



LONG WEEKEND CHOICES

100% BC OWNED AND OPERATED

Corn On
The Cob

10/7⁵⁰

LOCAL

from

Fraser Valley

Turkey
Burgers

made in store, raised
without antibiotics

13⁹⁹/lb

30.84/kg

LOCAL

from

Fraser Valley

Rosstown Roasted Chickens

11⁹⁹
each

Beef Top Sirloin Steaks

26.43/kg

11⁹⁹
/lb

Grass Fed, Value Pack
from Australia / New Zealand

Organic Melons

3.48/kg

LOCAL

from

Secret Farm,
Oliver

1⁵⁸
/lb

Cantaloupe, Seedless Red
Watermelon, Yellow Mini

Silver Hills Organic Sprouted
Power Bread

4⁴⁹

510g - 680g
select
varieties



AOR Vitamins &
Supplements

All
Products
on Sale

20% off
Assorted Sizes



Made Good
Gluten-Free Bites,
Bars & Snacks

30% off
Assorted Sizes



Terra Breads
Granola

14⁹⁹
850g - 1kg

For a limited time, enjoy **free pickup** from your local Choices
choicesmarkets.com

Prices Effective
September 1 - 7, 2022

PRODUCE

For a limited time, enjoy **free pickup** from your local Choices
choicesmarkets.com

Prices Effective
 September 1 - 7, 2022

Hot House Peppers

6.57/kg



orange, red & yellow

2⁹⁸
/lb

Ready To Eat Cut Fruit & Vegetables

15% Off

708g-2.26kg

locally produced in Richmond
 assorted varieties

Organic Seedless Grapes

8.77/kg

black, green & red
 grown in USA

3⁹⁸
/lb

Hass Avocados

from Mexico

2/3⁰⁰

MEAT

Whole Organic Chicken

15.41/kg



6⁹⁹
/lb

Seasoned Chicken Taco Meat



11⁹⁹
400g

Sockeye Salmon Fillets

Value Pack

4⁹⁹
/100g

Ground Chicken

19.82/kg



8⁹⁹
/lb

Raised without Antibiotics
 made in store

Marinated Pork Chops

19.82/kg

Raised without Antibiotics
 made in store

8⁹⁹
/lb

Char Fillets

3⁹⁹
/100g

Pork Back Ribs

30.84/kg



13⁹⁹
/lb

Raised Without Antibiotics

All BBQ Ready Sausages Pork, Chicken & Turkey



15% Off

Lamb Leg Steaks

35.25/kg

15⁹⁹
/lb

Raised Without Antibiotics

GROCERY

For a limited time, enjoy **free pickup** from your local Choices
[choicesmarkets.com](https://www.choicesmarkets.com)

Prices Effective
 September 1 - 7, 2022



Anita's Mill Organic
 Pancake Mix, Oats &
 Cereal

30% off
 Assorted Sizes



The Granola
 King Granola

10⁹⁹
 750g



Yumi Organics
 Overnight Oats

5⁹⁹
 330g



Shady Maple
 Farms Organic
 Maple Syrup,
 Sugar & Cookies

30% off
 Assorted Sizes



Blue Diamond
 Almond Breeze
 Beverages

4⁴⁹
 1.89L
 +deposit +eco fee



Rolling Meadow
 Grass Fed Milk &
 Cream

2⁹⁹ 4⁹⁹
 473ml Cream
 +deposit +eco fee
 2L Milk
 +deposit +eco fee



Earth's Own Organics
 Plant-Based Butter,
 Sour Cream, Dips
 & Cream Cheese

4⁴⁹
 227g - 340g



Yogi Tea

4⁹⁹
 16 Tea Bags



Salt Spring
 Organic Fair
 Trade Coffee

13⁹⁹
 400g



Earth's Choice
 Organic Peanut
 Butter

6⁴⁹
 500g



Barney Butter
 Almond Butter

6⁹⁹
 284g



Armstrong Cheese

10⁹⁹
 600g



Liberté Greek
 & Méditerranée
 Yogurt

2/6⁰⁰
 4 Pack or 400g



Olympic Natural,
 Crema & Organic
 Yogurt

3⁴⁹-4⁹⁹
 500g - 650g



Yoggu! Plant-Based
 Coconut Yogurt

6⁴⁹
 450g

Maple Hill Farms Organic
 Free Range Large Eggs



6⁹⁹
 1 Dozen



Echoclean
 2X Natural
 Liquid Laundry
 Detergent

7⁴⁹
 1.5L



Seventh Generation
 Natural Dish Liquid

2⁹⁹
 562ml

GROCERY



Hardbite Natural
Potato Chips

2/6⁰⁰
128g - 150g



Lesser Evil
Popcorn &
Paleo Puffs

3⁹⁹ 4⁴⁹
142g Popcorn
142g Paleo Puffs



La Cocina
Tortilla Chips

3⁹⁹
300g - 400g



SeaSnax Organic
Seaweed Snacks

30% off
Assorted Sizes



Eve's Gluten-Free
Keto Crackers

6⁹⁹
108g



Simply Organic
Guacamole Mixes
& Skillet Sauces

2/5⁰⁰ 2/7⁰⁰
113g Guacamole Mixes
227g Skillet Sauces



Tate's Bake
Shop Gourmet
Cookies

5⁹⁹
198g



Dandies Vegan
Gluten-Free
Marshmallows

3⁹⁹
283g



Ritter Sport
Chocolate Bars

2⁹⁹-3⁴⁹
100g



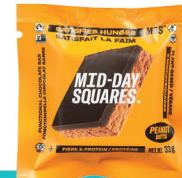
Nature's Bakery
Fig Bars

5⁹⁹
6 Pack



Clif Energy
Bars

4/5⁰⁰
68g



Mid-Day
Superfood
Squares

2/4⁰⁰
33g



Sapsucker
Organic Sparkling
Tree Water

2/4⁰⁰ 6⁹⁹
355ml + deposit + eco fee
4 Pack + deposit + eco fee



GT's Organic
Raw Kombucha

7⁹⁹
1.4L + deposit + eco fee



Chasers Cold
Pressed Juice

10⁹⁹
1L + deposit + eco fee



Dream Pops &
Bites Plant-Based
Frozen Desserts

4⁴⁹ 5⁹⁹
4 Pack Pops
118ml Bites



Island Farms
Ice Cream

5⁹⁹
1.65L



Daiya Vegan
Frozen Pizza

7⁹⁹
Assorted Sizes

DELI

Choices' Own Deli Salads



**20%
Off**

Choices' Own Wild Salmon Lox Bagels



**7⁹⁹
each**

Choices' Own Natural, Black Forest or Honey Ham



**3⁴⁹
/100g**

Summer Fresh Hummus Toppers



**4⁹⁹
255g**

Beef or Turkey Sausage Rolls



**2/
6⁰⁰**

Jamaican Patties



**2/
8⁰⁰
148g**

Bothwell Cheese



**2⁹⁹
/100g**

Arla Cheese Slices



**5⁹⁹
125g - 175g**

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



**20%
Off**

BAKED GOODS

Choices' Own Hamburger, Hot Dog or Slider Buns



**4⁴⁹
6 - 12
pack**

Choices' Own Classic Cookies



**5⁴⁹
12 pack**

Choices' Own Individual Cheesecakes



**3⁹⁹-
4⁹⁹
60g - 80g**

Choices' Own Vegan Morning Glory Muffins



**5⁹⁹
4 pack**

Grimm's Tortillas and Wraps



**3⁷⁹
300g - 600g**

GluteNull Gluten-Free Cookies



**9⁹⁹
210g - 320g**

Dempster's Bagels



**4²⁹
5 pack**

ALL-NEW ONLINE
CHOICES

**NOW
HERE**



FOR A LIMITED TIME, ENJOY

FREE PICKUP

FROM YOUR LOCAL CHOICES

CHOICESMARKETS.COM

GROCERY



Savör Organic Products

30% off

Assorted Sizes



Nutiva Organic Coconut Oils & Coconut Secret Aminos

30% off

Assorted Sizes

Amy's Organic Frozen Burritos



2⁹⁹

170g

Regular Varieties

3⁴⁹

170g

Gluten-Free

Italpasta Pasta



2/6⁰⁰

375g & 900g



Suzie's Organic Condiments & Sauces

30% off

Assorted Sizes



Lightlife Vegan Meat Alternatives

30% off

Assorted Sizes

Violife Plant-Based Cheese Alternatives



4⁹⁹

200g - 227g

Muir Glen Organic Fire Roasted Canned Tomatoes



4⁹⁹

796ml

WELLNESS



Vega One All-In-One Nutritional Shakes

54⁹⁹

827g - 876g



Nuun Hydration Electrolytes Sport, Boost, Immunity and Vitamin

8⁹⁹

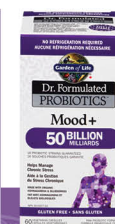
10 Tabs



NutraVege Omega-3 Plant-Based DHA & EPA

20% off

Assorted Sizes



Garden of Life Dr. Formulated Probiotics

20% off

Assorted Sizes



Natural Factors Curcumin Rich Theracurmin Supplements

20% off

Assorted Sizes



Prairie Naturals Vitamins & Supplements

20% off

Assorted Sizes



Vitality Vitamins and Supplements

25% off

Assorted Sizes



Herbaland Kids MultiVitamins

20% off

Assorted Sizes



Sukin Botanicals Natural Face and Body Care

30% off

Assorted Sizes



Ecoideas Superfoods Chia, Maca and Moringa

20% off

Assorted Sizes



SiSU Magnesiums & Vitamin B Supplements

20% off

Assorted Sizes



Animal Parade Children's Vitamins 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 Immet St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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