



SUMMER CHOICES!

100% BC OWNED AND OPERATED

Beef Striploin
Steaks
Value Pack

13.99/lb
30.84/kg

Farmcrest Specialty
Roasted Chickens

15.99
each

LOCAL
from

Similkameen
Valley

Organic
Cherries
7.98/lb

17.59/kg
Weather
Permitting

Choices' Own 8 inch Artisan
Fruit Pies Assorted Varieties

NEW
CHERRY
PIES!

10.99
each

Chicken Kabobs
22.02/kg

LOCAL
from

Fraser Valley

9.99
/lb

Fresh Organic Garlic
28.62/kg

LOCAL
from

Lina's
Garden,
Cawston

12.98
/lb

Organic San Marzano Roma
Tomatoes - 6.57/kg

LOCAL
from

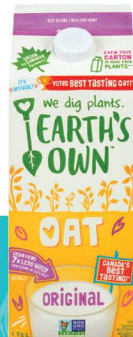
Hope Farm,
Willow
River

2.98
/lb



Vega Sport
Protein

44.99
801g - 837g



Earth's Own
Oat Beverages

3.99

1.75L Regular Oat
+ deposit + eco fee

4.99

1.75L Organic
Naked Oat
+ deposit + eco fee



Savör
Grass Fed
Butter

4.99
250g

ALL-NEW ONLINE CHOICES NOW HERE!

shop.choicesmarkets.com

Prices Effective
July 14 - 20, 2022

PRODUCE

ALL-NEW ONLINE CHOICES NOW HERE!

shop.choicesmarkets.com

Prices Effective
July 14 - 20, 2022

Organic Whole Cantaloupe Melon



from USA

3⁹⁸
each

Organic Green Zucchini

6.57/kg



LOCAL
from
BC

2⁹⁸
/lb

Warba Nugget Potatoes

3.26/kg



LOCAL
from
BC Fresh

1⁴⁸
/lb

MEAT

Organic Lean Ground Beef

28.64/kg



LOCAL
from
Fraser Valley

Value Pack

12⁹⁹
/lb

Pork Back Ribs

28.64/kg



LOCAL
from
Fraser Valley

Raised Without Antibiotics

12⁹⁹
/lb

Seasoned Chicken Taco Meat

NEW



LOCAL
from
Fraser Valley

Raised Without Antibiotics

11⁹⁹
400g

Bison Sirloin Tip Steaks

37.46/kg



16⁹⁹
/lb

Lamb Loin Chops

44.07/kg



from New Zealand

19⁹⁹
/lb

Ground Turkey Breast

37.46/kg



LOCAL
from
Fraser Valley

16⁹⁹
/lb

Fresh Steelhead Fillets



3⁹⁹
/100g

Fresh Tilapia Fillets



2⁹⁹
/100g

Lamb Sausages

28.64/kg



made in store

12⁹⁹
/lb

GROCERY

ALL-NEW ONLINE CHOICES NOW HERE!

shop.choicesmarkets.com

Prices Effective
July 14 - 20, 2022



Choices Organic Milk

569 2L, 1% & 2%
+ deposit + eco fee

579 2L, 3.8%
+ deposit + eco fee



Happy Planet Organic Juice

399-499
1.75L - 1.89L
+ deposit + eco fee



Nutmeg Plant-Based Mylk

449 500ml
+ deposit + eco fee

599 1.1L
+ deposit + eco fee



Blue Heron Cultured Plant-Based Cheese

899
170g - 175g



Woolwich Goat Cheese

30% off
Assorted Sizes



Saputo Feta Cheese

2/700
200g



Tree Island Grass-Fed & Greek Yogurt

449 325g & 350g

1199 1.5kg



Liberté Méditerranée Yogurt

2/700
500g



Crofter's Organic Fruit Spreads

399-499
235ml - 383ml



Earth's Choice Organic Rainforest Alliance Certified Coffee

999
340g



Crank Organic Fair Trade Whole Bean Coffee

999
340g

Maple Hill Farms Free Range Large Eggs



579
1 Dozen



Guayaki Organic Yerba Mate

2/400
355ml
+ deposit + eco fee



Two Bears Cold Brew Coffee & Oat Milk Latte

2/600
207ml
+ deposit + eco fee



Remedy Organic No Sugar Kombucha or Ginger Beer

179 330ml
+ deposit + eco fee

599 4 Pack
+ deposit + eco fee



Sober Carpenter Non-Alcoholic Beer

2/400
473ml
+ deposit + eco fee



Daydream Sparkling Water

2/700
355ml
+ deposit + eco fee



GT's Organic Raw Kombucha

799
1.4L
+ deposit + eco fee

GROCERY



Kettle Brand
Potato Chips

2⁹⁹
220g



Fresh Is Best
Tortilla Chips,
Dips & Taco
Shells

3⁹⁹
Assorted Sizes



Paqui Tortilla
Chips

2/7⁰⁰
155g



Mary's Organic
Gluten-Free
Crackers

4⁹⁹-5⁹⁹
Assorted Sizes



FreeYumm
Gluten-Free Bars
& Crackers

3⁹⁹
120g - 135g



Actually Foods
Cheese Puffs

2/7⁰⁰
120g
Select Varieties



Healthy Hippo
Plant-Based Low
Sugar Gummies

2⁹⁹
50g



Lily's Stevia Sweetened
Chocolate Bars &
Baking Chips

3⁹⁹ 6⁹⁹
80g - 85g 255g
Chocolate Bars Baking Chips



Whistler Organic
Fair Trade
Chocolate Bars

2/7⁰⁰
80g



Three Farmers Bean
Snacks & Camelina Oil

2/7⁰⁰ 12⁹⁹
Snacks 120g - 140g
Camelina Oil 500ml

Kind Energy Bars



2/4⁰⁰ 22⁹⁹
40g 12 Pack



Sunflower Kitchen
Hummus and
Pesto

30% off
227g - 300g



Ben & Jerry's Ice
Cream & Frozen
Desserts

4⁹⁹-5⁹⁹
473ml



Oat & Mill
Plant-Based
Frozen Desserts

5⁹⁹
500ml



Happy Pops
Fruit Ice Pops

5⁹⁹
4 Pack



Choices
Glacial Water

2/3⁰⁰ 2/6⁰⁰
1.5L + deposit + eco fee
4L + deposit + eco fee



Sol Cuisine
Plant-Based
Frozen Burgers

4⁹⁹
284g



Komo
Plant-Based
Lasagna &
Shepherd's Pie

21⁹⁹
1.42kg

DELI

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



10⁹⁹-12⁹⁹
350g - 750g

Choices' Own Ready to Eat Wraps



8⁹⁹
each

Choices' Own Pasta Salads



1⁹⁹-2²⁹
/100g

Black Forest Ham



2²⁹
/100g

BBQ Ribs, Fully Cooked



12⁹⁹
/rack

Choices' Own Marinated Feta Cheese



2/10⁰⁰
200g - 240g

Castello Brie Cheese



4²⁹
/100g

Bothwell Cheese



3⁴⁹
/100g

Applewood Smoked Cheddar or Smoked Gruyere Cheese



3⁹⁹-5⁴⁹
/100g

BAKED GOODS

Choices' Own Ciabatta Loaf or White Bread



3⁴⁹-3⁹⁹
390g - 500g

Choices' Own Individual Cheesecakes



3⁹⁹
60g - 80g

Choices' Own Passionfruit Cheesecake Bar



6⁹⁹
190g

Bakestone Brothers Organic Tortillas



3⁹⁹
300g - 344g

Little Northern Bakehouse Gluten-Free Millet & Chia Buns



5⁹⁹
260g - 320g

Silver Hills Organic Sprouted Power Hamburger or Hot Dog Buns



4⁹⁹
330g - 390g

NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY



Bragg Organic
Apple Cider
Vinegar

6⁹⁹
946ml



Cape Herb & Spice
Seasonings, Salt &
Pepper

30% off
Assorted Sizes



San-J Soy &
Cooking Sauces

30% off
296ml - 592ml



Eden Organic
Beans

2/6⁰⁰
398ml



Choices Extra
Virgin Olive Oil

5⁹⁹ 10⁹⁹
500ml 1L



General
Assembly
Pizza

8⁹⁹
321g - 376g



Avaflina Organics
Spices & Seeds

30% off
Assorted Sizes



Kaylin &
Hobbs Pickles

9⁹⁹ 11⁹⁹
532ml 1L

WELLNESS



Flora
Vitamins and
Supplements

20% off
Assorted Sizes



Prairie Doctor
Herbal Tinctures

20% off
Assorted Sizes



CanPrev
Magnesium
Bis-Glycinate

23⁹⁹ 33⁹⁹
120 caps or 500ml 240 caps



Natural Factors
Vitamin
Supplements

20% off
Assorted Sizes



Genuine Health
Clean Collagen

29⁹⁹
210g - 301g



Omega Nutrition
Organic Pumpkin
Seed Protein
Powder

23⁹⁹
600g



Living Alchemy
Your Flora Series
& Fermented
Activated Herbals

20% off
Assorted Sizes



Ener-C Effervescent
Vitamin C
Drink Mix

14⁹⁹
30 pack



Dr. Bronner's Non
GMO Organic
Pure-Castile
Soap

7⁴⁹
237ml



Alaffia Everyday
Shea Hair and
Body Care

20% off
Assorted Sizes



Attitude Natural
Care Toothpaste

6⁴⁹
120g



SUKU Vitamins
and Supplements

20% off
Assorted Varieties



choicesmarkets.com



/ChoicesMarkets



@ChoicesMarkets



/Choices_Markets

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 15th to Sunday, July 17th ONLY

100% BC OWNED AND OPERATED

**100% Grass Fed
Beef Sirloin Tip Steaks**
15.41/kg

6.99
/lb

Value Pack

**Fresh Sockeye
Salmon Fillets**

3.99
/100g

Value Pack

Organic Strawberries

LOCAL
from

Vancouver
Island

3.98
each
1 pint

weather permitting

Lemons & Limes

4/
2.00

from Mexico

**Covered Bridge &
Lela's Potato Chips**



2/4.00
120g-170g

**GT's Organic
Raw Kombucha**



3/8.00
480ml
Plus Deposit & Eco Fee

**Love Good Fats
Keto Friendly Bars**



2/3.00
39g-40g

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 15th to Sunday, July 17th 2022 ONLY

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.