



# HAPPY VALENTINE'S!

100% BC OWNED AND OPERATED

European  
Cello Bouquet  
**34<sup>98</sup>**  
each

6 Stem  
Rose  
Bouquet  
**25<sup>98</sup>**  
each

Choices' Own Valentine's Day  
Red Velvet Cupcakes

See in store  
for more  
Selections!

**5<sup>99</sup>**  
280g

Beef Top Sirloin Steak  
26.43/kg

**11<sup>99</sup>**  
/lb

Grass Fed, Value Pack  
from New Zealand/Australia

Hass Avocados

**4/  
6<sup>00</sup>**

from Mexico

Chicken Wings  
14.31/kg

**6<sup>49</sup>**  
/lb

Value Pack  
Raised Without Antibiotics

Choices' Own Turkey  
Cranberry Pot Pie

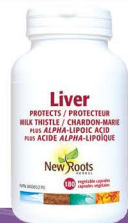
**NEW**

**7<sup>49</sup>**  
280g

Long Stem Strawberries

**13<sup>98</sup>**  
454g  
pkg.

from USA  
subject to availability



New Roots  
Vitamins &  
Supplements

All Products  
on  
**SALE**

**20% off**  
Assorted Sizes

Mineral Fusion Natural  
Cosmetics and Nail Polish



**40% off**  
Assorted Sizes



Terra Breads  
Premium  
Granola

**14<sup>99</sup>**  
850g - 1kg



Alter Eco  
Organic Fair  
Trade Chocolate  
Bars

**2/7<sup>00</sup>**  
75g - 80g

For a limited time, enjoy **free pickup** from your local Choices  
[shop.choicesmarkets.com](http://shop.choicesmarkets.com)

Prices Effective  
February 9 - 15, 2023



# PRODUCE

For a limited time, enjoy **free pickup** from your local Choices  
[shop.choicesmarkets.com](http://shop.choicesmarkets.com)

Prices Effective  
 February 9 - 15, 2023

## Organic Green Seedless Grapes

from Peru

**888**  
454g

## organicgirl Salads

Assorted Varieties



from USA

**398**  
119g - 142g

## Blue Jay Navel Oranges

4.37/kg

from USA

\*weather dependent

**198**  
/lb

## Organic Long Seedless Cucumbers

from Mexico

**398**  
each

# MEAT

## Bison Sirloin Tip Steaks

37.46/kg

**1699**  
/lb

## Boneless Leg of Lamb Steak

37.46/kg

**1699**  
/lb

Raised Without Antibiotics

## Pinty's Gluten-Free Chicken Nuggets and Strips



Assorted Flavours

**1699**  
790g

## Grimm's Pepperoni Bites



Assorted Varieties

**949**  
300g - 375g



# GROCERY

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

Prices Effective  
February 9 - 15, 2023



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

**349 499**

946ml So Nice + deposit + eco fee  
946ml Earth's Own + deposit + eco fee



Dairyland  
Creamo &  
Whipping Cream

**229-449**

473ml - 225g



Annie's Organic  
Breakfast Cereal

**599**

235g-260g



Mogiana  
Coffee

**1299**

340g



Numi Organic  
Tea

**599**

12 Pack-18 Pack



Wedderspoon  
Manuka Honey

**30% off**

Assorted Sizes



GoldEgg Free  
Run Liquid Egg  
Whites

**2/700**

500g



Canadian Heritage  
Organics 100% Pure  
Maple Syrup

**2299**

1L



Donia Farms  
Grass Fed  
Butter

**899**

250g



Olympic Organic,  
Natural & Crema  
Yogurt

**999-1299**

1.75kg



Nuts to You Almond  
Butter & Organic  
Sesame Tahini Butter

**799 899**

500g  
Tahini

365g  
Almond Butter



Gardein Frozen  
Plant-Based Meat  
Alternatives

**549**

Assorted Sizes



Armstrong  
Cheese

**1099**

600g



Woolwich Goat  
Cheese

**30% off**

113g - 300g



Daiya Plant-Based  
Cheese

**2/800**

185g - 299g



Stahlbush Island  
Farms Sustainable  
Frozen Vegetables

**299**

Assorted Sizes



San-J Cooking  
Sauces

**30% off**

296ml



Field Roast  
Plant-Based  
Sausages, Meals  
& Cheese

**30% off**

Assorted Sizes



# GROCERY



Kev's Organic Cold  
Pressed Juice & Oat  
Beverages

**4<sup>99</sup>** **7<sup>99</sup>**  
475ml Oat + deposit+eco fee  
475ml Juice + deposit+eco fee



Mid-Day  
Squares

**2/4<sup>00</sup>** **22<sup>99</sup>**  
33g Single 12 Pack



Amy's Organic  
Frozen Pizza

**10<sup>99</sup>**  
Assorted Sizes



Rise Organic  
Kombucha

**2/7<sup>00</sup>**  
414ml + deposit+eco fee



Hardbite Natural  
Potato Chips

**2/6<sup>00</sup>**  
128g & 150g



Fresh is Best  
Tortilla Chips &  
Dips

**3<sup>99</sup>**  
Assorted Sizes



Fentimans  
Craft Soda

**2/5<sup>00</sup>** **8<sup>99</sup>**  
275ml + deposit+eco fee  
4 Pack + deposit+eco fee



Frankie's  
Organic Cloud  
Puffs & Potato  
Fries

**2/5<sup>00</sup>**  
113g - 140g



Southern Recipe  
Keto Pork Rinds

**4<sup>99</sup>**  
85g



Blue Monkey  
Sparkling Fruit  
Juice

**2/4<sup>00</sup>**  
330ml + deposit+eco fee



Righteous  
Gelato &  
Sorbetto

**6<sup>99</sup>**  
562ml



Keto Skream  
Ice Cream &  
Frozen Dessert  
Bars

**6<sup>99</sup>** **8<sup>99</sup>**  
473ml Pints 3 Pack Bars



FreeYumm  
Gluten-Free  
Crackers and  
Cracker Bites

**3<sup>99</sup>**  
120g



Le Pain des  
Fleurs Organic  
Crispbread

**4<sup>99</sup>-5<sup>99</sup>**  
150g



Sonoma  
Creamery  
Cheese Crisps

**3<sup>99</sup>**  
64g



Haribo  
Gummies

**2/6<sup>00</sup>** **4<sup>99</sup>**  
175g 284g



Kind  
Energy Bars

**2/4<sup>00</sup>** **22<sup>99</sup>**  
40g Single 12 Pack



Echoclean  
2x Natural  
Liquid Laundry  
Detergent

**12<sup>99</sup>**  
2.95L



# DELI

## Vancouver Soup Company Soups



## Choices' Own Harissa or Soy Ginger Glazed Turkey Wings



## Choices' Own Ready to Eat Beef Dip Sandwich



## Rosstown Roasted Chickens Halves



## Spinach & Feta or Ricotta & Feta Twisters



## La Panzanella Artisan Crackers



## Nightingale 12" Pizza



## Italian Sliced Prosciutto & Salami



## Fromalp Fondue



## Paysan Breton Le Brie Cheese



# BAKED GOODS

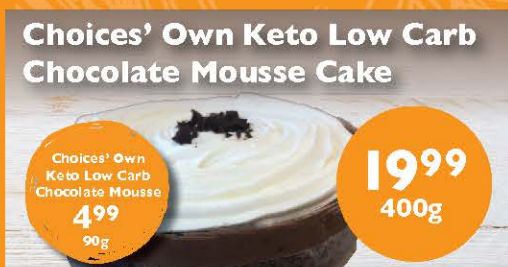
## Choices' Own French Bread or Country Wholesome Sourdough



## Choices' Own Party Cakes



## Choices' Own Keto Low Carb Chocolate Mousse Cake



## La Tortilla Factory Tortillas



## Schär Gluten-Free Bread, Rolls, Baguettes or Pizza Crust



## GluteNull Gluten-Free Bread & Buns



Star  
of the  
Season



Thanks to your generosity,  
we were able to raise over

**\$35,000**

for local food banks and  
community neighbourhood houses!



# GROCERY



Earth's Choice  
Organic  
Coconut Milk,  
Cream & Oil

**30% off**  
Assorted Sizes



Di Martino  
Pasta

**2.49-3.49**  
500g



Phoeapolis  
Organics Extra  
Virgin Olive Oil

**10.99 15.99**  
500ml 750ml



Mezzetta  
Olives &  
Peppers

**30% off**  
Assorted Sizes



Earth's Choice  
Organic Lemon  
or Lime Juice

**3.99 10.99**  
250ml 1L



Felicetti Organic  
Gluten-Free  
Pasta

**2/6.00**  
340g



Antico Organic  
Pasta Sauce

**5.99**  
700ml



Native Forest  
Organic Canned  
Vegetables &  
Fruit

**30% off**  
Assorted Sizes

# WELLNESS



SiSU  
Vitamins &  
Supplements

**20% off**  
Assorted Varieties



Natural Factors  
Vitamin C

**20% off**  
Assorted Varieties



Suro Organic  
Elderberry Syrup,  
Breathe & iSleep

**20% off**  
Assorted Sizes



Bio-K Plus  
Probiotics

**21.99 23.99**  
Dairy Non-Dairy



Incrediwear  
Socks, Braces  
and Wraps

**20% off**  
Assorted Varieties



Dr. Hauschka  
Facial Care

**25% off**  
Assorted Sizes



Himalaya  
Botanique  
Toothpaste

**6.49**  
113g - 150g



Herbatint  
Natural  
Permanent  
Hair Care

**17.99**  
1 Kit  
Assorted Colours



The Kelowna  
Candle Factory  
Beeswax  
Candles

**20% off**  
Assorted Sizes



Divine Essence  
Essential Oils  
& Body Care  
Products

**25% off**  
Assorted Sizes



Desert Essence  
Organics Body  
Care Products

**20% off**  
Assorted Varieties



Alba Botanica  
Hair Care

**8.99**  
355ml



[choicesmarkets.com](http://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  
**Burnaby** - 3033 Immel St, Abbotsford  
**Abbotsford** - 1937 Harvey Ave, Kelowna

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