



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Organic
Lean Ground
Beef

Value Pack

12.99/lb

28.64/kg

LOCAL
from

BC

Choices' Own Hot Chili
Turkey, Beef or Vegan Spicy
Black Bean

5.49
small

7.49
medium

11.99
large

Choices' Own Artisan Half
Fruit Pies

6.49
280g

Organic Romaine Hearts

4.98

3 Pack

Imported

Large Green Seedless Grapes
8.77/kg

3.98
/lb

Imported

Choices' Own Baker's Mezzo
Bastone or Crusty Loaf

**2.29-
3.49**
250g - 450g



Vega Sport
Protein

46.99

801g - 837g



Que Pasa
Organic Tortilla
Chips & Salsa

3.99

Assorted Sizes



Spread'em
Kitchen Co.
Plant-Based
Dips & Spreads

30% off

Assorted Sizes

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

Prices Effective
February 2 - 8, 2023

PRODUCE

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

Prices Effective
February 2 - 8, 2023

Organic Cara Cara Red Navel Oranges

from USA

698

1.36kg
bag

Organic Celery

6.57/kg

Imported

298
/lb

Hot House Peppers Orange, Red & Yellow

from Mexico

498

907g
bag

Taylor Farms Salad Kits

from USA

498

267g - 383g

MEAT

Choices' Own Whole Chicken

12.10/kg



Raised Without Antibiotics

549
/lb

Sockeye Salmon

Previously Frozen, Value Pack

441
/100g

Turkey Sausages

22.02/kg



Raised Without Antibiotics
Made in Store

999
/lb

Choices' Own Turkey Drumsticks & Wings

12.10/kg



Raised Without Antibiotics

549
/lb

Bone In Chicken Thighs

12.10/kg



Raised Without Antibiotics
Value Pack

549
/lb

GROCERY

For a limited time, enjoy **free pickup** from your local Choices
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Prices Effective
February 2 - 8, 2023



GT's Organic
Raw Kombucha

8⁹⁹

1.4L
+ deposit + eco fee



Flow Organic
Alkaline Spring
Water

2/3⁰⁰ 2/4⁰⁰

500ml 1L
+ deposit + eco fee



Kiju
Organic
Juice

2/6⁰⁰

4 Pack & 1L
+ deposit + eco fee



Covered Bridge
Potato Chips &
Lela's Chickpea
Chips

2/6⁰⁰

120g - 170g



Hot-Kid &
Want-Want
Rice Crisps

2/5⁰⁰ 2/6⁰⁰

100g 100g
Hot-Kid Want-Want



Bobo's
Gluten-Free
Bars

3/7⁰⁰

71g - 85g



Mrs. Renfro's
Salsa

6⁴⁹

473ml



Green &
Black's Organic
Fair Trade
Chocolate Bars

3⁹⁹

90g



Ben & Jerry's
Ice Cream

5⁹⁹

473ml



Sol Cuisine Vegan
Appetizers

5⁹⁹

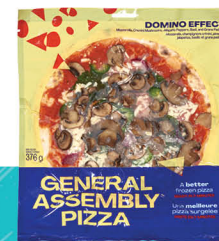
Assorted Sizes



Wholly Veggie
Frozen Meals &
Appetizers

5⁹⁹

Assorted Sizes



General Assembly
Frozen Pizza

8⁹⁹

Assorted Sizes



Cucina Antica
Pasta Sauce &
Organic Ketchup

6⁹⁹

575ml
Ketchup

7⁹⁹

670ml
Pasta Sauce



Rao's
Homemade
Pasta Sauce

9⁹⁹

660ml



Rustichella
Pasta

5⁹⁹

500g



Mutti Italian
Tomatoes

30% off

Assorted Sizes



Omega Nutrition
Organic Apple Cider
Vinegar & Cooking Oil

30% off

Assorted Sizes



Spectrum
Organic Cooking
Oil & Mayonnaise

30% off

Assorted Sizes

GROCERY



Barney Butter
Almond Butter

6⁴⁹
284g



Bob's Red Mill
Organic
Gluten-Free Oats

30% off
Assorted Sizes



Donia Farms
Grass Fed Milk

5⁹⁹
2L
+deposit + eco fee



Happy Planet
Mornin' Oatz

2/400 4⁴⁹
250ml
+deposit + eco fee

Rabbit River Farms
Large Free Range Eggs



6⁴⁹
1 Dozen



Granola Girl
Granola

6⁹⁹
400g



Happy Planet
Organic Juice

4⁹⁹ - 5⁹⁹
1.75L
+deposit + eco fee



Earth's Own
Almond
Beverages

3⁹⁹
1.75L - 1.89L
+deposit + eco fee



Patience Organic
Dried Fruit &
Juice

30% off
Assorted Sizes
+deposit + eco fee



Taylors English
Tea

6⁹⁹
20 Tea Bags



Camino Organic
Fair Trade Hot
Chocolate

6⁹⁹
275g & 336g



Ethical Bean
Organic Fair
Trade Coffee

10⁹⁹ 14⁹⁹
227g
Ground

340g
Whole Bean



Olympic Natural
Krema, Greek
Yogurt & Sour
Cream

3⁹⁹ - 5⁴⁹
500ml - 650g



Tree Island
Cream Top
Yogurt

4⁴⁹
500g



Riviera Vegan
Yogurt

5⁴⁹
500g - 650g



L'Ancetre
Organic
Cheese

30% off
Assorted Sizes



Balderson Aged
Cheddar Cheese

9⁹⁹ - 10⁹⁹
250g - 280g



Happy Planet
Cultured Butter

8⁹⁹
200g

DELI

Farmcrest Roasted Chicken



15⁹⁹
each

Choices' Own Artisan Ham, Turkey or Roast Beef Sandwiches



9⁹⁹
each

Choices' Own Salmon Entrées



**449-
9⁹⁹**
each

Choices' Own Sesame Ginger or Golden Curry Tofu Salad



249
/100g

Old Fashioned Ham



249
/100g

Vegetable Herb Samosas



**2/
6⁰⁰**
160g

Happy Days Deluxe Goat Feta Cheese



6⁹⁹
140g

Italian Grana Padano Cheese Imported



549
/100g

BAKED GOODS

Choices' Own Keto Donut Bites, Kornbread or Coconut Muffins



449
100g - 140g

Choices' Own Individual Brownie, Blondie or Nanaimo Bars



2⁹⁹
50g - 85g

Carbonaut Low Carb Gluten-Free Bagels



6⁹⁹
5 pack

Silver Hills Organic Sprouted Power Bread



**2/
9⁰⁰**
510g - 680g

Bakestone Brothers Organic Bagels



5⁹⁹
6 pack

Rebel Foods Gluten-Free Vegan Seed Nut Bars



7⁹⁹
10 pack

Happy Anniversary, Choices Kerrisdale

Saturday, February 4th ONLY! | At Choices 1888 West 57th Ave, Vancouver

10% OFF THE ENTIRE STORE,
INCLUDING SALE ITEMS

Anniversary sale is only available at Choices Kerrisdale | Sale not available online

GROCERY



Karine & Jeff
Soup & Meals

30% off
Assorted Sizes



Yves
Plant-Based
Meat
Alternatives

30% off
Assorted Sizes



Karthain's Organic
Sauerkraut &
Kimchi

9⁹⁹ 10⁹⁹
750ml 750ml
Sauerkraut Kimchi



Safe Catch
Albacore Tuna
or Salmon

30% off
142g



Lundberg
Nutra Farmed
Rice

30% off
Assorted Sizes



Sunrise
Soyganic Tofu

179-349
Assorted Sizes



Yeshi Nutritional
Yeast Dressing

7⁹⁹
350ml



Seventh
Generation
Natural Laundry
Detergent

14⁹⁹ 19⁹⁹
2.66 L 683ml
EasyDose

WELLNESS



Natural Factors
Probiotics

20% off
Assorted Sizes



Smart Solutions
Hormone
Support
Supplements

20% off
Assorted Sizes



Enzymedica
Digestive
Enzymes

20% off
Assorted Sizes



Platinum
Naturals
Vitamins and
Supplements

20% off
Assorted Sizes



Bach Flower
Remedies
& Rescue
Remedy

25% off
Assorted Sizes



AOR
Vitamin D3

33⁹⁹ 41⁹⁹
50ml 100ml



Nature's Way
Sambucus
& Zinc
Supplements

20% off
Assorted Sizes



Botanica
Organic
Supplements
& Herbs

20% off
Assorted Sizes



Mad Hippie
Natural Cosmetic
and Facial Care

20% off
Assorted Sizes



JĀSŌN Body Care
Products Hair Care, Body Wash
and Oral Care

25% off
Assorted Sizes



Weleda Face
and Body
Care

20% off
Assorted Sizes



Mrs. Meyer's
Hand Soap
Regular Retail 8.49
370ml

**BUY 1
GET 1
FREE**



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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 - 8683 10th Ave, Burnaby
Abbotsford - 3033 Immet St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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