



SPRING SAVINGS!

100% BC OWNED AND OPERATED



Organic Lean Ground Beef

Grass Fed, Value Pack

11.99/lb

26.43/kg



Organic Salad Blends
from Earthbound Farm in USA

3.98

142g



Farmcrest Specialty Roasted Chickens

13.99
each



Happy Planet Soups

5.99

500ml - 650ml



Beef Ribeye Steaks

41.87/kg

18.99
/lb

Free Range, Grass Fed,
from New Zealand



Organic Hass Avocados

from Mexico

3 for 4.98



Choices' Own 6 inch Artisan Fruit Pies

6.99
each



Everyone For Every Body Soap

6.99
377ml

13.49
946ml



New Chapter Vitamins & Supplements

20% off

Assorted Sizes
Regular Retail 25.99 - 87.99

Maple Hill Farms Organic Free Range Large Eggs



5.99
One Dozen

ALL-NEW ONLINE CHOICES NOW HERE!

Now available at all locations | shop.choicesmarkets.com

Prices Effective
March 3 - 9, 2022

PRODUCE

Green Zucchini

3.26/kg

from Mexico

1.48
/lb

Sweet Organic Ataulfo Mangoes

from Mexico

1.98
each

Organic Blueberries

from Mexico

4.98
170g

Long Seedless Cucumbers

First of the Season!

LOCAL
Fraser Valley

2/
3.00

MEAT

Thomas Reid Whole Organic Chickens

15.41/kg

LOCAL
Fraser Valley

6.99
/lb

Ground Chicken Leg Meat

15.41/kg

LOCAL
Fraser Valley

Raised Without Antibiotics

6.99
/lb

Marinated Chicken Wings

17.61/kg

LOCAL
Fraser Valley

Raised Without Antibiotics
made in store

7.99
/lb

Pork Shoulder Butt Roast

13.21/kg

LOCAL
Fraser Valley

Raised Without Antibiotics

5.99
/lb

Arctic Char Fillets

39.66/kg

17.99
/lb

Turkey Sausages

22.02/kg

LOCAL
Fraser Valley

made in store

9.99
/lb

Lamb Rib Chops

59.50/kg

Free Range, Grass Fed,
from New Zealand

26.99
/lb

Rockfish Fillets

22.02/kg

9.99
/lb

Sockeye Salmon Nuggets

59.50/kg

Previously Frozen

26.99
/lb

GROCERY

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Chobani Oat
Beverage &
Yogurt

2/4⁰⁰ 3⁹⁹

946ml Beverage
+deposit +eco fee 454g Yogurt



Buck Buckwheat
Beverages

3⁹⁹

1L
+deposit +eco fee



Dairyland
Lactose Free
Milk

4⁹⁹

2L
+deposit +eco fee



Holy Crap
Organic
Superseed
Blend Cereal

6⁹⁹

225g



Bremner's
Frozen Fruit

25% off

Assorted Sizes



The A2 Milk
Company
Milk

4⁹⁹

2L
+deposit +eco fee



Kicking Horse
Organic Fair
Trade Ground
Coffee

8⁹⁹

284g



Taylor's
Yorkshire Teas

5⁹⁹-6⁹⁹

80 Tea Bags



Genuine
Organic
Third Wave
Premium Tea

6⁴⁹

15 Tea Bags



49th Parallel
Coffee Roasters
Coffee Beans

12⁹⁹

340g



Earth Balance
Dairy Free
Spreads

30% off

Assorted Sizes



Nature's Nuts
Organic Peanut
or Almond
Butter

5⁴⁹

500g Peanut Butter

13⁹⁹

340g Almond Butter



Olympic Crema Yogurt
Multipacks &
Organic Kefir

5⁹⁹

8 Pack Yogurt

8⁹⁹

2L Kefir



Avalon Organic
Probiotic Yogurt

3⁹⁹

650g

9⁹⁹

1.75kg



Liberté
Classic
Yogurt

2/7⁰⁰

650g
2% M.F. & 2.9% M.F.



Faith Farms
Cheese

5⁴⁹

360g - 380g



Organic Meadow
Organic Butter

9⁹⁹

454g Salted &
Unsalted



Just Egg Plant Based
Egg Alternative

4⁹⁹

227g & 355ml
Scrambled or Folded

GROCERY



Hardbite
Natural
Potato Chips

279
128g - 150g



Actually Foods
Puffs

2/700
120g



Prana Organic
Trail Mixes

25% off
Assorted Sizes



Fresh is Best
Tortilla Chips,
Salsa & Dips

399
Assorted Sizes



Frankie's Organic
Cloud Puffs

2/500
120g - 140g



Laid Back
Snacks

549
120g - 140g



Plum-M-Good
Organic Rice
Thins & Cakes

249-349
95g - 130g



Buck Plant Based
Dairy-Free,
Gluten-Free
Gelato

699
500ml



Happy Pops
Frozen Ice Pops

699
4 Pack



Pur Gum &
Mints

2/300 **2/600**
22g Mints 80g Gum Pouches



Camino Organic
Fair Trade Baking
Products

30% off
Assorted Sizes



Rise Organic
Kombucha

699
1L
+deposit +eco fee



Fentimans
Craft Soda

799 **2/500**
4 pack +deposit +eco fee 275ml +deposit +eco fee



The Cultured Coconut
Probiotic Fermented
Organic Coconut Milk

1799
460ml



Dose Organic
Cold Pressed Juice
& Gut Shot

449 **2/600**
300ml Juice +deposit +eco fee 60ml Gut Shot +deposit +eco fee



Partake
Non-Alcoholic
Beer

749
4 pack
+deposit +eco fee



Granny's Natural
Liquid 2X HE
Laundry Detergent

**BUY 1
for 10.99
GET 1
FREE**

3.78L



Echoclean Natural
Liquid or Powdered
Laundry Detergent

749
Assorted Sizes

DELI

ALL-NEW ONLINE CHOICES NOW HERE!

Now available at all locations | shop.choicesmarkets.com

Prices Effective

March 3 - 9, 2022

Choices Mexican Burritos & Quesadillas

599-
699
200g - 375g

Choices Pasta Salads

199
/100g

Smoked Turkey Breast

349
/100g

Family Size Caesar Salad

999
400g

Spinach or Mushroom & Parmesan Spanakopita

2/
800
185g

Fontina Cheese

449
/100g

Truly Grass Fed Cheddar Cheese Medium or Mature

699
198g

Castello Blue Cheese Wedges Traditional or Extra Creamy

599
125g

BAKED GOODS

Choices' Own Baguettes

199-
299
/100g

Choices' Own Muffins

329-
529
4 pack

Choices' Own Party Cakes

1399
600g

Alive & Rise Organic Bread

599
670g

Sesame or Ancient Grain

GluteNull Gluten-Free Cookies Almond Butter or Cherry Almond

899
160g

Wendel's Gluten-Free Cookies

799
12 pack

ALL-NEW ONLINE
CHOICES
NOW
HERE



NOW AVAILABLE AT

ALL LOCATIONS

SHOP.CHOICESMARKETS.COM



GROCERY



Amy's Organic
Canned Soups

2/7⁰⁰
398ml



Wholly Veggie
Plant Based
Meals, Appetizers
& Pizza

25% off
Assorted Sizes



Comensoli
Vegan
Gluten-Free
Pizza

9⁹⁹ - 10⁹⁹
Assorted Sizes



Annie's
Homegrown
Mac & Cheese
Dishes

30% off
Assorted Sizes



Karine & Jeff
Soups & Meals

9⁹⁹ 10⁹⁹
Assorted Sizes Assorted Sizes
Soups Meals



Komo Vegan
Lasagna & Pot
Pies

10⁹⁹ 20⁹⁹
600g 900g



Eden Organic
Beans

30% off
398ml



Mezzetta
Pasta Sauce

5⁹⁹
473ml - 709ml

WELLNESS



Garden of Life
Proteins and
Sport Nutrition
Products

20% off
Assorted Sizes
Regular Retail 47.99 - 74.99



CanPrev Collagen
and Silicon

26⁹⁹ 31⁹⁹
500ml Silicon 250g - 350g
Collagen



Natural Factors
Immune Support
Supplements

20% off
Assorted Sizes
Regular Retail 10.99 - 46.99



Organika
Broth
Original or Ginger
Chicken, Beef or
Veggie

31⁹⁹
300g



Sea-licious
Omega-3
Fish Oil

24⁴⁹ 38⁹⁹
250ml 500ml



RenewLife
Cleanse Kits

25% off
Assorted Sizes
Regular Retail 21.99 - 42.99



SiSu Kids
Vitamins &
Supplements

20% off
Assorted Sizes
Regular Retail 8.99 - 29.99



Smart Solutions
Lorna Vanderhaeghe
Beauty Support
Supplements

20% off
Assorted Sizes
Regular Retail 30.99 - 53.99



Joy of the
Mountains
Oil of
Oregano

20% off
Assorted Sizes
Regular Retail 16.99 - 39.99



Homeocan Traumacare

9⁹⁹ 17⁴⁹
60 Tabs 50g Cream



Hyalogic
Hyaluronic Acid
Supplements and
Facial Care

25% off
Assorted Varieties
Regular Retail 10.49 - 82.99



The Soap
Works Bar
Soap

3/5⁴⁹
Select Varieties



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Yaletown - 1202 Richards St, Vancouver
Cambie - 3493 Cambie St, Vancouver
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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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