assorted Sizes

Camino Organic Baking
Chocolate, Brown Sugar
& Coconut
Select Varieties



30% off

Assorted Sizes



Clever
Non-Alcoholic
Mocktails

2/4⁰⁰

355ml
+deposit +eco fee



Fentimans
Craft Soda

7⁹⁹

4Pk
+deposit +eco fee

WELLNESS



Flora Digestive
Enzymes

20% off

Assorted Sizes
Regular Retail 10.49-35.49



Natural Factors
Stress-Relax &
Sleep Solutions

20% off

Assorted Sizes
Regular Retail 6.99-67.99



Natural Factors
CurcuminRich
Theracurmin
Select Varieties

20% off

Assorted Sizes
Regular Retail 25.99-84.49



Joy of the
Mountains
Oil of Oregano

12⁹⁹ 24⁹⁹

10ml 30ml



withinUs
TruMarine
Collagen

44⁹⁹ 62⁹⁹

20pk 250g



NutraVege
Omega-3
Plant DHA
& EPA

20% off

Assorted Sizes
Regular Retail 36.99-69.99



BioSil
Hair, Skin &
Nail Care

18⁹⁹ 37⁹⁹

15ml 90caps



Nature Clean
Hand Soap

5⁹⁹ 8⁹⁹

415ml - 500ml 1L refill

Boiron
Oscillococinum



12⁴⁹ 31⁹⁹

6Dose 30Dose



Herbatint
Natural
Permanent
Hair Colour

16⁹⁹

1Kit

Bio-K Plus Probiotics
Select Varieties, Dairy
& Non-Dairy



2/39⁹⁸

6pk

Anne Marie Borlind Facial
Care and
Natural
Cosmetics

20% off

Assorted Sizes
Regular Retail 9.79-110.99



choicesmarkets.com

[f /ChoicesMarkets](#)

[@ChoicesMarkets](#)

[/Choices_Markets](#)

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.