



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Lean Ground Beef
Grass Fed, Value Pack

899/lb

19.82/kg

from
New Zealand / Australia

Organic Broccolini
398
bunch
from USA

Choices' Own Hot Soup

599
16oz

1099
32oz

Choices' Own Festive Garlic & Cheddar Bread and Roasted Garlic Butter Bread

Product
available until
Nov. 28th

**499-
599**
200g - 320g

Fresh Steelhead Fillets

399
/100g

Organic Ambrosia Apples



598
1.36kg
bag

Hass Avocados

**2/
300**

from Mexico



**Botanica Organic
Vitamins &
Supplements**

30% off
Assorted Sizes



**Olympic Organic,
Krema & Greek
Yogurt**

349 - 499
500g - 650g



**Nuts to You Almond
Butter & Organic
Sesame Tahini**

799 849
500g
Tahini 365g
Almond Butter

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

Prices Effective
October 13 - 19, 2022

PRODUCE

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Hot House Grown Peppers



4⁹⁸
907g
bag

Red, Yellow, Orange Mix

Organic Concord or Venus Grapes



7⁹⁸
907g

Organic Bunch Green Kale



**2/
5⁰⁰**

MEAT

Bone-In Chicken Breasts

15.41/kg

6⁹⁹
/lb

Raised Without Antibiotics
Value Pack

Marinated Chicken Wings

17.61/kg



7⁹⁹
/lb

made in-store

Rosstown Marinated Chicken Kabobs

11⁹⁹
pkg. of 3

Black Garlic, Mediterranean
Herb, Chipotle Maple

Pork Back Ribs

30.84/kg



13⁹⁹
/lb

Raised Without Antibiotics

Turkey Sausages

26.43/kg



11⁹⁹
/lb

made in store

Ahi Tuna Steak

5⁹⁹
each

Bison Sirloin Tip Steaks

37.46/kg

16⁹⁹
/lb

Ground Dark Turkey Meat

28.64/kg



12⁹⁹
/lb

Raised Without Antibiotics

GROCERY

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Choices
Organic Milk

8⁹⁹

4L
+deposit +eco fee



Happy Planet Mornin'
Oatz Ready to Drink
Shakes

2/4⁰⁰ 4⁴⁹

250ml
+deposit +eco fee



Earth's Own
Almond & Oat
Beverages

2/6⁰⁰

946ml
+deposit +eco fee



Kicking Horse
Organic Fair
Trade Whole
Bean Coffee

14⁴⁹

454g



Taylors Tea

5⁹⁹

20 Tea Bags



Beyond Moo Oat
Based Yogurt &
Drinkable Yogurt

1⁷⁹ 4⁴⁹

180ml Drinkable
Yogurt

550g
Yogurt



Bob's Red Mill
Baking Aids

30% off

Assorted Sizes



Camino Organic
Fair Trade Baking
Chips, Cocoa
Powder & Coconut

30% off

Assorted Sizes



Crofter's
Organic Jams
& Spreads

4⁹⁹ 54⁹-5⁹⁹

235ml

383ml

Country Golden Yolks
Large Free Range Eggs



5⁹⁹

One Dozen



Meadowvale
Creamery
Butter

54⁹

454g



Armstrong
Cheddar Cheese

10⁹⁹

600g



Bragg Organic
Apple Cider
Vinegar

6⁹⁹

946ml



Kikkoman Cooking
Sauces, Marinades
& Panko Bread
Crumbs

30% off

Assorted Sizes



Tofutti Dairy-Free
Dips, Sour Cream
& Cuties Frozen
Desserts

2/6⁰⁰ 4⁴⁹

227g & 340g Dips
Assorted Sizes

8 Pack Frozen Desserts
Assorted Sizes



Avafina Organics
Seeds, Spices &
Quinoa

30% off

Assorted Sizes



Wildwood
Organic
Sprouted Tofu

2/7⁰⁰

2 Pack



Abokichi Miso
Soup & Okazu
Chili Miso Oil

5⁹⁹ 9⁹⁹

140g
Miso Soup

230ml
Oil

GROCERY



Kettle Brand
Potato Chips

2⁹⁹
220g



Fresh is Best
Tortilla Chips,
Taco Shells, Salsa
& Dips

3⁹⁹
Assorted Sizes
& Varieties



Hippie Snacks
Avocado, Cauliflower
or Almond Crisps

4⁴⁹
70g



Covered Bridge
Potato Chips and
Lela's Chickpea
Chips

2/6⁰⁰
120g - 170g



Paqui Tortilla
Chips

2/7⁰⁰
155g



Cedar Valley
Pita Chips

3⁹⁹
180g



Haribo
Gummies

2/5⁰⁰ 4⁴⁹
175g 284g



Smart Sweets
Low Sugar Candy

2/6⁰⁰ 7⁹⁹
50g 70g - 85g
Gummies Lollipops & Gems



Endangered Species
Organic Fair Trade
Chocolate Bars

2/7⁰⁰
85g



Partners Artisan
Crackers and
Wise Crackers

2/7⁰⁰
114g - 124g



Freeyum
Gluten-Free
Bars & Cookies

3⁹⁹
135g - 154g



Avalon Organic
Ice Cream

8⁹⁹
946ml



San Pellegrino
Sparkling Italian
Soda

1⁴⁹ 6⁹⁹
330ml Single 6 Pack
+deposit +eco fee +deposit +eco fee



La Croix
Sparkling Water

.99 5⁴⁹
355ml Single 8 Pack
+deposit +eco fee +deposit +eco fee



So Delicious
Plant-Based
Frozen Desserts &
Cocowhip Topping

30% off
Assorted Sizes



Söta Sparkling
Organic Tea and
Adaptogens

2⁴⁹ 11⁹⁹
355ml Single 6 Pack
+deposit +eco fee +deposit +eco fee



Rise Organic
Kombucha

2/7⁰⁰
414ml
+deposit +eco fee



Bremner's
Fruit Juices

30% off
946ml
+deposit +eco fee

DELI

**Beef or Vegan
Cabbage Roll Entrées**

**899-
999**
3 pieces

**Rosstown Roasted Half
Chickens**

699
each

**Choices' Own Artisan
Ham, Turkey or Roast
Beef Sandwiches**

999
each

**Old Fashioned, Honey or
Black Forest Ham**

249
/100g

Habibi's Hummus

699
450g

Choices' Own Pasta Entrées

**699-
999**
each

**Cathedral Mature or Extra
Mature Cheddar Cheese**

**699-
799**
200g

**Tre Stelle Reggiano, Grana
Padano or Romano Cheese**

**1099-
1299**
200g

**L'Extra Cambozola, Oka or
Brie Cheese**

**20%
Off**

BAKED GOODS

**Choices' Own Keto Bites,
Kornbread or Muffins**

449
100g - 140g

**Choices' Own Artisan
Cookies**

649
6 pack

Choices' Own Cake Slices

449
120g - 150g

**GluteNull Gluten-Free
Bread & Buns**

999
425g - 750g

**Bakestone Brothers
Organic Tortillas**

399
300g - 344g

**ALL-NEW ONLINE
CHOICES
NOW
HERE**



FOR A LIMITED TIME, ENJOY

FREE PICKUP
FROM YOUR LOCAL CHOICES

CHOICESMARKETS.COM

GROCERY



The Very Good Butchers Vegan Meat Alternatives

30% off
Assorted Sizes



Carbone Premium Pasta Sauce

8⁹⁹
660ml



Eden Organic Beans

2/6⁰⁰
398ml

Raincoast Trading Sockeye or Wild Pink Canned Salmon



30% off
150g - 160g



Amy's Organic Frozen Pizza

8⁹⁹
Assorted Sizes



Rustichella Pasta

4⁹⁹-5⁹⁹
250g & 500g

Green Organic



Frozen Vegetables

3⁹⁹
500g



Sprague Organic or Keto Soups

2/6⁰⁰ 2/7⁰⁰
Organic Varieties 398ml
Keto Varieties 398ml

WELLNESS



Harmonic Arts Superfood & Mushroom Elixirs

20% off
Assorted Sizes



NutraVege Plant-Based Omega-3 DHA & EPA

20% off
Assorted Sizes



Natural Factors Vitamin A, D & K Supplements

20% off
Assorted Sizes



Now Vitamins and Supplements

20% off
Assorted Sizes



withinUs TruMarine Collagen

42⁹⁹ 59⁹⁹
20 Pack 250g



AOR Vitamins & Supplements

20% off
Assorted Sizes



SiSU Multivitamins

20% off
Assorted Sizes
Select Varieties



Platinum Naturals Vitamins and Supplements

20% off
Assorted Sizes



Nature's Way Sambucus

14⁹⁹ 18⁹⁹
120ml Adults & Kids 60 Gummies



Lily of the Desert Aloe Vera Juice or Gel

10⁴⁹
946ml



Weleda Face and Body Care

25% off
Assorted Sizes



Jäsön Naturals Hand Soap & Body Wash

6⁹⁹ 15⁹⁹
473ml Hand Soap 887ml - 900ml Body Wash



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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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