



HOLIDAY SPECIALS!

100% BC OWNED AND OPERATED

Ground Beef

Grass Fed, Value Pack

899/lb

19.82/kg
from Australia
/ New Zealand

Green & Red Seedless Grapes

from USA

398/lb

8.77/kg

Stem and Leaf Satsuma Mandarin Oranges

from Blue Jay in USA

798

1.36kg

NOW AVAILABLE TO ORDER

Choices' Own Dinner for 2 or 4

Stuffed specialty turkey breast,
mashed potatoes, roasted
vegetables with fennel, green
beans, stuffing, cranberry sauce
and gravy



Dinner
for 2
5950

Dinner
for 4
11900

Pork Schnitzels

22.02/kg

**999
/lb**

Made In Store

Choices' Own Artisan Half Pies Fruit or Pecan Walnut



**649-
699**

200g-280g

Poinsettia Plants



Assorted Varieties

998

6 inch Pot

Acure Face and Body Care Products



25% off
Assorted Sizes

Earth's Own Oat Barista or So Nice Barista



2/600 499

946ml, So Nice
+deposit+eco fee

946ml, Earth's Own
+deposit+eco fee

Kicking Horse Organic Fair Trade Ground Coffee



999

284g

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

Prices Effective
December 8 - 14, 2022

PRODUCE

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

Prices Effective
 December 8 - 14, 2022

Fair Trade Organic Long Seedless Cucumbers

from Divine Flavor in Mexico

2/
6.00

Organic Red Tomatoes on the Vine - 8.77/kg

Grown in Mexico

3.98
/lb

Organic Spinach Bunches

from Cal Organics in USA

2/
5.00

Fancy Large Pomegranates

Grown in USA from POM Wonderful

3.98
each

MEAT

Organic Boneless Skinless Chicken Breasts - 35.25/kg

15.99
/lb

Lamb Loin Chops

44.07/kg

Raised without Antibiotics from New Zealand

19.99
/lb

7 Seas White Tiger Prawns

31-40

9.99
340g

Rosdown Seasoned Chicken Taco Meat

13.99
400g

Boneless Pork Butt Roasts

13.21/kg

5.99
/lb

Icelandic Cod Fillets

4.99
/100g

Lamb Sausages

28.64/kg

12.99
/lb

Made In Store

No Nitrates Added Bacon

26.43/kg

11.99
/lb

Bison Sirloin Tip Steaks

37.46/kg

16.99
/lb

GROCERY

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

Prices Effective
December 8 - 14, 2022

Maple Hill Organic Free Range
Large Eggs



6⁹⁹
1 Dozen

Happy Planet Creamery
Cultured Butter



8⁹⁹
200g

L'Ancêtre
Organic
Cheese



9⁹⁹
325g

Happy Planet
Organic Grass
Fed Egg Nog



6⁹⁹
750ml*
+deposit+eco fee

Silk Dairy-Free
Beverages



4⁹⁹
1.75L-1.89L
+deposit+eco fee

Dairyland
Organic Milk



8⁹⁹
4L
+deposit+eco fee

The Greek Gods
Yogurt



4⁹⁹
500g



Bremner's
Organic
Blueberries or
Berry Blend

1⁹⁹
1.5kg



Nature's Path
Organic Love
Crunch Granola

4⁹⁹ 9⁴⁹
325g 700g

Celestial
Seasonings Tea



3⁹⁹
18-20 Tea Bags



Numi Organic
Fair Trade Tea

5⁹⁹
12-18 Tea Bags



Nuts to You
Almond Butter or
Organic Sesame
Tahini

7⁹⁹ 8⁴⁹
500g Tahini 365g Almond Butter

Earth Island Vegan
Cheese Slices



5⁹⁹
200g



Nuts For Cheese
Plant-Based
Cheese
Alternatives

8⁹⁹
120g



Dairyland
Sour Cream

3⁹⁹
750ml

Bob's Red Mill
Gluten-Free
Flour



30% off
Assorted Sizes



Now Stevia
or Xylitol
Sweeteners

30% off
Assorted Sizes



Uncle Luke's
Organic Maple
Syrup

11⁹⁹
500ml

GROCERY



Covered Bridge
Potato Chips or
Lela's Chickpea
Chips

2/6⁰⁰
120g-170g



Sensible Portions
Veggie Chips

2/7⁰⁰
141g-142g



Primal Kitchen
Condiments,
Sauces & Oils

30% off
Assorted Sizes



Sunflower
Kitchen Hummus
& Dips

30% off
Assorted Sizes



Eve's Keto
Friendly
Crackers

6⁹⁹ ❄️
108g



Schar Gluten-Free
Cookies, Crackers
& Snacks

25% off
Assorted Sizes



Green & Black's
Organic Fair
Trade Chocolate
Bars

3⁹⁹
90g



Denman
Island Organic
Chocolate Bars

2/6⁰⁰
44g-46g



Daiya Dairy-Free
Cheezecakes

6⁴⁹
400g



Haribo Gummies

2/5⁰⁰ 4⁴⁹
175g 284g



Panda Licorice

2/2⁰⁰ 2/7⁰⁰
32g 125g-170g



Ben & Jerry's
Ice Cream

5⁹⁹ ❄️
473ml



Fever-Tree Tonic
Water & Ginger Beer

2/4⁰⁰ 6⁴⁹
200ml Single 4 Pack
+deposit+eco fee +deposit+eco fee



Knudsen Organic
Sparkling Apple
Juice

4⁹⁹ ❄️ ❄️
750ml
+deposit+eco fee



Buderim
Ginger Beer

2/3⁰⁰ 4⁹⁹
250ml Single 4 Pack
+deposit+eco fee +deposit+eco fee



Las Margaritas
Fresh Salsa

5⁹⁹ ❄️ ❄️
500ml



Old Dutch
Restaurante Style
Tortilla Chips

2/8⁰⁰
Assorted Sizes



Saputo
Shredded
Cheese

4⁹⁹ 6⁴⁹
170g 320g

DELI



Choices' Own Catering & Party Trays!!!

*may not be exactly as shown



See Online
& Order
in Store

Choices' Own Antibiotic Free Deli Meats



20%
Off

Paris Toasts



2/
500
80g

Rosstown Farms Roasted Chickens



11.99
each

Amuse-Boosh Veggie Pâte



9.99
175g

Gouda Cheese



3.99
/100g

Fromalp Fondue Cheese



14.99
450g

Ile De France Brie Cheese



4.49
/100g

BAKED GOODS



Choices' Own Shortbread Cookies



6.49
6 or 9 pack

Rebel Foods Gluten-Free, Vegan Cookies



8.99
10 pack

Choices' Own Fruit Cake



10.99
380g

Choices' Own Baker's Mezzo Bastone or Baguettes



2.49-
3.29
250g-300g

Silver Hills Sprouted Power Bread



4.49
430g-615g

Ozery Bakery Morning & Snacking Rounds



3.49-
4.99
Assorted Sizes

GluteNull Gluten-Free Bars & Cookies



9.99
Assorted Sizes

Happy Anniversary, Choices Kitsilano
Saturday, December 10th ONLY!

10% OFF

THE ENTIRE STORE,
INCLUDING SALE ITEMS

Anniversary sale is only available at Choices Kitsilano 2627 W. 16th Ave. Vancouver | Sale not available online

GROCERY



Earth's Choice
Organic Beans

3/7⁰⁰
398ml



Lundberg
Organic Rice

30% off
907g



Maison Orphee
Toasted Sesame
Oil or Extra Virgin
Lemon Olive Oil

8⁹⁹ 12⁹⁹
250ml Lemon Olive Oil 250ml Toasted Sesame Oil



Mutti Italian
Tomatoes

30% off
Assorted Sizes



Imagine Organic
Soup & Broths

4⁹⁹ 5⁹⁹
1L Broth 946ml & 1L Soup



Kikkoman
Products

30% off
Assorted Sizes



Frontier Organic
Packaged Spices

30% off
Assorted Sizes



Green Organic
Frozen Vegetables

3⁹⁹
500g

WELLNESS



Natural Factors
CurcuminRich
Theracurmin
Supplements

20% off
Assorted Sizes



NutraSea
Omega 3 +
Vitamin D Fish Oil

20% off
Assorted Sizes



Incrediwear
Socks, Braces
and Wraps

20% off
Assorted Sizes and Colours



EveryMan Jack
Body Care
and Kits

25% off
Assorted Sizes



Natural Factors
Omega's &
Cognitive
Support
Supplements

20% off
Assorted Sizes



withinUs
TruMarine
Collagen

42⁹⁹ 59⁹⁹
20 Pack 250g



Himalaya
Toothpaste

5⁴⁹
113g-150g
Assorted Varieties



Prairie Naturals
Shampoo &
Conditioner

11⁴⁹
350ml-500ml



Joy of the
Mountains
Oil of Oregano

12⁹⁹ 24⁹⁹
10ml 30ml



NOW Essential
Oils and Topical
Body Oils

20% off
Assorted Sizes



Mineral Fusion
Natural Cosmetics
and Nail Polish

35% off
Assorted Varieties



Herbatint Natural
Permanent Hair
Colour

17⁹⁹
1 Kit



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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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