



WEEKLY CHOICES!

100% BC OWNED AND OPERATED

Flower
Bouquets
19⁹⁸
each

Choices' Own 8" Rhubarb
or Blueberry Pie

10⁹⁹
each

Red Spring Salmon Fillets

Organic Lemons



4⁹⁹
/100g

Previously Frozen

3⁹⁸
907g
pkg.

from USA

Organic Blueberries

3⁹⁸
170g
pkg.

from Mexico

Organic Lean Ground Beef
26.43/kg



11⁹⁹
/lb

Grass Fed, Value Pack

Farmcrest Specialty
Roasted Chicken

15⁹⁹
each



MegaFood
Vitamins &
Supplements

25% off
Assorted Sizes



Righteous
Gelato &
Sorbetto

6⁹⁹
562ml



Rise Organic
Kombucha

2/6⁰⁰
414ml
+ deposit + eco fee

ALL-NEW ONLINE CHOICES NOW HERE!

Now available at all locations | shop.choicesmarkets.com

Prices Effective
April 28 - May 4, 2022

PRODUCE

Organic Celery Bunch

3.48/kg

1.58
/lb

from Mexico

Organic Valencia Oranges

4.98
1.81kg
Bag

from Mexico

Corn On The Cob

4/500

Imported

Medley Mix Cherry Tomatoes



2/500
1 pint
pkg.

Hot House Grown

MEAT

Beef Striploin Steaks

35.25/kg

15.99
/lb

Grass Fed, Value Pack
from New Zealand

Organic Chicken Legs

Boneless, Skinless

33.05/kg



14.99
/lb

Cod Fillets

3.99
/100g

from Iceland

Pork Loin Chops, Boneless

17.61/kg



7.99
/lb

Raised Without Antibiotics
Value Pack

Ground Chicken Breast

30.84/kg



13.99
/lb

Raised Without Antibiotics

Venison Boneless Leg Steaks

44.07/kg

19.99
/lb

Lamb Loin Chops

44.07/kg

19.99
/lb

from New Zealand

Marinated Chicken Breasts

Boneless, Skinless - 26.43/kg



11.99
/lb

Raised Without Antibiotics
made in store

Chicken Sausages

28.64/kg



12.99
/lb

made in store

GROCERY

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Covered Bridge
& Lela's Potato
Chips

2/5⁰⁰
120g - 170g



Lesser Evil
Gluten-Free
Popcorn & Paleo
Puffs

3⁹⁹ 4⁴⁹
142g Popcorn 142g Paleo Puffs



NoochPop!
Gluten-Free
Nutritional Yeast
Popcorn

3⁹⁹
120g



Prana Organic
Trail Mixes &
Chic Choc Bites

30% off
Assorted Sizes



Nature's Bakery
Fig Bars

5⁴⁹
6 Pack

Hornby Organic Gluten-Free
Bars



2/5⁰⁰
80g



Chocolove
Chocolate Bars

3⁷⁹
90g



Veggie-Go's Organic
Fruit Strips & Wild
Made Fruit Rolls

2/3⁰⁰ 4⁹⁹
12g Fruit Strips 60g Fruit Rolls



Organic Meadow
Ice Cream

7⁹⁹
946ml



San Pellegrino &
Perrier Sparkling
Natural Mineral
Water

2/4⁰⁰
750ml - 1L
+deposit + eco fee



Good Drink Iced Tea &
Organic Spritzers

2/4⁰⁰ 2/5⁰⁰
355ml Spritzers 473ml Iced Tea
+deposit + eco fee +deposit + eco fee



Loop Cold Pressed
Juice & Smoothies

2/7⁰⁰
355ml
+deposit + eco fee



La Preferida Organic
Beans, Salsa &
Jalapeño Slices

30% off
Assorted Sizes



Casa Fiesta
Mexican Products

30% off
Assorted Sizes



Las Margaritas
Fresh Mexican
Salsa

5⁹⁹
500ml



Tre Stelle
Shredded Cheese

5⁶⁹
170g - 200g



Choices Organic
Beans

3/6⁰⁰
398ml



Hello Bello
Diapers, Wipes
& Body Care

30% off
Assorted Sizes

GROCERY



Earth's Own
Oat Beverages

3⁹⁹

1.75L Oat
+deposit + eco fee

4⁹⁹

1.75L Naked Oat
+deposit + eco fee



Blue Diamond
Almond Breeze
Beverages

3⁹⁹

1.89L
+deposit + eco fee



Dairyland Milk

4⁹⁹

4L
+deposit + eco fee



Kicking Horse
Organic Fair Trade
Whole Bean Coffee

13⁹⁹

454g



Uncle Luke's
Organic Maple
Syrup

11⁹⁹

500ml



Joyya
Ultrafiltered
Milk

3⁹⁹

1L
+deposit + eco fee



Anita's Mill Organic
Sprouted Gluten-Free
Flour

30% off

Assorted Sizes



Anita's Mill Organic
Oats, Cereals &
Pancake Mixes

30% off

Assorted Sizes



Eville Frozen
Smoothie
Cubes

8⁹⁹

405g



Califia Cold Brew
Coffee

5⁴⁹

1.4L
+deposit + eco fee



Nuts to You Almond
Butter & Pumpkin or
Cashew Butter

5⁹⁹

250g Pumpkin or
Cashew

15⁹⁹

735g Almond
Butter



Earth's Choice
Organic Peanut
Butter

6⁹⁹

500g

Maple Hill Farms Free Range
Large Eggs



5⁶⁹

1 Dozen



L'Ancêtre Organic
Cheese & Butter

9⁹⁹

325g Cheese

10⁹⁹

454g Butter



O'Doughs Gluten-Free
Bagels, Sandwich Thins
& Hamburger Buns

3⁹⁹

300g Bagels

4⁹⁹

510g Bread
& Buns



Avalon Organic
Probiotic Yogurt

4⁴⁹

650g

9⁹⁹

1.75kg

Field Roast Vegan Sausages,
Cheese Alternatives
& Frozen Appetizers



30% off

Assorted Sizes

Gusta Vegan Sausages &
Ground Meat
Alternatives



3⁹⁹

340g Ground

4⁹⁹

350g Sausages

DELI

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Choices' Own Pasta Salads



219
/100g

Choices' Own Sandwiches



499-699
each

Choices' Own Thai Basil Chicken or Shrimp Bowls



699
400g - 415g

Vegetable Herb Samosas



2/500
160g

Choices' Own Wild Salmon Cakes



2/700
140g

Honey Ham



229
/100g

Havarti Cheese



299
/100g

Woolwich Dairy Cheese

Assorted Varieties



20% Off

Truly Grass Fed Medium or Mature Cheddar Cheese



649
198g

BAKED GOODS

Choices' Own Banana or Orange Cranberry Loaf



699
300g - 454g

Choices' Own Keto Nanaimo Bars or Chocolate Mousse



399
80g - 90g

Choices' Own White Bread or Ciabatta Loaf



349-399
390g - 500g

Carbonaut Low Carb Breads & Bagels



599-749
assorted sizes

GluteNull Gluten-Free Cookies



999
210g - 220g

Oroweat Organic Bread



449
680g

Dempster's Bagels



2/800
6 Pack

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



Wholly Veggie!
Frozen Entrees,
Pizza &
Appetizers

30% off
Assorted Sizes



Primal Kitchen
Sauces, Oil
Condiments &
Salad Dressing

30% off
Assorted Sizes

Raincoast Trading
Wild Pink Salmon &
Sockeye
Salmon



30% off
150g - 160g



San-J Sauces

30% off
296ml - 592ml



Daiya Frozen
Plant-Based
Gluten-Free
Pizza

7⁹⁹-8⁹⁹
382g - 550g

Nutiva Organic Coconut
Oils & Coconut
Secret Aminos



30% off
Assorted Sizes



Karthain's
Organic Kimchi
& Sauerkraut

9⁹⁹-10⁹⁹
750ml



Lundberg Rice

30% off
Assorted Sizes

WELLNESS



Garden of Life
Dr. Formulated
Probiotics

20% off
Assorted Sizes



Smart Solutions
Lorna Vanderhaeghe
Vitamins &
Supplements

25% off
Assorted Sizes



BioSil Hair,
Skin & Nails

20% off
Assorted Sizes



Organika
Vitamins &
Supplements

25% off
Assorted Sizes



Vega Sport
Products

20% off
Assorted Sizes



Natural Factors
Magnesium
Citrate

18⁹⁹
210 Caps
Natural Factors Bonus
Bottles
20% off



Bach Flower
Remedies and
Rescue Remedy

25% off
Assorted Sizes



Nature's Way
Herbal
Supplements

20% off
Assorted Sizes



Mad Hippie
Natural
Cosmetics and
Facial Care

25% off
Assorted Sizes



Pure Potent WOW
Pure Essentials
Oils and Bodycare
Products

20% off
Assorted Sizes



Jason Natural
Hand Soap and
Body Wash

6⁴⁹ 13⁹⁹
473ml Hand Soap
887ml - 900ml Body Wash



Acure Hair
Care

11⁴⁹-13⁹⁹
236ml



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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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.



**Hot
Sale!**

SPRING INTO WELLNESS

Prices Effective April 28 - May 4, 2022.

100% BC OWNED AND OPERATED

Organika Original
Enhanced Collagen



**BUY 1
GET 1**
500 grams

FREE

Prairie Naturals
Vitamin D3 2500IU
Bonus Bottle



**BUY 1
GET 1**
550 Soft Gels

FREE

Aura Cacia Essential
Oils Organic &
Non-Organic



**BUY 1
GET 1**
15 ml

FREE

Wild Rose Herbal
D-Tox Kit



42⁹⁹

1 Kit

Vega One All-In-One
Nutritional Shakes



44⁹⁹

827g-876g

Platinum Naturals
Vitamins and
Supplements



20% off

assorted sizes

Renew Life
Vitamins and
Supplements



25% off

assorted sizes

AOR Vitamins
& Supplements



25% off

assorted sizes

Flora Udo's Choice
3.6.9 Blend & DHA
Oil Blend



25% off

assorted sizes

Ener-C Effervescent
Vitamin C Drink Mix



**2 for
23⁹⁸**

30 Pack

Everyone For Every
Body Hand Soap



5⁹⁹

Hand Soap
377ml

12⁹⁹

3 in 1 Soap and Lotion
946ml

Andalou Naturals
Facial Care



40% off

assorted sizes
selected varieties

Kitsilano 604-736-0009 | **Cambie** 604-875-0099 | **Kerrisdale** 604-263-4600 | **Yaletown** 604-633-2392 | **Commercial Drive** 604-678-9665

Burnaby Crest 604-522-0936 | **Abbotsford** 604-744-3567 | **Kelowna** 250-862-4864 | **North Vancouver** 604-770-2868 | **South Surrey** 604-541-3902

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