



PICNIC CHOICES

100% BC OWNED AND OPERATED

Fresh
Sockeye
Salmon
449/100g
Value Pack

Choices' Own Ready to Eat
Artisan Green Salad

**749-
949**
240g - 390g

Choices' Own Cinnamon
Crumble Cake

399
190g

Organic Romaine Lettuce

298
each

Hass Avocados

498
4 pack

from Mexico

Brioche Hamburger or Hot
Dog Buns

**499-
599**
6 or 8 pack



ThinkSport
Suncare

20% off
Assorted Sizes

The Very Good Butchers

Plant-Based Meat
Alternatives



30% off
Assorted Sizes



Rise Organic
Kombucha

2/6⁰⁰
414ml
+ deposit + eco fee

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

Prices Effective
July 7 - 13, 2022

PRODUCE

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Organic Broccoli

6.57/kg

2⁹⁸
/lb

from USA

Organic Lemons

4⁹⁸
907g

from USA

Organic Medley Mix Cherry Tomatoes

3⁹⁸
1 pint
readycycle
pkg.

from Mexico

Green and Red Seedless Grapes

6.57/kg

2⁹⁸
/lb

from Mexico

MEAT

Beef Ribeye Steak

37.46/kg

16⁹⁹
/lb

Grass Fed, Value Pack,
from Australia/New Zealand

Turkey Kabobs

33.05/kg

LOCAL
from
Fraser Valley

made in store

14⁹⁹
/lb

Marinated Chicken Breasts

Sweet Chili, Lemon Citrus or
Rosemary & Herb - 28.64/kg

LOCAL
from
Fraser Valley

Raised Without Antibiotics
made in store

12⁹⁹
/lb

Lamb Rib Chops

66.12/kg

29⁹⁹
/lb

All BBQ Ready Sausages Pork, Chicken and Turkey Varieties

LOCAL
from
Fraser Valley

made in store

20%
Off

Whole Organic Chicken

15.41/kg

LOCAL
from
Fraser Valley

6⁹⁹
/lb

Organic Boneless Skinless Chicken Breasts -

37.46/kg

16⁹⁹
/lb

Value Pack

Bacon No Nitrates Added

24.23/kg

LOCAL
from
Fraser Valley

10⁹⁹
/lb

Rockfish Fillets

2²⁹
/100g

GROCERY

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Lesser Evil
Popcorn &
Puffs

3⁹⁹-4⁴⁹
142g



La Cocina
Tortilla Chips

3⁹⁹
300g - 400g



Cedar Valley
Pita Chips

3⁹⁹
180g



Nature's Bakery
Fig Bars

5⁹⁹
6 Pack



Mid-Day
Superfood
Squares

2/6⁰⁰
66g & 70g



Endangered Species
Fair Trade Chocolate
Bars

2/7⁰⁰
85g



Lesley Stowe
Raincoat
Crisps

5⁴⁹
150g



Honey Stinger
Organic Chews
& Waffle Snacks

30% off
Assorted Sizes



Organic Traditions
Superfood
Products

30% off
Assorted Sizes



San Pellegrino
Sparkling Italian
Soda

2/3⁰⁰ 6⁹⁹
330ml + deposit + eco fee
6 Pack + deposit + eco fee



Flow Alkaline
Spring Water

2/3⁰⁰ 2/4⁰⁰
500ml + deposit + eco fee
1L + deposit + eco fee



Boylan Craft
Sodas

2/5⁰⁰ 7⁹⁹
355ml + deposit + eco fee
4 Pack + deposit + eco fee



Wize Iced Tea & Coffee
Leaf Tea

2/5⁰⁰ 7⁹⁹
355ml Iced Tea + deposit + eco fee
15 Tea Bags



Ceres Juice

2/7⁰⁰
1L + deposit + eco fee



Califia Cold Brew
Coffee

5⁴⁹
1.4L + deposit + eco fee



Nora's Cashew
Based Frozen
Dessert

6⁴⁹
500ml



Bremner's
Organic Frozen
Blueberries or
Berry Blend

1⁹⁹
1.5kg



Eville Frozen
Smoothie Cubes

8⁹⁹
405g

GROCERY



Gardein Frozen Plant-Based Meat Alternatives

5.49

Assorted Sizes

Beyond Meat Plant-Based



Burger & Breakfast Sausages

6.49

226g & 235g



Holy Napoli Frozen Pizza & Dough

2.99

300g Dough

8.99

Assorted Sizes
Pizza



Earth's Choice Organic Extra Virgin Olive Oil

12.99 20.99

500ml

1L



Nutiva Organic Coconut Oils & Coconut Secret

30% off

Assorted Sizes



Maison Orphée Gourmet Oils & Vinegars

30% off

250ml & 500ml



Carbone Premium Pasta Sauce

9.99

660ml



Saputo Shredded Cheese

4.49 5.99

170g

320g

Armstrong Cheese



10.99

600g



Omega Nutrition Organic Apple Cider Vinegar

6.99 22.99

946ml

3.78L



Safe Catch Canned Tuna & Salmon

30% off

142g



Udi's Gluten-Free Bread, Buns & Pizza Crusts

4.49

Assorted Sizes
Bread & Buns

10.99

Assorted Sizes
Pizza Crusts



Le Grand Plant-Based Cream Cheese

4.99

227g



Dairyland Sour Cream

2/6.00

450ml & 500ml



Avalon Organic Cottage Cheese

5.99

500g

Country Golden Yolks Free Range Large Eggs



5.99

1 Dozen



MaraNatha Nut Butters

30% off

340g - 500g



Happy Planet Mornin' Oatz Shake

2/4.00 4.49

250ml
+ deposit + eco fee

946ml
+ deposit + eco fee

DELI

Rosstown Roasted Half Chickens Assorted Varieties



649
each

Choices Artisan Sandwiches Ham, Roast Beef or Turkey



999
each

Cooked or Smoked Turkey Breast Antibiotic Free



449
/100g

Indianlife Naan or Tortillas



599
each

Vegetable Samosas



2/500

Habibi's Family Size Hummus & Dips



699
450g

Lactose Free Swiss Emmental, Gruyere or Cave Aged Gruyere Cheese Imported



499-599
/100g

Tre Stelle Bocconcini Cheese



2/1000
200g

Cow Feta Cheese



199
/100g

BAKED GOODS

Choices' Own Seasonal Downside Up Cake



499
260g

Choices' Own Dessert Cups



399
150g

Choices' Own Tiramisu or Kalamansi Cake



1799
500g - 600g

Silver Hills Sprouted Power Bread Select Varieties



2/800
430g - 615g

Choices' Own Multigrain Bread



599
530g

Choices' Own 6" Artisan Pies



699
each

NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY



Uncle Luke's
Organic Maple
Syrup

22⁹⁹
1L



Ethical Bean
Whole Bean
Organic Fair
Trade Coffee

10⁹⁹
340g



Kicking Horse
Organic Fair Trade
Ground Coffee

9⁹⁹
284g



Olympic Natural,
Organic &
Krema Yogurt

8⁹⁹-10⁹⁹
1.75kg

Organic Meadow Organic
Grass Fed Butter



7⁹⁹
250g



Earth's Own
Barista Blend
Oat Milk

5⁴⁹
946ml
+deposit + eco fee



Chobani Oat
Beverage

2/6⁰⁰
946ml
+deposit + eco fee

Riviera Petit Pot Yogurt
& Vegan
Greek Yogurt



4⁹⁹-5⁹⁹
500g & 4 pack
Select Varieties

WELLNESS



Smart Solutions
Lorna Vanderhaeghe
Vitamins and
Supplements

20% off
Assorted Sizes



BioSil Hair,
Skin and Nails

20% off
Assorted Sizes



MegaFood
Multi-Vitamins

20% off
Assorted Sizes



SiSU
Vitamins and
Supplements

20% off
Assorted Sizes



AOR
Advanced
Vitamin B

37⁹⁹ 54⁹⁹
90 caps 180 caps



Nuun Hydration
Electrolytes
Sport, Boost,
Immunity and
Vitamins

8⁹⁹
10 tabs



Garden of Life
Organic Sport
Protein

53⁹⁹ 58⁹⁹
652g - 840g 969g - 1017g
Vegan or Whey All In One Shake



Whole Earth
& Sea Greens,
Proteins &
Greens

52⁹⁹ 59⁹⁹
390g - 438g 640g - 710g
Greens Proteins and Greens



Lafe's Natural
Deodorants

6⁹⁹
89ml or 64g



Santevia Alkaline Water
Pitchers, Water Systems,
Shower Filters
and More

20% off
Assorted Sizes



Sukin Botanicals
Natural Face
Care

25% off
Assorted Varieties



Hello Bello
Baby Care
Products

25% 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 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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