



# 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

**5<sup>99</sup>**  
each

## Habibi's Hummus

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

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

**2/6<sup>98</sup>**  
90g



## Rise Organic Raw Kombucha

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

**5<sup>99</sup>**  
1L  
+ deposit + eco fee

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

6<sup>98</sup>

1.81kg  
bag

Organic Mini Carrots



from California

2  
/500

454g pkg.

Long Seedless Cucumbers



from Canada

2/  
300

Ataulfo Mangoes



from Mexico

4/  
500

## MEAT

Choices' Own Whole Chicken

11.00/kg

LOCAL



Raised Without Antibiotics

4<sup>99</sup>  
/lb

Fresh Sole Fillets



EXTRA  
SAVINGS

2<sup>19</sup>  
/100g

Tomato & Basil Chicken Kabobs

22.02/kg



made in store

9<sup>99</sup>  
/lb

Ground Pork

15.41/kg

LOCAL



6<sup>99</sup>  
/lb



# GROCERY

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

Prices Effective  
 April 20 - 26, 2023



Que Pasa  
 Organic Tortilla  
 Chips & Salsa

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



Clif Bar  
 Energy Bars

**4/5<sup>00</sup>**  
 68g



Mid-Day Squares

**2/4<sup>00</sup>**  
 33g



Humble Organic  
 Potato Chips

**2/7<sup>00</sup>**  
 135g



Three Farmers  
 Roasted Chickpeas,  
 Pea Pops, Lentils &  
 Beans

**2/7<sup>00</sup>**  
 120g - 140g



Organic  
 Traditions  
 Products

**25% off**  
 Assorted Sizes



Chasers Cold  
 Pressed Fresh Juice

**6<sup>99</sup>** 500ml  
 + deposit + eco fee

**11<sup>99</sup>** 1L  
 + deposit + eco fee



Squamish Water  
 Kefir Co. Water  
 Kefir

**2/5<sup>00</sup>**  
 355ml  
 + deposit + eco fee



Haribo  
 Gummies

**2/6<sup>00</sup>**  
 175g



Two Bears Cold Brew,  
 Oat Milk Latte  
 & Oat Beverages

**2/6<sup>00</sup>** 207ml Cold Brew, Oat Latte  
 + deposit + eco fee

**4<sup>49</sup>** 946ml Oat Beverage  
 + deposit + eco fee



Guayaki Yerba  
 Mate Organic Tea

**2/5<sup>00</sup>**  
 458ml  
 + deposit + eco fee



Hippie Snacks  
 Vegan Snacks

**3<sup>99</sup>**  
 70g



So Delicious  
 Dairy-Free  
 Frozen Dessert

**5<sup>99</sup>**  
 500ml



Saputo Shredded  
 Cheese

**4<sup>49</sup>-5<sup>99</sup>**  
 Assorted Sizes



Tre Stelle  
 Cheese

**4<sup>99</sup> 7<sup>99</sup>**  
 475g Ricotta - 400g Feta



Organic Meadow  
 Grass Fed Butter

**6<sup>99</sup>**  
 250g



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

**30% off**  
 Assorted Sizes



Faith Farms  
 Cheese

**5<sup>99</sup>**  
 360g - 380g



# GROCERY



Earth's Own Oat  
Café Edition and  
Culinary Edition

**2<sup>99</sup>** 3<sup>79</sup>  
473ml Café 473ml Culinary



Kicking Horse  
Organic Fair  
Trade Ground  
Coffee

**9<sup>99</sup>**  
284g



Stash Tea

**2/6<sup>00</sup>**  
18-20 Bags

Maple Hill Farms Free Range  
Medium Eggs



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



Wedderspoon  
Raw Manuka  
Honey

**2<sup>99</sup>** 3<sup>49</sup>  
500g KFactor 12 500g KFactor 16



Evive Organic  
Frozen Smoothie  
Cubes

**8<sup>99</sup>**  
405g

Food For Life Gluten-Free Bread,  
Muffins and Cereal



**30% off**  
Assorted Sizes



Avalon Organic  
Milk

**5<sup>99</sup>**  
1.89L  
+deposit+eco fee



Olympic Yogurt

**3<sup>99</sup>-4<sup>99</sup>**  
500g & 650g



One Degree  
Organic Cereal,  
Oats, Granola &  
Flour

**30% off**  
Assorted Sizes



Ripple Pea  
Vegan Milk

**4<sup>99</sup>**  
1.42L  
+deposit+eco fee



Tree Island  
Cream Top  
Yogurt

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

**5<sup>99</sup>** 6<sup>99</sup>  
10 Small Bags 5 Large Bags



EcoMax Natural  
Laundry Detergent  
& Dish Liquid

**30% off**  
Assorted Sizes



# GROCERY



Carbone  
Premium Pasta  
Sauce

**8<sup>99</sup>**  
660ml



Rizopia Rice  
Pasta and  
Organic Quinoa  
Pasta

**2/4<sup>00</sup>-2/6<sup>00</sup>**  
Assorted Varieties

Safe Catch Wild Canned  
Sardines,  
Salmon, & Tuna



**30% off**  
125g & 142g



Sunrise Tofu

**2/4<sup>00</sup> 2/5<sup>00</sup>**  
454g Medium 500g Firm,  
350g Extra Firm

Rocky Mountain Frozen  
Flatbread  
Pizza



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

Amy's Organic  
Frozen Burritos



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

Imagine  
Organic Soup



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

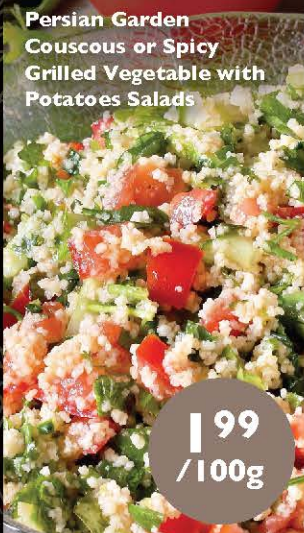
Kikkoman Sauces,  
Bread Crumbs  
and Oil



**30% off**  
Assorted Sizes

## DELI

Persian Garden  
Couscous or Spicy  
Grilled Vegetable with  
Potatoes Salads



**1<sup>99</sup>**  
/100g

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



**8<sup>99</sup>**  
each  
ready to eat

Choices' Own Artisan  
Sandwiches



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

Summer Fresh Dips &  
Hummus



**3<sup>99</sup>**  
227g

Kalamata Olives



**3<sup>99</sup>**  
200g

Salmon Lox Bagels



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

Castello Brie or Blue  
Cheese Wedges



**4<sup>49</sup>**  
/100g

Saputo Bocconcini  
Cheese



**5<sup>99</sup>**  
200g

Fontina Cheese



**4<sup>99</sup>**  
/100g

## BAKED GOODS

Choices' Own Multigrain  
Bread



**EXTRA  
SAVINGS**

**2/  
10<sup>00</sup>**  
530g

Choices' Own "KETO"  
Low Carb Chocolate  
Mousse Cake



**4<sup>99</sup>-  
19<sup>99</sup>**  
90g - 400g

Choices' Own Vegan  
Morning Glory Muffins



**3<sup>99</sup>-  
6<sup>49</sup>**  
assorted  
sizes

Choices' Own Carrot  
Cupcakes or Cake



**20%  
Off**

Little Northern  
Bakehouse Gluten-Free  
Bread



**5<sup>99</sup>-  
6<sup>99</sup>**  
assorted  
sizes

Rebel Gluten-Free Vegan  
Cookies



**7<sup>99</sup>**  
10 pack

Silver Hills Organic  
Sprouted Power Tortillas



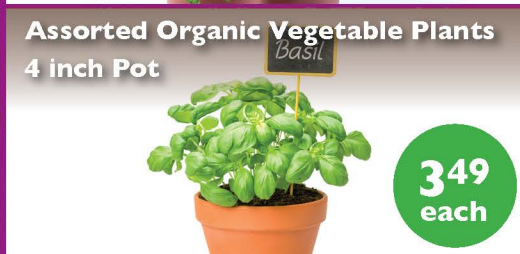
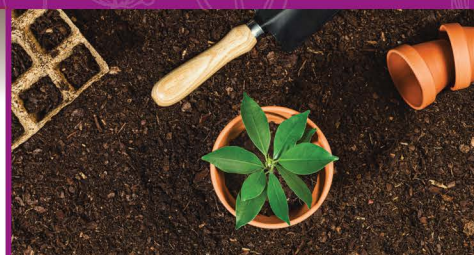
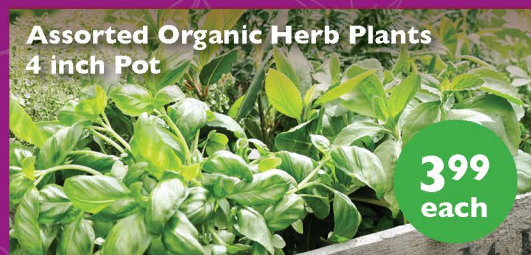
**4<sup>49</sup>**  
255g



# 2 DAY PLANT SALE

Sale Effective: Saturday, April 22<sup>nd</sup> & Sunday, April 23<sup>rd</sup>, 2023

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



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

## WELLNESS



choicesmarkets.com

f /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.