



BUY ONE GET ONE FREE!

100% BC OWNED AND OPERATED

Soup Etc! Liquid and Solids

700ml • Regular Retail 7.99

**BUY 1
GET 1
FREE**



Baked Vegetable or Spinach Samosas

Regular Retail 2.99

**BUY 1
GET 1
FREE**



Choices' Own Sourdough Bread

530g • Regular Retail 5.99

**BUY 1
GET 1
FREE**



Organic Hass Avocados

from Mexico • Regular Retail 2.98

**BUY 1
GET 1
FREE**



CauliPower Frozen Pizza Crust & Pizzas

310g - 320g
Regular Retail 11.99 - 14.99

**BUY 1
GET 1
FREE**



Simply Protein Bars

40g
Regular Retail 3.49

**BUY 1
GET 1
FREE**



Dr. Bronner's Non-GMO Organic Toothpaste

140g • Regular Retail 8.99

**BUY 1
GET 1
FREE**



Andalou Naturals & CannaCell Shampoo & Conditioner

251ml - 340ml
Regular Retail 13.99

**BUY 1
GET 1
FREE**



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

Prices Effective
January 12 - 18, 2023

PRODUCE

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

Prices Effective
 January 12 - 18, 2023

Organic Cauliflower
 from USA

5⁹⁸
 each

Red Grape Tomatoes
 from Mexico

3⁹⁸
 1 pint

Organic Gala Apples

LOCAL
 from
 Nature's First Fruit,
 Cowton

4⁹⁸
 1.36kg bag

Organic Satsuma Mandarin Oranges
 from USA

7⁹⁸
 907g pkg.

Mini Cucumbers
 from Canada

3⁹⁸
 454g pkg.

MEAT

Whole Chicken
 12.10/kg

LOCAL
 from
 Fraser Valley

5⁴⁹
 /lb

Raised Without Antibiotics

Boneless Skinless Chicken Breast - 17.61/kg

LOCAL
 from
 Fraser Valley

7⁹⁹
 /lb

Value Pack

Turkey Sausages Assorted Flavours - 22.02/kg

9⁹⁹
 /lb

Raised Without Antibiotics
 made in store

Chicken Schnitzel
 22.02/kg

9⁹⁹
 /lb

Raised Without Antibiotics

Turkey Drumsticks & Wings
 12.10/kg

5⁴⁹
 /lb

Raised Without Antibiotics
 previously frozen

Pork Schnitzel
 22.02/kg

9⁹⁹
 /lb

Raised Without Antibiotics

Bacon
 No Nitrates Added
 26.43/kg

LOCAL
 from
 Fraser Valley

11⁹⁹
 /lb

Raised Without Antibiotics

Turkey Schnitzel
 41.87/kg

18⁹⁹
 /lb

Raised Without Antibiotics

Beef Striploin Steaks
 44.07/kg

19⁹⁹
 /lb

Grass Fed, Value Pack

Sockeye Salmon Fillets

4⁹⁹
 /100g

Previously Frozen,
 Value Pack

Smoked BBQ Salmon Tips

3²⁹
 /100g

made in store

GROCERY

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La Cocina
Tortilla Chips

4.49

300g - 400g



Spudsy Sweet
Potato Fries
& Puffs

4.49

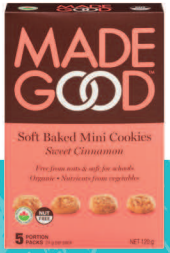
113g



Skinny Pop
Popcorn

2/7.00

125g & 150g



Made Good
Bites, Bars &
Cookies

2/7.00

Assorted Sizes



Plum-M-Good
Organic Brown
Rice Thins

2/5.00

95g



Sigdal Bakeri
Crispbread &
Crackers

30% off

Assorted Sizes

Live Right Bars & Granola
Clusters



2/4.00 4.99

40g
Bars

100g & 113g
Clusters



Whittaker's
Chocolate
Bars

4.49

200g - 220g



Health-Ade
Organic
Kombucha

2/6.00

473ml
+ deposit + eco fee



Red Crown
Organic
Pomegranate
Juice

7.99

1L
+ deposit + eco fee



Greenhouse Organic
Cold Pressed Juice,
Boosters & Plant-Based
Beverages

30% off

Assorted Sizes
+ deposit + eco fee



La Croix
Sparkling
Water

.99

355ml Single
+ deposit + eco fee

5.99

8 Pack
+ deposit + eco fee



Gusta Vegan
Sausages

4.99

350g



Nuts for Cheese
Organic Plant-Based
Alternatives

8.99

120g



Alpha Plant-Based Burritos &
Breakfast
Sandwiches

2/7.00

142g - 156g



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

30% off

Assorted Sizes



NOW
Stevia &
Xylitol

30% off

Assorted Sizes



V.I.P. or Echoclean
Natural Household
Cleaning Products

30% off

Assorted Sizes

GROCERY



Nuts to You
Organic Peanut or
Almond Butter

8⁹⁹ 12⁹⁹
750g 365g
Peanut Butter Almond Butter



Bonne Maman
Jam & Spreads

5⁹⁹
250ml



Melt Organic
Butter
Alternatives

349-449
227g - 454g



Once Upon a Farm
Organic Baby Food &
Smoothies

2/5⁰⁰ 2/6⁰⁰
85ml Baby Food 105ml Smoothies

Country Golden Yolks Large Eggs



6⁴⁹
One Dozen



Thornloe
Grass Fed
Butter

6⁹⁹
250g



Canadian Heritage
Organics 100%
Pure Maple Syrup

12⁹⁹
500ml



O'Doughs
Gluten-Free
Bread & Buns

30% off
Assorted Sizes



Capilano Organic
Honey or Barnes
Apple Cider
Vinegar

30% off
Assorted Sizes



Salt Spring
Organic Fair
Trade Coffee

13⁹⁹
400g



Commercial
Drive Organic
Coffee

10⁹⁹
300g



Twinings Tea

4⁹⁹
20 Tea Bags



Elmhurst
Plant-Based
Beverages

6⁹⁹
946ml
+deposit + eco fee



The Granola
King Premium
Granola

27⁹⁹
2kg



Dairyland
Organic Milk

5⁹⁹
2L
+deposit + eco fee



Riviera Petit
Pot Goat Milk
Yogurt

5⁹⁹
4 Pack



Olympic Natural,
Organic & Crema
Yogurt

999-12⁹⁹
1.75kg



Danone
Oikos Yogurt

2/8⁰⁰
4 Pack

DELI



BAKED GOODS



NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY



Earth's Choice
Organic Extra Virgin
Olive Oil

12⁹⁹ 20⁹⁹
500ml 1L



Garofalo
Pasta

2/6⁰⁰ 4⁹⁹
500g 400g
Conventional Gluten-Free



Komo Vegan
Frozen Meals

10⁹⁹
600g



Better Than
Boullion
Bases

30% off
227g



Chosen Foods
Avocado Oil &
Dressing

30% off
Assorted Sizes



Mezzetta Pesto
& Pasta Sauces

5⁹⁹
Assorted Sizes



Kikkoman Cooking
Sauce & Panko
Bread Crumbs

30% off
Assorted Sizes



Bar Harbor
Seafood Chowder,
Stock & Juice

30% off
Assorted Sizes

WELLNESS



BioSil, Medi-C,
Sealicious
and Vegiday
Supplements

20% off
Assorted Sizes



Progressive
Vitamins &
Supplements

20% off
Assorted Sizes



St. Francis Herb
Farm Herbal
Supplements

20% off
Assorted Sizes



Organika
Vitamins &
Supplements



20% off
Assorted Sizes



AOR
Vitamins &
Supplements

20% off
Assorted Sizes



Nature's
Way Herbal
Supplements

20% off
Assorted Sizes



Bio-K Plus
Probiotics

21⁹⁹ 23⁹⁹
6 pack Dairy 6 pack Non Dairy



Manitoba
Harvest Hemp
Hearts & Hemp
Yeah! Proteins

20% off
Assorted Sizes



Natural Factors
Magnesium
Citrate Bonus



18⁹⁹
210 Caps



Vega
Protein &
Greens

34⁹⁹
586g - 618g



Dr. Bronner's
Non-GMO
Organic Castile
Soap & Lotion

6⁹⁹ 9⁹⁹
237ml Castile Soap 237ml Lotion



Herbaland
Vitamins &
Supplements

25% off
Assorted Varieties



choicesmarkets.com



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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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