



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Organic
Boneless Skinless
Chicken Breasts

14.99/lb
33.05/kg



Organic
Broccolini
Bunches
2.98
each

from Earthbound Farm
Product of Mexico

Choices' Own St. Patrick's
Day Cupcakes and Shortbread
Pistachio Cookies



**4.99-
5.99**
160g - 280g

Choices' Own Sourdough
Bread



4.99
530g

Organic Blackberries and
Raspberries

3.98
170g

from Mexico

Kerrygold Irish Cheese
Assorted Varieties



**20%
Off**
200g

Choices Deli Salads



**20%
Off**

Vega Sport
Protein



801g - 837g

**BUY 1
GET 1**

FREE



Organika
Enhanced
or Marine
Collagen

32.99

500g Enhanced or
250g Marine



Earth's Own
So Fresh Oat
Beverages

2/7.00

1.75L
+deposit +eco fee



Uncle Luke's
Organic Maple
Syrup

21.99

1L

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Prices Effective

March 10 - 16, 2022

PRODUCE

Organic Green Kiwi Fruit
from USA

3⁹⁸
454g



Heirloom Navel Oranges
4.37/kg

from California

1⁹⁸
/lb



Large Size Cauliflower

from USA

2⁹⁸
each



Organic Bunch Carrots

from Capay in USA

2/⁶⁰⁰



MEAT

Fresh Steelhead Fillets
41.87/kg

Value Pack

18⁹⁹
/lb



Pacific Cod Fillets
30.84/kg

13⁹⁹
/lb



Ground Turkey Leg Meat
24.23/kg

LOCAL
from
Fraser Valley

made in store

10⁹⁹
/lb



Lamb Leg Roast
28.64/kg

Bone In, Free Range, Grass Fed

12⁹⁹
/lb



Ground Pork
13.21/kg

LOCAL
from
Fraser Valley

Raised Without Antibiotics

5⁹⁹
/lb



Marinated Butterfly Chicken
12.10/kg

LOCAL
from
Fraser Valley

Raised Without Antibiotics
made in store

5⁴⁹
/lb



Beef Top Sirloin Steaks
22.02/kg

Value Pack, Grass Fed

9⁹⁹
/lb



No Nitrates Added Bacon
26.43/kg

LOCAL
from
Fraser Valley

11⁹⁹
/lb



Pork Sausages
19.82/kg

LOCAL
from
Fraser Valley

Raised Without Antibiotics
made in store

8⁹⁹
/lb



GROCERY

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Kicking Horse
Organic Fair Trade
Whole Bean Coffee

13⁹⁹
454g



Level Ground
Organic Fair Trade
Coffee, Tea & Fruit

4⁹⁹ **7⁹⁹**
Tea & Fruit 300g Coffee
Assorted Sizes



Gramma Bee's
Honey

25% off
Assorted Sizes



Choices Dairy
Organic Milk

4⁹⁹ **5⁴⁹**
2L 1% & 2% 2L 3.8%
+deposit +eco fee +deposit +eco fee



Pukka Organic
Wellness Tea

4⁹⁹
20 Tea Bags



Jordans
Morning Cereal
& Organic
Muesli

6⁹⁹
450g - 500g



Olympic Natural,
Organic or
Krema Yogurt

3⁴⁹-4⁹⁹
500g - 650g



Tree Island
Gourmet Greek &
Grass-Fed Yogurt

4⁴⁹ **11⁹⁹**
325g & 350g 1.5kg



Earthbound Farm
Organic Frozen
Fruit

3⁹⁹
300g

Maple Hill Farms Free Range
Medium Eggs



4⁹⁹
One Dozen

Fraser Valley Butter



5⁹⁹
454g



Melt Organic
Vegan Butter
Spread & Sticks

3⁹⁹ **4⁴⁹**
368g Spread 454g Sticks



Nuts to You
Organic Almond
Butter

12⁹⁹
365g



Nature's Path
Organic Gluten-Free
Frozen Waffles

2/7⁰⁰
210g



FreeYumm
Gluten-Free Bars
& Crackers

2/7⁰⁰
120g & 135g



Bremner's
Fruit Juice

30% off
946ml
+deposit +eco fee



Red Crown Organic
Pomegranate Juice

8⁹⁹
1L
+deposit +eco fee



Effervé Sparkling
Lemonade

2/6⁰⁰ **5⁴⁹**
330ml 750ml
+deposit +eco fee +deposit +eco fee

GROCERY



Amy's Organic
Frozen Bowls &
Entrées

4⁹⁹

Assorted Sizes



Holy Napoli
Frozen Pizza &
Pizza Dough

2/6⁰⁰ 8⁹⁹

300g Pizza Dough

Pizza
Assorted Sizes



Violife Plant-Based
Cheeze Shreds &
Slices

4⁹⁹

200g - 227g



Nature's Farm
Organic Pasta

2/7⁰⁰

454g



Caulipower
Cauliflower
Frozen Pizza &
Crust

7⁹⁹ 9⁹⁹

310g Vegetarian

Meat
Assorted Sizes



Earth Island Vegan
Cream Cheese &
Shredded Cheese

3⁴⁹ 4⁹⁹

227g Cream
Cheese

227g Shreds



Beyond Meat
Plant-Based
Sausages &
Ground Beef

7⁹⁹

340g - 400g



Raincoast Trading
Wild Albacore Tuna

5⁹⁹-6⁹⁹

150g Select Varieties



Bar Harbor Seafood
Bisque, Chowder &
Assorted Seafood
Products

30% off

Assorted Sizes



Suzie's Organic
Condiments

30% off

Assorted Sizes



Imagine Organic
Broths & Soup

4⁴⁹ 5⁴⁹

1L Broth

1L Soup



Better Than
Bouillon Base

30% off

227g



Choices Extra
Virgin Olive Oil

5⁹⁹ 10⁹⁹

500ml

1L



L'Ancêtre
Organic Cheese

8⁹⁹

325g



Mary's Organic
Gluten-Free
Crackers

4⁹⁹-5⁴⁹

Assorted Sizes



Coco Natura
Organic Coconut
Products

30% off

Assorted Sizes



Armstrong Natural
Cheese Slices

4⁹⁹

220g - 240g



Cascades Fluff
Bathroom Tissue &
Tuff Paper Towels

7⁹⁹ 17⁹⁹

6 pack
Paper Towels

24 pack
Bathroom Tissue

DELI

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Choices Ready to Eat Salads



6⁹⁹-
8⁹⁹

Choices Sandwiches

Ham, Roast Beef or Turkey



8⁹⁹
each

Ready to Eat Roasted Half Chickens



5⁴⁹
each

Dijon Maple Glazed Ham



2⁴⁹
/100g

Lemon Herb or Savoury Mexi Potato Wedges



1¹⁹
/100g

Vitale Italian Sliced Prosciutto & Salami



8⁹⁹
100g

Tre Stelle & Arla Cheese Slices



5⁹⁹
125g - 175g

Boursin Cheese Assorted Varieties



6⁹⁹ or
dairy free 7⁴⁹
150g - 170g

BAKED GOODS

Choices' Own 9" Artisan Fruit Pies



March 14



is Pi Day!

10⁹⁹
each

Choices' Own Scones



3⁹⁹
2 pack

Choices' Own Sprouted Vegan Cookies



4⁹⁹
312g

Choices' Own Cake Slices



2/
8⁰⁰
120g - 150g

Choices' Own Irish Cream Cake



9⁹⁹
5 inch

Silver Hills Sprouted Power Bread



2/
8⁰⁰
430g - 615g

ALL-NEW ONLINE
CHOICES

NOW
HERE



NOW AVAILABLE AT

ALL LOCATIONS

SHOP.CHOICESMARKETS.COM



GROCERY



Paqui Tortilla Chips

2/7⁰⁰
155g



Tate's Bake Shop Gourmet Cookies

5⁹⁹
198g



San Pellegrino Sparkling Italian Beverages

4/5⁰⁰ 5⁹⁹
330ml
+deposit +eco fee
6 Pack
+deposit +eco fee



Nora's Cashew Based Frozen Dessert

7⁹⁹
500ml



Las Margaritas Fresh Salsa

5⁹⁹
500ml



Tonica Organic Kombucha

2/6⁰⁰
355ml
+deposit +eco fee



Remedy Organic Kombucha

6⁹⁹
4 Pack
+deposit +eco fee



Dream Pops & Bites Plant-Based Frozen Desserts

44⁹ 5⁹⁹
4 Pack Pops | 18ml Bites

WELLNESS



Garden of Life Dr. Formulated Probiotics

20% off
Assorted Sizes
Regular Retail 26.99 - 58.99



Natural Factors CurcuminRich and Fruit Extracts

20% off
Assorted Sizes
Regular Retail 25.99 - 47.99



Ener-C Effervescent Vitamin C

14⁹⁹
30 Pack



Prairie Naturals Superfoods

20% off
Assorted Sizes
Regular Retail 2.29 - 61.99



Host Defense Medicinal Mushroom Supplements

25% off
Assorted Sizes
Regular Retail 29.99 - 112.99



MegaFood Multi-Vitamins

25% off
Assorted Sizes
Regular Retail 50.99 - 81.99



Now Vitamins and Supplements

20% off
Assorted Sizes
Regular Retail 8.49 - 71.99



Natural Factors Magnesium Citrate

18⁹⁹
210 Caps

**Bonus Bottles
20% Off**



HerbaLand Vitamins & Supplements

20% off
Assorted Sizes
Regular Retail 4.49 - 50.99



South of France Soap Bars or Liquids

7⁴⁹
236ml or 170g



The Green Beaver Company Face & Body Care and Suncare

25% off
Assorted Sizes
Regular Retail 6.79 - 22.99



Oneka Shampoo and Conditioners

10⁹⁹
500ml



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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

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