



SUMMER CHOICES!

100% BC OWNED AND OPERATED



Beef Burgers
2 pack
4.99
each

Marinated Chicken Breasts
Raised Without Antibiotics
9.99/lb
22.02/kg
made in store

Arla Cheese Slices



5.49
125g - 175g

Choices' Own Salmon Lox Bagels



7.99
each



Bunch Carrots



BUY 1 GET 1

FREE

Regular Retail ... \$2.98 each

Organic Long Seedless Cucumbers

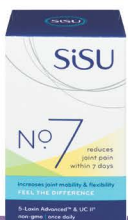


2/7.00

Choices' Own Wholesome Country or Multiseed Sourdough Bread



4.99
575g - 600g



SiSU Vitamins and Supplements

ALL PRODUCTS ON SALE

20% off

Assorted Sizes



Island Farms Ice Cream

4.99-5.99
1.65L



Rise Organic Kombucha

2/6.00
414ml
+deposit+eco fee



Lesser Evil Popcorn & Puffs

3.99-4.49
142g

ALL-NEW ONLINE CHOICES NOW HERE!
shop.choicesmarkets.com

Prices Effective
July 21 - 27, 2022

PRODUCE

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Romaine Hearts



3⁹⁸
each

Organic White Nugget Potatoes - 6.57/kg



2⁹⁸
/lb

Organic Apricots



9⁹⁸
907g

Organic Salad Mixes

Assorted Varieties



4⁹⁸
142g

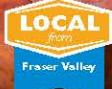
MEAT

Rosstown Chicken Kabobs Black Garlic, Mediterranean Herb or Chipotle Maple



11⁹⁹
450g

BBQ Ready Turkey Sausages 26.43/kg



11⁹⁹
/lb

made in store

Beef Top Sirloin Steaks

22.02/kg

9⁹⁹
/lb

Value Pack

Whole Chicken

11.00/kg



4⁹⁹
/lb

Raised Without Antibiotics

Fresh Icelandic Cod Fillets

3⁹⁹
/100g

Boneless Pork Loin Chops

19.82/kg



8⁹⁹
/lb

Freybe Wieners

10⁹⁹
500g - 600g

Sockeye Salmon Burgers Spinach and Feta Cheese, Tomato and Asiago Cheese

6⁹⁹
2 pack

Ground Lamb

37.46/kg

16⁹⁹
/lb

GROCERY

ALL-NEW ONLINE CHOICES NOW HERE!

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Organic Traditions
Superfood
Products

25% off
Assorted Sizes



Laiki
Rice Crackers

2/7⁰⁰
100g



Lundberg
Rice Chips

2/7⁰⁰
170g



La Cocina
Tortilla Chips

3⁹⁹
Assorted Sizes



Vegan Rob's
Puffs

2/7⁰⁰
99g



GOGO Quinoa
Puffs

2/5⁰⁰
113g



Choices' Own
Gourmet Small
Batch Salsa

5⁹⁹
750ml



Dream Pops Frozen
Plant-Based Pops &
Bites

4⁴⁹ 5⁹⁹
4 Pack Pops 118ml Bites



Deebee's Organics
Superfruit Freezes

5⁹⁹
10 pack



Enlightened Keto
Ice Cream Bars

6⁴⁹
4 Pack



Endangered Species
Fair Trade Chocolate
Bars

2/6⁰⁰
85g



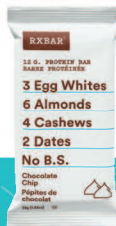
Nature Clean
Natural Cleaning
Products

30% off
Assorted Sizes



Good To Go
Keto Bars &
Bites

2/4⁰⁰ 4⁴⁹
40g Bars 100g Bites



RXBAR
Protein Bars

2/5⁰⁰
52g



GoMacro Bars

2/6⁰⁰
65g - 69g



Santa Cruz
Organic
Lemonade

2/6⁰⁰
946ml
+deposit + eco fee



Gldn Hour
Sparkling
Collagen Water

2/6⁰⁰
355ml
+deposit + eco fee



Fiji Natural
Artesian Water

2/5⁰⁰ 2/6⁰⁰
1L 1.5L
+deposit + eco fee

GROCERY



Uncle Luke's
Organic Maple
Syrup

22⁹⁹
1L



Ethical Bean
Organic Fair
Trade Coffee

7⁹⁹ 10⁹⁹
227g Ground 340g Whole Bean



Mogiana Coffee

12⁹⁹
340g



Silk Dairy-Free
Beverages & Oat Yeah

4⁴⁹ 4⁹⁹
1.89L Dairy-Free + deposit + eco fee
1.75L Oat + deposit + eco fee



Chobani Oat
Beverage

2/6⁰⁰
946ml + deposit + eco fee



Capilano Raw
Unfiltered Honey

30% off
375g



Eville Frozen
Smoothie Cubes

8⁹⁹
405g



Granola King
Premium
Granola

26⁹⁹
2kg



Nature's Path
Organic Cereal
& Love Crunch
Granola

30% off
Assorted Sizes



Kiju Organic
Juice

2/5⁰⁰
4 Pack & 1L + deposit + eco fee



Riviera Greek or
Petit Pot Yogurt

30% off
4 Pack & 500g

Rabbit River Vegetarian Fed Free
Run Eggs



5⁴⁹
1 Dozen



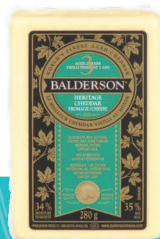
Armstrong
Natural Cheese
Slices

4⁹⁹
220g - 240g



Faith Farms
Cheese

5⁹⁹
360g - 380g



Balderson Aged
Cheddar Cheese

8⁹⁹-9⁹⁹
250g - 280g



Greenhouse Organic
Cold Pressed
Lemonades &
Boosters

2/7⁰⁰
60ml & 300ml + deposit + eco fee



Happy Planet
Smoothies

3⁹⁹
900ml + deposit + eco fee



Fentimans
Craft Soda

2⁴⁹ 8⁹⁹
275ml + deposit + eco fee
4 Pack + deposit + eco fee

DELI

Choices' Own Thai Chicken, Prawn or Shrimp Noodle or Coconut Rice Bowls

699-799
375g - 415g

Choices' Own Paneer Skewers Cilantro Pesto or Curry Red Pepper

NEW

599
2 pack

Choices' Own Fresh Rolls

649
each

Spanakopita or Mushroom & Parmesan Pie

2/800
185g

Vegetarian Dolmades

399
1 dozen

Sundried Tomato or Dijon Turkey Breast

399
/100g

Summer Fresh Hummus Toppers

499
255g

Halloumi Grilling Cheese

2/1000
250g

Goat Feta Cheese

249
/100g

BAKED GOODS

Choices' Own Artisan Cookies

649
6 pack

Choices' Own 6" Luscious Lemon or Young Coconut Cream Pie

699
each

Choices' Own Brownie Bites

499
8 pack

Choices' Own Alternative Flour Carrot Cake, Nanaimo Bars or Chocolate Cupcakes

599
165g - 220g

Island City Bakery Focaccia Bread

449
400g

Silver Hills Organic Sprouted Power Tortillas

499
255g

NUTRITION TOURS ARE BACK!



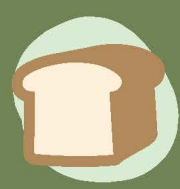
PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY

Beyond Meat Plant-Based Burgers



5⁹⁹
226g

Primal Kitchen Condiments, Dressings & Oil



30% off
Assorted Sizes

Safe Catch Canned Tuna & Salmon



30% off
142g

Earth's Choice Organic Extra Virgin Olive Oil



12⁹⁹ 20⁹⁹
500ml 1L

Field Roast Plant-Based Sausages, Cheese Slices & Burgers



30% off
Assorted Sizes

Quesava Gluten-Free Frozen Poppers, Buns & Perogies



30% off
Assorted Sizes

Stahlbush Island Farms Sustainable Frozen Vegetables



2/5⁰⁰
198g - 350g

Prairie Harvest Organic Semolina Pasta



2/5⁰⁰
454g

WELLNESS



Natural Factors CurcuminRich Theracurmin Supplements

20% off
Assorted Sizes



withinUs TruMarine Collagen

20% off
Assorted Sizes



Genuine Health Fermented Organic Vegan Proteins

47⁹⁹ 64⁹⁹
600g 900g



MegaFood Multi-Vitamins

20% off
Assorted Sizes



Organic Traditions Superfoods

25% off
Assorted Sizes



Smart Solutions Lorna Vanderhaeghe Vitamins and Supplements

20% off
Assorted Sizes



AOR Vitamin B Complex

39⁹⁹ 55⁹⁹
90 caps 180 caps



Whole Earth & Sea Greens and Proteins Greens

52⁹⁹ 59⁹⁹
390g - 438g Greens 640g - 710g Protein & Greens



Flora Probiotics

20% off
Assorted Sizes



Nuun Hydration Electrolytes Sport, Boost, Immunity and Vitamins

8⁹⁹
10 Tabs



Sukin Botanicals Natural Face Care

30% off
Assorted Varieties



Gabriel Natural Cosmetics

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

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.



3 DAY SALE

Friday, July 22nd to Sunday, July 24th ONLY

100% BC OWNED AND OPERATED

100% Grass-Fed
Extra Lean Ground Beef
17.61/kg

Value Pack

7⁹⁹
/lb

Boneless Skinless
Chicken Breasts
15.41/kg

Value Pack

6⁹⁹
/lb

Organic Red Tomatoes
On The Vine
7.67/kg



3⁴⁸
/lb

Organic Blueberries



4⁹⁸
each
1 Pint

49th Parrallel
Coffee



10⁹⁹
340g

Yoggu
Plant-Based
Coconut Yogurt



2/10
450g

Spread'Em Plant-Based
Dips, Spreads & Cheeze



4⁴⁹⁻⁵⁹⁹
Assorted Sizes

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

Prices Effective Friday, July 22nd to Sunday, July 24th 2022 ONLY

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