



WEEKLY CHOICES

100% BC OWNED AND OPERATED

Whole Chicken
Raised Without
Antibiotics

4.99/lb
11.00/kg

LOCAL
from

Fraser Valley

Choices' Own 4.25" Quiche

**2/
9.00**

Silver Hills Sprouted Power
Bread

**2/
9.00**

430g - 615g

McIntosh Apples

LOCAL
from

Blossom
River

5.98

1.36kg
Bag

Prune Plums

LOCAL
from

Nature's
First Fruits

4.98

907g
Bag

Strawberries

4.98

454g

from USA



Vega Sport
Protein

**BUY 1
GET 1**

FREE

801g - 837g



Chasers Cold
Pressed Juice

10.99

1L
+ deposit + eco fee



Smart Sweets
Low Sugar Candy

2.99

50g

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

Prices Effective
September 15 - 21, 2022

PRODUCE

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

Prices Effective
September 15 - 21, 2022

Bunched Carrots



1.98
each

Lemons

Imported

4/300
or .75 each

Organic Red Grape Tomatoes



5.98
1 dry pint
ecopack

Organic Himrod Grapes



7.98
907g
pkg.

MEAT

Beef Ribeye Steaks

44.07/kg

19.99
/lb

Grass Fed, Value Pack
from Australia/New Zealand

Pork Schnitzels

22.02/kg



9.99
/lb

Made In Store

Ahi Tuna Steaks

5.99
6oz each

Wild Caught

Pork Side Ribs

17.61/kg



7.99
/lb

Raised Without Antibiotics

Turkey Sausages

26.43/kg



11.99
/lb

Made In Store

Fresh Steelhead Fillets

3.99
/100g

Value Pack

Lamb Rib Chops

66.12/kg

29.99
/lb

Raised Without Antibiotics
from New Zealand

Ground Turkey Breast

39.66/kg



17.99
/lb

Ground Pork

13.21/kg



5.99
/lb

Raised Without Antibiotics

GROCERY

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

Prices Effective
September 15 - 21, 2022



Made Good
Gluten-Free
Snacks

30% off
Assorted Sizes



Mary's Organic
Gluten-Free
Crackers

549
141g - 184g



Edward & Sons
Rice Toasts &
Crisps

299-399
65g - 100g



Silly Cow Farms
Hot Chocolate

699
480g



Loop Smoothies
& Cold Pressed
Juice

2/700
355ml
+ deposit+eco fee



Que Pasa
Organic Grain
Free Tortilla
Chips

399
142g



Alter Eco Organic
Fair Trade Chocolate
Bars & Truffles

2/700 799
75g - 80g Bars
120g Truffles



Bobo's Gluten-Free
Snack Bars

2/500 399
71g - 85g Bars
5 pack Bars



Simply
Protein Bars

3/500
40g



Earth's Choice
Organic Rainforest
Alliance Certified
Coffee

999
340g



Salt Spring Organic
Fair Trade Coffee

1299
400g



Four O'Clock
Organic Tea

449
16 tea bags



Avalon Organic
Milk

349
1L
+ deposit+eco fee



Earth's Own Oat
Beverages

399 499
1.75L Regular Oat
+ deposit+eco fee
1.75L Naked Oat
+ deposit+eco fee



Nuts to You
Organic Peanut
Butter

899
750g



Terra Breads
Granola

1499
850g & 1kg



Only Oats
Gluten-Free Oats

999
1kg



Bonne Maman
Jam & Spreads

549
250ml

GROCERY



Amy's Organic
Frozen Entrees
& Bowls

5⁹⁹

Assorted Sizes



Rocky Mountain
Frozen Artisan
Pizza

6⁹⁹

370g
Mozzarella

8⁹⁹

Assorted Sizes



Stahlbush Island
Farms Frozen
Berries

3⁹⁹

283g - 300g



Karthain's
Organic
Sauerkraut &
Kimchi

5⁹⁹

375ml
Sauerkraut

6⁹⁹

375ml
Kimchi



Lucky Seoul
Kimchi

5⁹⁹

414ml



La Chaudiere
Organic Cheese

30% off

Assorted Sizes



Bragg Organic
Apple Cider
Vinegar

4⁴⁹

473ml



Omega Nutrition
Organic Apple
Cider Vinegar

6⁹⁹

946ml

21⁹⁹

3.78L



Earth's Choice
Organic Lemon
or Lime Juice

3⁹⁹

250ml

9⁹⁹

1L



Imagine Organic
Soup

5⁴⁹

1L



Cha's Organics
Coconut Milk &
Cream

3⁹⁹

400ml



Savör Organic
Products

30% off

Assorted Sizes



Bioitalia Organic
Tomatoes Strained,
Sauce & Paste

2/7⁰⁰

Assorted Sizes



Kaslo Fermentata
Pasta

7⁹⁹-8⁹⁹

454g



Earth's Choice
Organic
Tomatoes

3⁹⁹

398ml

5⁴⁹

796ml



Safe Catch
Canned Salmon
& Tuna

30% off

142g



Raincoast Trading
Sardines &
Albacore Tuna

3⁹⁹

120g
Sardines

6⁴⁹

150g
Tuna



Maison Orphée
Organic Cooking
Oils

30% off

500ml & 750ml

DELI

Choices' Own Hot Soup



**4.99-
8.99**
16oz - 32oz

Choices' Own Wild Salmon Cakes



3.99
140g

Choices' Own Turkey, Roast Beef or Ham Sandwiches



6.99
200g

Krinos Spinach & Feta or Ricotta & Feta Twisters



**2/
6.00**

Cooked or Smoked Antibiotic Free Turkey Breast



4.99
/100g

Happy Days Marble Goat Cheddar Cheese



4.49
/100g

Tre Stelle Grana Padano, Romano or Reggiano Wedge Cheese



**10.99-
12.99**
200g

Rustic Bakery Crisps & Flatbread



9.99
170g

The Village Cheese Company Artisan Cheese



**20%
Off**

BAKED GOODS

Choices' Own Mini Muffins



2.99
4 pack

Choices' Own Artisan Cookies



6.99
6 pack

Choices' Own Artisan Buns



**3.49-
4.49**
4 pack

Bakestone Brothers Organic Bagels



4.99
6 pack

Wise Bites Bars & Muffins Gluten-Free, Vegan & Nut Free



6.99
300g - 340g

Carbonaut Bread Low Carb & Gluten-Free



5.49
355g - 544g

Happy Anniversary, Choices North Vancouver
Saturday, September 17th ONLY!

10% OFF

THE ENTIRE STORE,
INCLUDING SALE ITEMS

Anniversary sale is only available at Choices North Vancouver | Sale not available online

GROCERY



Anita's Mill
Organic Oats &
Pancake Mixes

30% off
Assorted Sizes



Riviera Goat
Yogurt or
Greek Keto
Yogurt

549 599
500g Goat 500g Keto



Liberté
Méditerranée
Yogurt

2/700
500g



Donia Farms
Grass Fed
Yogurt

449 1099
650g 1.75kg



Canadian Heritage
Organics Maple
Syrup

1299
500ml



Arla Cream
Cheese

399
200g

Maple Hill Farms Free
Range Large Eggs



569
1 dozen



Granny's Liquid
Laundry Detergent

Regular Retail 11.99, 3.78L

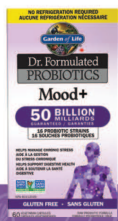
**BUY 1
GET 1
FREE**

WELLNESS



AOR
Vitamins &
Supplements

20% off
Assorted Sizes



Garden of Life
Dr. Formulated
Probiotics

20% off
Assorted Sizes



Natural Factors
Omega's &
Cognitive
Support
Supplements

20% off
Select Varieties



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

1999
944ml

BioSil, Medi-C, Sea-licious
and Vegiday
Vitamins and
Supplements



20% off
Assorted Sizes

withinUs Coconut
Creamer + Collagen
and Matcha Misto
+ Collagen



3999 5699
275g Coconut Creamer + Collagen 280g Matcha Misto + Collagen



Enerex
Vitamins and
Supplements

20% off
Assorted Sizes



Derma•E
Facial & Body
Care

25% off
Assorted Sizes



AlgaeCal
Plant Calcium

3399
90 caps



Renew Life
Vitamins and
Supplements

25% off
Assorted Sizes



Bach Flower
Remedies

25% off
Assorted Sizes



Divine Essence
Essential Oils
and Body Care
Products

30% 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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