



BUY ONE GET ONE FREE!

100% BC OWNED AND OPERATED

Boneless Skinless Chicken Breasts

Value Pack • Regular Retail 11.79/lb, 25.99/kg

**BUY 1
GET 1
FREE**

LOCAL
from
Fraser Valley

Habibi's All Natural Hummus

450g • Regular Retail 8.99



**BUY 1
GET 1
FREE**

Choices Hot Soup

16oz • Regular Retail 5.99



**BUY 1
GET 1
FREE**

Organic Ambrosia Apples

1.36kg Bag • Regular Retail 6.98

LOCAL
from
Nature's First Fruit,
Cawston

**BUY 1
GET 1
FREE**



Skinny Pop

Popcorn

Assorted Sizes

Regular Retail 4.99

**BUY 1
GET 1
FREE**



Nutiva Organic Virgin Coconut Oil

860ml & 1.6L

Regular Retail 24.99 & 41.99

**BUY 1
GET 1
FREE**

Choices' Own Sourdough Bread

530g • Regular Retail 5.99



**BUY 1
GET 1
FREE**



Organika Enhanced Collagen

500g

**BUY 1
GET 1
FREE**



Dr. Bronner's Non-GMO Organic Toothpaste

140g

**BUY 1
GET 1
FREE**

Physical Distancing: Please remain 2 metres from others. Prices Effective
One customer using the checkout belt at a time. Thank you. Jan 13 – Jan 19, 2022

PRODUCE

Organic Blueberries



from Peru

2/700
170g

Organic Long English Cucumbers



from Mexico

398
each

Organic Orange, Red and Yellow Peppers



from Mexico

398
/lb

Organic D'Anjou Pears



4.37/kg

LOCAL
from
Nature's First Fruit,
Cawston

198
/lb

Gold Kiwi Fruit



from Italy

598
454g

MEAT

Whole Chicken
11.00/kg



LOCAL
from
Fraser Valley

499
/lb

Raised without Antibiotics

Organic Pork Back Ribs
17.61/kg



799
/lb

Marinated Pork Chops
19.82/kg



Raised without Antibiotics
made in store

899
/lb

Ground Chicken
Dark Meat, 15.41/kg



LOCAL
from
Fraser Valley

699
/lb

Raised without Antibiotics

Beef Top Sirloin Steaks
19.82/kg



899
/lb

Value Pack, Grass Fed

Ozo Plant Based Products



599-799
assorted sizes

Lamb Rib Chops
59.50/kg



2699
/lb

Grass Fed,
from New Zealand

Fresh Steelhead Fillets
41.87/kg



1899
/lb

Value Pack

Nitrate-Free Bacon
26.43/kg



LOCAL
from
Fraser Valley

1199
/lb

made in store

GROCERY

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Earth's Own
Oat Beverages

2/700
1.75L



Dairyland
Organic Milk

499
2L



Plant Veda Vegan
Creamers & Lassis

799 449
1L Lassi 500ml Creamers



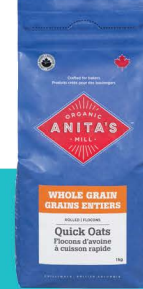
Terra Breads
Granola

699-799
340g - 454g



Nature's Path
Organic Boxed
Cereal

449-499
Assorted Sizes



Anita's Organic
Oats & Pancake and
Waffle Mix

30% off
Assorted Sizes



Rolling Meadow
Grass Fed
Yogurt

299 499
500g Plain 500g Greek



Olympic Crema,
Greek & Natural
Yogurt

299-449
500g & 650g



Uncle Luke's
Organic Maple
Syrup

599
250ml



Nuts to You
Organic Almond
Butter

1299
365g



Bonne Maman
Jam & Spreads

499
250ml



MaraNatha
Nut Butters

30% off
340g - 500g



Celestial
Seasonings Tea

2/700
18-20 Tea Bags



Stash
Premium Tea

399
18-20 Tea Bags



Salt Spring
Organic Fair
Trade Coffee

1299
400g



Miyoko's
Creamery
Vegan Butter &
Cheese

599 899
Assorted Sizes Butter Cheese



Fraser Valley
Creamery
Butter

549
454g

Country Golden Yolk
Free Range Large Eggs



549
1 Dozen

GROCERY



Sigdal Bakeri
Crispbread

4⁹⁹
190g - 220g



Hippie Snacks
Almond,
Cauliflower &
Avocado Crisps

3⁹⁹
70g



Plum-M-Good
Organic Rice
Cakes & Thins

2⁹⁹-3⁴⁹
95g - 130g



Made Good
Gluten-Free
Bites, Bars &
Cookies

30% off
Assorted Sizes



Hornby
Organic Bars

2/5⁰⁰
80g



Yummy Bear
Plant Based
Candy

2/6⁰⁰
50g



La Cocina Tortilla
Chips

2/7⁰⁰
300g - 400g



Earthbound Farm
Organic Frozen
Fruit

4⁴⁹
300g



Bremner's
Frozen Fruit

30% off
Assorted Sizes



Komo Plant Based
Lasagna, Shepherd's
Pie & Chick'n Pot Pie

10⁹⁹ 21⁹⁹
600 g Lasagna &
Shepherd's Pie 900 g
Chick'n Pot Pie



Gusta Vegan
Sausages &
Grounds

3⁹⁹ 4⁹⁹
340g 350g
Ground Sausages

Very Good Butcher Plant Based
Meat Alternatives



25% off
Assorted Sizes



Happy Planet
Smoothies

2/4⁰⁰
325ml
+deposit + eco fee



Gldn Hour
Collagen Sparkling
Water

2/6⁰⁰
355ml
+deposit + eco fee



Sapsucker
Organic
Sparkling Tree
Water

7⁹⁹
4 Pack
+deposit + eco fee



V.I.P. or Echoclean
Natural Cleaning,
Laundry Products
and Dish Soap

30% off
Assorted Sizes



Nature Clean
Liquid Laundry
Detergent

11⁹⁹
3L



Cascades Fluff
Enviro Bathroom
Tissue & Tuff Paper
Towels

16⁹⁹ 7⁹⁹
24 Pack 6 Pack
Bathroom Tissue Paper Towels

DELI

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Prices Effective
Jan 13 – Jan 19, 2022

Choices Artisan Roast Beef, Turkey or Ham Sandwiches

899
each

Choices Natural Turkey Breast

Cooked or Smoked

449
/100g

Choices Shepherd's Pie

699
500g

Choices Rice or Noodle Bowls

Assorted Varieties

699
assorted sizes

Tre Stelle Reggiano, Grana Padano, or Romano Cheese

999-1199
200g

Tre Stelle Crumbled Feta Cheese

Assorted Varieties

499
150g

Provolone Cheese

349
/100g

Choices Macaroni Muffins

Pesto or Roasted Tomato

2/500
135g - 165g

NEW

BAKED GOODS

Choices' Own KETO Cheesecake, Nanaimo Bars or Chocolate Mousse

349-399
assorted sizes

Choices' Own Classic Cookies

Assorted Varieties

499
12 pack

Choices' Own Raw Nut Butter Bars

599-649
180g - 200g

Little Northern Bakehouse Bread

Select Varieties

599
482g - 567g

Silver Hills Sprouted Power Bread

449
430g - 615g

Silver Hills Sprouted Power Organic Bagels

449
400g

ALL-NEW ONLINE
CHOICES

**NOW
HERE**



NOW AVAILABLE AT

ALL LOCATIONS

SHOP.CHOICESMARKETS.COM



GROCERY



Earth's Choice
Organic Extra Virgin
Olive Oil

10⁹⁹ 17⁹⁹
500ml 1L



Berio Extra Virgin
Olive Oil

11⁹⁹ 15⁹⁹
750ml 750ml
Conventional Organic



Cha's Organics
Organic
Coconut Cream
& Milk

3⁹⁹
400ml



Daiya
Plant Based
Frozen
Pizza

7⁹⁹-8⁹⁹
Assorted Sizes



Bar Harbor
Seafood Products

30% off
Assorted Sizes



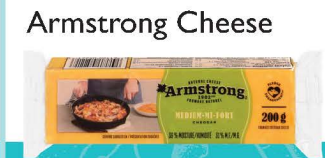
Imagine
Organic Soup

4⁹⁹
1L



Better Than
Pasta Organic
Konjac Noodles

3⁹⁹
385g



Armstrong Cheese

2/7⁰⁰
200g

WELLNESS



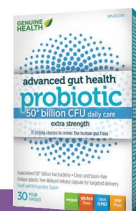
CanPrev
Vitamins &
Supplements

20% off
Assorted Sizes
Regular Retail 12.99 - 47.49



BioSil, Medi-C,
Sea-licious and
Vegiday Vitamins
and Supplements

25% off
Assorted Sizes
Regular Retail 12.99 - 89.99



Genuine Health
Advanced Gut
Health Products

20% off
Assorted Sizes
Regular Retail 26.99 - 87.99



Viva Naturals
Organic Facial
Care

20% off
Assorted Sizes
Regular Retail 24.99-64.99



Vega One
All-in-One
Nutritional
Shakes

48⁹⁹
827g - 876g



Sproos
Collagen
Powder

30% off
Assorted Sizes
Regular Retail 3.79 - 59.99



Natural Factors
Immune Support
Supplements

20% off
Select Sizes
Regular Retail 12.99 - 41.99



Sukin Botanicals
Natural Face &
Body Care

25% off
Assorted Sizes
Regular Retail 6.99 - 24.99



MacroLife
Naturals Green
Superfoods &
Miracle Reds

48⁹⁹
283g



St. Francis Herb
Farm Deep Immune
Supplements

20% off
Assorted Sizes
Regular Retail 20.99 - 39.99



Renew Life
Vitamins and
Supplements

20% off
Assorted Sizes
Regular Retail 17.49 - 72.99



Natural Epsom
Salt and Epsom
Gel

11⁴⁹ 16⁹⁹
Epsom Salt 750g
Epsom Gel 90ml



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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.