



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Sockeye Salmon Fillets
349/100g
previously frozen, value pack

Earth's Choice Organic Extra Virgin Olive Oil
16⁹⁹
1L

YOU SAVE 41%
\$12.00 per 1L

Organic Bunch Spinach
2⁹⁸
each



YOU SAVE 40%
\$2.00 per bunch

Choices Value Recipe Sockeye & Spinach Dish

Ingredients:

- 1 sockeye salmon fillet
- 2 cups spinach leaves
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C)
2. Place salmon fillet on a lined baking sheet
3. Drizzle with olive oil, add salt and pepper
4. Bake for 12-15 minutes
5. In a pan, cook spinach with olive oil for 3 minutes
6. Serve salmon with cooked spinach on the side.

Enjoy!

Navel Oranges

YOU SAVE 25%
\$2.00 per bag

5⁹⁸
1.81kg bag

from USA

Choices' Own Ready to Eat Wraps

YOU SAVE 18%
\$2.00 per wrap

8⁹⁹
each

Choices' Own Party Size Cakes

YOU SAVE 12%
\$2.00 per cake

14⁹⁹
each

AOR Vitamins & Supplements



EXTRA SAVINGS

25% off
Assorted Sizes

Divine Essence Essential Oils & Body Care Products



EXTRA SAVINGS

30% off
Assorted Varieties

Lions Bay Organic Fair Trade Coffee



YOU SAVE 45%
\$8.00 per pkg.

9⁹⁹
454g

Maple Hill Farms Organic Free Range Medium Eggs



YOU SAVE 33%
\$2.50 per dozen

4⁹⁹
One Dozen

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

Prices Effective
April 27 - May 3, 2023

PRODUCE

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

Prices Effective
April 27 - May 3, 2023



2/
5.00



2/
5.00



1.98
/lb



2/
5.00

MEAT



15.99
/lb



7.99
/lb



6.99
700ml



6.99
/lb

GROCERY

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

Prices Effective
April 27 - May 3, 2023



Terra Breads
Premium
Granola

15⁹⁹
850g & 1kg



Nature's Path
Organic Eco Pac
Cereal

6⁹⁹
650g - 907g



Jordans Morning
Crisp Cereal &
Muesli

5⁹⁹
375g - 500g



Silk Dairy Alternative
Beverages

2⁹⁹ 4⁹⁹
473ml Creamers
1.75L & 1.89L Milk Alternatives
+ deposit + eco fee



Riviera Oat or
Coconut Milk
Yogurt

4⁹⁹
500g & 650g



Danone Activia
Yogurt

3⁹⁹ 5⁴⁹
650g 8 pack



The Cultured
Coconut
Probiotic

12⁹⁹
460ml



Stahlbush Island
Farms Sustainable
Frozen Fruit

4⁹⁹
283g - 300g



Just Egg Plant-Based
Egg Alternative

4⁹⁹
227g - 355g Folded or
Scrambled



Nut Jar Decadent
Nut Butters

30% off
240g



Peace River
Honey

8⁹⁹ 10⁹⁹
500g Liquid 500g Raw
Organic



Taylors Tea

5⁹⁹
20 Tea Bags



Canadian Heritage
Organic Maple
Syrup

22⁹⁹
1L



Earth's Choice
Organic Peanut
Butter

5⁹⁹
500g



Kicking Horse
Organic Fair Trade
Whole Bean
Coffee

14⁹⁹
454g



Savör Grass Fed
Butter

5⁹⁹
250g



Armstrong
Natural Cheese
Slices

4⁹⁹
220g - 240g



Love Child
Organic Baby
Food

2/5⁰⁰
128ml & 30g

GROCERY



Habibi's Garlic
Sauce & Spread

4⁹⁹
400g



Sunflower Kitchen
Hummus

2⁴⁹-3⁴⁹
227g



Snö Dairy-Free
Frozen Desert

5⁴⁹
500ml & 3 pack



La Cocina
Tortilla Chips

3⁹⁹
300g - 400g



Las Margaritas
Fresh Salsa

4⁹⁹
500ml



Enlightened
Keto Frozen
Dessert

5⁹⁹
473ml



Covered Bridge
Potato Chips &
Lela's Chickpea
Chips

2/6⁰⁰
120g - 170g



Barbara's Cheez
Puffs

2/6⁰⁰
155g - 198g



Hardbite Root
Vegetable Chips

4⁷⁹
150g



Alter Eco
Organic Fair
Trade Chocolate
Bars

2/6⁰⁰
75g & 80g



Whittaker's
Chocolate Bars

3⁹⁹
200g - 220g



Smart Sweets
Low Sugar
Gummies

2/6⁰⁰
50g



RW Knudsen
Just Juice
Cranberry, Blueberry
and Pomegranate

7⁹⁹
946ml
+deposit+eco fee



Kiju Organic
Juice

2/6⁰⁰
1L & 4 pack
+deposit+eco fee



Santa Cruz
Organic Lemonade
& Limeade

2/7⁰⁰
946ml
+deposit+eco fee



Tonica
Kombucha

**BUY
1
GET 1
FREE**
355ml
+deposit+eco fee



Whistler
Glacial Spring
Water

2/3⁰⁰ 2/3⁵⁰
1L
+deposit+eco fee



Blue Monkey
Pure Coconut
Water

2/4⁰⁰
520ml
+deposit+eco fee

GROCERY



Earth's Choice
Organic Canned
Beans

2/4⁰⁰

398ml



Bragg Organic
Apple Cider
Vinegar

6⁹⁹

946ml



Nina's Frozen
Pierogies

7⁹⁹ 9⁹⁹

Assorted Sizes Assorted Sizes
Gluten-Free

BULK

Almonds
Select Varieties

20% off

Bins



Rao's Premium
Homemade Pizza
& Pasta Sauce

5⁹⁹ 8⁹⁹

370ml Pizza Sauce 660ml Pasta Sauce



Bubbies Pickles,
Sauerkraut,
Horseradish &
Relish

30% off

Assorted Sizes



Wholesome
Fair Trade
Sweeteners

30% off

Assorted Sizes



Earthbound Farm
Organic Frozen
Vegetables

2/5⁰⁰

300g - 400g

DELI

Goodly Soup

NEW



2/10⁰⁰

500ml

Mediterranean Red Beet
Salad or Curry Chickpea
Salad

NEW

1⁹⁹

/100g

Choices' Own Angus
Roast Beef Garlic,
Pepper or Plain

4²⁹

/100g

Nightingale 12" Pizza



15⁹⁹

each

Vegetable Herb Samosa



2/6⁰⁰

Gluten-Free Spanakopita



7⁹⁹

2 pack

Castello Blue Cheese
Wedges



6⁹⁹

125g

Havarti Cheese



3²⁹

/100g

Arla Cheese Slices



6⁹⁹

125g - 175g

BAKED GOODS

Choices' Own Artisan
Bread



349-649

350g - 420g

Choices' Own Strawberry
Raspberry or Peanut
Butter Keto Pudding



4⁴⁹

150g

Individual Cheesecake



4⁹⁹

60g - 80g

Schär Gluten-Free Bread,
Buns, Baguettes, Pizza
Crusts or Rolls



20% Off

200g - 400g

Dempster's Bagels &
Raisin Bread



2/8⁰⁰

5 & 6 pack, 680g

Silver Hills Organic
Sprouted Power Tortillas



4⁴⁹

255g

Nature's Flair Vegan
Muffins



3⁹⁹

4 pack

2 DAY PLANT SALE

Sale Effective: Saturday, April 29th & Sunday, April 30th, 2023

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



Assorted Flowering Annuals - 6 pack

449
each



Assorted Organic Herb Plant - 4 inch Pot

399
each



Assorted Organic Vegetable Plants 4 inch Pot

349
each



Leong's Nursery Premium Potting Soil 20 L bag

1299
each

Island's Finest Planter Box Mix Cinnabar Valley 30 L bag

1299
each

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

699
each



Assorted Geraniums 4 inch Pot

499
each



Assorted Organic Tomato Plants 4 inch Pot

349
each



Assorted Organic Basil Plant- 4 inch Pot

399
each

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

WELLNESS



Garden of Life mykind Organics Vitamins and Supplements

20% off
Assorted Sizes



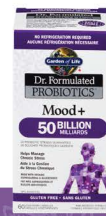
Natural Factors Big Friends Childrens Vitamins

20% off
Assorted Sizes



RenewLife Vitamins and Supplements

20% off
Assorted Sizes



Garden of Life Dr. Formulated Probiotics

20% off
Assorted Sizes



Natural Factors Vitamin C Supplements

20% off
Assorted Sizes



Prairie Doctor Herbal Tinctures

20% off
Assorted Sizes



Enzymedica Digestive Enzymes

20% off
Assorted Sizes



Genuine Health Vitamins & Supplements

20% off
Assorted Sizes
Assorted Varieties



Acure Facial & Body Care

30% off
Assorted Sizes



Dr. Bronner's Toothpaste & Soap Bars

499 699
140g Soap Bars 140g Toothpaste



Alba Botanica Body, Face & Sun Care

25% off
Assorted Sizes
Assorted Varieties



Mad Hippie Natural Cosmetics & Facial Care

20% off
Assorted Varieties



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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.