



WEEKLY SPECIALS

100% BC OWNED AND OPERATED

Whole
Organic
Chicken

6⁹⁹/lb

15.41/kg

LOCAL

Choices' Own Hot Soup

4⁴⁹
8oz

6⁴⁹
16oz

10⁹⁹
32oz

Choices' Own Wraps

9⁹⁹
each

made in store

Organic Hass Avocados

**3/
6⁰⁰**

from Mexico

Organic Broccoli

6.57/kg

2⁹⁸
/lb

from USA

Choices' Own Artisan Breads

**3⁴⁹-
6⁴⁹**
assorted
sizes

New Roots
Vitamins &
Supplements



All Products
on
SALE

20% off

Assorted Sizes
Assorted Varieties

Andalou Naturals
Facial Care



30% off

Assorted Sizes

Savör
Grass-Fed
Butter



5⁹⁹
250g

Nuts to You
Almond
Butter



8⁹⁹
365g

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

Prices Effective
February 23 - March 1, 2023

PRODUCE

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

Prices Effective
February 23 - March 1, 2023

Organic Green Kiwi Fruit



from Italy

4.98

454g
pkg.

Organic Russet Potatoes



4.98

2.27kg
bag

Iceberg Head Lettuce



from USA

**2/
5.00**

Long Seedless Cucumbers



from Canada

**2/
4.00**

MEAT

Boneless Pork Sirloin Chops

15.41/kg



LOCAL

Raised Without Antibiotics
Made in Store

**6.99
/lb**

Dark Ground Chicken

22.02/kg



LOCAL

Raised Without Antibiotics

**9.99
/lb**

Soup ETC! Soup & Stock



LOCAL

Assorted Flavours

6.99

700ml

Pork Schnitzels

17.61/kg



Raised Without Antibiotics
Italian Style, Made in Store

**7.99
/lb**

Smoked BBQ Chum Salmon Portions



**3.29
/100g**

GROCERY

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Kicking Horse
Organic Fair
Trade Whole
Bean Coffee

15⁹⁹
454g



Frog Friendly
Rainforest
Alliance Certified
Coffee

10⁹⁹
340g



Equal Exchange
Organic Tea

3⁹⁹
28g - 40g



So Nice Coffee
Creamer Barista
and Earth's Own
Oat Barista Blend

2⁹⁹ 5⁹⁹
946ml Soy 946ml Oat



Earth's Own &
So Nice Almond
Beverages

3⁹⁹
1.75L - 1.89L
+ deposit + eco fee



Donia Farms
Grass Fed Milk

5⁴⁹
2L
+ deposit + eco fee

Country Golden Yolks
Large Free Range Eggs



5⁹⁹
1 Dozen



Eat-Up! Gluten-Free
Upcycled Baking
Mixes & Oats

4⁹⁹ 6⁹⁹
290g Baking
Mixes 680g Oats



Nature's Path
Organic Boxed
Cereal

30% off
Assorted Sizes



Wedderspoon
Manuka Honey

30% off
250g & 500g



Canadian Heritage
Organics 100%
Pure Organic
Maple Syrup

22⁹⁹
1L



Earth Balance
Dairy-Free Butter
Alternatives

30% off
Assorted Sizes



Olympic
Organic Kefir
& Sigg's Skyr
Yogurt

5⁹⁹ 9⁹⁹
650g & 750g 2L Olympic
Sigg's Kefir



Tree Island
Cream Top
Yogurt

9⁹⁹
1.5kg



La Chaudière
Organic
Cheese

30% off
Assorted Sizes



Wholly Veggie!
Plant-Based
Frozen Entrees
& Appetizers

5⁹⁹
Assorted Sizes



Gold Rush
Organic Frozen
Potatoes

3⁹⁹
454g



Daiya Plant-Based
Cheese Slices,
Blocks & Shreds

3⁹⁹
Assorted Sizes

GROCERY



Earth's Choice
Organic Coconut
Products

30% off
Assorted Sizes



Fody Low
Fodmap Products

30% off
Assorted Sizes



Spectrum
Cooking Oil &
Mayonnaise

30% off
Assorted Sizes



Mutti Italian
Tomatoes

30% off
Assorted Sizes

Di Martino Pastificio
Pasta



249-299
500g



Rizopia
Gluten-Free
Pasta

249-349
340g - 454g



San-J Soy &
Cooking Sauces

30% off
296ml

Stahlbush Island Farms Sustainable
Frozen Vegetables



EXCLUDES
CAULIFLOWER

2/600
Assorted Sizes



Bragg Organic
Apple Cider
Vinegar

499
473ml



Gardein
Plant-Based Frozen
Meat Alternatives

499
Assorted Sizes



Udi's Gluten-Free
Frozen Pizza

1099
497g - 522g



Raincoast Trading
Sockeye Salmon
& Sardines

30% off
120g - 160g



Barbara's
Cheez Puffs

299
155g - 198g



Amy's Organic
Frozen Pizza

999
Assorted Sizes



Fresh Is Best
Tortilla Chips &
Dips

399
Assorted Sizes



Sonoma Creamery
Crisps

499
64g



Handfuel
Nut Snacks

499
120g - 150g



Hardbite
Natural
Potato Chips

2/600
128g - 150g

DELI

Choices' Own Ready to Eat Artisan Salads



749-949
250g - 430g

Choices' Own Roast Beef



449
/100g

Choices' Own Grass Fed Shepherd's Pie



699
500g

1399
1kg

Choices' Own Pad Thai or Singapore Stir Fry



649-849
350g - 445g

Vegetarian Herb Samosas



2/600
160g

Cows Creamery Cheese 1, 2 or 3 Year Aged Cheddar



200 Off
200g

Natural Pastures Cheese



20% Off
170g - 200g

Jarlsberg Cheese



499
/100g

BAKED GOODS

Choices' Own 6" Tiramisu or Kalamansi Cake



1999
each

Choices' Own Nanaimo Bars



299-799
assorted sizes

Choices' Own Banana or Orange Cranberry Loaf



799
300g & 454g

Choices' Own Artisan Cookies



699
6 pack

Carbonaut Low Carb or Gluten-Free Bread



599-699
355g - 550g

Jack's Paleo Kitchen Gluten-Free Cookies



799
one dozen

Dempster's Bagels



2/800
5 - 6 pack

NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY



Green & Black's
Organic Fair Trade
Chocolate Bars

2/8⁰⁰
90g



Mid-Day
Squares

2/4⁰⁰ 21⁹⁹
33g Single 12 Pack



La Croix
Sparkling
Water

.99 5⁹⁹
355ml 8 Pack
+deposit +eco fee +deposit +eco fee



Rise Organic
Kombucha

2/7⁰⁰
414ml
+deposit +eco fee

Theo Organic Peanut
Butter Cups & Chocolate
Bars



2/5⁰⁰ 3⁹⁹
36g & 38g Cups 85g Bars



Clif Bar
Energy Bars

4/5⁰⁰
68g



Perrier
Sparkling
Water

2/5⁰⁰
750ml - 1L
+deposit +eco fee



Righteous
Gelato &
Sorbetto

7⁹⁹
562ml

WELLNESS



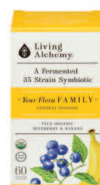
SiSU
Vitamins &
Supplements

20% off
Assorted Sizes



Natural Factors
Vitamin C &
Supplements

20% off
Assorted Sizes



Living Alchemy
Your Flora Series
Fermented
Activated Herbs

20% off
Assorted Sizes



Bio-K Plus
Probiotics

21⁹⁹ 23⁹⁹
6 Pack Dairy 6 Pack Non-Dairy



Natural Factors
Probiotics

20% off
Assorted Sizes



Nordic Naturals
Omega-3 Fish Oil
Supplements

20% off
Assorted Sizes



Natural Factors
CoQ10 &
Ubiquinol
Supplements

25% off
Assorted Sizes



Omega Nutrition
Organic Pumpkin
Seed Protein
Powder

23⁹⁹
600g



Lily of the
Desert Aloe
Vera Juice or
Gel

20% off
Assorted Sizes
Assorted Varieties



Alaffia Everyday
Shea Hair & Body
Care

20% off
Assorted Sizes



NOW Essential
Oils & Topical
Body Oils

20% off
Assorted Varieties



Dr. Hauschka
Facial Care

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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