



# LONG WEEKEND SAVINGS

100% BC OWNED AND OPERATED

Organic  
Lean Ground  
Beef

Grass Fed, Value Pack

**12.99/lb**  
28.64/kg

LOCAL  
from

Cornwall, BC

Hass  
Avocados  
from Mexico

**3/4.98**

Organic  
Mini Seedless  
Watermelon  
from USA

**4.98**  
each

Rosssdown Roasted Chickens

**11.99**  
each

Choices' Own Artisan Salad  
Bowls

**7.49-  
9.49**  
each

BBQ Ready Pork Sausages  
19.82/kg

LOCAL  
from

Fraser Valley

**8.99**  
/lb

Organic Kale Bunches  
Black, Green and Red

LOCAL  
from

Myers  
Organic  
Farm

**2/  
5.00**

Choices' Own Hamburger or  
Hot Dog Buns

**4.49**  
6 pack



Organika Enhanced  
or Marine Collagen  
Powder

**32.99**

500g Enhanced Collagen or  
250g Marine Collagen



Kettle Brand  
Potato Chips

**2/6.00**  
220g



The Very Good  
Butchers Vegan Meat  
Alternatives

**BUY 1  
GET 1  
FREE**  
Assorted Sizes

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

Prices Effective  
July 28 - August 3, 2022



# PRODUCE

ALL-NEW ONLINE CHOICES NOW HERE!  
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**Organic Hot House Peppers**  
10.98/kg



**4<sup>98</sup>**  
/lb

**Organic Green and Red Seedless Grapes - 10.98/kg**

from USA

**4<sup>98</sup>**  
/lb

**Taylor Farms Salad Kits**



from USA

**4<sup>98</sup>**  
267g - 383g

# MEAT

**Beef Ribeye Steaks**  
41.87/kg

Grass Fed, Value Pack  
from Australia/New Zealand

**18<sup>99</sup>**  
/lb

**All In Store Made Kabobs**

**15% Off**

**Fresh Halibut Fillets**



**8<sup>49</sup>**  
/100g

**Lamb Leg Steaks**  
35.25/kg

Raised Without Antibiotics  
from New Zealand

**15<sup>99</sup>**  
/lb

**Marinated Pork Chops**  
19.82/kg



Raised Without Antibiotics  
made in store

**8<sup>99</sup>**  
/lb

**Fresh Char Fillets**



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

**Pork Whole Tenderloins**  
22.02/kg



**9<sup>99</sup>**  
/lb

**Boneless Skinless Chicken Breasts - 28.64/kg**



Raised Without Antibiotic  
Value Pack

**12<sup>99</sup>**  
/lb

**Sila Salamis**



**11<sup>99</sup>**  
300g



# GROCERY

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Siete Grain-Free  
Tortilla Chips

**3<sup>99</sup>**

142g



Skinny Pop  
Popcorn

**2/6<sup>00</sup>**

125g - 130g



Prana Organic  
Nut Mixes and  
Chic Choc Bites

**30% off**

Assorted Sizes



Yumy Bear  
Plant-Based  
Candy

**2/6<sup>00</sup>**

30g



Zazubean Organic  
Fair Trade  
Chocolate Bars

**2/8<sup>00</sup>**

80g - 85g



Zimt Organic  
Raw Vegan  
Chocolate &  
Macaroons

**4<sup>49</sup>**

Assorted Sizes



RJ's Licorice  
& Chocolate  
Twists

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

180g Licorice Bags

**2/6<sup>00</sup>**

280g Twists



Annie's Bunny  
Crackers &  
Fruit Snacks

**30% off**

Assorted Sizes



Sigdal Bakeri  
Crackers &  
Crispbreads

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

Assorted Sizes



Mochi Coconut  
Dessert

**7<sup>99</sup>**

450g



Organic Meadow  
Organic Ice Cream

**7<sup>99</sup>**

946ml



Natural Choice  
Organic Frozen  
Fruit Bars

**4<sup>49</sup>**

4 Pack



True Lemon &  
Lime Packets or  
Flavour Shakers

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

Assorted Sizes  
Packets

**4<sup>49</sup>**

Assorted Sizes  
Flavour Shakers



Whistler Glacial  
Water

**2/4<sup>00</sup>**

1.5L  
+deposit + eco fee

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

4L  
+deposit + eco fee



Blue Monkey  
Coconut Water  
& Sparkling Fruit  
Juices

**30% off**

Assorted Sizes  
+deposit + eco fee



Rise Organic  
Kombucha

**6<sup>99</sup>**

1L  
+deposit + eco fee



Rise Nitro Organic  
Cold Brew Coffee &  
Oat Beverage

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

207ml Cold Brew  
+deposit + eco fee

**5<sup>99</sup>**

946ml Oat Beverage  
+deposit + eco fee



BSA Craft  
Non-Alcoholic  
Beer

**2/6<sup>00</sup>**

473ml  
+deposit + eco fee



# GROCERY



Lundberg  
Nutra-Farmed  
Rice & Risotto

**30% off**

Assorted Sizes



Casa Fiesta  
Mexican  
Products

**30% off**

Assorted Sizes



Wildbrine  
Kimchi,  
Sauerkraut &  
Dips

**30% off**

Assorted Sizes



Gold Rush Organic  
Frozen Potato  
Hash Browns and  
French Fries

**3<sup>99</sup>-4<sup>49</sup>**

454g

Gusta Vegan Ground & Sausages



**3<sup>99</sup> 4<sup>99</sup>**

340g Ground

350g Sausages



Sunrise  
Tofu

**1<sup>29</sup>-2<sup>49</sup>**

300g - 500g



Berio Extra Virgin  
Olive Oil

**10<sup>99</sup> 15<sup>99</sup>**

750ml  
Conventional

750ml  
Organic



Maison Orphée  
Vinaigrette Dressings  
& Organic Mustards

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

240ml - 250ml



L'Ancêtre  
Organic Cheese  
Slices & Butter

**25% off**

Assorted Sizes



Earth Island  
Dairy-Free  
Shredded Cheese  
& Slices

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

227g Shreds

200g Slices



Tre Stelle  
Shredded Cheese  
& Feta Cheese

**5<sup>49</sup> 8<sup>49</sup>**

170g - 200g  
Shredded Cheese

400g Feta  
Cheese



Armstrong Cheese

**9<sup>99</sup>-10<sup>99</sup>**

600g



Earth's Own Dairy-Free  
& So Nice Organic  
Beverages

**3<sup>49</sup> 3<sup>99</sup>**

1.89L Earth's Own  
+deposit +eco fee

1.75L So Nice  
+deposit +eco fee



Nature's Path  
Organic Eco Pac  
Cereals

**8<sup>99</sup>**

630g - 907g



Kicking Horse  
Organic Fair  
Trade Whole  
Bean Coffee

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

454g



Earth's Own Oat  
Barista & Oat  
Creamers

**3<sup>49</sup> 4<sup>99</sup>**

473ml  
Creamers

946ml  
Barista



Dairyland  
Creamo &  
Whipping  
Cream

**3<sup>79</sup>-5<sup>49</sup>**

946ml



Stash  
Premium Tea

**2/8<sup>00</sup>**

18-20 Tea Bags



# DELI

Summer Fresh Dips & Hummus



**3.99**  
227g

Ready To Eat BBQ Ribs



**6.99** **12.99**  
half rack full rack

Choices' Own Macaroni, Dijon Potato or Coastal Coleslaw Salad



**1.69**  
/100g

Choices' Own Artisan Turkey, Roast Beef or Ham Sandwiches



**9.99**  
each

Kalamata Olives



**1.79**  
/100g

Apetina Feta Cheese in Oil



**3.49**  
100g

Aged Parmesan Petals or Shredded Asiago Cheese



**3.49**  
/100g

Bella Casara Burrata Cheese



**14.99**  
250g

Arla Cheese Slices



**5.99**  
125g-175g

## BAKED GOODS

Choices' Own Party Cakes



NEW  
RASPBERRY  
WHITE  
CHOCOLATE

**13.99**  
540g - 600g

Choices' Own Cookies



NEW  
BROWN SUGAR  
SHORTBREAD

**5.49**  
12 pack

Choices' Own Cheese, Blueberry or Cranberry Chocolate Scones



**3.49**  
2 pack

Island City Bakery Focaccia Authentic or Rosemary Bread



NEW

**4.49**  
400g

GluteNull Gluten-Free Squares & Bars



LOCAL

**9.99**  
240g - 320g

Schär Gluten-Free Hamburger or Hot Dog Buns



**7.99**  
4 pack

## NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE



# GROCERY



Earth's Choice  
Organic Peanut  
Butter

**6<sup>49</sup>**  
500g



We Love Van  
Squeeze or  
Organic Honey

**6<sup>99</sup> 10<sup>99</sup>**  
375g Squeeze  
500g Organic

Maple Hill Farms Extra  
Large Free Range Eggs



**5<sup>69</sup>**  
1 Dozen



Caboo  
Bamboo  
Paper  
Products

**30% off**  
Assorted Sizes



Choices  
Organic Rice  
Cakes

**2/7<sup>00</sup>**  
185g



Bob's Red Mill  
Pancake Mixes,  
Muesli's &  
Grains

**30% off**  
Assorted Sizes



Just Egg  
Plant-Based  
Egg Alternative

**4<sup>99</sup>**  
227g & 355g



Nature Clean  
Natural Liquid  
Laundry Detergent

**12<sup>99</sup> 17<sup>99</sup>**  
3L 4.5L

# WELLNESS



withinUs  
ReHydrate  
+ truMarine  
Collagen

**29<sup>99</sup>**  
144g



Genuine Health  
Advanced  
Gut Health  
Probiotics

**20% off**  
Assorted Sizes



Platinum  
Naturals  
Multivitamins

**20% off**  
Assorted Sizes



Vega Sport  
Protein

**45<sup>99</sup>**  
801g - 837g



Natural Factors  
Magnesium  
Supplements

**20% off**  
Assorted Sizes



Bio-K Plus  
Probiotics

**19<sup>99</sup> 21<sup>99</sup>**  
6 Pack Dairy  
6 Pack Rice or Soy



Salus Floradix  
& Floravit  
Liquid Iron  
Supplements

**20% off**  
Assorted Sizes



Renew Life  
Omega-3  
Supplements &  
Probiotics

**20% off**  
Assorted Sizes



Phillip Adam  
Hair Care

**BUY 1  
GET 1  
FREE**



Herbatint  
Natural  
Permanent  
Hair Colour

**17<sup>99</sup>**  
1 Kit



Jasón Naturals  
Hand Soap &  
Body Wash

**6<sup>49</sup> 13<sup>99</sup>**  
473ml Hand Soap  
887ml - 900ml Body Wash



Weleda Facial,  
Body & Baby  
Care

**20% off**  
Assorted Sizes



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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 Innes St, Abbotsford  
Kelowna - 1937 Harvey Ave, Kelowna

While quantities last, not all items available at all stores. We reserve the right to correct pricing errors. Products may not appear exactly as depicted. Buy One Get One Deals not available online.





# LONG WEEKEND 4 DAY SALE

Friday, July 29th to Monday, August 1st ONLY

100% BC OWNED AND OPERATED

**Boneless Skinless  
Chicken Thighs**  
17.61/kg

**7<sup>99</sup>  
/lb**

Value Pack  
Raised Without Antibiotics

**Grass Fed  
Beef Inside Round Steak**  
17.61/kg

**7<sup>99</sup>  
/lb**

Value Pack  
From New Zealand/Australia

**Organic Cherries**  
17.59/kg

**LOCAL**  
from  
Cawston

**7<sup>98</sup>  
/lb**

**Ready To Eat  
Cut Fruit and Veggies**

**LOCAL**  
from  
Richmond

**20%  
Off**  
245g - 2.26kg

**Blueberries**

**LOCAL**  
from  
Fraser Valley

**1<sup>998</sup>  
each  
2.27/kg**

**Earth's Own  
Oat or Almond  
Beverages**



**3/9<sup>00</sup>**

1.75 - 1.89L  
Plus Deposit  
& Eco Fee

\*Excludes Naked Oat

**Terra  
Breads  
Granola**



**12<sup>99</sup>**  
1 kg

**Rabbit River  
Organic Large Eggs**



**5<sup>99</sup>**  
1 Dozen

**Dairyland  
Milk**



**3<sup>99</sup>**  
4L  
Plus Deposit  
& Eco Fee

**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

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