



LONG WEEKEND SAVINGS

100% BC OWNED AND OPERATED



Lean Ground Beef

699/lb

15.41/kg

Grass Fed, Value Pack from New Zealand/Australia

Tomatoes On The Vine

198/lb

4.37/kg

LOCAL

YOU SAVE

50%

\$2.00/lb

YOU SAVE

1458

/kg

Choices' Own Hamburger or Hot Dog Buns

499

6 pack

YOU SAVE

.50

per pkg.

Arla Cheese Slices

699

125g - 175g

EXTRA SAVINGS

Choices Value Recipe

Ground Beef Entrée

Ingredients:

- 1/2 lb ground beef
- 1 large tomato, diced
- 1 cup cubed watermelon
- 1/2 cup shredded cheese
- 2 tablespoons balsamic vinegar

Instructions:

- Cook ground beef in a skillet over medium-high heat until browned and cooked through.
- In a separate bowl, combine diced tomato and cubed watermelon.
- Add the cooked ground beef on top of the tomato and watermelon mixture.
- Sprinkle shredded cheese over the top.
- Drizzle with balsamic vinegar and serve.

Enjoy!



Choices' Own Salads

20% Off



Whole Seedless Watermelon

YOU SAVE

20%

\$2.00 each

798 each

from Mexico



Long Seedless Cucumbers

LOCAL

YOU SAVE

24%

48¢ each

2/300



Choices' Own Artisan Fruit Pies

YOU SAVE

200 each

1099 8 inch



Rosstown Roasted Chickens

YOU SAVE

29%

\$8.00 each

2/2000



MegaFood Vitamins and Supplements

EXTRA SAVINGS

30% off

Assorted Sizes



La Croix Sparkling Water

YOU SAVE

33%

\$2.50 per pack

499

8 Pack + deposit + eco fee



Kettle Brand Potato Chips

YOU SAVE

43%

\$2.02 each

3/800

198g

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

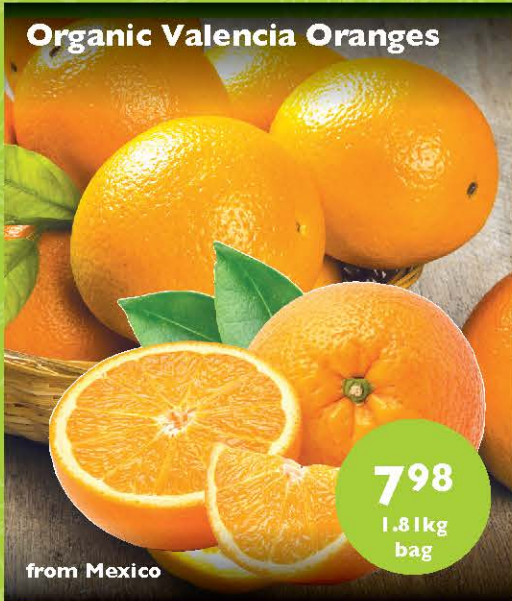
Prices Effective
May 18 - May 24, 2023

PRODUCE

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

Prices Effective
 May 18 - May 24, 2023

Organic Valencia Oranges



from Mexico

7⁹⁸
 1.81kg
 bag

Organic Large Cauliflower



from USA

5⁹⁸
 each

Organic Broccoli

6.57/kg



from USA

2⁹⁸
 /lb

Striploin Steaks

22.02/kg



Grass Fed, Value Pack, from New Zealand/Australia

9⁹⁹
 /lb

Harvest Wieners

Regular & All Beef



6⁹⁹
 450g

Raw or Cooked Prawns



Frozen

9⁹⁹
 340g

Chicken Kabobs

19.82/kg



Assorted Varieties, Made in store

8⁹⁹
 /lb

GROCERY

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

Prices Effective
May 18 - May 24, 2023



La Cocina
Tortilla Chips

3.99

300g - 400g



Snyder's of Hanover
Gluten-Free
Pretzels

4.99

220g



NoochPop!
Nutritional Yeast
Popcorn

3.99

120g



RXBar
Protein Bars

2/5.00

52g



GoMacro
Energy Bars

2/6.00

59g - 69g



Organic Meadow
Organic Ice
Cream

7.99

946ml



Bobo's Gluten-Free
Oat Bars

2/4.00 3.99

71g - 85g

5 Pack



Endangered
Species Organic
Fair Trade
Chocolate Bars

2/7.00

85g



Dream Pops &
Dream Bites
Plant-Based
Frozen Dessert

3.99 4.99

4 Pack
Pops

118ml
Bites



Chimes
Ginger Chews

50% off

Assorted Sizes



RJ's Licorice

2/5.00 2/6.00

180g Bags

280g Twists



Prana Organic
Snacks & Trail
Mix

30% off

Assorted Sizes



Patience Organic
Dried Fruit and
Juice

30% off

Assorted Sizes



Loop Cold Pressed
Upcycled Juice &
Smoothies

3.99

355ml
+ deposit + eco fee



Cove Kombucha &
Gut Healthy Soda

2/5.00

355ml
+ deposit + eco fee



Alkiss PH8+
Alkaline Water

2/7.00

4L
+ deposit + eco fee



Perrier Sparkling
Water

2/5.00

750ml & 1L
+ deposit + eco fee



Sober Carpenter
Non-Alcoholic
Beverages

2/4.00

473ml
+ deposit + eco fee

GROCERY



Sonoma Creamery
Cheese Crisps

4²⁹
64g



Hot Kid &
Want Want
Rice Crisps

3/7⁰⁰ **2/6⁰⁰**
100g Hot Kid 100g Want Want



Seasnax
Seaweed Snacks

4/5⁰⁰
5g



Armstrong
Cheese

9⁹⁹
600g



Nuts For Cheese
Dairy-Free Vegan
Cheese

6⁹⁹
120g



Once Upon A
Farm Organic
Baby Food &
Smoothies

2/5⁰⁰
85ml Baby Food
105ml Smoothie

Maple Hill Farms Free Range
Large Eggs



5⁹⁹
1 Dozen



Frog Friendly
Organic Coffee
Beans

12⁹⁹
340g



Anita's Mill
Organic Waffle &
Pancake Mix and
Oats

30% off
1kg & 2.5kg



Yoggu!
Plant-Based
Yogurt

5⁹⁹
450g



Tree Island
Grass-Fed Greek
& Fruit Yogurt

2/8⁰⁰
325g Greek & 350g Fruit



Bremner's
Frozen Fruit

30% off
300g - 600g



Kicking Horse
Organic Fair
Trade Ground
Coffee

9⁹⁹
284g



Barney Butter
Almond Butter

5⁹⁹
284g



Bakery On Main
Gluten-Free
Oatmeal

50% off
300g



Earth's Own So Fresh
Oat & Almond Beverages

349-499 **2/7⁰⁰**
1.75L Oat & Naked Oat + deposit + eco fee 1.89L Almond + deposit + eco fee



Elmhurst
Nut & Oat
Beverages

5⁹⁹
946ml + deposit + eco fee



Dairyland
Organic Milk

4⁹⁹
1.89L + deposit + eco fee

GROCERY



Favuzzi Diced
& Italian Peeled
Tomatoes

2/6⁰⁰
796ml



Rizopia Brown
Rice Pasta &
Gluten-Free
Quinoa Pasta

1⁹⁹-2⁹⁹
Assorted Sizes



Annie's Pasta
& Cheese Side
Dishes

2/5⁰⁰
Assorted Sizes



Amy's
Frozen Pizza

10⁹⁹
Assorted Sizes



Maison Orphée
Organic Oil &
Dressings

30% off
Assorted Sizes



Karthain's
Organic
Sauerkraut &
Kimchi

8⁹⁹ 10⁹⁹
750ml 750ml
Sauerkraut Kimchi



Raincoast Wild
Skipjack Tuna

2/6⁰⁰
142g



Field Roast Plant-Based
Sausages, Frankfurters
& Chao Slices

30% off
Assorted Sizes

DELI

Vegetable Herb
Samosas



4/10⁰⁰
164g

Lemon Herb or Mexi
Potato Wedges



1⁴⁹
/100g

Choices' Own
Family Size Salads
Rainbow Kale, Caesar,
Canadian Greek



10⁹⁹-12⁹⁹
350g - 750g

Choices' Own Fresh
Salsa Tomato, Roasted Corn
or Mango



5⁹⁹-6⁹⁹
350g

Aged Parmesan
Cheese Petals or
Asiago Shreds



3⁹⁹
/100g

Kerrygold Cheese
Irish Blarney Castle, Reserve
Cheddar or Dubliner



8⁹⁹
198g

Yucatan Guacamole



6⁹⁹
227g

BAKED GOODS

Choices' Own Artisan
Cookies



6⁹⁹
6 pack

Little Northern Bakehouse
Organic & Gluten-Free
Bread



5⁹⁹
assorted
sizes

Ozery Bakery Snacking
Rounds or Morning Rounds



3⁹⁹-4⁹⁹
assorted
sizes

La Tortilla Factory
Tortillas



30% Off
assorted
sizes

Wise Bites Gluten-Free
Cookies or Bites



25% Off
assorted
sizes

Bakestone Brothers Organic
Bagels

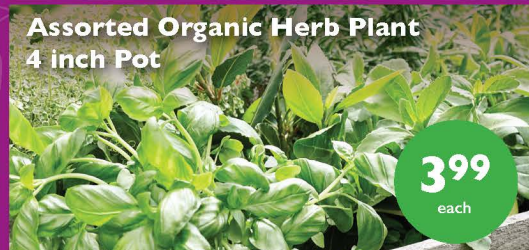
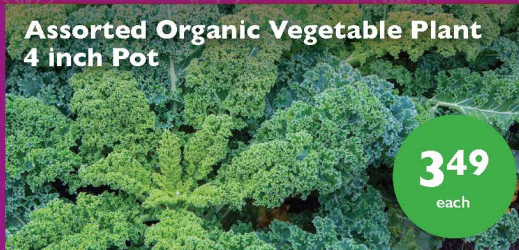


5⁴⁹
6 pack
450g

4 DAY PLANT SALE

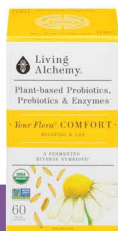
Sale Effective: Thursday, May 18th - Sunday, May 21st, 2023

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



Living Alchemy
Your Flora Series
& Fermented
Activated Herbals

25% off
Assorted Sizes



Smart Solutions
Vitamins &
Supplements

20% off
Assorted Sizes
Assorted Varieties



Nordic Naturals
Omega-3 Fish
Oil Supplements

25% off
Assorted Sizes
Assorted Varieties



Garden of Life
Proteins &
Sport Nutrition
Products

20% off
Assorted Sizes
Assorted Varieties



Vega Real Food
Smoothie &
Vega Sport
Protein

29.99 518g - 539g
Smoothie
49.99 801g - 837g
Sport Protein



Harmonic Arts
Superfood &
Mushroom
Elixers

20% off
Assorted Sizes



Natural Factors
Vitamin A, D & K
Supplements

20% off
Select Varieties



Incrediwear
Socks, Braces
and Wraps

20% off
Assorted Sizes and Colours
Assorted Varieties

Newco Natural Skin Care,
Oral Care & Supplements



20% off
Assorted Sizes
Assorted Varieties



Jäsön Body, Hair
Care & Oral Care
Products

25% off
Assorted Varieties



Dr. Hauschka
Facial Care

20% off
Assorted Sizes



Oneka
Shampoo &
Conditioners

11.49
500ml



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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.