



WEEKLY SPECIALS

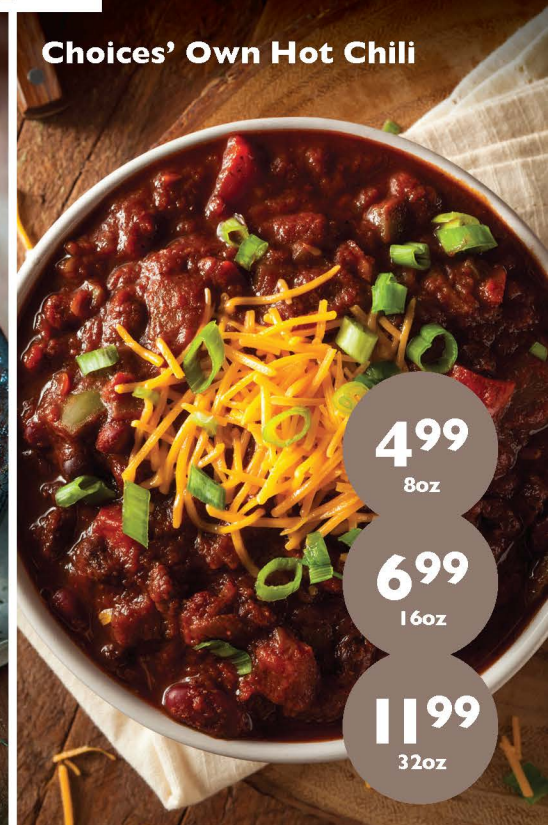
100% BC OWNED AND OPERATED

Whole Chicken Legs
Raised Without Antibiotics, Value Pack

4.99/lb
11.00/kg



Choices' Own Hot Chili



4.99
8oz

6.99
16oz

11.99
32oz

Hass Avocados



4/6.00

from Mexico

Organic Navel Oranges



9.98
1.81kg bag

from USA

Choices' Own Ciabatta Loaf or Beer Bread



3.49
390g Ciabatta Loaf

5.49
350g Beer Bread



AOR Vitamins & Supplements

20% off
Assorted Sizes



Olympic Natural, Organic or Greek Yogurt

3.49-4.99
500g - 650g



Rise Organic Kombucha

6.99
1L + deposit + eco fee

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

Prices Effective
November 17 - 23, 2022

PRODUCE

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

Prices Effective
November 17 - 23, 2022

Organic Green Zucchini

4.37/kg

from Mexico

1.98
/lb

Fair Trade Organic Mini Cucumbers

from Mexico

5.98
454g
pkg.

Organic Medley Mix Cherry Tomatoes

from Mexico

5.98
1 pint

Organic Broccolini Bunches

from USA

4.98
each

MEAT

Beef Striploin Steaks

30.84/kg

Grass Fed, Value Pack
from New Zealand/Australia

13.99
/lb

7 Seas Halibut Bone Broth



5.99
750ml

Whole Chicken

11.00/kg



Raised without Antibiotics

4.99
/lb

Boneless Lamb Leg Roasts and Steaks - 35.25/kg

Raised Without Antibiotics
from New Zealand

15.99
/lb

Icelandic Cod Fillets



4.99
/100g

Ground Chicken, Dark Meat

19.82/kg



Raised Without Antibiotics

8.99
/lb

Ground Pork

13.21/kg



Raised Without Antibiotics

5.99
/lb

Marinated Pork Chops

19.82/kg



made in store
Raised Without Antibiotics

8.99
/lb

Turkey Sausages

26.43/kg



made in store

11.99
/lb

GROCERY

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

Prices Effective
November 17 - 23, 2022



Actually Foods
Puffs

3⁹⁹
120g



Vegan Rob's
Puffs

3⁹⁹
99g



Simply Protein
Snack Bars

2/4⁰⁰
40g



Galerie au
Chocolat
Chocolate Bars

3⁹⁹
100g



Liquid Death
Mountain
Sparkling or
Still Water

3/5⁰⁰ 18⁹⁹
500ml Single + deposit + eco fee
12 pack + deposit + eco fee



NoochPop!
Nutritional Yeast
Popcorn

3⁹⁹
120g



Theobroma Organic
Fair Trade Chocolate
Bars

2/3⁰⁰ 2/6⁰⁰
31g - 35g 80g



Sapsucker
Organic Sparkling
Tree Water

2/4⁰⁰
355ml
+ deposit + eco fee



Udi's Gluten-Free
Frozen Pizza

10⁹⁹
Assorted Sizes



Amy's Organic
Frozen Bowls &
Entrées

5⁹⁹
Assorted Sizes



Sol Cuisine
Vegan
Appetizers

4⁹⁹
Assorted Sizes



Urban Tadka
Frozen Indian
Meals

6⁹⁹ 8⁹⁹
400g Vegetable Varieties
400g Meat Varieties



Karine & Jeff
Soup & Meals

30% off
Assorted Sizes



Better Than
Bouillon Bases

30% off
227g



The Workshop
Vegan Noodles
& Spicy Tan Tan
Broth

10⁹⁹ 11⁹⁹
500ml Broth
3 Pack Noodles



Bar Harbor
Seafood Soup &
Canned Fish

30% off
Assorted Sizes



Komo Plant-Based
Entrées

10⁴⁹ 19⁹⁹
600g Lasagna or
Shepherd's Pie
900g Chickenless
Pot Pie



Woolwich Goat
Cheese

30% off
Assorted Sizes

GROCERY



Granola King
Premium
Granola

28⁹⁹
2kg



Holy Crap
Superfood
Cereal

6⁹⁹
225g



True Taste Cafe
Frozen Waffles

6⁹⁹
400g



Rise Organic Oat Milk
& Cold Brew Lattes

2/7⁰⁰ 5⁹⁹
207ml Lattes + deposit + eco fee
946ml Oat Milk + deposit + eco fee



Donia Farms
Grass Fed Milk

5⁴⁹ 5⁹⁹
2L 2% & 3.25% + deposit + eco fee
2L Chocolate + deposit + eco fee



Uncle Luke's
Organic Maple
Syrup

5⁹⁹
250ml



Blender Bites
Organic Frozen
Smoothie Pucks

10⁹⁹
540g



Elias Liquid &
Cold Pressed
Honey

9⁹⁹
375g



Stahlbush Island
Farms Sustainable
Frozen Fruit

4⁴⁹-5⁹⁹
Assorted Sizes



MaraNatha
Peanut or
Almond Butters

30% off
Assorted Sizes



Culcherd Plant-Based
Cheese Alternatives

9⁹⁹
115g

Nature's Farm Organic Omega-3
Large Eggs



6⁹⁹
One Dozen



Salt Spring
Organic Fair
Trade Coffee

12⁹⁹
400g



Pukka Organic
Tea

5⁹⁹
20 Tea Bags



Ministry of Tea
Organic Tea

4⁹⁹
35g - 50g



Riviera Goat,
Greek or Keto
Yogurt

5⁴⁹
500g



Forager Cashew
Based Yogurt &
Probiotic Drink

6⁴⁹
Assorted Sizes



Caboo Bamboo
Bathroom, Facial
Tissue & Paper
Towels

30% off
Assorted Sizes

DELI

Rosstown Roasted Half Chickens



6⁹⁹
each

Choices' Own Antibiotic Free Pragma Ham



3¹⁹
/100g

Choices' Own Pepper, Garlic or Plain Angus Roast Beef



4⁹⁹
/100g

Curry Entrées



**7⁹⁹-
8⁹⁹**
475g - 540g

Spinach & Feta or Mushroom & Parmesan Phyllo



**2/
9⁰⁰**

Vegetarian Herb Samosas



**2/
5⁰⁰**

Provolone Cheese



3⁴⁹
/100g
Original

4⁴⁹
/100g
Smoked

Happy Days Goat Mozzarella, Gouda or Marble Cheddar Cheese



**20%
Off**

Choices' Own Organic Cheese



**20%
Off**

BAKED GOODS

Choices' Own Plain, Italian Spice or Parmesan Cheese Crostini



NEW

4⁹⁹
150g

Choices' Own Mini Muffins



3⁴⁹
4 pack

Choices' Own Party Cakes



14⁹⁹
540g - 600g

Choices' Own Cookies & Cream or Signature Cheesecake Keto Friendly



5⁴⁹
60g - 80g

La Tortilla Factory Wraps



**25%
Off**
assorted sizes

Silver Hills Organic Sprouted Power Bread



4⁹⁹
510g - 680g

STAR 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



Chicken Drumsticks
Raised Without Antibiotics

3.99/lb
8.80/kg

PRODUCE



**Organic
Fair Trade
Bananas**

.88/lb
1.94/kg

DELI



**Arla Cheese
Slices**

2/12⁰⁰
assorted sizes

WELLNESS



**Vega One
All-in-One
Nutritional
Shakes**

47⁹⁹
827g - 876g

BAKERY



**Bakestone
Brothers
Organic Bagels**

4⁹⁹
6 pack

GROCERY



**Nature's Path
Organic Cereal
Eco Pack**

7⁹⁹
Assorted Sizes

**Earth's Choice Organic
Extra Virgin Olive Oil**



10⁹⁹
500ml

16⁹⁹
1L



**Earth's Own Oat
Beverages**

2/7⁰⁰
1.75L
+ deposit + eco fee



**General Assembly
Frozen Pizza**

7⁹⁹
Assorted Sizes



**Armstrong
Cheese**

9⁹⁹
600g

Hardbite Potato Chips



3/8⁰⁰
128g - 150g

GROCERY



Nutiva Organic
Coconut Oils
or Coconut
Secret Aminos

30% off
Assorted Sizes



Casbah Side
Dishes

30% off
Assorted Sizes

Chickapea Organic
Plant-Based Protein Pasta



4⁴⁹
161g - 227g

Savör Organic Products



30% off
Assorted Sizes



Wildbrine Kimchi,
Sauerkraut
& Dips

30% off
Assorted Sizes



Lundberg
Nutra Farmed
Rice

30% off
Assorted Sizes



Cucina Antica
Pasta Sauce

6⁴⁹
670ml

Safe Catch Wild Albacore
Tuna or Wild Pink
Canned Salmon



30% off
142g

WELLNESS



Garden of Life
Dr. Formulated
Probiotics

20% off
Assorted Sizes



Platinum
Naturals
Multivitamins

20% off
Assorted Sizes



Progressive
Vitamins and
Supplements

20% off
Assorted Sizes



Sukin Botanicals
Natural Face and
Body Care

30% off
Assorted Sizes
Assorted Varieties



Purica Extra
Strength
Recovery,
Recovery 3.0
and Curcumin

20% off
Assorted Sizes



Do Matcha
Ceremonial
Green Tea

20% off
Assorted Sizes



Enerex Osteo
Cal: Mag

27⁹⁹ 48⁹⁹
90 Tablets 180 Tablets



Dr. Hauschka
Facial Care

20% off
Assorted Sizes

Organic Traditions Wheat
Grass, Barley
Grass Juice &
Chlorella Powder



21⁹⁹
150g



Suro Organic
Elderberry Syrup,
Breathe & iSleep

20% off
Assorted Sizes



Flora Organic
Red Beet
Crystals

23⁴⁹
200g

The Green Beaver
Company Oral Care



5⁷⁹ 8⁹⁹
75ml 473ml
Toothpaste Mouthwash



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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

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