

CHOICES SPECIALS!





Choices' Own 4.25" Tourtiere or Shepherd's Pie

Choices' Own Pumpkin Pies **Alternative Flour**

> 699 6 inch

899

Organic Table Carrots

9 inch



Natural Factors and Whole Earth and Sea Vitamins and Supplements

20% off Assorted Sizes

Assorted Varieties



15ml dropper

Prairie Naturals Vitamin D3 1000 IU



or softgels



907g bag



Amy's Frozen Meals & Entrées



Holy Napoli Frozen Pizza & Dough

600 300g

Annie's Homegrown Macaroni & Cheese Sides Dishes

2/600

599 Assorted Sizes

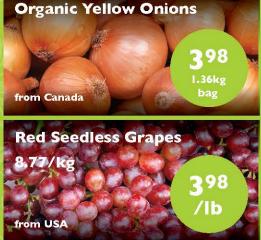
> For a limited time, enjoy free pickup from your local Choices choicesmarkets.com

Prices Effective November 3 - 9, 2022

PRODUCE

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

Prices Effective November 3 - 9, 2022







MEAT







799

/lb

Boneless Pork Chops

17.61/kg

Value Pack





999

/lb

Chicken Sausages

22.02/kg

made in store

LOCAL







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

Prices Effective November 3 - 9, 2022



Earth's Choice Organic Coconut Milk, Cream & Oil



Lundberg Nutra-Farmed Rice



Bubbies Pickles, Sauerkraut & Horseradish



30% off
Assorted Sizes Better Than

Bouillon Bases



Imagine Organic Soup

30% off
Assorted Sizes



Safe Catch Wild Salmon & Tuna

30% off

30% off

Fody Low Fodmap

Condiments,

Sauces & Bars



Indianlife **Products**

499



Wholly Veggie! Frozen Appetizers & Entrées



30% off Assorted Sizes

30% off Assorted Sizes

30% off
Assorted Sizes



Earth's Choice Organic Extra Virgin Olive Oil



Daiya Plant-Based Cheese Slices, **Blocks & Shreds**



Tre Stelle Shredded Cheese

Yoggu!

200g - 220g

170g - 200g



Yoggu! Plant-Based Coconut Yogurt



Avalon Organic Probiotic Yogurt



Olympic Organic, Krema or Greek Yogurt

449

099

899-1099



Natur-a Plant-Based **Beverages**



Earth's Own Oat Beverages



Earth's Own Oat Café or Culinary Creamer

+deposit+eco fee

Culinary Edition



La Cocina Tortilla Chips



Kettle Brand Potato Chips



NoochPop! Nutritional Yeast Popcorn



Cakes





Lundberg Organic Rice Stackers or Rice



Le Pain des Fleurs Organic Crispbread



Skinny Pop Ready to Eat or Microwaveable Popcorn

700 449

Rice Cakes

2/600 Ready to Eat Microwavable



Smart Sweets Low Sugar Candy



Camino Organic Fair Trade Chocolate Bars



Tate's Bake **Shop Gourmet** Cookies

2/600

70g - 85g Jolly Gems

2/700



Love Good Fats **Keto Friendly** Bars



Hornby Organic **Energy Bars**

Kind Fruit & Nut Bars



39g - 40g



2/500





Prana Organic Trail Mix & Snacks



Earthbound Farm Organic Frozen Fruit



Greenhouse Organic **Boosters & Cold** Pressed Juices

30% off Assorted Sizes

449 300g



Zevia Zero Calorie Soda or Energy **Drinks & Teas**



Rise Organic Kombucha

Fiji Natural Artesian Water

/400 355ml Energy & Tea +deposit+eco fee

+deposit+eco fee

deposit+eco fe

+deposit+eco fee







Havarti Cheese



Happy Planet Soups



Choices' Own Egg Bites



Grana Padano Cheese



Smoked Turkey Breast



Honey Ham



Italian Sliced Prosciutto

and Salami

BAKED GOODS

Choices' Own Caramelized Onion & Rosemary or

Cranberry Walnut Loaf 629

Ozery Bakery One Bun Thin Sandwich Buns



Choices' Own Dessert Cups



Jack's Paleo Kitchen Cookies



Santa Rosa Mexican 6" White Corn Tortillas



Carbonaut Low-Carb Bread



ALL-NEW ONLINE CHOICES







FOR A LIMITED TIME, ENJOY

FREE PICK YOUR LOCAL CHOICES

CHOICESMARKETS.COM

EZTRA SAVINGS!





DELI



Farmcrest Roasted Specialty Chicken

1499/each

WELLNESS



Ener-C Effervescent Vitamin C Drink Mix

1299 30 pack

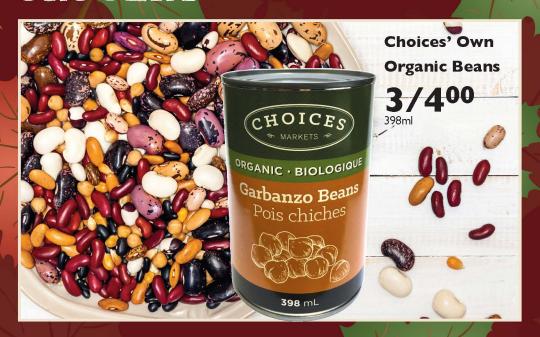
Assorted Varieties

BAKERY



Silver Hills Sprouted Power Bread

2/800 Assorted Sizes





2/6⁰⁰ 2/8⁰⁰











Anita's Mill Organic Pancake







Nature's Farm Organic Large Omega-3 Eggs



99 One Dozen



Nature's Nuts Organic Peanut or Almond Butter

0% off 340g - 500g



Dairyland Egg Nog

+deposit+eco fee





Lions Bay Organic Fair Trade Coffee

Silly Cow Farms Hot Chocolate

480g

Caboo Bamboo Bathroom



& Facial Tissue and Paper **Towels**

0% off



Echoclean 2X Natural Liquid Laundry Detergent

749

WELLNESS



Garden of Life Dr. Formulated **Probiotics**



AquaOmega Omega-3 Fish Oil Supplements

25% off

Assorted Sizes



Platinum Naturals Multivitamins



The Green Beaver Company Face and Body Care and Sunscreens

Assorted Sizes

0% off Assorted Sizes





Bach Flower Remedies and Rescue Remedy



Flora Organic Flax Oil

20% off

Assorted Sizes



Dr. Hauschka Facial Care

20% off

20% off

250ml 941ml

20% off Assorted Sizes

Living Alchemy



Your Flora Series & Fermented Activated Herbals





Purica Zensations





Vega Protein and Greens



Mountain Sky Natural Soap

586g - 618g

50g - 60g Shampoo or Conditioner Body Soap



choicesmarkets.com

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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