



3 DAYS  
ONLY

# HARVEST SPECIAL!

Friday  
October 28

Saturday  
October 29

Sunday  
October 30

15%  
OFF

no minimum  
purchase



THE ENTIRE STORE,  
INCLUDING SALE ITEMS  
LIKE THESE



CanPrev  
Vitamins &  
Supplements

**20% off**  
Assorted Sizes



49th Parallel  
Coffee

**13<sup>99</sup>**  
340g



Nature's Path  
Organic Eco Pac  
Cereals

**8<sup>99</sup>**  
Assorted Sizes

15% off sale available at all Choices retail locations. Not available online.



# PRODUCE

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

Prices Effective  
**October 27 - November 2, 2022**

## Organic Potatoes

Red and Yellow



**5.98**  
2.27kg  
bag

## Organic Hass Avocados

from Mexico

**3/**  
**6.99**

## Organic Kale Bunches

Black, Green and Red

from Cal Organic in USA

**2/**  
**6.00**

## Organic Fair Trade Lemons

from Mexico

**6.98**  
907g  
bag

## Organic Kiwi

Gold & Green

from USA

**5.98**  
454g  
bag

## Large Cauliflower

from USA

**3.98**  
each

# MEAT

## Boneless Skinless Chicken Breasts - 15.41/kg



**6.99**  
/lb

Raised Without Antibiotics

## Pork Sausages

19.82/kg



**8.99**  
/lb

made in store  
Raised Without Antibiotics

## Pork Side Ribs

15.41/kg

## Organic Lean Ground Beef

26.43/kg

**11.99**  
/lb

Grass Fed, Value Pack

## Bacon - No Nitrates Added

26.43/kg



**11.99**  
/lb

## Boneless Skinless Chicken Thighs - 22.02/kg



**9.99**  
/lb

Raised Without Antibiotics

## Beef Top Sirloin Steaks

28.64/kg

**12.99**  
/lb

Grass Fed, Value Pack

## Lamb Loin Chops

44.07/kg

**19.99**  
/lb

Raised Without Antibiotics  
Grass Fed

## Wild Sockeye Salmon Fillets

Value Pack  
Previously Frozen

**4.29**  
/100g

## Fresh Sole Fillets

**2.29**  
/100g

## Crab Cakes

**5.99**  
2 pack



# GROCERY

For a limited time, enjoy **free pickup** from your local Choices  
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Uncle Luke's  
Organic Maple  
Syrup

**11<sup>99</sup>**  
500ml



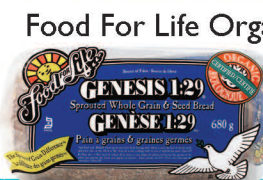
Wedderspoon  
Manuka Honey

**30% off**  
Assorted Sizes



Once Upon A Farm  
Organic Baby Food &  
Smoothies

**2/5<sup>00</sup> 2/6<sup>00</sup>**  
85ml Baby Food 105ml Smoothies



Food For Life Organic Bread,  
Cereal or  
English Muffins

**30% off**  
Assorted Sizes



iÖGO Tube  
Yogurt or Nanö  
Drinkable Yogurt

**2<sup>99</sup> 2/7<sup>00</sup>**  
8 pack Tubes 6 pack Drinkable  
Yogurt



Bob's Red Mill  
Gluten-Free  
Flour

**30% off**  
Assorted Sizes



Doi Chaang  
Organic Coffee

**9<sup>99</sup>**  
340g



Earth's Choice  
Organic Rainforest  
Alliance Certified  
Coffee

**9<sup>99</sup>**  
340g



Ministry of Tea  
Organic Tea

**4<sup>99</sup>**  
35g - 50g



Silk Dairy-Free  
Beverages

**4<sup>99</sup>**  
1.75L - 1.89L  
+deposit+eco fee



Elmhurst Oat,  
Almond & Cashew  
Barista or Milked  
Beverages

**6<sup>99</sup>**  
946ml  
+deposit+eco fee



Plant Veda Cashew  
Creamers and  
Flavoured Lassi's

**4<sup>49</sup> 7<sup>99</sup>**  
500ml Creamers 1L Lassi



Savör  
Grass Fed  
Butter

**5<sup>99</sup>**  
250g



Fraser Valley  
Butter

**5<sup>99</sup>**  
454g



Avalon Organic  
Cottage Cheese

**5<sup>99</sup>**  
500g



Yumi Organics  
Overnight Oats

**5<sup>99</sup>**  
330g

Maple Hill Farms Free Range  
Large Eggs



**5<sup>99</sup>**  
One Dozen



Earth's Choice  
Organic Peanut  
Butter

**5<sup>99</sup>**  
500g



# GROCERY

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Kettle Brand  
Potato Chips

**2<sup>99</sup>**  
220g



Hardbite  
Vegetable Chips

**4<sup>49</sup>**  
150g



Siete Grain-Free  
Tortilla Chips &  
Strips

**5<sup>49</sup>**  
142g



Sonoma  
Creamery  
Cheese Crisps

**3<sup>99</sup>**  
64g



Sunflower Kitchen  
Hummus & Dips

**30% off**  
227g



Healthy Hippo  
Plant-Based  
Gummies

**2/6<sup>00</sup>**  
50g



Denman Island  
Organic  
Chocolate Bars

**2/6<sup>00</sup>**  
44g - 46g



Endangered  
Species  
Chocolate Bars

**2/7<sup>00</sup>**  
85g

Lily's Stevia Sweetened  
Chocolate Bars & Baking Chips



**3<sup>99</sup> 6<sup>99</sup>**  
80g - 85g 255g  
Chocolate Bar Baking Chips



Rise Organic  
Kombucha

**2/7<sup>00</sup>**  
414ml  
+deposit+eco fee



Fentimans Craft  
Soda

**2/5<sup>00</sup> 8<sup>99</sup>**  
275ml Single 4 pack  
+deposit+eco fee +deposit+eco fee



Bremner's  
100% Juice

**30% off**  
946ml  
+deposit+eco fee



Home Grown  
Living Foods  
Organic Seeds &  
Baking Mixes

**30% off**  
Assorted Sizes



Lucky Foods  
Seoul Kimchi &  
Spring Rolls

**30% off**  
Assorted Sizes

Amy's Organic or Gluten-Free  
Frozen Burritos and Breakfast  
Wraps



**2/7<sup>00</sup> 2/8<sup>00</sup>**  
170g 156g - 170g  
Regular Varieties Gluten-Free



Primal Kitchen  
Condiments,  
Pasta Sauces &  
Dressings

**30% off**  
Assorted Sizes



Chosen Foods  
Avocado Oil,  
Dressings &  
Mayonnaise

**30% off**  
Assorted Sizes



Amy's Organic  
Frozen Pizza

**8<sup>99</sup>**  
Assorted Sizes



# DELI

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

Prices Effective  
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## Rosstown Roasted Chickens

**11.99**  
each

## Nightingale 12" Pizzas

**14.99**  
each

## Spinach & Feta or Mushroom & Parmesan Spanakopita

**4.49**  
185g

## Choices' Own Fresh Soup

**7.99**  
650ml

## Choices' Own Ready to Eat Wraps

**9.99**  
each

## Choices' Own Pasta Entrées

**1.00 Off**  
regular retail  
380g - 550g

## Grimm's Honey Ham

**2.49**  
/100g

## Summer Fresh Hummus Toppers

**5.49**  
255g

## Parmigiano Reggiano Cheese

**5.99**  
/100g

## Choices' Own Organic Cheese

**20% Off**

# BAKED GOODS

## Choices' Own Artisan Fruit Pie Halves

**6.49**  
each

## Choices' Own 8" Pecan Walnut Pie

**6.49**  
half pie **10.99**  
each

## Choices' Own Festive Garlic & Cheddar Bread

**5.99**  
200g

## Silver Hills Organic Sprouted Power Bread

**4.99**  
510g - 680g

## Choices' Own Vegan Morning Glory Muffins

**3.99**  
mini 4 pack **6.49**  
4 pack

## Choices' Own Savory Buns

**3.49 - 4.49**  
4 pack

## Dempster's Bagels

**4.49**  
5 pack & 6 pack

ALL-NEW ONLINE  
CHOICES  
**NOW**  
**HERE**



FOR A LIMITED TIME, ENJOY

**FREE PICKUP**  
FROM YOUR LOCAL CHOICES

**CHOICESMARKETS.COM**



# GROCERY

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

Prices Effective  
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Earth's Choice  
Organic Beans

**2/5<sup>00</sup>**  
398ml



Sharwood's  
Indian Cooking  
Sauces &  
Chutney

**3<sup>99</sup>**  
250ml & 395ml

Beyond Meat Plant-Based  
Burgers &  
Breakfast  
Sausage

**5<sup>99</sup>**  
226g & 135g



Golden Home  
Pizza Crust

**6<sup>99</sup>**  
Assorted Sizes



Earth's Choice  
Organic Canned  
Tomatoes

**2/7<sup>00</sup> 4<sup>49</sup>**  
398ml 796ml



Stellas  
Gluten-Free  
Perogies

**8<sup>49</sup>**  
520g



Imagine  
Organic  
Broth

**4<sup>99</sup>**  
946ml - 1L



Armstrong  
Natural  
Cheese Slices

**4<sup>99</sup>**  
220g - 240g

# WELLNESS



A.Vogel  
Echinaforce  
Supplements

**20% off**  
Assorted Sizes



Organika  
Vitamins &  
Supplements

**20% off**  
Assorted Sizes



BulletProof Brain  
Octane, XCT  
Oil or Upgraded  
Collagen

**20% off**  
Assorted Sizes



Botanica Organic  
Vitamins &  
Supplements

**20% off**  
Assorted Sizes



Bio-K Plus  
Probiotics

**1<sup>99</sup> 2<sup>19</sup>**  
6 pack Dairy 6 pack Non-Dairy



Platinum Naturals  
Active-X  
Multivitamins

**4<sup>69</sup> 8<sup>19</sup>**  
60 softgels 120 softgels



Natural Calm  
Magnesium  
& Sleep  
Supplements

**20% off**  
Assorted Sizes



New Chapter  
Vitamins &  
Supplements

**15% off**  
Assorted Sizes



AOR  
Zinc-Copper  
Balance

**2<sup>99</sup>**  
100 caps



Weleda  
Body &  
Baby Care

**20% off**  
Assorted Sizes



Andalou Naturals  
Face & Body Care  
Products

**20% off**  
Assorted Sizes



Jasön Naturals  
Hair Care  
Products

**7<sup>99</sup>-9<sup>99</sup>**  
200ml - 540ml



[choicesmarkets.com](http://choicesmarkets.com)



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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

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.