



# CHOICES SPECIALS!

100% BC OWNED AND OPERATED

Thomas Reid  
Whole Organic  
Chickens

**6.99/lb**  
15.41/kg



Organic  
Honeycrisp  
Apples

**7.98**

1.36kg bag



Choices' Own 4.25"  
Tourtiere or Shepherd's Pie

**2/10.00**

Choices' Own Pumpkin Pies  
Alternative Flour

**6.99**  
6 inch

**8.99**  
8 inch

**10.99**  
9 inch  
vegan



Natural Factors and  
Whole Earth and  
Sea Vitamins and  
Supplements

**20% off**

Assorted Sizes  
Assorted Varieties



Prairie Naturals  
Vitamin D3 1000 IU

**BUY 1  
GET 1**

**FREE**

15ml dropper  
or softgels

Organic Table Carrots



**4.98**  
907g bag



Amy's Frozen  
Meals & Entrées

**5.99**

Assorted Sizes



Holy Napoli  
Frozen Pizza &  
Dough

**2/6.00**

Dough  
300g

**8.99**

Pizza  
365g - 425g



Annie's Homegrown  
Macaroni & Cheese  
Sides Dishes

**2/6.00**

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](http://choicesmarkets.com)

Prices Effective  
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## Organic Yellow Onions

from Canada

**3<sup>98</sup>**  
 1.36kg  
 bag

## Red Seedless Grapes

8.77/kg

from USA

**3<sup>98</sup>**  
 /lb

## Fancy Large Pomegranates

from POM Wonderful  
 in USA

**3<sup>98</sup>**  
 each

## Organic Celery Bunches

4.37/kg

from USA

**1<sup>98</sup>**  
 /lb

# MEAT

## Organic Boneless Skinless Chicken Legs - 33.05/kg



**14<sup>99</sup>**  
 /lb

## Boneless Skinless Chicken Breasts - 15.41/kg



Value Pack

**6<sup>99</sup>**  
 /lb

## Marinated Chicken Breasts

17.61/kg

assorted flavours

**7<sup>99</sup>**  
 /lb

## Fresh Steelhead Fillets

Value Pack

**3<sup>99</sup>**  
 /100g

## Rosstown Seasoned Chicken Taco Meat



**12<sup>99</sup>**  
 400g

## Boneless Pork Chops

17.61/kg



Value Pack

Raised Without Antibiotics

**7<sup>99</sup>**  
 /lb

## Ahi Tuna Steaks

**5<sup>99</sup>**  
 6oz

## Chicken Sausages

22.02/kg



made in store

**9<sup>99</sup>**  
 /lb

## Pork Schnitzels

22.02/kg



made in store

Raised Without Antibiotics

**9<sup>99</sup>**  
 /lb

## Beef Ribeye Steaks

41.87/kg

Grass Fed, Value Pack  
 from New Zealand/Australia

**18<sup>99</sup>**  
 /lb



# 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 Coconut  
 Milk, Cream & Oil

**30% off**  
 Assorted Sizes



Lundberg  
 Nutra-Farmed  
 Rice

**30% off**  
 Assorted Sizes



Bubbies Pickles,  
 Sauerkraut &  
 Horseradish

**30% off**  
 Assorted Sizes



Better Than  
 Bouillon Bases

**30% off**  
 227g



Imagine  
 Organic Soup

**4<sup>99</sup>**  
 1L



Safe Catch Wild  
 Salmon & Tuna

**30% off**  
 142g



Fody Low Fodmap  
 Condiments,  
 Sauces & Bars

**30% off**  
 Assorted Sizes



Indianlife  
 Products

**30% off**  
 Assorted Sizes



Wholly Veggie!  
 Frozen Appetizers  
 & Entrées

**30% off**  
 Assorted Sizes



Earth's Choice  
 Organic Extra  
 Virgin Olive Oil

**12<sup>99</sup> 20<sup>99</sup>**  
 500ml 1L



Daiya Plant-Based  
 Cheese Slices,  
 Blocks & Shreds

**3<sup>99</sup>**  
 200g - 220g



Tre Stelle  
 Shredded  
 Cheese

**5<sup>99</sup>**  
 170g - 200g



Yoggu! Plant-Based  
 Coconut Yogurt

**6<sup>99</sup>**  
 450g



Avalon Organic  
 Probiotic Yogurt

**4<sup>49</sup> 9<sup>99</sup>**  
 650g 1.75kg



Olympic Organic,  
 Crema or Greek  
 Yogurt

**8<sup>99</sup>-10<sup>99</sup>**  
 1.75kg



Natur-a  
 Plant-Based  
 Beverages

**2/5<sup>00</sup>**  
 946ml  
 +deposit+eco fee



Earth's Own  
 Oat Beverages

**3<sup>99</sup> 5<sup>49</sup>**  
 1.75L Regular Oat  
 +deposit+eco fee 1.75L Naked Oat  
 +deposit+eco fee



Earth's Own Oat  
 Café or Culinary  
 Creamer

**2<sup>99</sup> 3<sup>69</sup>**  
 473ml  
 Café Edition 473ml  
 Culinary Edition



# GROCERY



La Cocina  
Tortilla Chips

**3<sup>99</sup>**

300g - 400g



Kettle Brand  
Potato Chips

**4<sup>49</sup>**

397g



NoochPop!  
Nutritional Yeast  
Popcorn

**3<sup>99</sup>**

120g



Lundberg  
Organic Rice  
Stackers or Rice  
Cakes

**2/7<sup>00</sup> 4<sup>49</sup>**

167g  
Stackers

Assorted Sizes  
Rice Cakes



Le Pain des Fleurs  
Organic  
Crispbread

**5<sup>99</sup>**

150g



Skinny Pop  
Ready to Eat or  
Microwaveable  
Popcorn

**2/6<sup>00</sup> 4<sup>99</sup>**

125g - 150g  
Ready to Eat

476g  
Microwavable



Smart Sweets  
Low Sugar Candy

**2/6<sup>00</sup> 7<sup>99</sup>**

50g Gummies

70g - 85g Jolly Gems  
& Lollipops



Camino Organic  
Fair Trade  
Chocolate Bars

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

80g & 100g



Tate's Bake  
Shop Gourmet  
Cookies

**6<sup>99</sup>**

198g



Love Good Fats  
Keto Friendly  
Bars

**2/4<sup>00</sup>**

39g - 40g



Hornby Organic  
Energy Bars

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

80g



Kind Fruit & Nut  
Bars

**2/4<sup>00</sup>**

40g



Prana Organic  
Trail Mix &  
Snacks

**30% off**

Assorted Sizes



Earthbound Farm  
Organic Frozen  
Fruit

**4<sup>49</sup>**

300g



Greenhouse Organic  
Boosters & Cold  
Pressed Juices

**2/7<sup>00</sup> 5<sup>99</sup>**

60ml Boosters  
+deposit+eco fee

300ml Juice  
+deposit+eco fee



Zevia Zero Calorie  
Soda or Energy  
Drinks & Teas

**2/4<sup>00</sup>**

355ml Energy & Tea  
+deposit+eco fee

**5<sup>49</sup>**

6 Pack Soda  
+deposit+eco fee



Rise Organic  
Kombucha

**6<sup>99</sup>**

1L  
+deposit+eco fee



Fiji Natural  
Artesian Water

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

1L  
+deposit+eco fee

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

1.5L  
+deposit+eco fee



# DELI

**Spinach & Feta or Ricotta  
& Feta Twisters**

**2/  
600**  
2 pack

**Happy Planet Soups**

**6<sup>99</sup>**  
500ml - 650ml

**Smoked Turkey Breast**

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

**Choices' Own Seasonal  
Dinner Side Dishes**

**149-  
249**  
/100g

**Choices' Own Egg Bites**

**2/  
300**  
80g - 90g

**Honey Ham**

**1<sup>99</sup>**  
/100g

**Havarti Cheese**

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

**Grana Padano Cheese**

**3<sup>99</sup>**  
/100g

**Italian Sliced Prosciutto  
and Salami**

**30%  
Off**

# BAKED GOODS

**Choices' Own Caramelized  
Onion & Rosemary or  
Cranberry Walnut  
Loaf**

**6<sup>29</sup>**  
420g

**Choices' Own Dessert Cups**

**4<sup>49</sup>**  
150g - 170g

**Santa Rosa Mexican 6"  
White Corn Tortillas**

**5<sup>99</sup>**  
970g

**Ozery Bakery One Bun Thin  
Sandwich Buns**

**3<sup>99</sup>-  
4<sup>99</sup>**  
320g - 600g

**Jack's Paleo Kitchen Cookies**

**7<sup>99</sup>-  
8<sup>99</sup>**  
198g

**Carbonaut Low-Carb Bread**

**6<sup>99</sup>**  
544g

**7<sup>99</sup>**  
550g low-carb  
gluten-free

**ALL-NEW ONLINE  
CHOICES  
NOW  
HERE**



FOR A LIMITED TIME, ENJOY

**FREE PICKUP**  
FROM YOUR LOCAL CHOICES

**CHOICESMARKETS.COM**



# EXTRA SAVINGS!

## MEAT



**Sockeye Salmon Fillets**

**3<sup>99</sup>/100g**  
previously frozen

## PRODUCE



**Organic Ambrosia Apples**

**1<sup>98</sup>/lb**  
4.37/kg

## DELI



**Farmcrest Roasted Specialty Chicken**

**14<sup>99</sup>/each**

## WELLNESS



**Ener-C Effervescent Vitamin C Drink Mix**

**12<sup>99</sup>**  
30 pack  
Assorted Varieties

## BAKERY



**Silver Hills Sprouted Power Bread**

**2/8<sup>00</sup>**  
Assorted Sizes



# GROCERY



**Choices' Own  
Organic Beans**

**3/4<sup>00</sup>**  
398ml

**CHOICES**  
MARKETS

ORGANIC · BIOLOGIQUE

**Garbanzo Beans**  
Pois chiches

398 mL

**Earth's Choice  
Organic Tomatoes**



**2/6<sup>00</sup>**  
398ml

**2/8<sup>00</sup>**  
796ml



**Savör Grass Fed  
Butter**

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

**SAVÖR**

BEURRE SALÉ  
**NOURRI À L'HERBE**  
**GRASS FED**  
SALTED BUTTER

KEEP REFRIGERATED / GARDER AU FROID 250g



**Choices' Own  
Organic Cheese**

**6<sup>49</sup>**  
235g

**CHOICES**  
DAIRY

ORGANIC  
BIOLOGIQUE

Product of Canada  
Produit du Canada

Organic Old  
Cheddar Cheese  
Fromage Cheddar  
Fort Biologique

The Better Choice  
Le meilleur choix

39% MOISTURE/  
HUMIDITÉ  
31% M.F./M.G.  
Keep refrigerated  
garder au réfrigérateur

235g



**Dairyland  
Milk**

**4<sup>79-4<sup>99</sup></sup>**

4L  
+deposit+eco fee

**Dairyland**  
2%  
MILK

Nutrition Facts  
Valeur nutritive

**Italpasta**



**2/5<sup>00</sup>**  
375g - 900g



# GROCERY



Anita's Mill  
Organic Pancake  
Mix & Oats

**30% off**  
Assorted Sizes



Nature's Nuts  
Organic Peanut  
or Almond  
Butter

**30% off**  
340g - 500g



Lions Bay  
Organic Fair  
Trade Coffee

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



Caboo Bamboo Bathroom  
& Facial Tissue  
and Paper  
Towels

**30% off**  
Assorted Sizes

Nature's Farm Organic  
Large Omega-3 Eggs



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



Dairyland  
Egg Nog

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



Silly Cow  
Farms Hot  
Chocolate

**7<sup>99</sup>**  
480g



Echoclean 2X  
Natural Liquid  
Laundry  
Detergent

**7<sup>49</sup>**  
1.5L

# WELLNESS



Garden of Life  
Dr. Formulated  
Probiotics

**20% off**  
Assorted Sizes



AquaOmega  
Omega-3  
Fish Oil  
Supplements

**25% off**  
Assorted Sizes



Platinum  
Naturals  
Multivitamins

**20% off**  
Assorted Sizes



The Green Beaver  
Company Face and  
Body Care and  
Sunscreens

**25% off**  
Assorted Sizes



Prairie Doctor  
Herbal Tinctures

**20% off**  
Assorted Sizes



Bach Flower  
Remedies and  
Rescue Remedy

**20% off**  
Assorted Sizes



Flora Organic  
Flax Oil

**9<sup>99</sup> 25<sup>99</sup>**  
250ml 941ml



Dr. Hauschka  
Facial Care

**20% off**  
Assorted Sizes

Living Alchemy



Your Flora Series  
& Fermented  
Activated Herbals

**20% off**  
Assorted Sizes



Purica  
Zensations

**27<sup>99</sup>**  
150g



Vega Protein  
and Greens

**35<sup>99</sup>**  
586g - 618g



Mountain Sky  
Natural Soap

**4<sup>49</sup> 9<sup>99</sup>**  
135g 50g - 60g Shampoo  
Body Soap or Conditioner



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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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