



# 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**



Weather  
Permitting

**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

All Products  
on  
**SALE**

**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

ALL-NEW ONLINE CHOICES NOW HERE!

shop.choicesmarkets.com

Prices Effective

June 30 - July 6, 2022

## Organic Chard Bunches Red & Rainbow



2/  
600

## Organic Whole Red Seedless Watermelon

from Mexico

798  
each

## Organic Ataulfo Mangoes

from Mexico

2/  
400

# MEAT

## Beef Top Sirloin Steaks 19.82/kg



Value Pack, Grass Fed  
from Australia/New Zealand

899  
/lb

## Chicken Kabobs 22.02/kg



made in store

999  
/lb

## Grimm's Smokies



799  
375 g - 450 g

## Organic Ground Beef 26.43/kg



Grass Fed, Value Pack

1199  
/lb

## Ground Chicken Dark Meat 17.61/kg



Raised Without Antibiotics

799  
/lb

## Icelandic Cod Fillets



399  
/100g

## Boneless Lamb Leg Steaks 35.25/kg



from New Zealand

1599  
/lb

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



Raised Without Antibiotics

699  
/lb

## Coho Salmon Fillets



Previously Frozen

499  
/100g



# GROCERY

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Prices Effective  
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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**

3 pack  
Sandwiches

**6.49**

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**

750ml Presses  
+deposit + eco fee

**8.99**

500ml Cordial  
+deposit + eco fee



Whistler Glacial  
Spring Water

**2/3.00**

1.5L  
+deposit + eco fee

**2/7.00**

4L  
+deposit + eco fee



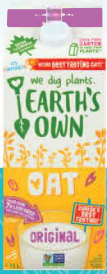
San Pellegrino &  
Perrier Sparkling  
Water

**1.99**

750ml - 1L  
+deposit + eco fee



# GROCERY



Earth's Own Oat  
Beverages

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



Silk Dairy-Free  
Creamers &  
Beverages

**2/6<sup>00</sup>** **4<sup>49</sup>**  
473ml Creamers  
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 255g Baking  
Chocolate Bars 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 Marinated Feta Cheese



**5<sup>49</sup>**  
each

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



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

## Choices' Own Family Size Caesar, Rainbow Kale or Canadian Greek Salad



**10<sup>99</sup>-  
12<sup>99</sup>**  
350g - 750g

## 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>**

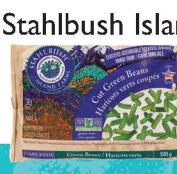
375ml



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>**

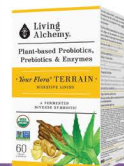
Natural Deodorant Perfume or Candle



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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