



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Striploin Steaks

Grass Fed, Value Pack

1099/lb

24.23/kg
from New Zealand/
Australia

**YOU SAVE
59%**

\$34.76 off regular
retail

Rosdown Roasted Half Chickens

**YOU SAVE
34%**
\$2.00 per piece

5⁹⁹
each

Habibi's Hummus

**YOU SAVE
35%**
\$3.00 per pkg.

6⁹⁹
450g

Organic Salad Mixes Spring Mix & Baby Spinach



**YOU SAVE
150**

748
454g

from Earthbound Farm in USA

Large Hass Avocados



**EXTRA
SAVINGS**

**4/
700**

from Mexico

Choices' Own Sourdough Multiseed Bread

**YOU SAVE
33%**
\$3.98 per loaf

**2/
800**
600g



CanPrev Vitamins & Supplements

**EXTRA
SAVINGS**

20% off

Assorted Sizes
Assorted Varieties



Green & Black's Organic Fair Trade Chocolate Bars

**YOU SAVE
42%**
\$2.50 per bar

2/6⁹⁸
90g



Rise Organic Raw Kombucha

**YOU SAVE
40%**
\$4.00 per bottle

5⁹⁹
1L
+ deposit + eco fee

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

Prices Effective
April 20 - 26, 2023

BULK

Bulk Foods Bags & Bins, Select Varieties, 405g - 430g

20%
Off

PRODUCE

Organic Navel Oranges

from USA

6⁹⁸

1.81kg
bag

Long Seedless Cucumbers

from Canada

2/
300

Ataulfo Mangoes

from Mexixo

4/
500

Organic Mini Carrots

from California

2/
500

454g pkg.

MEAT

Choices' Own Whole Chicken

11.00/kg

LOCAL

Raised Without Antibiotics

4⁹⁹
/lb

Fresh Sole Fillets

EXTRA
SAVINGS

2¹⁹
/100g

Tomato & Basil Chicken Kabobs

22.02/kg

made in store

9⁹⁹
/lb

Ground Pork

15.41/kg

LOCAL

6⁹⁹
/lb

GROCERY

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Que Pasa
 Organic Tortilla
 Chips & Salsa

2/7⁰⁰
 Assorted Sizes



Clif Bar
 Energy Bars

4/5⁰⁰
 68g



Mid-Day Squares

2/4⁰⁰
 33g



Humble Organic
 Potato Chips

2/7⁰⁰
 135g



Three Farmers
 Roasted Chickpeas,
 Pea Pops, Lentils &
 Beans

2/7⁰⁰
 120g - 140g



Organic
 Traditions
 Products

25% off
 Assorted Sizes



Chasers Cold
 Pressed Fresh Juice

6⁹⁹ 500ml
 + deposit + eco fee

11⁹⁹ 1L
 + deposit + eco fee



Squamish Water
 Kefir Co. Water
 Kefir

2/5⁰⁰
 355ml
 + deposit + eco fee



Haribo
 Gummies

2/6⁰⁰
 175g



Two Bears Cold Brew,
 Oat Milk Latte
 & Oat Beverages

2/6⁰⁰ 207ml Cold Brew, Oat Latte
 + deposit + eco fee

4⁴⁹ 946ml Oat Beverage
 + deposit + eco fee



Guayaki Yerba
 Mate Organic Tea

2/5⁰⁰
 458ml
 + deposit + eco fee



Hippie Snacks
 Vegan Snacks

3⁹⁹
 70g



So Delicious
 Dairy-Free
 Frozen Dessert

5⁹⁹
 500ml



Saputo Shredded
 Cheese

4⁴⁹-5⁹⁹
 Assorted Sizes



Tre Stelle
 Cheese

4⁹⁹ 7⁹⁹
 475g Ricotta - 400g Feta



Organic Meadow
 Grass Fed Butter

6⁹⁹
 250g



Daiya Dairy-Free
 Cream Cheese,
 Dressing, Cheezy Mac,
 Cheezecake & Sauce

30% off
 Assorted Sizes



Faith Farms
 Cheese

5⁹⁹
 360g - 380g

GROCERY



Earth's Own Oat
Café Edition and
Culinary Edition

2⁹⁹ 3⁷⁹
473ml Café 473ml Culinary



Kicking Horse
Organic Fair
Trade Ground
Coffee

9⁹⁹
284g



Stash Tea

2/6⁰⁰
18-20 Bags

Maple Hill Farms Free Range
Medium Eggs



4⁹⁹
1 Dozen



Wedderspoon
Raw Manuka
Honey

2⁹⁹ 3⁴⁹
500g KFactor 12 500g KFactor 16



Eville Organic
Frozen Smoothie
Cubes

8⁹⁹
405g

Food For Life Gluten-Free Bread,
Muffins and Cereal



30% off
Assorted Sizes



Avalon Organic
Milk

5⁹⁹
1.89L
+deposit+eco fee



Olympic Yogurt

3⁹⁹-4⁹⁹
500g & 650g



One Degree
Organic Cereal,
Oats, Granola &
Flour

30% off
Assorted Sizes



Ripple Pea
Vegan Milk

4⁹⁹
1.42L
+deposit+eco fee



Tree Island
Cream Top
Yogurt

3⁹⁹
500g



Bob's Red Mill
Organic &
Regular Oats and
Scottish Oatmeal

30% off
Assorted Sizes



Caboo Bamboo
Bathroom
Tissue and Paper
Products

30% off
Assorted Sizes



Aspen Clean
Laundry Detergent
and Cleaning
Products

30% off
Assorted Sizes



Bob's Red Mill
Gluten-Free Flour
and Cassava Grain
Free Flour

30% off
Assorted Sizes



Bag To Earth
Food Waste
Bags

5⁹⁹ 6⁹⁹
10 Small Bags 5 Large Bags



EcoMax Natural
Laundry Detergent
& Dish Liquid

30% off
Assorted Sizes

GROCERY



Carbone
Premium Pasta
Sauce

8⁹⁹
660ml



Rizopia Rice
Pasta and
Organic Quinoa
Pasta

2/4⁰⁰-2/6⁰⁰
Assorted Varieties



Safe Catch Wild Canned
Sardines,
Salmon, & Tuna

30% off
125g & 142g



Sunrise Tofu

2/4⁰⁰ 2/5⁰⁰
454g Medium 500g Firm,
350g Extra Firm

Rocky Mountain Frozen
Flatbread
Pizza



7⁹⁹
405g - 430g

Amy's Organic
Frozen Burritos



2/7⁰⁰ 2/8⁰⁰
170g Regular 170g Gluten-Free



Imagine
Organic Soup

4⁹⁹
1L

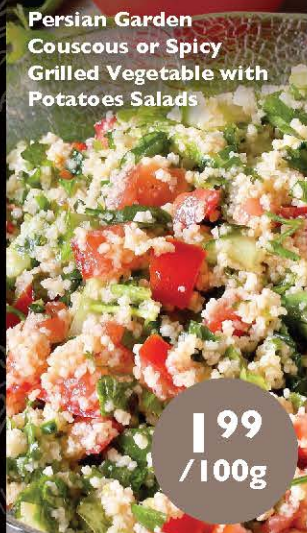


Kikkoman Sauces,
Bread Crumbs
and Oil

30% off
Assorted Sizes

DELI

Persian Garden
Couscous or Spicy
Grilled Vegetable with
Potatoes Salads



1⁹⁹
/100g

Spinach & Turkey
Sunshine Salad or
Summer Potato Salad
with Salmon Patty



8⁹⁹
each
ready to eat

Choices' Own Artisan
Sandwiches



9⁹⁹
each

Summer Fresh Dips &
Hummus



3⁹⁹
227g

Kalamata Olives



3⁹⁹
200g

Salmon Lox Bagels



8⁹⁹
each

Castello Brie or Blue
Cheese Wedges



4⁴⁹
/100g

Saputo Bocconcini
Cheese



5⁹⁹
200g

Fontina Cheese



4⁹⁹
/100g

BAKED GOODS

Choices' Own Multigrain
Bread



**EXTRA
SAVINGS**

**2/
10⁰⁰**
530g

Choices' Own "KETO"
Low Carb Chocolate
Mousse Cake



**4⁹⁹-
19⁹⁹**
90g - 400g

Choices' Own Vegan
Morning Glory Muffins



**3⁹⁹-
6⁴⁹**
assorted
sizes

Choices' Own Carrot
Cupcakes or Cake



**20%
Off**

Little Northern
Bakehouse Gluten-Free
Bread



**5⁹⁹-
6⁹⁹**
assorted
sizes

Rebel Gluten-Free Vegan
Cookies



7⁹⁹
10 pack

Silver Hills Organic
Sprouted Power Tortillas

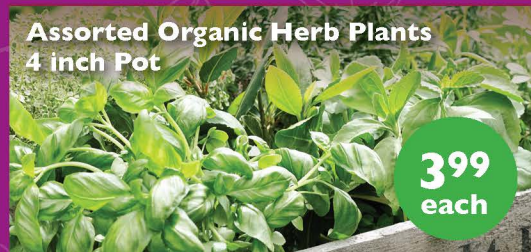


4⁴⁹
255g

2 DAY PLANT SALE

Sale Effective: Saturday, April 22nd & Sunday, April 23rd, 2023

5% of weekend plant sales will be donated to a local school.



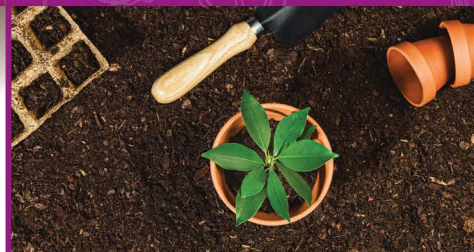
Assorted Organic Herb Plants
4 inch Pot

3.99
each



Assorted Organic Tomato Plants
4 inch Pot

3.49
each



Assorted Organic Lettuce Plants
4 inch Pot

3.49
each

Assorted Organic Vegetable Plants
4 inch Pot

3.49
each

Cinnabar Valley
Farm-Ocean
Plus Earth Mix
40 L bag

17.99
each

Leong's Nursery
Premium
Potting Soil
20 L bag

12.99
each

Island's Finest
Mushroom
Manure-Cinnabar
Valley
10 kg bag

6.99
each

Sale not available at: The Drive, Abbotsford and Kelowna locations. Plus applicable taxes. Weather Permitting.

WELLNESS



NutraSea
Omega-3
Fish Oil
Supplements

20% off
Assorted Sizes



Botanica Organic
Greens & Herbal
Capsules

25% off
Select Varieties



Platinum
Naturals
Multivitamins

20% off
Assorted Sizes



Innovite
Vitamins &
Supplements

20% off
Assorted Sizes



Bio-K Plus
Probiotics

21.99 23.99
6 pack Dairy 6 pack Non-Dairy



SUKU
Vitamins &
Supplements

20% off
Assorted Varieties



Purica
Vitamins &
Supplements

20% off
Assorted Sizes



LeanFit Whey,
Whey Isolate
& Organic
Plant-Based
Proteins

20% off
Assorted Sizes



Nuun Hydration
Electrolytes - Sport,
Boost, Immunity
and Vitamin Tabs

8.99
10 Tabs



Dr. Bronner's
Non GMO
Pure-Castile
Organic Soap

19.99
946ml
Assorted Varieties



Earth Science
Deodorant &
Facial Care

4.99 11.99
74ml Deodorant Assorted Sizes
Facial Care



Derma-E
Facial &
Body care

30% off
Assorted Sizes



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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 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.



EXTRA WELLNESS SAVINGS

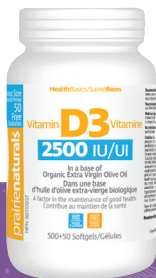
Prices Effective April 20 - 26, 2023

100% BC OWNED AND OPERATED



Organika Original
Enhanced Collagen
500g

BUY 1
GET 1
FREE



Prairie Naturals
Vitamin D3 2500IU
500 soft gels+50 Bonus
Bottle or Vitamin D3
1000IU 15ml

BUY 1
GET 1
FREE



Natural Factors
Vitamins and
Supplements

All
Products
on Sale

20% off
Assorted Sizes

Aura Cacia Essential Oils
Organic & Non Organic
7.4L-15ml

BUY 1
GET 1
FREE



Organika Organic
Spirulina Powder
500g

BUY 1
GET 1
FREE



Weleda Face
and Body Care

All
Products
on Sale

30% off
Assorted Varieties

Vega One All-in-One
Nutritional Shakes



44⁹⁹
827g-876g



Alpha Supreme
MCT Oil &
Organic Flax Oil

13⁹⁹ 21⁹⁹ 33⁹⁹
Flax Oil 500ml MCT Oil 500 ml MCT Oil 1 L



Smart Solutions
Magnesium

25⁹⁹
90 Caps

Ener-C
Effervescent
Vitamin C
Drink Mix



2/23⁹⁸
Assorted Varieties



Jason Natural
Body Wash

13⁹⁹
887ml



Flora Udo's Choice
3.6.9 Blend & DHA
Oil Blend

25% off
Assorted Sizes

Kitsilano 604-736-0009 | Cambie 604-875-0099 | Kerrisdale 604-263-4600 | Yaletown 604-633-2392
Commercial Drive 604-678-9665 | Burnaby Crest 604-522-0936 | Abbotsford 604-744-3567
Kelowna 250-862-4864 | North Vancouver 604-770-2868 | South Surrey 604-541-3902

Scan To View
All Our Specials
This Week



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