



MOTHER'S DAY CHOICES!

100% BC OWNED AND OPERATED

European
Cello Bouquet
2998
each

Assorted
Bunch Tulips
2/888

Gourmet
Bouquet
1998
each

Choices' Own Mother's
Day Cupcakes

599
4 pack



La Luna The Journey
Home Candles

20% off
Assorted Sizes

Organic Sweet Orin Apples

LOCAL
from
Nature's
First Fruit,
Cawston

298
1.36kg
bag

Hass Avocados

598
4 Pack

from Mexico



Alter Eco Organic
Fair Trade
Chocolate Bars

2/700
75g - 80g

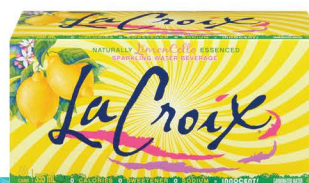
Thomas Reid Organic
Whole Chicken
15.41/kg

LOCAL
from
Fraser Valley

699
/lb

Choices' Own Salmon Lox
Bagels, Wraps & Cakes

**20%
Off**



La Croix
Sparkling
Water

549
8 Pack
+ deposit + eco fee

ALL-NEW ONLINE CHOICES NOW HERE!

Now available at all locations | shop.choicesmarkets.com

Prices Effective

May 5 - 11, 2022

Ukraine
Humanitarian
CRISIS APPEAL
Please consider donating with your grocery purchase
See in-store for details

PRODUCE

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Prices Effective
May 5 - 11, 2022

organicgirl Salads

from USA



3⁹⁸
142g

Large Long Seedless Cucumbers



**2/
300**

Mother Raw Organic Raw Salad Dressings



Canadian Produced

4⁹⁸
242ml

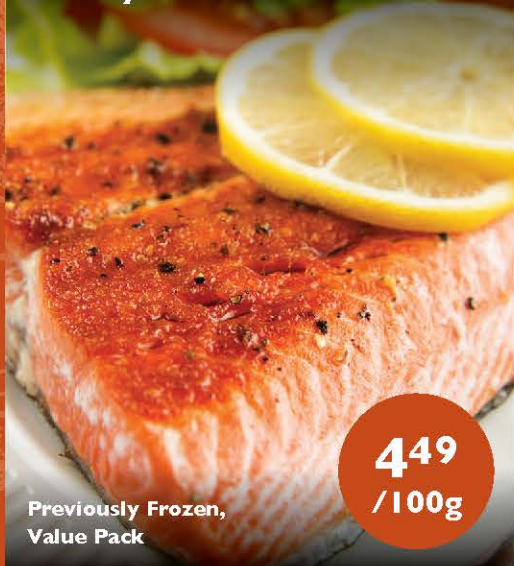
Ready to Eat Fruit & Vegetables



**20%
Off**
245g - 907g

MEAT

Sockeye Salmon Fillets



Previously Frozen,
Value Pack

4⁴⁹
/100g

Beef Top Sirloin Steaks

26.43/kg



Grass Fed, Value Pack
from New Zealand/Australia

11⁹⁹
/lb

Marinated Chicken Kabobs

Black Garlic, Mediterranean Herb
& Chipotle Maple



Raised Without Antibiotics

11⁹⁹
each

Fresh Icelandic Haddock Fillets



4⁹⁹
/100g

Lamb Leg Boneless Steaks

35.25/kg



from New Zealand

15⁹⁹
/lb

Marinated Pork Chops

19.82/kg



Raised Without Antibiotics
made in store

8⁹⁹
/lb

Organic Beef Stewing Meat

26.43/kg



Grass Fed

11⁹⁹
/lb

Bacon No Nitrates Added

26.43/kg



11⁹⁹
/lb

Turkey Sausages

26.43/kg



Raised Without Antibiotics
made in store

11⁹⁹
/lb

GROCERY

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Kettle Brand
Potato Chips

2/6⁰⁰ 4⁹⁹
220g 397g



Vegan Rob's
Puffs

3⁹⁹
99g



Angie's
Boomchickapop
Popcorn & Puffs

3⁹⁹
Assorted Sizes



Sonoma Creamery
Crackers

3⁹⁹
64g



Mary's Organic
Crackers

4⁹⁹-5⁴⁹
Assorted Sizes



Schär Gluten-Free
Cookies, Crackers
& Twin Bars

4⁴⁹-7⁴⁹
Assorted Sizes



Fresh Is Best
Tortilla Chips,
Salsa & Dips

4⁴⁹
Assorted Sizes



Made Good
Squares, Cookies,
Bars & Crackers

3⁴⁹
Assorted Sizes



FreeYumm
Gluten-Free
Bars

2/7⁰⁰
135g



Smart Sweets
Low Sugar
Candy

2/7⁰⁰
50g



Camino Organic
Fair Trade
Chocolate Bars

3⁴⁹
80g - 100g

Simply Protein Bars



2/4⁰⁰
40g



Happy Planet
Smoothies

3⁹⁹
900ml
+deposit + eco fee



Fentimans
Craft Sodas

2/5⁰⁰ 8⁹⁹
275ml 4 Pack
+deposit + eco fee



Ben & Jerry's
Ice Cream

4⁹⁹-5⁹⁹
473ml - 500ml



Remedy
Organic
Kombucha

2/4⁰⁰ 6⁹⁹
330ml 4 Pack
+deposit + eco fee



Brew Dr.
Organic
Kombucha

2⁹⁹
414ml
+deposit + eco fee



Snö Oat Based
Frozen Dessert
& Cookie
Sandwiches

5⁹⁹ 6⁹⁹
3 Pack Cookie Sandwiches 500ml Frozen Dessert

GROCERY



Anita's Organic
Mill Flour

30% off
Assorted Sizes



Pamela's Gluten-Free Crackers,
Fig Bars & Pancake
Mixes

30% off
Assorted Sizes



Canadian
Heritage Organic
Maple Syrup

12⁹⁹
500ml



Earth's Choice
Organic Rainforest
Alliance Certified
Coffee

9⁹⁹
340g



Lions Bay Organic
Fair Trade Coffee

12⁹⁹
454g



Peace River
Liquid or Organic
Creamed Honey

7⁹⁹ 8⁹⁹
500g Liquid 500g Organic Creamed



Chobani
Oat Beverage

2/4⁰⁰
946ml Plain or Vanilla
+deposit +eco fee



Earth's Own
So Fresh Almond or
Oat Beverages

2/6⁰⁰
946ml
+deposit +eco fee



Dairyland
Whipping &
Coffee Cream

2²⁹-3⁹⁹
Assorted Sizes



Just Egg Plant
Based Egg
Alternative

5⁴⁹
227g & 355ml
Scrambled or Folded



Nature's Farm Omega-3
Organic Large Eggs

3⁷⁹ 6⁷⁹
6 Pack 1 Dozen



Choices
Organic Milk

5⁹⁹
2L
+deposit +eco fee



Meadowvale
Creamery
Butter

5⁶⁹
454g



Nuts to You
Almond Butter

8⁹⁹
365g



Bremner's
Frozen Fruit

30% off
300g - 600g



Tree Island
Grass Fed or
Greek Yogurt

4⁴⁹
325g - 350g



Forager Organic
Cashew Yogurt
Alternatives &
Beverages

6⁹⁹
680g - 828ml



Olympic Natural,
Organic & Crema
Yogurt

8⁴⁹-10⁴⁹
1.75kg

DELI

Choices' Own Ranchero Pie

NEW

7⁹⁹
400g

Choices' Own Burritos, Fajitas or Quesadillas

**5⁴⁹-
6⁹⁹**
200g - 295g

Choices' Own Quiche 4 1/4"

4⁴⁹
each

Choices' Own Greek Salad

7⁹⁹
440g

Greek House Hummus or Tzatziki

4⁴⁹
227g

Spanakopita or Mushroom & Parmesan Pies

**2/
8⁰⁰**
185g

Choices' Own Organic Cheese Select Varieties

**3⁴⁹-
4⁹⁹**
/100g

Tre Stelle Grana Padano, Reggiano or Romano Cheese

**9⁹⁹-
10⁹⁹**
200g

Bella Casara Burrata, Buffalo Mozzarella or Ricotta Cheese

**20%
Off**
125g - 300g

BAKED GOODS

Choices' Own Bread Country French Or Garlic

4⁹⁹
320g - 480g

Choices' Own Artisan Cookies

6⁴⁹
6 pack

Choices' Own Dessert Cups

4⁴⁹
150g

La Tortilla Factory Tortillas

**30%
Off**
assorted sizes

Silver Hills Sprouted Power Bread

**2/
8⁰⁰**
assorted sizes

Little Northern Bakehouse Gluten-Free Bagels & Buns

5⁹⁹
6 pack

Wise Bites Gluten-Free Bars, Bites or Muffins

**25%
Off**
assorted sizes

NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY



Amy's
Frozen Pizza

8⁹⁹

Assorted Sizes



Naked & Saucy
Organic Cooking
Sauces & Aminos

5⁹⁹-6⁹⁹

296ml



Divina Olives
& Roasted
Tomatoes

30% off

Assorted Sizes

Faith Farms Cheese



5⁴⁹

360g - 380g

Beyond Burger



Plant-Based
Burgers

5⁹⁹

226g



The Ginger
People Candies,
Juice & Sauces

30% off

Assorted Sizes



Maison Orphée
Organic Cooking
Oils

30% off

500ml - 750ml
Selected Varieties

Nature Clean Natural
Cleaning &
Laundry
Products



30% off

Assorted Sizes

WELLNESS



New Roots
Vitamins &
Supplements



20% off

Assorted Sizes



Whole
Earth & Sea
Multivitamins

35⁹⁹ 66⁹⁹

60 Tabs

120 Tabs



withinUs
TruMarine
Collagen

20% off

Assorted Sizes



Bio-K Plus
Probiotics

19⁹⁹ 21⁹⁹

6 Pack
Dairy

6 Pack
Rice or Soy



Garden of
Life Organic
Protein Powder

53⁹⁹ 58⁹⁹

652g - 840g

Vegan or Whey

969g - 1017g

All-In-One Shake



BioSil, Medi-C,
Sealicious and
Vegiday Vitamins
& Supplements

25% off

Assorted Sizes



New Chapter
Vitamins &
Supplements

20% off

Assorted Sizes



Incrediwear
Socks, Braces
and Wraps

20% off

Assorted Sizes and Colours



Nature's Aid
Healing Gel and
Hair & Body Care
Products

20% off

Assorted Sizes



Mineral Fusion Natural
Cosmetics &
Nail Polish

35% off

Assorted Sizes



Dr. Hauschka
Facial Care

20% off

Assorted Varieties



NOW
Essential Oils
& Body Oils

20% off

Assorted Varieties



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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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