



# HOLIDAY CHOICES

100% BC OWNED AND OPERATED



Sockeye  
Salmon Fillets

**21<sup>99</sup>/lb**

48.48/kg  
previously frozen  
value pack

Large Navel  
Oranges  
from Blue Jay in USA

**1<sup>98</sup>/lb**

4.37/kg

Rosstown  
Roasted Chickens



**10<sup>99</sup>**

Choices Salami, Patés or  
Deli Meats

Antibiotic Free, Assorted Varieties



**20%  
off**

Organic Raspberries



**3<sup>98</sup>**

170g  
package

from Mexico



Sweet Art  
8" Tarts

Assorted  
Varieties

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

720g – 740g



Tre Stelle  
Reggiano, Grana  
Padano or  
Romano Cheese

**9<sup>99</sup>-**

**11<sup>99</sup>**

200g



Vega One  
All-in-One  
Nutritional Shakes

**45<sup>99</sup>**

827-876g

Spread'Em Plant Based  
Dips & Cheeze



**30% off**

Assorted Sizes

Lesley Stowe  
Raincoat Crisps



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

150g

Now Here! All-New Online Choices  
[shop.choicesmarkets.com](http://shop.choicesmarkets.com)

Prices Effective  
December 23-29, 2021



# PRODUCE

## Organic Broccolini Bunch

from Mexico

**2<sup>98</sup>**  
each

## Organic White Mushrooms

8.77/kg



**3<sup>98</sup>**  
/lb

## Orange, Red and Yellow Hot House Peppers

8.77/kg

from Mexico

**3<sup>98</sup>**  
/lb

## Hass Avocados

from Mexico

**4/5<sup>00</sup>**

# MEAT

## Organic Chicken Thighs Bone In

22.02/kg



**9<sup>99</sup>**  
/lb

Value Pack

## Organic Chicken Drumsticks

13.21/kg



**5<sup>99</sup>**  
/lb

## Extra Lean Ground Beef

22.02/kg

Grass Fed, Value Pack  
from Australia

**9<sup>99</sup>**  
/lb

## Bison Sirloin Tip Steaks

37.46/kg



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

## Pork Chops Boneless

17.61/kg



Value Pack  
raised without antibiotics

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

## Duck Breast Skin On

41.87/kg



**18<sup>99</sup>**  
/lb

## Ground Lamb Grass Fed

33.05/kg

from New Zealand

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

## Pinty's Eat Well Chicken Breast Assorted Varieties



**17<sup>99</sup>**

## Lamb Leg Roasts Boneless

35.25/kg

grass fed  
from New Zealand

**15<sup>99</sup>**  
/lb

## Choices Turkey Sausages made in store

22.02/kg



**9<sup>99</sup>**  
/lb



# GROCERY

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Lundberg  
Rice Chips &  
Mini Rice Cakes

**2/7<sup>00</sup>**  
142g-170g

Fresh is Best Tortilla Chips & Salsa



**4<sup>49</sup>**  
Assorted Sizes



Old Dutch  
Restaurant  
Tortilla Chips,  
Salsa & Arriba Chips

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



Snyder's  
Gluten-Free  
Pretzels

**4<sup>49</sup>**  
220g



Sensible Portions  
Veggie Chips & Straws

**2/6<sup>00</sup>**  
141g-142g



Terra  
Vegetable Chips

**4<sup>49</sup>**  
141g-170g



Glutino  
Gluten-Free  
Products

**30% off**  
Assorted Sizes



Partners  
Crackers

**2/7<sup>00</sup>**  
114g-124g



Zazubean  
Organic Fair Trade  
Chocolate Bars

**3<sup>99</sup>**  
80g-85g



Yummy Bear  
Plant Based  
Candy

**2/6<sup>00</sup>**  
50g



Haribo Gummies

**2/6<sup>00</sup>**  
175g



Seattle Chocolate  
Chocolate Bars

**3<sup>99</sup>-4<sup>49</sup>**  
70g



Zevia  
Zero Sugar Teas  
& Energy Drinks

**2/4<sup>00</sup>**  
355ml  
+deposit +eco fee



Buderim  
Ginger Beer

**5<sup>99</sup>**  
4Pk  
+deposit +eco fee



Gerolsteiner  
Sparkling Mineral Water

**2/6<sup>00</sup>**  
750ml  
+deposit +eco fee



San Pellegrino  
Sparkling Italian Sodas



**5<sup>49</sup>**  
6Pk  
+deposit +eco fee



Ben & Jerry's  
Ice Cream

**5<sup>99</sup>-6<sup>49</sup>**  
500ml



VIP  
Natural Dish Liquid

**2/5<sup>00</sup>**  
740ml

# GROCERY



Canadian Heritage  
Organic Maple Syrup

**21<sup>99</sup>**  
1L



Nut's to You  
Organic Almond  
Butter

**12<sup>99</sup>**  
365g



Bonne Maman  
Jam

**4<sup>99</sup>**  
250ml



49th Parallel  
Coffee

**13<sup>99</sup>**  
340g



Kicking Horse  
Organic Fair Trade  
Ground Coffee

**8<sup>99</sup>**  
284g



Mighty Leaf  
Artisan Tea

**8<sup>99</sup>**  
15 Tea Bags



Earth's Own Dairy  
Free Café & Culinary  
Editions Creamers



**2<sup>99</sup>-3<sup>99</sup>**  
473ml



Camino  
Organic Fair Trade Hot Chocolate

**6<sup>99</sup>**  
275g-336g



Organic Traditions  
Superfood Coffee Lattés & Teas

**25% off**  
Assorted Sizes

Maple Hill  
Extra Large Free Range Eggs



**4<sup>99</sup>**  
1 Dozen



Buck  
Plant Based  
Milk Alternative

**3<sup>99</sup>**  
1L



Woolwich Goat Cheese



**25% off**  
Assorted Sizes



Happy Planet  
Organic Juice

**4<sup>49</sup>-4<sup>99</sup>**  
1.75L-1.89L  
+deposit +eco fee

Greek Gods Yogurt



**4<sup>49</sup>**  
500g



Armstrong  
Natural  
Cheese Slices

**4<sup>99</sup>**  
220g-240g



Beyond Meat  
Plant Based  
Sausages &  
Ground

**7<sup>99</sup>**  
340g Ground

**8<sup>99</sup>**  
400g Sausages



Yves  
Vegan Meat  
Alternatives

**30% off**  
Assorted Sizes



Avafina  
Organic Seeds,  
Spices & Quinoa

**30% off**  
Assorted Sizes





# DELI

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Indianlife Wraps  
or Naan Bread



5<sup>99</sup>  
250g-500g

Maple Glazed Ham  
baked in store



2<sup>19</sup>  
/100g

Habibis  
Hummus & Dips

Assorted Varieties



3<sup>99</sup>  
200g

Bothwell Cheese  
Assorted Varieties



2<sup>99</sup>  
/100g

Choices 7 Layer Dip



7<sup>99</sup>

Imported Swiss Emmental,  
Gruyere or Cage Aged  
Gruyere Cheese



4<sup>99</sup>-  
6<sup>29</sup>  
/100g

Ile De France  
Brie Cheese



3<sup>99</sup>  
/100g

## BAKED GOODS

Choices' Own Multigrain  
and Whole Wheat Bread



2/  
8<sup>00</sup>  
530g

Choices' Own Cinnamon  
Raisin Swirl Bread



5<sup>99</sup>  
580g

Choices' Own Cinnamon Buns  
4 pack



5<sup>99</sup>  
320g

Choices' Own the Baker's  
Mezzo Bastone, Baguette  
Sourdough Bread & The  
Baker's Crusty Loaf



1<sup>49</sup>-  
2<sup>99</sup>  
Assorted  
Sizes

Wendel's Gluten-Free  
Apple or Strawberry  
Rhubarb Pie



9<sup>99</sup>  
675g

Choices' Own  
Sprouted Vegan  
Cookies

Assorted Varieties



5<sup>99</sup>  
312g

ALL-NEW ONLINE  
CHOICES

NOW  
HERE



NOW AVAILABLE AT  
**ALL STORES**

SHOP.CHOICESMARKETS.COM





# GROCERY



Better Than Bouillon Bases

**30% off**

227g



Imagine Organic Soup & Broths

**4.49-4.99**

946ml-1L



Spectrum Cooking Oil & Mayonnaise

**30% off**

Assorted Sizes



Phoeapolis Organic Extra Virgin Olive Oil

**10.99 | 13.99**

500ml

750ml



Mezzetta Pasta Sauce

**6.49**

473ml-709ml



Di Martino Pasta

**2.49-3.49**

453g-500g



Earth's Choice Organic Beans

**2/5.00**

398ml



Rizopia Gluten-Free Rice & Quinoa Pasta

**2.49-2.99**

340g-454g

# WELLNESS



New Roots Probiotics  
Select Varieties

**20% off**

Assorted Sizes  
Regular Retail 26.99-110.99



Renew Life Cleanses & Fibre

**25% off**

Assorted Sizes  
Regular Retail 26.49-50.99



withinUs TruMarine

**4.19 | 5.69**

Coconut Creamer + Collagen 275g  
Matcha Misto + Collagen 280g



BioSil Hair, Skin & Nails

**18.99 | 37.99**

15mL  
90caps



A.Vogel Echinaforce

**20% off**

Assorted Sizes  
Regular Retail 15.99-52.99



Lily of the Desert Detoxifying or Stomach Formula

**1.99**

960ml



Organika Bone Broths  
Chicken, Beef, or Veggie Broth

**3.39**

300g



Alaffia Everyday Shea Hair and Body Care

**25% off**

Assorted Sizes  
Regular Retail 13.99-20.99



Flora Digestive Enzymes

**20% off**

Assorted Sizes  
Regular Retail 10.49-35.49



Himalaya PartySmart

**2/5.00 | 2.39**

10 pack



Natural Factors Omega's & Cognitive Support Supplements

**20% off**

Assorted Sizes  
Regular Retail 10.49-54.49



Herbatint Natural Permanent Hair Colour

**16.99**

1 Kit



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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.