



HAPPY NEW YEAR!

100% BC OWNED AND OPERATED

Fresh
Steelhead
Fillets

379
/100g

Organic
Lemons
from USA

498
907g bag

Organic
Limes
from Mexico

198/lb
4.37/kg

Rosstown Roasted Chicken

11.99
each

Choices' Own Salads & Side
Dishes

**20%
Off**

Prawn Cakes

4.99
2 pack

Hass Avocados

**4/
600**

from Mexico

Choices' Own Artisan Fruit
Pie Halves

6.49
280g



MegaFood
Vitamins &
Supplements

30% off
Assorted Sizes



Chasers Cold Pressed
Juice

6.99

500ml
+deposit +eco fee

11.99

1L
+deposit +eco fee



Olympic Natural,
Organic & Crema
Yogurt

3.79-4.99
500g - 650g

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

Prices Effective
Dec. 29, 2022 - Jan. 4, 2023

PRODUCE

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Large Navel Oranges

4.37 /kg

from USA

1.98
/lb

Organic Romaine Lettuce

from USA

2.98
each

Organic Mini Carrots

from Cal Organic in USA

2/5.00
454g bag

Golden Pineapples

from Hawaii

3.98
each

MEAT

Rosstown Seasoned Chicken Taco Meat

LOCAL
from
Fraser Valley



13.99
400g

Marinated Chicken Wings

17.61 /kg

LOCAL
from
Salmon Arm

made in store
 Raised Without Antibiotics

7.99
/lb

Rosstown Chicken Kabobs

LOCAL
from
Fraser Valley



11.99
400g

7 Seas White Tiger Prawns



9.99
each

Stapleton Sausages

assorted flavours

15% Off

Thomas Reid Organic Whole Chicken - 15.41 /kg

LOCAL
from
Fraser Valley



6.99
/lb

Ground Lamb

37.46 /kg

Raised without Antibiotics
 from New Zealand

16.99
/lb

GROCERY

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Elmhurst
Plant-Based
Beverages

6⁹⁹

946ml
+deposit +eco fee



Dairyland
Organic Milk

8⁹⁹

4L
+deposit +eco fee



Blue Diamond
Almond Breeze
Beverages

2/5⁰⁰

946ml
+deposit +eco fee



Earth's Own
Oat Creamers

3⁴⁹-3⁹⁹

473ml



Blender Bites
Organic
Smoothie Pucks

11⁹⁹

540g



Nuts to You
Peanut Butter or
Hazelnut Butter

5⁹⁹ 9⁹⁹

750g Peanut Butter 365g Hazelnut Butter



Salt Spring
Organic Fair
Trade Coffee

12⁹⁹

400g



Level Ground
Organic Fair Trade
Coffee, Tea & Dried
Fruit

30% off

Assorted Sizes



Celestial
Seasonings Tea

3⁹⁹

18 - 20 Tea Bags



Shady Maple Farms
Syrup, Cookies &
Sugar

30% off

Assorted Sizes



Wholesome
Organic Fair Trade
Sweeteners

30% off

Assorted Sizes



Holy Crap
Superseed or
Organic Hot
Cereal

6⁹⁹-7⁹⁹

225g - 320g



Dairyland
Cottage
Cheese

3⁹⁹

500g



Armstrong
Natural
Cheese Slices

5⁴⁹

220g - 240g



Liberté Greek
Yogurt

6⁹⁹

1kg



Danone
Activia Yogurt

3⁹⁹ 5⁴⁹

650g 8 pack



iÖGO Tube
Yogurt or Nanö
Drinkable Yogurt

3⁹⁹ 4⁹⁹

6 pack 900ml



Nature Clean Eco
Friendly Cleaning
Strips

6⁹⁹

32 pack - 36 pack

GROCERY



Hardbite
Vegetable
Chips

479
150g



Hippie Snacks
Avocado &
Cauliflower
Crisps

449
70g



Chiwis Dried
Fruit Chips

499
50g



Old Dutch
Rip-L or Riddies
Potato Chips

2/800
200g - 235g



Smart Sweets
Low Sugar
Candy

299 799
50g Gummies 70g - 85g Jolly
Gems & Lollipops



Lesser Evil
Organic
Popcorn

399
142g



Edward & Sons
Rice Toast or
Rice Snaps

2/600 2/800
65g Toast 100g Snaps



Lundberg Organic
Rice Cakes & Thin
Stackers

499
Assorted Sizes



Freeyumm
Gluten-Free Bars
& Cookies

399
135g - 154g



Honey Stinger
Mini Waffles &
Energy Chews

30% off
Assorted Sizes



Made Good
Bites, Bars &
Cookies

2/700
Assorted Sizes



Simply Protein
Bars

3/600
40g



Fitaid
Electrolyte
Energy Drink

2/500
355ml
+deposit +eco fee



Remedy Organic
Kombucha or
Ginger Beer

599
4 pack
+deposit +eco fee



Rise Organic
Kombucha

699
1L
+deposit +eco fee



Nutiva
Coconut Oils
or Coconut
Secret Aminos

30% off
Assorted Sizes



Primal Kitchen
Condiments,
Dressings & Oils

30% off
Assorted Sizes



Bragg Organic
Apple Cider
Vinegar

799
946ml

DELI

Choices' Own Hot Soups



3⁹⁹
small

5⁹⁹
medium

10⁹⁹
large

Choices' Own Pasta & Curry Entrées



**6⁴⁹-
9⁹⁹**
380g - 550g

Summer Fresh Dips & Hummus



3⁹⁹
227g

Vitale Italian Sliced Prosciutto & Salami



8⁹⁹
100g

La Panzanella Artisan Crackers



**2/
10⁰⁰**
170g

Tre Stelle Reggiano, Grana Padano or Romano Cheese Wedges



**10⁹⁹-
12⁹⁹**
200g

Paysan Breton Le Brie Cheese



3⁷⁹
/100g

Indianlife Naan or Tortilla



**5⁹⁹-
6⁹⁹**
250g - 500g

BAKED GOODS

Choices' Own Multigrain Baguette or Bread



3²⁹
baguette
300g

5⁹⁹
bread
530g

Choices' Own Scones



4⁴⁹
2 pack

Vegan Morning Glory Muffins



3⁹⁹
4 pack
mini

6⁹⁹
4 pack
regular

English Muffins



**2/
4⁰⁰**
390g

Carbonaut Low Carb or Gluten-Free Bread



**6⁴⁹-
7⁹⁹**
assorted
sizes

Rebel Foods Gluten-Free & Vegan Cookies



7⁹⁹
10 pack

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CHOICES
NOW
HERE



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FREE PICKUP

FROM YOUR LOCAL CHOICES

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GROCERY

TMRW Foods Plant-Based Meat Alternatives



30% off
Assorted Sizes



Sprague Organic Soup & Baked Beans

30% off
398ml



Delverde Pasta

2/6⁰⁰
450g



Marukan Rice Vinegar

3⁶⁹ 3⁹⁹
355ml Conventional 355ml Organic

Violife Plant-Based Cheese Slices, Shreds & Blocks



30% off
Assorted Sizes



Pacific Foods Organic Soup

2⁹⁹ 5⁴⁹
284ml 946ml & 1L



Mezzetta Pasta Sauce & Pesto

5⁹⁹
Assorted Sizes



Floating Leaf Rice

30% off
Assorted Sizes

WELLNESS



Organika Vitamins & Supplements

20% off
Assorted Sizes



AOR Vitamins & Supplements

20% off
Assorted Sizes



BioSil, Medi-C, Sealicious and Vegiday Vitamins and Supplements

20% off
Assorted Sizes



NutraVege Omega-3 Plant DHA & EPA

20% off
Assorted Sizes



Manitoba Harvest Hemp Hearts & Hemp Yeah! Proteins

20% off
Assorted Sizes



Ecoideas Superfoods Organic Chia Seeds, Maca & Moringa

20% off
Assorted Sizes



Progressive Vitamins & Supplements

20% off
Assorted Sizes



Genuine Health Advanced Gut Health Probiotics

20% off
Assorted Sizes



Vega One All-in-One Nutritional Shakes

4⁹⁹
827g - 876g



Ener-C Effervescent Vitamin C Drink Mix

14⁹⁹
30 pack



Bio-K Plus Probiotics

21⁹⁹ 23⁹⁹
6 pack Dairy 6 pack Non Dairy



Natural Factors Total Body Collagen Supplements

4⁹⁹
500g or 180 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 Immet St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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