



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Lean Ground Beef
Grass Fed, Value Pack

7.99/lb

17.61/kg

from New Zealand/
Australia

Choices' Own Hot Soup

3.99
8oz

5.99
16oz

10.99
32oz

Choices' Own 8" Artisan
Fruit Pies

10.99
each

7 Seas White Tiger Prawns



9.99
340g

31/40, Frozen

Organic Blueberries



3.98
170g pkg.

from Peru

Organic Spinach Bunches



2.98
each

from Cal Organics in USA



SiSU
Vitamins and
Supplements

20% off
Assorted Sizes



Terra Breads
Premium
Granola

14.99
850g - 1kg



Earth's Choice
Organic Rainforest
Alliance Certified
Coffee

9.99
340g

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

Prices Effective
November 10 - 16, 2022

PRODUCE

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Mixed Peppers - Orange, Red and Yellow

4⁹⁸
907g bag

Broccoli Crowns

6.57/kg

2⁹⁸
/lb

from USA

Organic Green and Red Seedless Grapes - 8.77/kg

3⁹⁸
/lb

from USA

Organic Rainbow and Red Chard Bunches

2/⁵⁰⁰

from Cal Organics in USA

MEAT

Organic Boneless Skinless Chicken Breasts - 37.46/kg



16⁹⁹
/lb

Value Pack

Boneless Pork Butt Roast 13.21/kg



5⁹⁹
/lb

Raised Without Antibiotics

Sockeye Salmon Fillets

4²⁹
/100g

Previously Frozen, Value Pack

Ground Turkey Breast 28.64/kg



12⁹⁹
/lb

Harvest Traditional Thick Sliced Bacon



13⁹⁹
500g

Lamb Racks and Rib Chops 63.91/kg

28⁹⁹
/lb

Raised Without Antibiotics
from New Zealand

Rosstown Marinated Turkey Cutlets



15⁹⁹
400g

Marinated Butterfly Chicken



16⁹⁹
each

made in store

Lamb Sausages

28.64/kg

12⁹⁹
/lb

made in store

GROCERY

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

Prices Effective
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Bob's Red Mill
Regular and
Gluten-Free Oats

30% off
Assorted Sizes



Choices' Own
Granola

10⁹⁹
700g - 750g



Anita's Mill Organic
Sprouted & Gluten-Free
Flour and Pancake Mix

30% off
Assorted Sizes



Blue Diamond
Almond Breeze
Beverages

2/5⁰⁰
946ml
+ deposit + eco fee



Califia Farms
Plant-Based
Beverages

4⁴⁹
1.4L
+ deposit + eco fee



Happy Planet
Creamery Organic
Grass Fed Milk

5⁹⁹ 6⁴⁹
1.5L, 2% 1.5L, 3.5%
+ deposit + eco fee + deposit + eco fee



Earth's Choice
Organic Peanut
Butter

5⁹⁹
500g



Barney Butter
Almond
Butter

6⁹⁹
284g

GoldEgg Free Run
Large Brown Eggs



5⁴⁹
One Dozen



Liberté
Classic Yogurt

2/7⁰⁰
650g



Riviera
Petit Pot Style
Yogurt

4⁹⁹-5⁴⁹
4 pack



Tree Island
Grass Fed or
Greek Yogurt

4⁴⁹
325g - 350g



Genuine Third
Wave Organic Tea

5⁹⁹
15 Tea Bags



Stash Premium
Teas

3⁹⁹
18 - 20 Tea Bags



Balderson
Aged Cheddar
Cheese

9⁹⁹-10⁹⁹
250g - 280g



Orchid Pure
Vanilla Extract

9⁹⁹ 10⁹⁹
100ml Conventional 100ml Organic



Lakanto
Monk Fruit
Sweeteners

30% off
Assorted Sizes



Alpha Plant-Based
Frozen Burritos
& Breakfast
Sandwiches

2/5⁰⁰ 2/6⁰⁰
142g - 156g Burritos 156g Breakfast Sandwiches

GROCERY



Spudsy Sweet
Potato Puffs &
Fries

4⁹⁹
113g



Barbara's
Cheez Puffs

2/6⁰⁰
155g - 198g



Pür Mints &
Gum

2/3⁰⁰ 2/6⁰⁰
22g Mints 80g Gum



Enjoy Life
Gluten-Free
Baking Chips and
Chunks

5⁹⁹
225g - 283g



Whistler Organic
Fair Trade
Chocolate Bars

2/7⁰⁰
80g



Clif Bar
Energy Bars

4/5⁰⁰
68g



SeaSnax Organic
Roasted Seaweed
Snacks

30% off
Assorted Sizes



Daiya Plant-Based
Gluten-Free
Frozen Pizza

7⁹⁹-8⁹⁹
Assorted Sizes



Organic Traditions
Superfood Products

20% off
Assorted Sizes



Black River
Juice

30% off
1L
+ deposit + eco fee



Red Crown Organic
Pomegranate Juice

7⁹⁹
1L
+ deposit + eco fee



Loop Cold-Pressed
Booster Shots &
Juice

2/6⁰⁰ 6⁹⁹
73ml Boosters 1L Juice
+ deposit + eco fee + deposit + eco fee



Amy's Organic
Soup

3⁹⁹
398ml



Gusta Vegan
Ground &
Sausages

3⁹⁹ 4⁹⁹
340g Ground 350g Sausages



Pacific Foods
Organic Soup

4⁹⁹
946ml - 1L



Nina's Frozen
Pierogies

8⁹⁹ 10⁹⁹
400g - 550g 400g - 450g
Regular Varieties Gluten-Free Varieties



Delverde
Pasta

2/7⁰⁰
450g



Mutti Italian
Tomatoes

30% off
Assorted Sizes

DELI

Choices' Own Pot Pies



7⁹⁹

assorted sizes

Choices' Own Pasta Entrées



**6⁹⁹-
9⁹⁹**

assorted sizes

Choices' Own Baked Scallop Potatoes baked in store



1⁹⁹
/100g

Rosstown Roasted Chickens



11⁹⁹
each

Prosciutto Cotto Ham with or without Herbs



2⁹⁹
/100g

Harvest Wild Rice Salad



1⁹⁹
/100g

Cabbage Rolls Entree



8⁹⁹
vegan
3 pack

9⁹⁹
beef
3 pack

Gouda Cheese



3⁹⁹
/100g

Grated Parmesan Cheese



4⁹⁹
/100g

BAKED GOODS

Grimm's Tortillas



20% Off
assorted sizes

Choices' Own Muffins



5⁹⁹
4 pack

Choices' Own Shortbread Cookies Pecan Spice, Cranberry Pistachio or Traditional



5⁹⁹
6 pack

Choices' Own Low Carb, Keto Cookies & Cream Cheesecake or Chocolate Mousse



4⁹⁹
60g - 90g

Little Northern Bakehouse Gluten-Free Pizza Crust



7⁹⁹
assorted sizes

Silver Hills Sprouted Power Bread



4⁹⁹
430g - 615g

CHRISTMAS STARS OF THE SEASON

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. This campaign helps the most vulnerable members of our communities have an amazing holiday season. From November 15th to December 24th, our cashiers will be cheerleaders as we raise funds for local neighbourhood houses.



EXTRA SAVINGS!

MEAT



Pinty's Frozen Chicken Gluten-Free

13⁹⁹ - 14⁹⁹

Assorted Sizes

PINTY'S

CHICKEN NUGGETS
Breaded Chicken Cutlettes, Fully Cooked

GLUTEN FREE
NO ARTIFICIAL COLOURS OR FLAVOURS

LiveWell EATWELL BeWell

PLUM SAUCE POUCHES INCLUDED

LOW IN SATURATED FATTY ACIDS SOURCE OF ENERGY SOURCE OF PROTEIN

810 g

PRODUCE



Avocados

2⁹⁸
4 per bag

DELI



Choices' Own Antibiotic Free Deli Meats

25% off
Assorted Varieties

WELLNESS



Dr. Bronner's Non-GMO Organic Toothpaste

4⁹⁹
140g

BAKERY



Choices' Own Sourdough Bread

2/8⁰⁰
530g

GROCERY



**Kicking Horse
Organic Fair
Trade Ground
Coffee**

8⁹⁹
284g

**Lundberg Organic
Rice**



7⁹⁹
907g



**L'Ancêtre
Organic Butter**

5⁴⁹
250g



**Saugeen Country
Organic Yogurt
or Kefir**

4⁴⁹
908g



**Maple Hill Farms
Organic Free Range
Large Eggs**

6²⁹
One Dozen

**Nature's Farm Organic
Pasta**



2/5⁰⁰
454g

GROCERY



Blue Heron
Cultured
Plant-Based
Cheese

8⁹⁹
170g - 175g



Saputo
Shredded
Cheese

4⁴⁹ 6⁴⁹
170g 320g



Violife Vegan
Cheese

5⁹⁹
200g - 227g



Cha's Organics
Coconut Milk
or Cream

3⁹⁹
400ml



Lotus Foods
Organic Rice
Ramen and Rice

30% off
Assorted Sizes



Gathering Place
Organic Spices

30% off
Assorted Sizes



Yeshi Salad
Dressing

7⁹⁹
350ml



Raincoast Wild
Skipjack Tuna

2/7⁰⁰
142g

WELLNESS



Lily of the Desert
Aloe Vera Juice or
Gel

20% off
Assorted Sizes
Select Varieties



Manitoba
Harvest Hemp
Hearts & Hemp
Yeah! Proteins

20% off
Assorted Sizes



Prairie
Naturals
Superfoods

20% off
Assorted Sizes



Viva Facial
Care

20% off
Assorted Sizes



Flora
Vitamins and
Supplements

20% off
Assorted Sizes



Botanica
Organic Herbals

20% off
Assorted Sizes



Renew Life
Probiotics

20% off
Assorted Varieties



Alaffia Everyday
Shea Hair and
Body Care

20% off
Assorted Sizes



Sea-licious
Omega-3 Fish
Oil

24⁹⁹ 39⁹⁹
250ml 500ml



Host Defense
Medicinal Single
Mushroom
Supplements

27⁹⁹ 49⁹⁹
30 Caps 60 Caps



Garden of Life
Proteins

54⁹⁹ 58⁹⁹
652g - 840g 969g - 1017g
Sport Vegan or Whey All-in-One Shake



Nuun Hydration
Electrolytes
Sport, Boost, Immunity
and Vitamin Tabs

8⁹⁹
10 Tabs



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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.