



# HAPPY VALENTINE'S!

100% BC OWNED AND OPERATED

Organic  
Boneless Skinless  
Chicken Breasts

**14.99/lb**

33.05/kg



Choices' Own Valentine's Day  
Cupcakes & Cakes  
Assorted Sizes

**549-  
629**

Fresh Steelhead Fillets

37.46/kg

**16.99  
/lb**

Long Stem Strawberries  
from Mexico

**14.00**  
454g

subject to availability

Vitale Italian Prosciutto  
or Salami



**8.99**

100g  
package

Tre Stelle Parmigiano  
Reggiano Cheese



**5.49**  
/100g

Organic Romaine Hearts  
from USA



**3.98**  
pkg. of 3



SiSU Vitamins and  
Supplements

**25% off**

Assorted Sizes  
Assorted Varieties  
Regular Retail .99 - 69.99



Canadian Heritage  
Organics 100% Pure  
Organic Maple Syrup

**20.99**  
1L



Nature's Path  
Organic Eco Pac  
Cereal

**2/14.98**  
650g - 907g

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Now available at all locations | [shop.choicesmarkets.com](http://shop.choicesmarkets.com)

Prices Effective

Feb 10 - Feb 16, 2022



# PRODUCE

**Organic Large Navel  
Oranges 3.92/kg**

from USA

**1.78  
/lb**

**Organic Long Seedless  
Cucumbers**

from Mexico

**2.98  
each**

**Organic Rainbow Mix  
and Red Grape Cherry  
Tomatoes**

from Mexico

**3.98  
1 pint**

**Sweet Yellow Ataulfo  
Mangoes**

from Mexico

**3/  
4.98**

# MEAT

**Beef Ribeye Steaks**

44.07/kg

Grass Fed, Value Pack  
from Australia

**19.99  
/lb**

**Duso's Premium Pasta**



**5.99  
250g - 300g**

**Ground Pork**

13.21/kg



Raised without Antibiotics  
made in store

**5.99  
/lb**

**Boneless Lamb Leg Steaks**

37.46/kg

Grass Fed, Value Pack  
from New Zealand/Australia

**16.99  
/lb**

**Marinated Butterfly Chicken**

12.10/kg



Raised without Antibiotics  
made in store

**5.49  
/lb**

**Choices Pork Sausages**

19.82/kg



Raised without Antibiotics  
made in store

**8.99  
/lb**

**Canadian Char Fillets**

41.87/kg

**18.99  
/lb**

**Ground Chicken Dark Meat**

15.41/kg



Raised without Antibiotics

**6.99  
/lb**

**Nitrate Free Bacon**

26.43/kg



**11.99  
/lb**



# GROCERY

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Rabbit River Farms  
Free Range Large Eggs

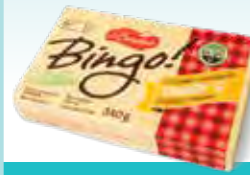


**5<sup>99</sup>**  
1 dozen



Donia Farms  
Grass Fed  
Butter

**7<sup>99</sup>**  
250g



La Chaudière  
Organic Cheese

**25% off**  
Assorted Sizes



Olympic  
Yogurt

**10<sup>49</sup>** **11<sup>99</sup>**  
1.75kg Organic 1.75kg Greek & Krema



Tree Island  
Cream Top Yogurt

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



Liberté Organic  
Kéfir

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



Earth's Own So Fresh  
Almond Beverages &  
Barista Blend

**2/7<sup>00</sup>** **2/8<sup>00</sup>**  
1.89L Almond Beverages +deposit +eco fee 946ml Barista Blend +deposit +eco fee



Greenhouse  
Plant-Based  
Almond & Oat  
Milk

**6<sup>99</sup>**  
946ml  
+deposit +eco fee



Bakery on Main  
Gluten-Free  
Oatmeal & Granola

**4<sup>99</sup>** **5<sup>99</sup>**  
300g Oatmeal 340g Granola



So Nice Organic Fresh  
Almond Beverages &  
Organic Barista Soy  
Creamer

**2/8<sup>00</sup>** **2/6<sup>00</sup>**  
1.75L Almond Beverages +deposit +eco fee 946ml Barista Soy Creamer +deposit +eco fee



Dairyland  
Organic Cream  
& Whipping  
Cream

**1<sup>99</sup>-4<sup>29</sup>**  
473ml, +deposit +eco fee  
& 225g



Evive Frozen  
Smoothie  
Cubes

**7<sup>99</sup>**  
405g



Taylors  
Tea

**4<sup>99</sup>**  
20 Tea Bags



Numi Organic  
Tea

**4<sup>99</sup>**  
12 & 18 Tea Bags



Elias Honey  
Creamed or  
Liquid

**13<sup>99</sup>**  
1 kg



Righteous  
Gelato &  
Sorbetto

**6<sup>99</sup>**  
562ml



Keto Skream  
Ice Cream &  
Dessert Bars

**6<sup>99</sup>** **8<sup>99</sup>**  
473ml Ice Cream 3 pack  
Dessert Bars



Daiya Frozen  
Dairy-Free  
Desserts &  
Cheezecake

**5<sup>99</sup>**  
473ml Frozen Dessert  
400g Cheezecake

# GROCERY



**Gardein Frozen Plant-Based Meat Alternatives**

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

190g - 390g bags  
Select Varieties



**Field Roast Plant-Based Products**

**25% off**

200g - 368g  
Select Varieties



**Hodo Soy Organic Tofu Cubes**

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

227g



**Kaslo Fermentata Pasta**

**25% off**

454 g - 500g bags, Select Varieties



**Antico Organic Pasta Sauce**

**4<sup>49</sup>**

700ml



**Amy's Gluten-Free Mac & Cheese Frozen Meals**

**25% off**

227g & 255g



**Spectrum Organic Oils & Mayonnaise**

**30% off**

Assorted Sizes



**Naked & Saucy Organic Cooking Sauces**

**4<sup>99</sup>-5<sup>99</sup>**

296ml



**Stahlbush Island Farms Sustainable Frozen Vegetables**

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

198g - 350g



**Earth's Choice Organic Coconut Products**

**30% off**

Assorted Sizes



**Earth's Choice Organic Lemon & Lime Juice**

**2/6<sup>00</sup> 6<sup>99</sup>**

250ml

1L



**Orchid Pure Vanilla Extract**

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

100ml Regular

100ml Organic



**Udi's Gluten-Free Frozen Bread & Frozen Pizza**

**4<sup>49</sup> 9<sup>99</sup>**

Bread & Pizza Crust

**Spread'Em Kitchen Co. Cashew Spreads, Dips & Buttery Spread**



**25% off**

183g - 227g



**Le Pain des fleurs Organic Crispbread**

**4<sup>99</sup>-5<sup>99</sup>**

150g



**Schär Gluten-Free Cookies, Crackers, Bread & Buns**

**25% off**

Assorted Sizes, Select Varieties



**Woolwich Goat Cheese**

**25% off**

Assorted Sizes, Select Varieties

**BULK**

**Organic Candy**



**20% Off**



# DELI

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## Choices Pasta Entrées

649-  
799

380g - 550g

## Choices Salmon Lox Bagels

799

each

## Summer Fresh Dips & Hummus

2/  
700

227g

## La Panzanella Crackers Mini Croccantini

499

170g

## Choices Spanakopita's

449

185g

## Choices Ready to Eat Chicken

**Parmesan** or Cordon  
Bleu or Provolone Stuffed  
Chicken Breast

549-  
649

140g - 165g

## Choices Ready to Eat Wraps

799

each

## Bella Casara Burrata Cheese

NEW

1299

250g

## Ile De' France Brie Cheese

399

/100g

## Fromalp Fondue Cheese

1299

450g

# BAKED GOODS

## Choices' Own 6 inch Tiramisu, Kalamansi Cake or Keto, Low Carb Chocolate Mousse Cake

1799

each

## Choices' Own 9 inch Pie Peach Medley or Sour Cherry Rhubarb

1099

each

## Choices' Own Baguettes Sourdough or Baker's Mezzo Bastone

179-  
279

250g

## Choices' Own Buns Assorted Varieties

299-  
449

4 pack

## La Tortilla Factory Wraps Assorted Varieties

30%  
Off

## Pikanik Gluten-Free Buns, Cupcakes & Pizza Dough

679-  
879

assorted sizes

## Silver Hills Sprouted Power Organic Bread Soft Whole Wheat, Multigrain

499

510g - 680g

ALL-NEW ONLINE  
CHOICES

NOW  
HERE



NOW AVAILABLE AT

ALL LOCATIONS

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# GROCERY



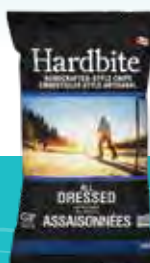
Alter Eco Organic  
Fair Trade  
Chocolate Bars

**2/6<sup>00</sup>**  
75g - 80g



Theo Organic Fair  
Trade Chocolate  
Bars & Cups

**2/7<sup>00</sup> 2/5<sup>00</sup>**  
85g Bars 36g - 38g Cups



Hardbite  
Natural  
Potato Chips

**2/5<sup>00</sup>**  
128g & 150g



San Pellegrino  
Mineral Water or  
Perrier Sparkling  
Water

**2/4<sup>00</sup>**  
750ml & 1L  
+deposit +eco fee



Haribo  
Gummies

**4<sup>99</sup> 2/6<sup>00</sup>**  
284g 175g



YumEarth  
Organic Candy  
& Licorice

**4<sup>99</sup> 5<sup>99</sup>**  
142g 142g  
Licorice Giggles



Nature's  
Bakery Fig  
Bars

**4<sup>99</sup> .99**  
6 pack 56.6g  
Individual Bar



Echoclean Plant-Based  
2X Ultra Laundry  
Detergent

**11<sup>49</sup>**  
2.95L

# WELLNESS



Progressive  
Vitamins &  
Supplements

**20% off**  
Assorted Sizes  
Regular Retail 15.79 - 75.99



Botanica Organic  
Herbals &  
Supplements

**25% off**  
Assorted Sizes  
Regular Retail 19.99 - 82.99



NutraVege  
Omega-3 Plant  
DHA & EPA

**20% off**  
Assorted Sizes  
Regular Retail 25.99 - 69.99



Smart Solutions  
Lorna  
Vanderhaeghe  
Vitamins and  
Supplements

**20% off**  
Assorted Sizes  
Regular Retail 13.99 - 96.99



Natural Factors  
Vitamin A, D & K  
Supplements

**20% off**  
Select Varieties  
Regular Retail 4.99 - 51.99



Salus  
Red Beet  
Crystals

**23<sup>99</sup>**  
200g



Bio-K Plus  
Probiotics

**36<sup>99</sup> 39<sup>99</sup>**  
12 pack Dairy 12 pack Non-Dairy



The Kelowna  
Candle Factory  
Beeswax Candles

**20% off**  
Assorted Sizes  
Regular Retail 1.79 - 38.99



Mineral Fusion Natural  
Cosmetics &  
Nail Polish

**35% off**  
Assorted Sizes  
Regular Retail 11.99 - 48.49



Divine Essence  
Essential Oils  
and Body Care  
Products

**25% off**  
Assorted Sizes  
Regular Retail 5.49 - 68.49



JÄSÖN Body  
Care Products  
Hair Care, Body  
Wash and Oral Care

**20% off**  
Assorted Varieties  
Regular Retail 7.49 - 18.99



Alaffia Everyday  
Shea Hair and  
Body Care

**20% off**  
Assorted Varieties  
Regular Retail 13.99 - 20.99



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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

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