



WEEKLY CHOICES

100% BC OWNED AND OPERATED



Whole Chicken

3.99/lb

8.80/kg

Raised Without Antibiotics

LOCAL

from

Fraser Valley

Choices' Own Spring Inspired Easter Entrées



12.99
each

Loison Italian Easter Panettone



39.99
250g - 440g

Grape Cherry Tomatoes



LOCAL

from

Windset Farms, Delta

2.98

1 pint pkg.

Organic Salad Blends



3.98

142g

from Earthbound Farm in USA

Choices' Own Wholesome Country or Multiseed Sourdough Bread



4.99

575g - 600g



Renew Life
Vitamins &
Supplements

25% off

Assorted Sizes

Regular Retail 17.49 - 72.99



Yoggul!
Plant-Based
Coconut Yogurt

6.99

450g



Silk Dairy-Free
Beverages &
Creamers

2/6.00 4.49

473ml
Creamers

1.89L Beverages
+ deposit + eco fee

ALL-NEW ONLINE CHOICES NOW HERE!

Now available at all locations | shop.choicesmarkets.com

Prices Effective

April 7 - 13, 2022

PRODUCE

Large Organic Lemons

from USA

4/
300

Large Red Seedless Grapes

6.57/kg

from Peru

2⁹⁸
/lb

Hot House Orange, Yellow and Red Peppers

6.57/kg



2⁹⁸
/lb

Organic Blackberries and Raspberries

from Mexico

3⁹⁸
170g pkg.

MEAT

Turkey Sausages

26.43/kg



made in store

11⁹⁹
/lb

Beef Top Sirloin Steak

28.64/kg

Grass Fed, Value Pack
from Australia

12⁹⁹
/lb

Soup Etc!



2/
1000
700ml

Ground Chicken Breast

30.84/kg



Raised Without Antibiotics

13⁹⁹
/lb

Beef Fajita Kits

28.64/kg

made in store

12⁹⁹
/lb

Bacon

26.43/kg



No Nitrates Added

11⁹⁹
/lb

Fresh for Easter!

Your Whole Turkeys or
Boneless Turkey Roasts
are available at all
Choices locations April 9th!

Red Spring Salmon Fillets

48.48/kg



Previously Frozen

21⁹⁹
/lb

Icelandic Cod Fillets

41.87/kg

18⁹⁹
/lb

GROCERY

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Ethical Bean
Organic Fair Trade
Coffee

7⁹⁹ **10⁹⁹**
227g 340g
Ground Whole Bean



Traditional Medicinals
Organic Tea

4⁴⁹
16 Tea Bags



Equal Exchange
Organic Fair Trade
Tea

2/7⁰⁰
20 Tea Bags



Earth's Own
Oat Creamers

2⁹⁹-3⁴⁹
473ml



Uncle Luke's Organic
100% Pure Maple
Syrup

2¹⁹⁹
1L



Elias Creamed &
Liquid Squeeze
Honey

7⁹⁹
500g



Liberté Organic
Kéfir

4⁹⁹
1L



Tree Island
Cream Top
Yogurt

4⁴⁹ 9⁹⁹
500g 1.5kg



Happy Planet
Smoothies

2/4⁰⁰
325ml
+ deposit + eco fee



Faith Farms
Cheese

5⁹⁹
360g - 380g



Nuts for Cheese
Vegan Cheese
Alternatives

8⁹⁹
120g



Daiya Plant-Based
Cheeze Slices,
Shreds & Blocks

3⁹⁹
200g - 220g



GluteNull
Gluten-Free
Granola

6⁹⁹-8⁹⁹
Assorted Sizes



Barney Butter
Almond Butter

6⁹⁹
284g



Crofter's Organic
Premium Spreads

3⁹⁹ 4⁹⁹
235ml 383ml



Donia Farms
Grass Fed Milk

5⁴⁹
2L
+ deposit + eco fee

Rabbit River Farms Vegetarian Fed
Free Run Eggs



4⁹⁹
1 Dozen



Organic Meadow
Grass Fed
Organic Butter

7⁹⁹
250g

GROCERY



Frontier
Organic Spices

30% off
Assorted Sizes



Maison Orphée
Vinaigrettes &
Salad Dressings

2/7⁰⁰
240ml - 250ml



Spectrum
Cooking Oils
& Mayonnaise

30% off
Assorted Sizes



Farmer's Market
Organic Vegetables,
Pumpkin & Cranberry
Sauce

30% off
Assorted Sizes



Bubbies Pickles,
Relish &
Sauerkraut

30% off
Assorted Sizes



Raincoast
Wild Skipjack
Tuna

2/6⁰⁰ **2/7⁰⁰**
74g Pouches 142g Cans



Prairie Harvest
Organic Pasta

2/5⁰⁰
454g



Tre Stelle
Feta & Ricotta
Cheese

4⁹⁹ **7⁹⁹**
475g Ricotta 400g Feta



Rocky Mountain
Artisan Frozen
Pizza

6⁹⁹-8⁹⁹
Assorted Sizes



The Very Good
Butchers Vegan
Meat Alternatives

30% off
Assorted Sizes



Earth's Choice
Organic Beans

2/5⁰⁰
398ml



Earthbound Farm
Organic Frozen
Vegetables

2/6⁰⁰
300g - 400g



Cha's Organic
Coconut Milk
and Cream

2/7⁰⁰
400ml



Prana Organic
Dried Fruit &
Nuts

30% off
Assorted Sizes



Caboo Bamboo
Bathroom Tissue
& Paper Products

30% off
Assorted Sizes



Bob's Red Mill
Almond or
Coconut Flour

5⁹⁹ **10⁹⁹**
453g Coconut 453g Almond



Patience Organic
Cranberries &
Juice

30% off
Assorted Sizes
+deposit + eco fee



Echoclean
Natural Dish
Liquid

2⁹⁹
740ml

DELI

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Rosstown Roasted Chickens

Assorted Varieties



11.99
each

Choices' Own Deli Meats

Antibiotic Free



20%
Off

Choices' Own Salmon Lox Bagels



7.99
each

Swiss Emmental or Gruyere Cheese Imported



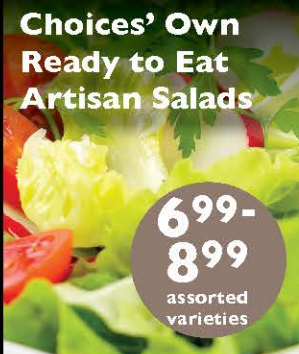
4.49 - 5.49
/100g

Dolmades



4.49
1 Dozen

Choices' Own Ready to Eat Artisan Salads



6.99 - 8.99
assorted varieties

Le Grand Pesto or Chimichurri Sauce - 170g



**BUY 1
GET 1
FREE**

Castello Blue or Brie Cheese



3.99
/100g

BAKED GOODS

Choices' Own Alternative Flour Cupcakes, Bars or Carrot Cake



5.99
165g - 220g

Choices' Own Party Cakes



13.99
600g

Choices' Own Hot Cross Buns



5.49
6 pack

GluteNull Gluten-Free Cookies or Bars



9.99
240g - 320g

Carbonaut Bread & Bagels



6.49 - 7.99
544g - 550g

Dempster's Bagels



2 / 8.00
assorted sizes

Saman Bakery Crackers



6.49
160g - 200g

ALL-NEW ONLINE
CHOICES

**NOW
HERE**



NOW AVAILABLE AT

ALL LOCATIONS

SHOP.CHOICESMARKETS.COM

GROCERY



Clif Bar
Energy Bars

4/5⁰⁰ 12⁹⁹
68g Single 12 Pack



Endangered
Species
Chocolate
Bars

2/7⁰⁰
85g



Whittaker's
Chocolate
Bars

4⁴⁹
200g - 220g



Whistler
Glacial Spring
Water

2/4⁰⁰ 2/7⁰⁰
1.5L + deposit + eco fee 4L + deposit + eco fee



Sigdal Bakeri
Crispbread

4⁹⁹
190g - 220g



Plum-M-Good
Organic Rice
Thins & Cakes

2/6⁰⁰ 2/7⁰⁰
95g 130g

Carr's Crackers



2/5⁰⁰
125g - 184g



Hardbite
Root Vegetable
Chips

3⁷⁹
150g

WELLNESS



Natural Factors
Omegas &
Cognitive Support
Supplements

20% off
Selected Varieties
Regular Retail 10.49 - 54.49



Organic
Traditions
Superfoods

25% off
Assorted Sizes
Regular Retail 5.99 - 66.99



AlgaeCal
Plant Calcium

29⁹⁹
90 Caps



Botanica
Perfect Proteins
and Herbal
Tinctures

20% off
Assorted Sizes
Regular Retail 20.99 - 63.99



Platinum
Naturals
Multivitamins

20% off
Regular Retail 31.99 - 112.99



Nordic Naturals
Omega-3, Cod
Liver Oil and
Children's Fish Oil
Supplements

25% off
Assorted Sizes
Regular Retail 10.99 - 72.99



Purica
Vitamins &
Supplements

20% off
Assorted Sizes
Regular Retail 14.99 - 144.99



Divine Essence
Essential Oils
and Body Care
Products

25% off
Assorted Sizes
Regular Retail 5.49 - 68.49



Dr. Bronner's
Non GMO
Organic
Toothpaste

6⁹⁹
140g



Seventh Generation
Feminine
Hygiene
Products

30% off
Assorted Sizes
Regular Retail 9.99 - 12.49



Derma-E Facial,
Body and Sun
Care

25% off
Regular Retail 14.99 - 48.99



DivaCup
Feminine
Hygiene
Products

9⁴⁹ 32⁹⁹
Diva Wash Menstrual Cups



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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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