



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

**Fresh
Ocean Wise
Rockfish
Fillets**

9.99/lb

22.02/kg



**Organic
Broccoli
Bunches
from USA**

2.98/lb

6.57/kg

Choices' Own Hot Soup

3.99
8oz

5.99
16oz

10.99
32oz

**Choices' Own Artisan
Ham, Turkey or Roast Beef
Sandwiches**

9.99
each

Bunch Tulips

**2/
8.00**

Blueberries

4.98
1 pint
pkg.

from Peru

**Choices' Own Sourdough
Multiseed or Whole Wheat
Bread**

4.99
530g & 600g



**New Roots
Vitamins &
Supplements**

20% off
Assorted Sizes



**Holy Napoli
Frozen Pizza &
Pizza Dough**

2/7.00 8.99

300g
Pizza Dough

Assorted Sizes
Pizza



**Garofalo
Pasta**

2/6.00 4.99

500g
Conventional

400g
Gluten-Free

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

Prices Effective
January 26 - February 1, 2023

All
Products
on Sale

PRODUCE

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

Prices Effective
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Organic Lemons

from USA

5/
5.00

Yellow Potatoes

from Canada

4.98
2.27kg
bag

Organic Cara Cara Red Navel Oranges

from USA

1.98
/lb

Romaine Hearts

from USA

4.98
3 pack

MEAT

Boneless Skinless Chicken Breast

22.02/kg

LOCAL
from
BC

Raised Without Antibiotics, Value Pack

9.99
/lb

Choices' Own Dark Ground Chicken

22.02/kg

LOCAL
from
BC

Raised Without Antibiotics

9.99
/lb

7 Seas Prawns

LOCAL
from
BC

Raw or Cooked

8.99
340g

Choices' Own Pork Sausages

17.61/kg

LOCAL
from
BC

Made in-store
 Raised Without Antibiotics

7.99
/lb

Boneless Skinless Chicken Thighs

22.02/kg

LOCAL
from
BC

Raised Without Antibiotics
 Value Pack

9.99
/lb

GROCERY

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

Prices Effective
January 26 - February 1, 2023



Bioitalia Organic
Strained Tomatoes,
Pasta Sauce & Paste

3.99

300ml & 700ml
Strained Tomatoes,
Tomato Paste

4.49

358ml
Pasta Sauce



Favuzzi Italian
Canned Tomatoes

30% off

398ml - 796ml



Sprague Organic
Soup & Baked
Beans

30% off

398ml



Earth's Choice
Organic Beans

3/6.00

398ml



Earth's Choice
Organic Extra Virgin
Olive Oil

12.99 20.99

500ml 1L



Urban Tadka
Frozen Meals

6.99 9.99

400g Vegetarian
Varieties 400g Meat
Varieties



The Workshop
Frozen Vegan
Soups, Ramen &
Udon Noodles

9.99 11.99

500ml Soup 3 Pack Noodles



Imagine
Organic
Broths

4.99

1L



Big Mountain
Soy-Free Tofu
or Plant-Based
Crumbles & Bites

3.99 5.99

280g & 340g
Tofu 300g - 400g
Crumbles & Bites



Nutiva Organic
Coconut Oil or
Coconut Secret
Aminos

30% off

Assorted Sizes



Bragg Organic
Apple Cider
Vinegar

7.99

946ml



Violife
Plant-Based
Cheese

30% off

Assorted Sizes



Covered Bridge
Potato Chips &
Lela's Chickpea
Chips

2/6.00

120g - 170g



La Cocina
Tortilla Chips

3.99

300g - 400g



Old Dutch
Potato Chips

2/8.00

200g - 235g



La Croix
Sparkling
Water

.99

355ml Single
+deposit +eco fee

5.99

8 Pack
+deposit +eco fee



Rise Organic
Kombucha

6.99

1L
+deposit +eco fee



Partake Craft
Non-Alcoholic
Beer

2/4.00

355ml Single
+deposit +eco fee

7.49

4 Pack
+deposit +eco fee

GROCERY



49th Parallel
Coffee

13⁹⁹
340g



Celestial
Seasonings Tea

3⁹⁹
18 - 20 Tea Bags



Traditional
Medicinals
Organic Tea

4⁴⁹
16 Tea Bags



Califia Farms
Plant-Based
Beverages

4⁴⁹
1.4L
+deposit +eco fee



Natur-A Organic
Almond or Oat
Beverages

2/6⁰⁰
946ml
+deposit +eco fee



Drizzle Raw
Honey

7⁹⁹ 10⁹⁹
375g 500g



Bonne Maman
Jam & Spreads

5⁹⁹
250ml



Nuts to You
Organic Peanut
Butter or
Almond Butter

5⁹⁹ 8⁹⁹
500g Peanut
Butter 250g Almond
Butter



The Granola
King Premium
Granola

29⁹⁹
2kg



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

30% off
Assorted Sizes
+deposit +eco fee



Ceres Juice

3⁹⁹
1L
+deposit +eco fee



Riviera Vegan
Greek or Keto
Yogurt and
Coconut Milk Kefir

5⁹⁹ 6⁹⁹
500g & 946ml 500g
Vegan, Keto
Coconut Milk



Miyoko's
Creamery Vegan
Cheese & Butter

30% off
Assorted Sizes



Organic Meadow
Lightly Salted
Organic Butter

8⁹⁹
250g



Avalon Organic
Probiotic Yogurt

4⁹⁹ 10⁹⁹
650g 1.75kg



Bob's Red Mill
Gluten-Free
Flour

30% off
Assorted Sizes



Echoclean & V.I.P.
Natural Cleaning
Products

30% off
Assorted Sizes



Nature Clean
Cleaning Strips

6⁹⁹
Assorted Sizes

DELI

Choices' Own Cooked or Smoked Turkey Breast Antibiotic Free



4⁹⁹
/100g

Choices' Own Wild Salmon Lox Bagels



8⁹⁹
450g

Habibi's Hummus



6⁹⁹
450g

Choices' Own Ready to Eat Bowls



**7⁴⁹-
9⁴⁹**
275g - 415g

Ready to Eat Curry Entrées



8⁹⁹
each

Cathedral Mature or Extra Mature Cheddar Cheese



**7⁹⁹-
8⁹⁹**
200g

Arla Cheese Slices



6⁹⁹
125g - 175g

Grated or Shredded Parmesan Cheese



4⁴⁹
/100g

BAKED GOODS

Choices' Own Alternative Flour Apple Cinnamon or Blueberry Lemon Muffins



5⁹⁹
4 pack

Choices' Own Cake Slices



3⁹⁹
120g - 150g

Choices' Own Blondie, Nanaimo or Brownie Bars



**6⁹⁹-
7⁹⁹**
150g-200g

Silver Hills Organic Sprouted Power Bagels



4⁹⁹
5 pack

Carbonaut Low Carb Breads



6⁴⁹
355g - 544g

GluteNull Gluten-Free Bars & Cookie Squares



9⁹⁹
240g - 320g

NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY



Nora
Seaweed
Snacks

3.99
32g - 45g



Chocolove
Rainforest
Alliance Certified
Chocolate

2/7.00
90g



Whittaker's
Chocolate
Bars

4.49
200g - 220g



Savör Organic Products

30% off
Assorted Sizes

Healthy Hippo Monkfruit
Sweetened
Gummies



2/6.00
50g



Gomacro
Bars

2/6.00
59g - 65g



Perfect Bar
Protein Bars

2/7.00
65g - 71g



Enlightened
Keto Frozen
Dessert

5.99
473ml

WELLNESS



St. Francis Herb
Farm Herbal
Supplements

20% off
Assorted Sizes



AOR Vitamins
& Supplements

20% off
Assorted Sizes



MegaFood
Vitamins &
Supplements

25% off
Assorted Sizes



A.Vogel
Echinaforce
Supplements

20% off
Assorted Sizes



Purica Extra
Strength
Recovery,
Recovery 3.0 &
Curcumin

20% off
Assorted Sizes



CanPrev
Vitamins &
Supplements

20% off
Assorted Sizes



Herbaland
Vitamins &
Supplements

20% off
Assorted Varieties

Santevia Alkaline Water
Pitchers, Water
Systems
and more



20% off
Assorted Sizes



Natural Factors
Vitamin C
1000mg

21.99
210 Caps



Nuun Hydration
Electrolytes - Sport,
Boost, Immunity &
Vitamin Tablets

8.99
10 Tablets



Routine. Natural
Deodorant,
Perfume or
Candles

24.99 34.99
Assorted Sizes
Natural Deodorant
Perfume or Candle

Natracare Natural
Feminine Hygiene
Products



20% off
Assorted Varieties



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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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