



WEEKLY SAVINGS!

100% BC OWNED AND OPERATED

Beef Ribeye Steaks

1899/lb

41.87/kg

Grass Fed, Value Pack
from New Zealand/
Australia

Organic
Long Seedless
Cucumbers
398
each

LOCAL
from
Origin
Organics,
Delta

Choices' Own Deli Salads

20%
Off

Zorbas Spanakopita or
Mushroom & Parmesan Phyllo
Pie

400
185g

Thomas Reid Organic Whole
Chicken, 13.21/kg

LOCAL
from
Fraser Valley

599
/lb

Strawberries

from California

448
454g pkg.

Choices's Own Whole Wheat
or Multigrain Bread

499
530g



CanPrev
Vitamins &
Supplements

20% off
Assorted Sizes



GT's Organic
Raw Kombucha

799
1.4L
+deposit +eco fee



Organic Traditions
Superfood
Products

25% off
Assorted Sizes

ALL-NEW ONLINE CHOICES NOW HERE!

Now available at all locations | shop.choicesmarkets.com

Prices Effective
April 21 - 27, 2022

PRODUCE

Fair Trade Organic Mini Watermelon

from Mexico

2⁹⁸
each

Organic Ruby Grapefruit

from USA

5⁹⁸
1.81kg
bag

Organic Tomatoes on the Vine, 8.77/kg

LOCAL
from
Origin
Organics,
Delta

3⁹⁸
/lb

Organic Pink Lady Apples

LOCAL
from
Nature's
First Fruit,
Cawston

5⁹⁸
1.36kg
bag

MEAT

Whole Duck
13.21/kg

LOCAL
from
Fraser Valley

5⁹⁹
/lb

Raised Without Antibiotics

Marinated Chicken Wings
19.82/kg

LOCAL
from
Fraser Valley

8⁹⁹
/lb

Raised Without Antibiotics
made in store

Pork Tenderloin
22.02/kg

LOCAL
from
Fraser Valley

9⁹⁹
/lb

Raised without Antibiotics

Bison Sirloin Tip Steaks
37.46/kg

16⁹⁹
/lb

Boneless Skinless Chicken Breasts, 17.61/kg

LOCAL
from
Fraser Valley

7⁹⁹
/lb

Value Pack

Marinated Chicken Breasts
33.05/kg
Sweet Chili, Lemon Citrus,
Rosemary & Herb

LOCAL
from
Fraser Valley

14⁹⁹
/lb

Raised Without Antibiotics

Lamb Sausages
28.64/kg

12⁹⁹
/lb

Raised Without Antibiotics
made in store

Sockeye Salmon Fillets

4⁴⁰
/100g

Previously Frozen, Value Pack

Fresh Tilapia Fillets

2⁸⁷
/100g

Shorba Bone Broth
Beef and Chicken

LOCAL
from
Vancouver

13⁹⁹
750ml

GROCERY

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Chasers 100% Cold
Pressed Juice

6⁹⁹

500ml

+deposit +eco fee

11⁹⁹

1L

+deposit +eco fee



Green & Black's
Organic Fair
Trade Chocolate
Bars

3⁹⁹

90g



Whittaker's
Chocolate Bars

4⁴⁹

200g - 220g



Remedy Organic
Kombucha

2/6⁰⁰

330ml

+deposit +eco fee



So Delicious
Dairy-Free
Frozen Desserts

5⁴⁹

550ml & 8 Pack



Enlightened
Keto Ice Cream

5⁹⁹

473ml



Roar Organic
Infusions Beverages

2/5⁰⁰

532ml

+deposit +eco fee



Deebee's Organics
Superfruit
Freezies

5⁹⁹

10 Pack



Haribo
Gummies

2/6⁰⁰

175g

4⁹⁹

284g



Guayaki Organic
Yerba Mate

2/5⁰⁰

458ml

+deposit +eco fee



Lundberg
Gluten-Free
Rice Chips

2/7⁰⁰

170g



Hippie Snacks
Cauliflower,
Avocado &
Almond Crisps

4⁴⁹

70g



Flow Alkaline
Water

2/3⁰⁰ 2/4⁰⁰

500ml

+deposit +eco fee

1L

+deposit +eco fee

Larabar Fruit & Nut
Energy Bars



2/3⁰⁰

45g - 48g

Amy's Organic Frozen Burritos
& Wraps



2/7⁰⁰

156g - 170g



Seventh Generation
Natural Laundry
Products & Stain
Removers

30% off

Assorted Varieties



AspenClean Organic
Household Cleaning
Products

30% off

Assorted Varieties



Good Juu Eco
Friendly Laundry
Strips

9⁹⁹

30 Pack

GROCERY

Food for Life - Ezekiel 4:9
Frozen Bread & Cereal



30% off

Assorted Sizes



One Degree
Organic Sprouted
Flour, Cereal &
Oats

30% off

Assorted Sizes



Bob's Red Mill
Gluten-Free
Flour

30% off

Assorted Sizes



Crofter's Organic
Spreads

3⁹⁹ 4⁷⁹

235ml 383ml



Happy Planet
Creamery Organic
Grass Fed Milk

5⁹⁹ 6⁴⁹

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



Silk Dairy-Free
Beverages & Coffee
Creamers

2/6⁰⁰ 4⁴⁹

473ml Creamers 1.89L Beverages
+deposit +eco fee



Traditional
Medicinals
Organic Tea

4⁴⁹

16 Tea Bags



Kicking Horse
Organic Fair
Trade Ground
Coffee

8⁹⁹

284g



Uncle Luke's
Organic Maple
Syrup

21⁹⁹

1L

Maple Hill Farms Organic
Free Range Large Eggs



6⁷⁹

1 Dozen



Liberté Greek
Double Cream
Yogurt

5⁹⁹

650g



Olympic Natural,
Organic & Crema
Yogurt

3⁴⁹ - 4⁹⁹

500g - 650g



Daiya Vegan
Cheese Slices,
Shreds & Blocks

3⁹⁹

200g - 220g



Yoggu! Plant-Based
Coconut Yogurt

6⁹⁹

450g



Riviera Vegan
Yogurt & Kefir

4⁹⁹

Assorted Sizes



Parmela Creamery
Plant-Based
Cheese

5⁹⁹

198g



Wildbrine
Probiotic Kimchi
& Sauerkraut

7⁴⁹

500ml



GoGo Quinoa
White or
Tri Colour
Quinoa

3⁹⁹

375g

DELI

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Choices' Own Artisan Sandwiches Assorted Varieties

8.99
each

Rosstown Roasted Half Chickens

5.99
each

Choices Own Turkey Breast
Cooked or Smoked
Antibiotic Free

4.49
/100g

Choices' Own Fresh Rolls

5.49
148g - 245g

Choices' Own Chicken or Prawn Noodle Salads

6.99 - 7.99
each

Choices' Own Fresh Corn, Mango or Tomato Salsa

4.99
350g

Summer Fresh Hummus Toppers

5.99
255g

Traditional Cow Feta Cheese

2.19
/100g

Saputo Bocconcini or Mozzarella Fresca

2.10
190g - 200g

BAKED GOODS

Choices' Own 6" Tiramisu or Kalamansi Cake

17.99
each

Choices' Own Vegan Morning Glory Muffins

3.49 - 5.29
4 pack

Choices' Own Keto Donut Bites, Cornbread or Muffins

3.99
100g - 140g

Choices' Own Raw Nut Bars

6.99
180g - 200g

Little Northern Bakehouse Gluten-Free Bread

6.49
455g - 567g

Silver Hills Organic Sprouted Power Bread

2.80
430g - 615g

Silver Hills Organic Sprouted Power Tortillas

4.99
255g

GluteNull Gluten-Free Cookies or Bars

9.99
240g - 320g

Ukraine Humanitarian

Crisis Appeal



CANADIAN
RED CROSS

Please consider donating with your grocery purchase in support of Red Cross and their ongoing relief efforts for Ukrainians. We will also match customer donations up to \$100,000*.

*Across Pattison Food Group banners.

GROCERY



Rocky Mountain
Artisan Frozen
Pizzas

6⁹⁹-8⁹⁹

370g - 430g



Rao's
Homemade
Pasta & Sauce

3⁷⁹ 9⁹⁹

454g Pasta 660ml Sauce



Bioltalia Organic
Pasta Sauce,
Strained Tomatoes
& Tomato Paste

2/7⁰⁰

Assorted Sizes



Spectrum
Cooking Oils
& Mayonnaise

30% off

Assorted Varieties



Prairie Harvest
Organic Pasta

2/5⁰⁰

454g



Rizopia Gluten-Free
Organic Brown
Rice or Quinoa
Pasta

2⁴⁹-2⁹⁹

340g - 454g

Safe Catch Canned
Albacore Tuna
& Salmon



30% off

142g



Kikkoman
Sauces

30% off

Assorted Sizes

WELLNESS



Garden of Life
mykind Organics
Vitamins &
Supplements

20% off

Assorted Sizes



Nuun Hydration
Electrolytes-Sport,
Boost, Immunity
and Vitamin Tabs

8⁹⁹

10 Tabs



Flora
Vitamins and
Supplements

20% off

Assorted Sizes



Purica
Vitamins &
Supplements

20% off

Assorted Sizes



Sisu Stress
and Sleep
Supplements

20% off

Assorted Sizes



Iron Vegan
Sprouted or
Athlete's Blend
Protein

5⁹⁹

1kg



Genestra Brands
Vitamins &
Supplements

15% off

Assorted Sizes



Natural Factors
Omegas &
Cognitive Support
Supplements

20% off

Assorted Sizes



Sukin Botanicals
Natural Face
and Body Care

25% off

Assorted Sizes



Nature Clean
Hand Soap

5⁹⁹ 8⁹⁹

415ml - 500ml 1L Refill



Desert Essence
Body Care
Products

25% off

Assorted Sizes



Divine Essence
Essential Oils
and Body Care
Products

20% off

Assorted Sizes



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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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