



WEEKLY CHOICES

100% BC OWNED AND OPERATED

Fresh
Sockeye
Salmon Fillets
4.99/100g
Value Pack

Organic
Blueberries
34.98
2.27kg box

LOCAL
from
Myers
Organic
Farm

Farmcrest Specialty Roasted
Chicken

15.99
each

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

**10.99 -
12.99**
350g - 750g

Organic Yellow Bananas
1.94/kg

.88
/lb

from Ecuador

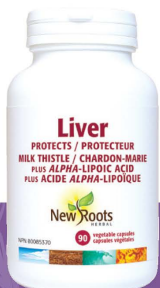
Organic Yellow Flesh Peaches

LOCAL
from
BC

5.98
907g

Choices' Own Cheese,
Sourdough or Multigrain
Baguettes

2.99
250g - 300g



New Roots Vitamins
& Supplements

ALL
PRODUCTS
ON SALE

20% off
Assorted Sizes



Nuts to You
Almond Butter

8.99
365g



Kicking Horse
Organic Fair
Trade Ground
Coffee

9.99
284g

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

Prices Effective
August 4 - 10, 2022

PRODUCE

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

Prices Effective
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Organic Large Hass Avocados



Imported

2/
4.00

Organic Bunched Carrots



2.98
each

Grape Tomatoes



5.98
907g

MEAT

Beef Striploin Steaks

35.25/kg



Grass Fed, Value Pack
from New Zealand/Australia

15.99
/lb

Whole Organic Chicken

15.41/kg



6.99
/lb

Lamb Burgers

35.25/kg



made in store

15.99
/lb

Boneless Lamb Leg Steaks

30.84/kg



Grass Fed, from New Zealand

13.99
/lb

Pork Back Ribs

30.84/kg



Raised Without Antibiotics

13.99
/lb

Chicken Sausages, BBQ

Ready - 22.02/kg



made in store

9.99
/lb

Rockfish Fillets



2.29
/100g

Ground Pork

13.21/kg



Raised Without Antibiotics

5.99
/lb

Grimm's Sizzlin' Smokies



7.99
450g

GROCERY

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Prices Effective
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Bremner's
Frozen Fruit

30% off
300g - 600g



Forager Cashew
Yogurt and
Yogurt Drink

649
Assorted Sizes



Tree Island
Cream Top
Yogurt

449 999
500g 1.5kg



Elmhurst Milked
Nut or Oat
Beverages

699
946ml
+ deposit + eco fee



Choices
Organic Milk

899
4L
+ deposit + eco fee



Elias Cold Pressed,
Liquid or Creamed
Honey

999 1399
375g 1kg



Pür Gum
& Mints

2/400 2/700
22g Mints 80g Gum Pouches



Enjoy Life
Gluten-Free
Cookies

449
170g - 179g



Partners Artisan
Crackers and
Wisecrackers

2/700
114g - 124g



Clif Nut Butter,
Builder's & Luna
Bars

2/300
48g - 68g



NoochPop!
Nutritional Yeast
Popcorn

399
120g



Humble Organic
Potato Chips

2/700
150g



Brew Dr.
Organic
Kombucha

2/600
414ml
+ deposit + eco fee



Loop Cold Pressed Juice,
Smoothies and Booster
& Recover Shots

2/600 599
73ml Shots 1L Juice & Smoothie
+ deposit + eco fee + deposit + eco fee



Harmless Harvest
Organic Coconut
Water

549 999
473ml 946ml
+ deposit + eco fee + deposit + eco fee



Guayaki Organic
Yerba Mate

2/500
458ml
+ deposit + eco fee



Perrier &
San Pellegrino
Sparkling Mineral
Water

2/400
750ml - 1L
+ deposit + eco fee



Fiji Natural
Artesian Water

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

GROCERY

Nature's Farm Free Run
Omega-3 Large Eggs



5.49
1 Dozen

Nuts for Cheese
or Butter Vegan
Alternatives



6.99 **8.99**
227g Butter 120g Cheese

Savör
Grass Fed
Butter



4.99
250g



One Degree
Sprouted Granola,
Flour & Oats

30% off
Assorted Sizes
Select Varieties



Pamela's
Gluten-Free
Baking & Pancake
Mix

8.49 **18.99**
680g 1.8kg



Echoclean 2X
Liquid Laundry
Detergent

11.49
2.95L



Avalon Organic
Ice Cream

9.49
946ml



So Delicious
Dairy-Free Nut
& Oat Based
Frozen Dessert

5.99
500ml & 8 Pack



Rico'n Lalo All
Natural Frozen
Fruit Bars

4.99
4 Pack



TMRW Foods
Plant-Based Meat
Alternatives

30% off
Assorted Sizes



Sol Cuisine
Frozen Vegan
Appetizers

4.99
255g - 333g



Caulipower
Cauliflower
Frozen Pizza

8.99 **9.99**
310g - 320g 310g - 320g Meat
Vegetarian Varieties Varieties



Kikkoman Sauces
& Panko Bread
Crumbs

30% off
Assorted Sizes



Khazana Organic
Indian Cooking
Sauces

5.49
360ml



Prairie Harvest
Organic Ketchup

4.99
575ml



Di Martino
Pasta

2.49-3.49
453g - 500g



Carbone
Premium
Pasta Sauce

8.99
660ml



Rizopia
Gluten-Free
Rice Pasta

30% off
340g & 454g

DELI

Habibi's Dips & Hummus



**2/
700**
200g

Choices' Own Pasta Salads



**179-
229**
/100g

Choices' Own Pragga Ham



349
/100g

Choices' Own Wild Salmon Cakes



399
140g

Baked Vegan Spinach or Masala Samosa



**2/
400**

Happy Days Soft Goat Cheese



599
140g - 150g

Castello Brie or Blue Cheese



399
/100g

Castello Aged Cheddar, Gouda or Havarti Cheese



699
200g

Saputo Gourmet Bocconcini Cheese



599
190g - 200g

BAKED GOODS

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



699
each

Choices' Own Mini Muffins



299
4 pack

Choices' Own Dessert Cups



429
150g - 160g

La Tortilla Factory Tortillas and Wraps



30% Off
assorted sizes

Silver Hills Sprouted Power Organic Hamburger or Hot Dog Buns



499
4 pack

Bakestone Brothers Organic Bagels



499
6 pack

NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY



Earth's Choice
Organic Extra
Virgin Olive Oil

12⁹⁹ 18⁹⁹
500ml 1L



Chosen Foods
Mayonnaise

30% off
355ml - 710ml



Saputo
Shredded
Cheese

44⁹ 5⁹⁹
170g 320g



Daiya Vegan
Cheese &
Cheezecake

3⁹⁹ 64⁹
200g - 220g 400g
Cheese Cheezecakes



Choices
Organic
Canned Beans

2/300
398ml



Karthain's Organic
Sauerkraut &
Korean Kimchi

8⁹⁹ 10⁹⁹
750ml 750ml Kimchi
Sauerkraut



Saputo Light
Mozzarellissima
Cheese

5⁹⁹
454g



Lundberg Organic
Rice Cakes & Thin
Stackers

30% off
Assorted Sizes

WELLNESS



Vega
Protein &
Greens

32⁹⁹
586g - 618g



AOR Advanced
Vitamin B
Complex

39⁹⁹ 55⁹⁹
90 Capsules 180 Capsules



Sproos
Collagen
Powders

25% off
Assorted Sizes



Andalou Naturals
Face and Body
Care Products

25% off
Assorted Sizes



NutraSea
Omega-3 Fish
Oil Supplements

20% off
Assorted Sizes



Garden of Life
mykind Organics
Vitamins and
Supplements

20% off
Assorted Sizes



Natural Factors
CoQ10
Supplements

20% off
Assorted Sizes



Dr. Hauschka
Facial Care

20% off
Assorted Sizes



Natrene
Probiotics

20% off
Assorted Sizes



Flora Udo's
Choice 3.6.9
Blend & DHA
Oil Blend

20% off
Assorted Sizes



Natural
Calm Ionic
Magnesium

26⁹⁹ 43⁹⁹
226g 454g



Newco Natural
Skin, Oral Care
and Supplements

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 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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