



WEEKLY SPECIALS

100% BC OWNED AND OPERATED

**Boneless Pork
Loin Chops**
Raised Without
Antibiotics, Value Pack

5.99/lb

13.21/kg

LOCAL

**Organic
Asparagus**
Imported

4.98/lb

10.98/kg

**Choices' Own Irish Cream
Cake**



10.99
280g

**Choices' Own St. Patrick's Day
Cupcakes**



5.99
4 pack

**Organic Green and Red
Leaf Lettuce**

**2/
6.00**

from USA

Rosstown Roasted Chicken



HOT
PRICE

9.99
each

**Choices' Own Potato Side
Dishes**



1.49
/100g



**Vega One
Nutritional Shakes**

49.99

827g - 876g



**GT'S Raw Organic
Kombucha
Beverages**

3.49

480ml
+ deposit + eco fee



**Prana Organic
Snacks**

30% off

Assorted Varieties

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

Prices Effective
March 16 - 22, 2023

PRODUCE

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

Prices Effective
 March 16 - 22, 2023

Organic Navel Oranges

from USA

6⁹⁸

1.81 kg
bag

Mini Watermelon Personal Size

from Mexico

4⁹⁸

each

Hot House Peppers Orange, Red and Yellow

from Mexico

5⁹⁸

907 g
bag

Organic Zucchini 4.37/kg

from Mexico

1⁹⁸
/lb

MEAT

Chicken Drumsticks 6.59/kg

LOCAL

Raised Without Antibiotics
Value Pack

2⁹⁹
/lb

Tuna Steaks

Previously Frozen

6⁹⁹
4oz

Chicken Cordon

4 Flavours
to Choose
From

4⁹⁹
each

Seasoned Chicken Breasts 17.61/kg

4 Flavours
to Choose
From

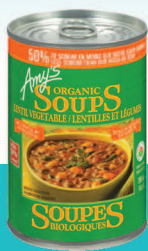
7⁹⁹
/lb

Value Pack

GROCERY

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

Prices Effective
March 16 - 22, 2023



Amy's Organic
Canned Soup

2/8⁰⁰
398ml



Bar Harbor
Seafood
Products

30% off
Assorted Sizes



GoGo Quinoa
Gluten-Free Organic
Puffs, Cookies, Pasta
and Mac & Cheese

30% off
Assorted Sizes



Garofalo
Pasta

2/6⁰⁰ 2/9⁰⁰
500g Regular
Pasta 400g Gluten-Free
Pasta



Mezzetta
Pesto & Pasta
Sauce

4⁹⁹ 5⁹⁹
177g
Pesto 473ml - 709ml
Pasta Sauce



Classico Pasta
Sauce or Pesto
Sauce

3/9⁹⁹
218ml - 650ml



Lotus Foods
Organic Rice

30% off
Assorted Sizes



Sol Cuisine
Frozen
Plant-Based
Burgers

4⁹⁹
284g



Raincoast Wild
Skipjack Tuna

2/6⁰⁰
142g



MacKellar Farms
Edamame

3⁹⁹
400g



Green Organic
Frozen
Vegetables

2/8⁰⁰
500g



Holy Napoli
Frozen Pizza

8⁹⁹
365g - 425g



Lakanto Monk
Fruit Sweeteners

30% off
Assorted Sizes



Lily's Stevia
Sweetened
Baking Chips

6⁹⁹
255g



La Tourangelle
Oil

30% off
Assorted Sizes



Eco Max Natural
Laundry Liquid

12⁹⁹
1.5L 4X Concentrated
3L 2X Concentrated



Eve's
Gluten-Free
Crackers

6⁹⁹
108g



Armstrong Cheese

9⁹⁹
600g

GROCERY

Maple Hill Farms Organic
Free Range Medium Eggs



549
One Dozen

Rabbit River
Farms Cage Free
Egg Whites



379
500g

Elmhurst
Plant-Based
Beverages



699
946ml
+deposit+eco fee

49th Parallel
Coffee



1299
340g

Pukka Organic
Tea



599
20 Tea Bags

Blue Diamond
Almond Breeze



399
1.89L
+deposit+eco fee

Nuts to You
Organic Peanut
Butter



499
500g

Drizzle Premium
Honey



749 999
375g 500g

Uncle Luke's
Organic Maple
Syrup



2299
1L

Holy Crap
Superfood
Cereal



699
225g - 320g

Philadelphia
Cream Cheese



2/800
227g - 250g

Nature's Path
Organic Frozen
Waffles



2/750
210g

Yoggu!
Plant-Based
Coconut
Yogurt



699
450g

Avalon Organic
Probiotic Yogurt



499
650g

Tree Island
Natural Grass-Fed
Yogurt



1099
1.5kg

Chapman's
Ice Cream



599
500ml

Dream Pops &
Bites Plant-Based
Frozen Dessert



449 599
4Pack Pops 118ml Bites

Bremner's
Frozen Fruit



30% off
300g & 600g

DELI

Choices' Own Traditional Macaroni & Cheese



5.99
330g

Choices' Own Ready to Eat Artisan Green Salads



8.49-9.49
assorted sizes

Tropical Chicken or Chicken Quinoa Fresh Rolls



6.49
165g - 180g

Kerrygold Irish Cheese Assorted Varieties



6.99
198g - 200g

Black Forest Ham



2.49
/100g

Pastrami



3.49
/100g

Coombe Castle Fiddler's Green Cheese



4.99
/100g

Alexis de Portneuf Brie or Camembert Cheese



9.99
300g

Bella Casara Burrata Cheese



13.99
250g

BAKED GOODS

Choices' Own St. Patrick's Day Pistachio Shortbread Cookies



5.99
4 pack

Choices' Own Garlic Bread



5.99
320g

Choices' Own Multigrain Mini Loaf



3.99
each

Choices' Own Vegan Muffins



3.99-6.49
4 pack

Silver Hills Sprouted Power Bread



2/8.00
430g - 615g

Brioche Hamburger or Hot Dog Buns



6.99
6 - 8 pack

Choices' Own Cake Slices



4.29
assorted sizes

NUTRITION TOURS ARE BACK!



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY



Lesser Evil
Organic
Popcorn

3⁹⁹
142g



Old Dutch
Potato Chips
Regular, Rip-L and
Ridgies

2/7⁵⁰
200g - 235g



Plum-M-Good
Organic Rice
Thins

2/5⁵⁰
95g

Simply Protein Bars



2/5⁰⁰
40g



Good Drink
Spritzers & Iced
Tea Beverages

2/4⁰⁰
355ml & 473ml
+deposit+eco fee



Brew Dr
Raw Organic
Kombucha

2/6⁰⁰
414ml
+deposit+eco fee



Ritter Sport
Chocolate
Bars

2/7⁰⁰
100g



FreeYumm
Gluten-Free
Cookies & Bars

3⁹⁹
135g - 154g

WELLNESS

Organic Traditions Wheat
& Barley
Grass Juice &
Chlorella
Powder



21⁹⁹
150g



SiSU
Ester-C
Supplements

20% off
Assorted Sizes



Medi-C Sealicious
& Preferred
Nutrition
Supplements

20% off
Assorted Sizes
Select Varieties



Oneka
Shampoo &
Conditioners

12⁴⁹
500ml

Iron Vegan Sprouted
Protein or
Athlete's Blend
Protein



59⁹⁹
1kg

All Other
Iron Vegan Sports
Products
20% Off



Natural Factors
CurcuminRich
Theracurmin
Supplements

20% off
Assorted Sizes



BioSil Hair,
Skin & Nails

20% off
Assorted Sizes



South of France
Soaps Bars or
Liquids

7⁴⁹
236ml or 170g



Platinum Naturals
EasyIron,
Magnesium &
Easy Calcium

20% off
Assorted Sizes



Host Defense
Medicinal
Mushroom
Supplements

20% off
Assorted Sizes



St. Francis Herb
Farm Herbal
Supplements

20% off
Assorted Varieties



Thinksport Body
Care, Sunscreen
and Water
Bottles

20% off
Assorted Varieties



choicesmarkets.com



/ChoicesMarkets



@ChoicesMarkets



/Choices_Markets

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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.