



# WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

**Sockeye  
Salmon Fillets**  
**2<sup>99</sup>**  
/100g  
Value Pack  
Previously Frozen

**Organic  
Lemons**  
from USA  
**4<sup>98</sup>**  
907g  
bag

**Vancouver Soup Company  
Soup**

**7<sup>99</sup>**  
700ml

**Choices' Own Artisan Salad  
Bowls**

**6<sup>49</sup>-  
7<sup>99</sup>**  
250g - 430g

**Green Asparagus**  
6.57/kg

**2<sup>98</sup>**  
lb

**Organic Long Seedless  
Cucumbers**



**2/  
7<sup>00</sup>**

**Choices' Own Sourdough  
Bread**

**4<sup>99</sup>**  
each  
530g



**Vega Sport  
Protein**

**46<sup>99</sup>**  
801g - 837g



**Attitude Nature  
Care Toothpaste  
& Body Care**

**25% off**  
Assorted Sizes



**Nature's Path  
Organic Eco  
Pac Cereal**

**6<sup>99</sup>**  
650g - 907g



**Chasers Cold  
Pressed Fresh  
Juice**

**6<sup>99</sup> 11<sup>99</sup>**  
500ml - 1L  
+deposit+eco fee - +deposit+eco fee

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

Prices Effective  
March 30 - April 5, 2023



# PRODUCE

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

Prices Effective  
March 30 - April 5, 2023

**Organic Red Tomatoes On The Vine**  
8.77/kg

**398**  
/lb

from Mexico

**Mandarin Oranges**

**498**  
907g bag

from USA

**Cauliflower**

**398**  
each

from USA

# MEAT

**Bone In Chicken Thighs**  
8.80/kg

**399**  
/lb

Raised Without Antibiotics, Value Pack

**Johnston's Bacon**  
24.23/kg

**1099**  
/lb

Raised Without Antibiotics, No Nitrates Added

**Choices' Own Pork Sausages**  
15.41/kg

**699**  
/lb

Made In-Store

**Dark Ground Chicken**  
22.02/kg

**LOCAL**

**999**  
/lb

Raised Without Antibiotics



# GROCERY

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

Prices Effective  
March 30 - April 5, 2023



Que Pasa  
Organic Tortilla  
Chips & Salsa

**2/700**

300g - 350g Chips  
420ml Salsa



Barbara's  
Cheez Puffs

**2/600**

155g & 198g



Nora  
Seaweed  
Snacks

**2/700**

32g & 45g



Covered Bridge  
Potato Chips &  
Lela's Chickpea  
Chips

**3/798**

120g - 170g



Cedar Valley  
Pita Chips

**399**

180g



Lundberg Organic  
Rice Cakes, Regular,  
Minis & Thin Stackers

**499**

Assorted Sizes



Zazubean  
Organic  
Fair Trade  
Chocolate Bars

**2/700**

80g & 85g



Live Right Fruit & Nut Bars,  
Clusters & Crunch

**2/300 399**

40g Bars  
100g Clusters  
113g Crunch



Edward & Sons Rice Toast  
& Rice Snaps

**299 399**

65g Rice Toast  
100g Rice Snaps



Cows  
Creamery  
Butter

**599**

250g



Armstrong  
Cheese Snacks

**499**

10 Pack



Sunflower Kitchen  
Hummus

**249-349**

227g  
Select Varieties



Thornloe  
Grass Fed  
Butter

**599**

250g



L'Ancêtre  
Organic  
Cheese

**\$3 off**

Select Sizes Only



Spread'em  
Kitchen Co.  
Cashew Cream  
Cheeze Spread &  
Cashew Cheeze

**699 799**

183g Cheeze Spread  
200g Cheeze



Righteous  
Gelato &  
Sorbetto

**699**

562ml



So Delicious  
Frozen Desserts

**599**

500ml



Evive Frozen  
Smoothie Cubes

**899**

405g



# GROCERY



Rao's  
Homemade  
Pizza Sauce &  
Pasta Sauce

**5<sup>99</sup> 9<sup>99</sup>**  
370ml Pizza Sauce  
660ml Pasta Sauce



Rizopia  
Rice Pasta

**1<sup>99</sup>-2<sup>99</sup>**  
340g - 454g



Abokichi Miso  
Soup & Miso

**5<sup>99</sup> 9<sup>99</sup>**  
140g Soup  
230ml Miso



Aar-Cee  
Basmati Rice

**5<sup>99</sup>**  
1kg



Bragg Organic  
Apple Cider  
Vinegar

**7<sup>99</sup>**  
946ml



Maison Orphée  
Extra Virgin Olive  
Oil Classic or  
Delicate

**14<sup>99</sup>**  
750ml



Daiya Cream Cheese  
Style Spread, Mac  
& Cheese & Salad  
Dressing

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



Go Bio! Organic  
Bouillon & Gravy  
Cubes

**2/6<sup>00</sup>**  
54g - 66g



Gathering Place  
Organic Spices

**25% off**  
Assorted Sizes



Amy's Frozen  
Burritos

**2/7<sup>00</sup> 2/8<sup>00</sup>**  
170g Regular  
170g Gluten-Free



Gardein Frozen  
Meat Alternatives

**4<sup>99</sup>**  
Select Varieties



Rocky Mountain  
Frozen Pizza

**7<sup>99</sup>**  
405g - 430g



Camino Fair Trade  
Baking Chocolate,  
Sugar, Coconut &  
Cocoa Powder

**6<sup>99</sup>**  
Select Varieties



Organic  
Traditions  
Superfoods

**25% off**  
Select Varieties



V.I.P. Biodegradable Liquid  
Laundry Detergent  
2.95 L  
Regular Retail 14.79

**BUY 1  
GET 1  
FREE**



Now Better  
Stevia & Xylitol  
Products

**25% off**  
Assorted Sizes



Prana Organic  
Chia Seeds  
or Granolove  
Crunch

**5<sup>99</sup> 4<sup>99</sup>**  
200g - 300g Chia  
300g Granolove



Caboo Bathroom  
Tissue, Facial  
Tissue, Napkins &  
Wipes

**30% off**  
Assorted Sizes



# DELI

Choices' Own Thai Chicken  
or Prawn Noodle Bowl

**8<sup>99</sup>**

375g - 415g

Choices' Own Mexican  
Burritos, Fajitas or  
Quesadillas

**649-  
799**

200g - 375g

Choices' Own Fresh  
Turkey, Beef or Vegan  
Smokey Black Bean Chili

**9<sup>99</sup>**

650ml

Prosciutto Cotto Ham  
With or Without Herbs

**2<sup>99</sup>**

/100g

Habibi's Hummus

**7<sup>99</sup>**

450g

Rustic Bakery Crisps or  
Flatbread

**8<sup>99</sup>**

170g

Dolmades

**3<sup>99</sup>**

12 pack

Choices' Own  
Olives

**20%  
Off**

L'Extra Brie Cheese

**3<sup>99</sup>**

/100g

Village Cheese  
Company Cheese

**4<sup>99</sup>**

/100g

# BAKED GOODS

Choices' Own Alternative  
Flour Carrot Cake, Nanaimo  
Bars or Chocolate Cupcakes

**6<sup>99</sup>**

assorted  
sizes

Choices' Own Dessert Cups

**3<sup>99</sup>**

150g - 160g

Choices' Own Artisan Cookies

**6<sup>99</sup>**

6 pack

Dempster's Bagels

**2/  
800**

5 & 6 pack

Little Northern Bakehouse  
Gluten-Free Bread

**599-  
699**

assorted  
sizes

DISCOVER  
**LOCAL**  
CHOICES



NEW BC PRODUCTS, PRODUCE & PROTEINS

CHOICESMARKETS.COM

SINCE 1990



# GROCERY



Mogiana  
Coffee

**13<sup>99</sup>**  
340g



Twinings Tea

**4<sup>99</sup>**  
20 Bags



Happy Planet  
Creamery  
Organic Grass  
Fed Milk

**5<sup>99</sup>-6<sup>99</sup>**  
Assorted Sizes  
+ deposit + eco fee



Donia Farms  
Grass Fed Yogurt

**4<sup>49</sup> 10<sup>99</sup>**  
650g 1.75kg

Nature's Farm Omega-3  
Large Free Run Eggs



**5<sup>99</sup>**  
1 Dozen



Rabbit River  
Organic Egg  
Whites

**6<sup>49</sup>**  
500g



Bob's Red Mill  
Organic Oats

**30% off**  
Assorted Sizes



Canadian  
Heritage Organic  
Maple Syrup

**22<sup>99</sup>**  
1L

# WELLNESS



Platinum  
Naturals  
Multivitamins

**20% off**  
Assorted Sizes



SiSU  
Vitamins &  
Supplements

**20% off**  
Assorted Sizes



Garden of Life  
Dr. Formulated  
Probiotics

**20% off**  
Assorted Sizes



Progressive  
Vitamins &  
Supplements

**20% off**  
Assorted Sizes



Lily of the Desert  
Aloe Vera Juice or  
Gel

**25% off**  
Assorted Sizes



Salus Floradix  
& Floravit  
& Herbal  
Supplements

**20% off**  
Assorted Sizes



Natural Factors  
Vitamin C

**20% off**  
Assorted Sizes



AlgaeCal Plant  
Calcium

**33<sup>99</sup>**  
90 Caps



Prairie Doctor  
Herbal Tinctures

**20% off**  
Assorted Sizes



NutraSea  
Omega-3  
Fish Oil  
Supplements

**20% off**  
Assorted Sizes



Natracare Natural Feminine  
Hygiene Products

**20% off**  
Assorted Varieties



Dr. Bronner's

**4<sup>99</sup> 6<sup>99</sup>**  
140g Soap Bars 140g Toothpaste



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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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