



# CHOICES FOR CANADA DAY WEEKEND!

100% BC OWNED AND OPERATED

Beef Burgers  
2 pack  
**4.99**  
each



Arla Cheese Slices  
**2/10.00**  
125g - 175g

Hot House Tomatoes  
**1.98/lb**  
4.37/kg



Choices' Own  
Hamburger &  
Hot Dog Buns  
**4.49**  
6 pack



Choices' Own  
Deli Salads



**20%**  
Off

Choices' Own  
8" Sour Cherry Pie



**10.99**  
each

Fresh Cherries  
15.39/kg



**6.98**  
/lb

BBQ Ready Pork Sausages  
19.82/kg



**8.99**  
/lb

Raised Without Antibiotics  
made in store

Organic Kale Bunches  
Black, Green and Red



**2/6.00**

Wendel's 6 inch Gluten-Free  
Lemon Raspberry Cake



**14.99**  
each



Flora  
Vitamins and  
Supplements



**20% off**  
Assorted Sizes



Angie's  
Boomchickapop  
Popcorn & Puffs

**3.99**  
125g - 198g



Ben & Jerry's Ice  
Cream & Frozen  
Desserts

**5.49-5.99**  
473ml

ALL-NEW ONLINE CHOICES NOW HERE!  
[shop.choicesmarkets.com](http://shop.choicesmarkets.com)

Prices Effective  
June 30 - July 6, 2022

# PRODUCE

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**Organic Chard Bunches**  
Red & Rainbow



**2/600**

LOCAL from BC

**Organic Whole Red Seedless Watermelon**



**798 each**

from Mexico

**Organic Ataulfo Mangoes**



**2/400**

from Mexico

# MEAT

**Beef Top Sirloin Steaks**  
19.82/kg



**899 /lb**

Value Pack, Grass Fed  
from Australia/New Zealand

**Chicken Kabobs**  
22.02/kg



LOCAL from Fraser Valley

**999 /lb**

made in store

**Grimm's Smokies**



**799**

375g - 450g

**Organic Ground Beef**  
26.43/kg



LOCAL from Comox Valley

**1199 /lb**

Grass Fed, Value Pack

**Ground Chicken Dark Meat**  
17.61/kg



LOCAL from Fraser Valley

**799 /lb**

Raised Without Antibiotics

**Icelandic Cod Fillets**



**399 /100g**

**Boneless Lamb Leg Steaks**  
35.25/kg



**1599 /lb**

from New Zealand

**Pork Side Ribs**  
Plain and Marinated - 15.41/kg



LOCAL from Fraser Valley

**699 /lb**

Raised Without Antibiotics

**Coho Salmon Fillets**



**499 /100g**

Previously Frozen

# GROCERY

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Fresh is Best  
Tortilla Chips,  
Salsa & Dips

**3.99**  
Assorted Sizes



Kettle Brand  
Potato Chips

**4.49**  
397g



Mary's Organic  
Gluten-Free  
Crackers

**4.99-5.99**  
141g - 184g



Mrs. Renfro's  
Salsa

**4.99**  
473ml



Leclerc  
Celebration  
& Praeventia  
Cookies

**3.69**  
210g - 240g



Sunflower Kitchen  
Hummus & Pesto

**30% off**  
227g - 300g



Noble Jerky  
Vegan Jerky

**4.49**  
70g



RxBar  
Protein  
Bars

**2/5.00**  
52g

Kind Energy Bars



**3/5.00**  
40g



Sapsucker Organic  
Sparkling Tree  
Water

**2/5.00 7.99**  
355ml + deposit + eco fee    4 pack + deposit + eco fee



Snö Oat Based  
Frozen Dessert  
Sandwiches &  
Pints

**5.99 6.49**  
3 pack Sandwiches    500ml Pints



Sambazon  
Organic Açai  
Sorbet & Puree

**6.99 7.49**  
473ml Sorbet    400g Puree



Sober Carpenter  
Non-Alcoholic  
Craft Beer

**2/4.00**  
473ml + deposit + eco fee



Health-Ade  
Organic  
Kombucha

**2/6.00**  
473ml + deposit + eco fee



Roar Organic  
Beverages

**2/4.00**  
532ml + deposit + eco fee



Bottle Green Presses  
& Cordial

**4.99 8.99**  
750ml Presses + deposit + eco fee    500ml Cordial + deposit + eco fee



Whistler Glacial  
Spring Water

**2/3.00 2/7.00**  
1.5L + deposit + eco fee    4L + deposit + eco fee



San Pellegrino &  
Perrier Sparkling  
Water

**1.99**  
750ml - 1L + deposit + eco fee

# GROCERY



Earth's Own Oat Beverages

**3<sup>99</sup>** 1.75L Regular + deposit + eco fee  
**5<sup>49</sup>** 1.75L Naked Oat + deposit + eco fee



Silk Dairy-Free Creamers & Beverages

**2/6<sup>00</sup>** 473ml Creamers  
**4<sup>49</sup>** 1.89L Beverages + deposit + eco fee



Dairyland Cream & Whipping Cream

**2<sup>29</sup>-4<sup>49</sup>** 225g & 473ml Select Varieties



Earth's Choice Organic Rainforest Alliance Certified Coffee

**10<sup>99</sup>** 340g



Nature's Path Organic Boxed Cereal & Love Crunch Granola

**30% off** Assorted Sizes



Dairyland Lactose-Free Milk

**5<sup>49</sup>** 2L + deposit + eco fee



Liberté Classic Yogurt

**2/7<sup>00</sup>** 650g



Canadian Heritage Organics 100% Pure Organic Maple Syrup

**11<sup>99</sup>** 500ml



Crofter's Organic Fruit Spreads

**3<sup>99</sup> 4<sup>99</sup>** 235ml 383ml

Rawesome Plant-Based Cashew Cream Cheese & Cashew Tzatziki



**7<sup>99</sup>** 227g



Laiki Rice Crackers

**3<sup>79</sup>** 100g



Lily's Stevia Sweetened Chocolate Bars & Baking Chips

**3<sup>99</sup> 6<sup>99</sup>** 80g - 85g Chocolate Bars 255g Baking Chips

Rabbit River Farms Free Range Organic Large Eggs



**6<sup>49</sup>** 1 dozen



Faith Farms Cheese

**5<sup>99</sup>** 360g - 380g



L'Ancêtre Organic Cheese

**30% off** 125g - 325g

Wholly Veggie Frozen Pizza, Burgers & Entrées



**30% off** 300g - 375g



Sol Cuisine Plant-Based Burgers

**4<sup>99</sup>** 284g



Field Roast Plant-Based Cheese Slices & Meat Alternatives

**30% off** Assorted Sizes

# DELI

**Rosstown Roasted Chickens**



**12<sup>99</sup>**  
each

**Mediterranean Spicy Grilled Vegetables & Potato Salad or Corn & Bocconcini Salad**



**1<sup>89</sup>**  
/100g

**Choices' Own Paneer Skewers Cilantro Pesto or Curry Red Pepper**



**5<sup>99</sup>**  
2 pack

**Halloumi Grilling Cheese**



**2/10<sup>00</sup>**  
200g

**Castello Blue, Gorgonzola or Smoked Gorgonzola Cheese**



**3<sup>99</sup>-4<sup>99</sup>**  
/100g

**Provolone or Smoked Provolone Cheese**



**3<sup>49</sup>-3<sup>99</sup>**  
/100g

# BAKED GOODS

**Choices' Own Tres Citrus or Raspberry White Chocolate Party Cakes**



**13<sup>99</sup>**  
each

**Choices' Own Passion Fruit or Peach Melba Fools Cup**



**3<sup>99</sup>**  
170g

**Silver Hills Organic Sprouted Power Bread Select Varieties**



**4<sup>49</sup>-4<sup>99</sup>**  
assorted sizes

**Nature's Flair Vegan Cupcakes - Chocolate, Berry or Lemon**



**5<sup>49</sup>**  
4 pack

**Choices' Own Morning Glory Muffins Mini & Regular**



**3<sup>49</sup>-5<sup>29</sup>**  
4 pack

**Promise Gluten-Free Brioche Hamburger or Hot Dog Buns**



**7<sup>99</sup>**  
4 pack

**Happy Anniversary, Choices Yaletown**  
**Saturday, July 2nd ONLY!**

**10% OFF** THE ENTIRE STORE,  
**INCLUDING SALE ITEMS**

Anniversary sale is only available at Choices Yaletown 1202 Richards St., Vancouver. Sale not available online.

# GROCERY



Spectrum  
Cooking Oils &  
Mayonnaise

**4<sup>99</sup>-1<sup>99</sup>**  
Assorted Sizes



Berio Extra  
Virgin Olive Oil

**11<sup>99</sup> 15<sup>99</sup>**  
750ml 750ml  
Conventional Organic



General  
Assembly  
Frozen Pizza

**8<sup>99</sup>**  
321g - 376g



Golden Home  
Pizza Crusts

**6<sup>99</sup>**  
Assorted Sizes



Karthain's Organic  
Sauerkraut &  
Kimchi

**5<sup>99</sup>-6<sup>99</sup>**  
375ml



Bragg Organic  
Apple Cider Vinegar  
& Soy Seasoning

**6<sup>99</sup> 8<sup>99</sup>**  
946ml Apple 946ml  
Cider Vinegar Soy Seasoning



Stahlbush Island Farms  
Sustainable  
Frozen  
Vegetables

**2/5<sup>00</sup>**  
Assorted Sizes



Eden Organic  
Beans

**30% off**  
398ml

# WELLNESS



Nutiva Organic  
MCT Oil,  
Powders and  
Proteins

**20% off**  
Assorted Sizes



Natural Factors  
CurcuminRich  
Theracurmin  
Supplements

**20% off**  
Assorted Sizes



Salus  
Calcium  
Magnesium

**25<sup>99</sup> 39<sup>99</sup>**  
250ml 500ml



withinUs  
TruMarine  
Collagen

**20% off**  
Assorted Sizes



Ener-C  
Effervescent  
Vitamin C  
Drink Mix

**14<sup>99</sup>**  
30 pack



Genuine Health  
Fermented  
Organic Vegan  
Proteins

**46<sup>99</sup> 64<sup>99</sup>**  
600g 900g



Prairie Doctor  
Herbal Tinctures

**20% off**  
Assorted Sizes



CanPrev  
Magnesium  
Bis-Glycinate

**23<sup>99</sup> 33<sup>99</sup>**  
120 caps or 240 caps  
500ml



Routine Natural  
Deodorant,  
Perfume or  
Candles

**24<sup>99</sup> 34<sup>99</sup>**  
Natural Deodorant Perfume or Candle



Earth Science  
Face Care

**9<sup>99</sup>-11<sup>99</sup>**  
Assorted Sizes



Living Alchemy  
Your Flora Series  
Fermented  
Activated Herbals

**36<sup>99</sup> 59<sup>99</sup>**  
60 caps 120 caps and Professional



Sukin Botanicals  
Natural Hair  
Care

**114<sup>9</sup>**  
250ml - 500ml



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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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