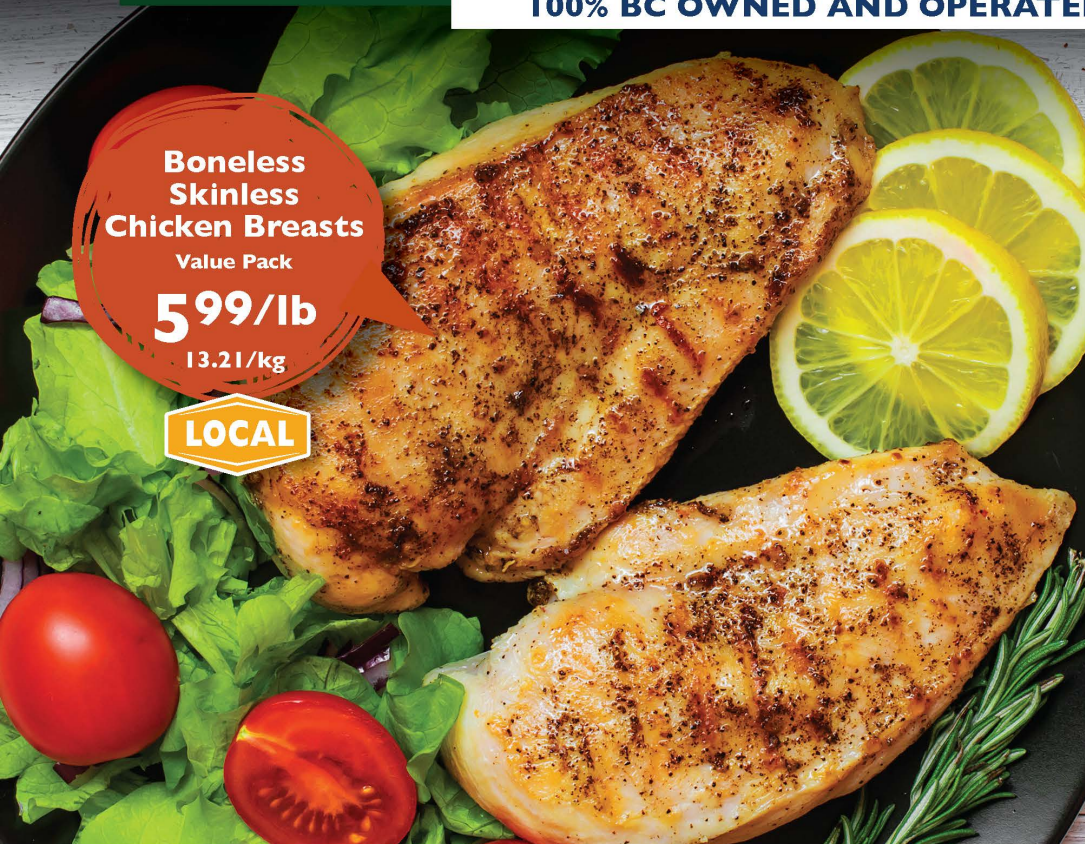




WEEKLY SAVINGS

100% BC OWNED AND OPERATED



Boneless
Skinless
Chicken Breasts

Value Pack

5.99/lb

13.21/kg

LOCAL

Spanakopita or Mushroom & Parmesan Pie



**2/
9.00**

185g



Organic Green Kale Bunches

**2/
5.00**

from USA



Large Organic Navel Oranges
4.37/kg

**1.98
/lb**

from USA

Choices' Own Sourdough,
Italian Cheese, Chia Sesame
or Multigrain Buns



**3.49-
4.49**

4 pack



Vega Sport
Protein

44.99

801g - 837g



withinUs
TruMarine
Collagen

25% off

Assorted Sizes

Earthbound Farm Organic
Frozen Fruit



300g • Regular Retail
6.49

**BUY
GET 1**

FREE

Savör Grass Fed Butter



5.99

250g

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

Prices Effective
March 9 - 15, 2023

PRODUCE

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

Prices Effective
 March 9 - 15, 2023

Red Grape Tomatoes

from Mexico

**2/
600**

1 pint pkg.

Organic Lemons

from USA

498

907g
bag

Organic Blueberries

Imported

598

1 pint pkg.

Fancy Green Zucchini

from Mexico

**148
/lb**

MEAT

Choices Whole Chicken

8.80/kg

LOCAL

Raised Without Antibiotics

**399
/lb**

7 Seas Fresh Rockfish Fillets

LOCAL

**229
/100g**

Lean Ground Beef

13.21/kg

Value Pack, Grass Fed, from New Zealand/Australia

**599
/lb**

Chicken Schnitzel

19.82/kg

LOCAL

**899
/lb**

GROCERY

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

Prices Effective
March 9 - 15, 2023

Country Golden Yolks
Free Range Large Eggs



5⁹⁹
1 Dozen



L'Ancêtre
Organic Cheddar
Cheese

4⁰⁰ off
325g



Armstrong
Natural Cheese
Slices

4⁹⁹
220g & 240g



Riviera Greek
Vegan or Keto
Yogurt

5²⁹ 6⁷⁹
500g Vegan 500g Keto



Saugeen Country
Organic Yogurt &
Kefir

4⁹⁹
908g



Dairyland
Organic Milk

4⁹⁹
1.89L
+ deposit + eco fee



Avalon Organic
Probiotic Yogurt

9⁹⁹
1.75kg



iÖGO Tube
Yogurt or Nanö
Drinkable Yogurt

4⁴⁹ 4⁹⁹
6 Pack 900ml



Earth's Own
Oat Beverages

3⁹⁹
1.75kg
+ deposit + eco fee



Terra Breads
Premium
Granola

6⁹⁹
340g - 454g



Barbara's
Puffins Cereal

3⁹⁹
285g & 312g



Canadian Heritage
Organics 100% Pure
Organic Maple Syrup

12⁹⁹
500ml



Traditional
Medicinals
Organic Tea

3⁹⁹
16 Tea Bags



Kicking Horse
Organic Fair
Trade Ground
Coffee

9⁹⁹
284g



Elias Raw
Creamed Honey

8⁹⁹ 15⁹⁹
500g 1kg



Celestial
Seasonings
Herbal Tea

2/7⁵⁰
18 - 20 Tea Bags



Earth's Choice
Organic Fair
Trade Coffee

9⁹⁹
340g



Nature's Nuts
Organic Peanut
Butter or Natural
Almond Butter

7⁴⁹ 11⁹⁹
500g Peanut Butter 500g Almond Butter

GROCERY



Favuzzi Pasta &
Pasta Sauce

4⁹⁹ 6⁹⁹

500g Pasta 480ml Pasta Sauce



Nature's Farm
Organic Pasta

3⁹⁹

454g



Good Food For Good
Organic Ketchup,
Pasta Sauce & Indian
Cooking Sauce

25% off

Assorted Sizes



Sprague Organic
Baked Beans,
Organic Soup &
Simply Soup

2/6⁰⁰ 2/7⁰⁰

398ml Organic Soup & Beans 398ml Simply Soup



Imagine
Organic Broth
& Bone Broth

4⁹⁹ 5⁹⁹

1L Organic Broth 946ml Bone Broth



Indianlife
Products

30% off

Assorted Sizes



Annie's Pasta
& Cheese

2/5⁰⁰

149g - 170g



Chosen Foods
100% Pure
Avocado Oil

15⁹⁹

750ml



Carbonaut Baking
Products and
Granola

6⁹⁹-8⁹⁹

283g - 284g



Konscious Frozen
Plant-Based
Onigiris & Sushi
Rolls

4⁹⁹ 5⁹⁹

204g Onigiris 210g Sushi Rolls



Amy's Frozen
Meals, Bowls &
Entrées

44⁹-67⁹

Assorted Sizes



Karthain's Organic
Sauerkraut &
Kimchi

54⁹ 64⁹

375ml Sauerkraut 375ml Kimchi



Caulipower
Cauliflower Based
Frozen Pizza

7⁹⁹ 9⁹⁹

310g Veggie, Cheese 310g - 320g Pepperoni, Chicken



Organic
Meadow Ice
Cream

7⁹⁹

946ml



Nora's Cashew
Based Frozen
Dessert

6⁹⁹

500ml



Biovert Biodegradable
Dishwashing Liquid &
Laundry Liquid

2/7⁰⁰ 6⁹⁹

700ml Dishwashing Liquid 1.4L Laundry Liquid



Bremner's 100% Juice
Blueberry, Cranberry
& Pomegranate

12⁹⁹

946ml + deposit + eco fee



Mary's Organic
Gluten-Free
Crackers &
Cookies

4⁹⁹-54⁹

142g - 184g

DELI

Choices' Own Greek Pasta,
Persian Garden Couscous
or Spicy Grilled Vegetable &
Potato Salad



1.99
/100g

Choices' Own 4.25" Quiche



2/
10.00

Choices' Own Char Siu
Pork or Adobo Chicken
Bowl



8.99
350g

Honey Ham



2.49
/100g

Vegetable, Pork or Chicken
Gyoza



12/
4.80

Savory or Sweet Cheese
Snack Trays



6.99
each

3 or 5 Year Grand Cheddar
Cheese



**3.99-
4.99**
/100g

Swiss Emmental or
Gruyere Cheese



**4.99-
5.99**
/100g

BAKED GOODS

Choices' Own Red Velvet
or Vanilla Cake



10.99
each

Choices' Own Mini Muffins



3.49
4 pack

Rebel Foods Vegan
Gluten-Free
Cookies



7.99
10 pack

Bakestone Brothers Organic
Pita Bread or Tortillas



**3.49-
4.99**
300g - 344g

GluteNull Gluten-Free
Buns and Bread



9.99
425g - 750g

Nature's Flair Vegan
Muffins and Cupcakes



4.99
4 - 6
pack

NUTRITION TOURS ARE BACK!



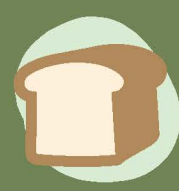
PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

GROCERY

La Croix Sparkling Water



.79 5⁷⁹
355ml, Singles
+ deposit + eco fee

Cove Kombucha



2/5⁰⁰
355ml
+ deposit + eco fee

San Pellegrino Italian Soda



6⁹⁹
6 Pack
+ deposit + eco fee

Seattle Chocolate Bars



3⁹⁹
70g

Paqui Tortilla Chips



2/7⁵⁰
155g

Kettle Brand Potato Chips



4⁹⁹
368g

Tate's Bake Shop Cookies



6⁴⁹
198g

Lily's Stevia Sweetened Chocolate Bars



3⁹⁹
80g - 85g

WELLNESS

NutraSea Omega-3 Fish Oil Supplements



20% off
Assorted Sizes

AOR Vitamins & Supplements



20% off
Assorted Sizes

Purica Vitamins & Supplements



20% off
Assorted Sizes

Now Vitamins & Supplements



20% off
Assorted Sizes

Natural Factors Stress and Sleep Supplements



20% off
Assorted Sizes

Natural Factors Vitamin B Supplements



20% off
Assorted Sizes

Ener-C Effervescent Vitamin C Drink Mix



14⁹⁹
30 Pack

Organika Organic Spirulina



31⁹⁹ 44⁹⁹
300g 500g

MegaFood Multivitamins



20% off
Assorted Sizes

Smart Solutions Beauty Support Supplements



20% off
Assorted Sizes

Hyalogic Hyaluronic Acid Supplements and Facial Care



20% off
Assorted Varieties

The Green Beaver Face, Body and Sun Care



25% off
Assorted Varieties



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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

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