



WEEKLY CHOICES!

100% BC OWNED AND OPERATED

Organic
Lean Ground
Beef

11.99/lb

26.43/kg
Value Pack

LOCAL
from
Comox
Valley

Farmcrest Specialty Roasted
Chicken

15.99
each

Silver Hills Sprouted Power
Organic Bread

4.49

510g - 675g
select
varieties

Sockeye Salmon Fillets

37.46/kg

16.99
/lb

Previously Frozen, Value Pack

Sweet Large Yellow Ataulfo
Mangoes

2/
3.00

from Mexico

Organic Broccoli Bunches

6.57/kg

2.98
/lb

from USA



Flora
Vitamins &
Supplements



Bio-K Plus
Probiotics



Chasers 100%
Cold Pressed
Juice



Que Pasa Organic
Gluten-Free
Tortilla Chips &
Salsa

All
Products
on Sale

20% off

Assorted Sizes
Regular Retail 6.49 - 84.49

36.99

Dairy
12 Pack

39.99

Rice or Soy
12 Pack

6.99

500ml
+deposit +eco fee

10.99

1L
+deposit +eco fee

2/7.00

Assorted Sizes

ALL-NEW ONLINE CHOICES NOW HERE!

Now available at all locations | shop.choicesmarkets.com

Prices Effective

March 31 - April 6, 2022

PRODUCE

Organic Blueberries
from Mexico

3⁹⁸
170g

Organic Large Navel Oranges
3.26/kg

1⁴⁸
/lb

from USA

Fair Trade Organic Tomatoes on the Vine
6.57/kg

2⁹⁸
/lb

product of Wholesum in Mexico

Organic Chard Bunches
Rainbow, Red and Green

2⁹⁸
/lb

from Cal Organics in USA

MEAT

Beef Ribeye Steaks
41.87/kg

18⁹⁹
/lb

Grass Fed, Value Pack, from Australia/New Zealand

Venison Leg Boneless Steak
50.68/kg

22⁹⁹
/lb

Previously Frozen

Lamb Leg Boneless Steak
35.25/kg

15⁹⁹
/lb

from New Zealand

Fresh Icelandic Haddock Fillets, 39.66/kg

17⁹⁹
/lb

Pork Loin Boneless Chops
15.41/kg

LOCAL from Fraser Valley

6⁹⁹
/lb

Raised Without Antibiotics

Ground Chicken Leg Meat
17.61/kg

LOCAL from Fraser Valley

7⁹⁹
/lb

Raised Without Antibiotics

Shorba Bone Broth
Beef and Chicken

13⁹⁹
750ml

Pork Sausages
19.82/kg

LOCAL from Fraser Valley

8⁹⁹
/lb

Raised without Antibiotics made in store

Marinated Chicken Breasts
22.02/kg

LOCAL from Fraser Valley

9⁹⁹
/lb

Raised without Antibiotics made in store

GROCERY

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Kettle Brand
Organic Potato
Chips

2/6⁰⁰
142g



Barbara's Cheez
Puffs

2/6⁰⁰
155g - 198g



Ozery Super
Seed Keto
Crunch

2/7⁰⁰
150g

Edward & Sons
Gluten-Free Rice Toasts & Crisps



2⁹⁹-3⁴⁹
65g - 100g



Lundberg Organic
Gluten-Free Thin
Stackers & Rice
Cakes

2/7⁰⁰ 4⁴⁹
Assorted Sizes
Thin Stackers
Assorted Sizes
Rice Cakes



Enercheez
Cheddar Cheese
Snacks

4⁹⁹
70g



Annie's Homegrown
Crackers, Cookies &
Fruit Snacks

30% off
Assorted Sizes



Spread'Em Kitchen Co.

Vegan Dips &
Spreads

30% off
Assorted Sizes



Eve's Crackers
Sunflower
Crackers

6⁹⁹
108g



Mid-Day
Superfood
Squares

2/6⁰⁰
70g



Kind Energy Bars

2/4⁰⁰ 20⁹⁹
40g Single
12 Pack



So Delicious
Dairy-Free
Frozen Dessert

4⁹⁹
500ml



Zazubean Organic
Fair Trade
Chocolate Bars

3⁹⁹
80g - 85g

Love Good Fats Keto
Friendly Bars



2/4⁰⁰ 22⁹⁹
39g - 40g
12 Pack



Righteous Gelato
& Sorbetto

6⁹⁹
562ml



R.W. Knudsen
Just Juice

7⁹⁹
946ml
+deposit +eco fee



Nature Clean Natural
Household Cleaning
Products

30% off
Assorted Sizes



VIP Ultra
Liquid Laundry
Detergent

**BUY 1
2.95L For 13.49
GET 1
FREE**

GROCERY



Terra Breads
Granola

7⁹⁹-8⁹⁹
340g - 454g



Prana Organic
Chia Seeds &
Granolove

30% off
Assorted Sizes



Green & Black's
Organic Fair Trade Hot
Chocolate & Cocoa
Powder

5⁹⁹ 125g Cocoa Powder
10⁹⁹ 300g Hot Chocolate



Dairyland
Organic Milk

9⁹⁹
4L
+deposit +eco fee



Happy Planet
Organic Grass Fed
Milk

5⁹⁹ 1.5L 2% M.F.
+deposit +eco fee
6⁴⁹ 1.5L 3.5% M.F.
+deposit +eco fee



Blue Diamond
Almond
Beverages

2/5⁰⁰
946ml
+deposit +eco fee



Donia Farms
Grass Fed Yogurt

4⁴⁹ 650g
9⁹⁹ 1.75kg



Riviera Vegan
Yogurt & Kefir

4⁴⁹
Assorted Sizes



Yoso Plant-Based
Yogurt Alternative

3⁹⁹-4⁹⁹
440g

Maple Hill Farms Organic
Free Range Large Eggs



6⁴⁹
One Dozen



Cows Creamery
Butter

4⁹⁹
250g



Mogiana Whole
Bean Coffee

11⁹⁹
340g



Plant Veda Vegan Lassis
& Creamers

4⁹⁹ 500ml Creamers
7⁹⁹ 1L Lassis
+deposit +eco fee



Stash Premium
Tea

3⁹⁹
18 - 20 Tea Bags



Simply Organic
Bottled Spices

30% off
Assorted Sizes



Daiya Plant-Based
Burritos, Dressings
& Mac & Cheese

30% off
Assorted Sizes



Gardein Frozen
Vegan Meat
Alternatives

4⁷⁹
Assorted Sizes



Yves Vegan
Meat
Alternatives

30% off
Assorted Sizes

DELI

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Choices Pesto or Tomato Macaroni Muffins



2/
500
135g-165g

Choices Fajitas, Burritos & Quesadillas



549-
699

Summer Fresh Hummus Toppers



499
assorted
varieties
255g

Vitale Italian Sliced Salami or Prosciutto



899
100g

Choices Cooked or Smoked Turkey Breast



449
/100g
Raised
Without
Antibiotics

Chicken Samosas



2/
600

Goat Feta Cheese



249
/100g

Ile de France Brie Wedges



399
/100g

Tre Stelle Parmesano Reggiano Pieces



549
/100g

BAKED GOODS

Choices' Own 6" Artisan Pies



699
assorted
varieties

Choices' Own Buns Assorted Varieties



349-
449
4 pack

Choices' Own Premium Cookies



649
6 pack

Little Northern Bakehouse Gluten-Free Bread



649
assorted
sizes

Bakestone Brothers Organic Bagels or Tortillas



399-
499
assorted
sizes

Choices' Own Keto Treats



399
assorted
sizes

Rawesome Vegan Cheesecake



499
95g

ALL-NEW ONLINE
CHOICES

NOW
HERE



NOW AVAILABLE AT

ALL LOCATIONS

SHOP.CHOICESMARKETS.COM

GROCERY



Rao's Homemade
Pasta Sauce &
Pasta

2/7⁰⁰ 9⁹⁹
454g Pasta 660ml Sauce



Muir Glen
Organic Fire
Roasted
Tomatoes

4⁴⁹
796ml



Imagine
Organic Broth

4⁴⁹
1L



Safe Catch
Canned Fish

30% off
142 g



Fody Low Fod
Map Condiments,
Dressings & Pasta
Sauces

30% off
Assorted Sizes



Golden Home
Pizza Crusts

5⁹⁹-6⁹⁹
Assorted Sizes



GoBio! Organic
Bouillon Cubes

30% off
Assorted Sizes



Maison Orphée
Extra Virgin Olive
Oil & Toasted
Sesame Oil

10⁹⁹ 13⁹⁹
500ml Sesame Oil 750ml Olive Oil

WELLNESS



Vega Sport
Protein

46⁹⁹
801g - 837g



NutraVege
Plant-Based
Omega-3
DHA & EPA

20% off
Assorted Sizes
Regular Retail 39.99 - 69.99



WithinUs
TruMarine
Collagen

20% off
Assorted Sizes
Regular Retail 49.99 - 71.99



Garden of Life
mykind Organics
Vitamins and
Supplements

20% off
Assorted Sizes
Regular Retail 13.99 - 56.99



Natural Factors
Vitamin C &
Quercetin
Supplements

20% off
Assorted Sizes
Regular Retail 10.99 - 71.99



Nativa Organic
MCT Oil

19⁹⁹ 33⁹⁹
473ml 946ml



Prairie Doctor
Brand Herbal
Tinctures

20% off
Assorted Sizes
Regular Retail 8.49 - 32.99



Natural Factors
Digestive
Enzymes &
Digestive
Support

20% off
Assorted Sizes
Regular Retail 6.49 - 52.99



Alba Botanica
Body, Face and
Sun Care

20% off
Assorted Sizes
Regular Retail 9.49 - 22.99



Prairie Naturals
Shampoo &
Conditioner

11⁴⁹
350ml - 500ml



Thayer's
Natural Remedies
Witch Hazel

12⁴⁹
340ml - 355ml
Assorted Varieties



Weleda Facial,
Body & Baby
Care

25% off
Assorted Sizes
Regular Retail 9.29 - 36.49



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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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