



MOTHER'S DAY CHOICES

100% BC OWNED AND OPERATED

Boneless
Skinless Chicken
Breasts

5.99/lb

13.21/kg
value pack

LOCAL
from

Fraser Valley

YOU SAVE

400
/lb

Bob's Red Mill
Gluten-Free Oats

**50%
Off**

Select Varieties

EXTRA
SAVINGS

Organic Hot
House Peppers
Orange, Red, Yellow

5.98/lb

13.18/kg

YOU SAVE

25%
\$2.00/lb

LOCAL
from

Origin
Organics,
Delta

Choices Value Recipe Chicken, Oat & Pepper Bake

Ingredients:

- 4 Chicken Breasts
- 1 cup Oats
- 2 Peppers, sliced
- Salt and Pepper, to taste
- 1 tsp Paprika • 2 tbsp Oil

Instructions:

1. Preheat oven to 375°F (190°C)
2. Mix oats and sliced peppers in a bowl.
3. Place the oat and pepper mixture in a baking dish.
4. Arrange chicken breasts on top of the oat and pepper mixture.
5. Pour oil over the chicken breasts and the oat mixture.
6. Bake for 25-30 minutes. Enjoy!

Gourmet Bouquet

24.98
each

Potted Mums

Assorted Varieties - 6 inch Pot

7.99
each

Organic Hot House Long Cucumbers

LOCAL
from

Origin
Organics,
Delta

YOU SAVE
22%
.98 each

2/
7.00

Choices' Own Artisan Fruit Pie Halves

YOU SAVE
20%
\$1.50 each

5.99
280g

Zorbas Spanakopita or Mushroom & Parmesan Phyllo

YOU SAVE
27%
\$2.98 each

2/
8.00
185g

Andalou Naturals Face & Body Care Products

EXTRA
SAVINGS

50% off

Assorted Sizes



Pukka Organic Herbal Tea

EXTRA
SAVINGS

50% off

Select Varieties, 20 Tea Bags

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

Prices Effective
May 11 - May 17, 2023

PRODUCE

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

Prices Effective
May 11 - May 17, 2023

Organic Ataulfo Mangoes

from Mexico

4/
700

Cauliflower

from USA

4.98
each

Organic Blueberries

from Mexico

4.98
170g
pkg.

Limes

from Mexico

4/
300

MEAT

Ground Dark Chicken

22.02/kg

Raised Without Antibiotics

9.99
/lb

Beef Burgers

22.02/kg

Grass Fed, made in store

9.99
/lb

Grimm's Sizzlin' Smokies

8.49
450g

Fresh Boneless Lamb Leg Steak or Roast

30.84/kg

13.99
/lb

GROCERY

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

Prices Effective
 May 11 - May 17, 2023



Hardbite Natural
 Potato Chips

2/6⁰⁰
 128g - 150g



The Good Crisp
 Potato Chips

2/7⁰⁰
 160g



Paqui Tortilla
 Chips

3⁷⁹
 155g



Laiki Rice
 Crackers

2/7⁰⁰
 100g



FreeYumm
 Gluten-Free
 Bars, Cookies &
 Crackers

2/7⁰⁰
 Assorted Sizes



Purplesful
 Snacking Purple
 Kernel Popcorn

2/7⁰⁰
 136g



Camino Organic
 Fair Trade
 Chocolate Bars

2/7⁰⁰
 80g & 100g



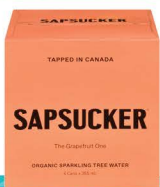
Mid-Day
 Functional
 Chocolate
 Squares

2/4⁰⁰
 33g



Nature's Bakery
 Fig Bars

5⁴⁹
 6 Pack



Sapsucker Organic
 Sparkling Tree
 Water

2/3⁵⁰ 5⁹⁹
 355ml + deposit + eco fee 4 Pack + deposit + eco fee



Vita Coco
 Coconut Water

2/4⁰⁰
 500ml + deposit + eco fee



Sweetleaf
 Sweet Water
 Drops

2/7⁰⁰
 48ml



Kev's Juice Organic
 Oat Beverages &
 Juice

4⁹⁹ 7⁹⁹
 475ml Oat Milk + deposit + eco fee 475ml Juice + deposit + eco fee



RW Knudsen
 Just Juice

6⁹⁹
 946ml Select Varieties + deposit + eco fee



Biotta Organic
 Juice

5⁹⁹
 500ml + deposit + eco fee



Squamish Water
 Kefir Plant-Based
 Frozen Popsicles

3⁹⁹
 4 Pack



Echoclean
 Biodegradable
 Laundry
 Detergent

8⁹⁹
 1.5L & 3kg



Seventh
 Generation
 Natural Dish
 Liquid

2⁹⁹
 562ml

GROCERY



49th Parallel
Coffee

12⁹⁹
340g



Thornloe
Grass Fed
Butter

5⁹⁹
250g

Country Golden Yolks
Organic Large Eggs



6⁹⁹
1 dozen



Crofter's Organic
Fruit Spreads

4⁴⁹ 5⁹⁹
235ml 383ml



Nuts to You
Almond Butter

7⁹⁹
365g



Uncle Luke's
Organic Maple
Syrup

11⁹⁹
500ml



Beyond Moo
Dairy Free
Oatgurt

3⁹⁹
550g



The Granola
King Granola

9⁹⁹
750g



Stahlbush Island
Farms Sustainable
Frozen Fruit

4⁹⁹
283g - 300g



Donia Farms
Grass Fed Yogurt

4⁹⁹ 10⁹⁹
650g 1.75kg



Riviera Petit Pot
Yogurt

4⁹⁹ 5⁹⁹
4 Pack Set Style 4 Pack Organic or Goat



O'Doughs
Gluten-Free
Bagels and
O'Dippers

2/700 3⁹⁹
300g Bagel Thins 210g Dippers



Avalon Organic
Milk

2/700
1L
+deposit + eco fee



Rolling Meadow
Grass Fed Milk

4⁴⁹ 4⁹⁹
2L 2% 2L 3.8%
+deposit + eco fee +deposit + eco fee



Spread'Em Kitchen
Cashew Cheeze &
Spreads

5⁹⁹ 6⁹⁹
183g Spreads 200g Cheeze



Blue Diamond
Fresh Almond
Breeze

4⁴⁹
1.89L
+deposit + eco fee



Earth's Own
Barista Oat

4⁹⁹
946ml



Armstrong
Natural
Cheese Slices

4⁹⁹
220g & 240g

**Save!
30% off**



Primal Kitchen
Dressings &
Condiments

30% off
Assorted Sizes

**Save More!!
40% off**



Nutiva Coconut
Oil & Spreads

40% off
Assorted Sizes

**Save Huge!!!
50% off**



RW Garcia
Gluten-Free
Crackers

50% off
Assorted Sizes



Mezzetta Olives,
Peppers & Relish

30% off
Assorted Sizes



Naked & Saucy
Organic Cooking
Sauces

40% off
296ml



Acropolis Extra
Virgin Olive Oil &
Balsamic Vinegar

50% off
1L Olive Oil
250ml Vinegar



Hodo Soy Organic
Tofu Nuggets &
Cubes

30% off
Assorted Sizes



Coconut Secret
Coconut Aminos
& Soy Sauce

40% off
Assorted Sizes



GoGo Quinoa
Pasta, Cereal &
Grains

50% off
Assorted Sizes



Thai Kitchen
Coconut Milk,
Noodles, Sauce &
Paste

30% off
Assorted Sizes



Bubbies Bread &
Butter or Kosher
Dill Pickles &
Sauerkraut

40% off
Assorted Sizes



Oat & Mill Oat
Frozen Dessert

50% off
500ml



Lotus Foods
Organic Rice,
Noodles & Soup

30% off
Assorted Sizes



Safe Catch
Tuna & Salmon

40% off
Assorted Sizes



Lucky Kimchi, Spring
Rolls & Sauces

50% off
Assorted Sizes



TMRW Foods
Plant-Based Meat
Alternatives

30% off
200g - 340g



Rocky Mountain
Flatbread Frozen
Pizza

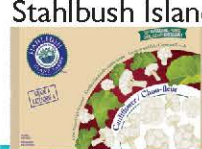
40% off
Assorted Sizes



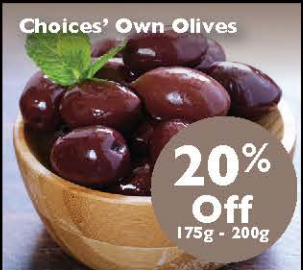
Caboo Bamboo
Paper Products

50% off
Assorted Sizes

GROCERY

 Komo Plant-Based Frozen Entrées 1⁹⁹ 1.42kg	 Big Mountain Foods Tofu & Meat Alternatives 3⁴⁹-5⁴⁹ 280g - 400g	 Daiya Cheeze Shreds, Slices and Blocks 3⁹⁹ Assorted Sizes	 Ocean's Pole & Line Tuna 2/⁴⁰⁰ 2/⁷⁰⁰ 170g Chunk, Flake, 170g Albacore Light
 Stahlbush Island Farms Sustainable Frozen Vegetables 2⁹⁹-3⁹⁹ Assorted Sizes	 Sol Cuisine Frozen Meatless Burgers 4⁹⁹ 284g	 Daiya Frozen Dairy-Free Pizza & Flatbread 6⁹⁹ Assorted Sizes	 Bragg Organic Apple Cider Vinegar 3⁹⁹ 473ml

DELI

 Choices' Own Prawn & Fish Cakes or Wild Salmon Cakes 2/³⁰⁰ 55g Prawn & Fish Cakes	 Choices' Own Individual Quiche 5⁴⁹ 4.25 inch	 Choices' Own Cooked Turkey Breast Raised Without Antibiotics 4⁹⁹ /100g	 Choices' Own Wild Salmon Lox Bagels 8⁹⁹ each	 Summer Fresh Hummus 4⁹⁹ 255g
 Choices' Own Cheese Dips or Bocconcini Skewers 2/⁸⁰⁰ 140g Salmon Cakes	 Choices' Own Cheese Dips or Bocconcini Skewers 5⁹⁹ 170g - 200g	 Choices' Own Olives 20% Off 175g - 200g	 Choices' Own Fresh Rolls 6⁴⁹ 148g - 245g	 Vitale Sliced Italian Prosciutto & Salami 10⁹⁹ 100g

BAKED GOODS

 Choices' Own Wholesome Country Sourdough or Country French Bread 4⁹⁹ 480g & 575g	 Choices' Own Mother's Garden Chocolate Cupcakes 6⁹⁹ 4 pack	 Choices' Own Scones 4⁴⁹ 2 pack	 Schär Gluten-Free Bread, Buns, Baguettes, Pizza Crusts or Rolls 20% Off assorted sizes
	 Silver Hills Sprouted Power Bread 2/⁸⁰⁰ assorted sizes	 The Worthy Crumb 8" Lemon, Raspberry Almond or Pecan Crostata 9⁹⁹ each	 Alkeme Gluten-Free Sourdough Bread, Bagels & Demi Baguettes 25% Off assorted sizes

WELLNESS



Organika
Vitamins &
Supplements

30% off

Assorted Sizes
Assorted Varieties



Enerex Vitamins
& Supplements

20% off

Assorted Sizes



Sproos Collagen
Powders

30% off

Assorted Sizes
Assorted Varieties



Natural Calm
Magnesium

26⁹⁹ 43⁹⁹

226g 454g



Bach Flower Remedies &
Rescue Remedy

30% off

Assorted Sizes



AOR Vitamins &
Supplements

20% off

Assorted Sizes



Flora Vitamins &
Supplements

20% off

Assorted Sizes



Natural Factors
Vitamin C 1000mg



21⁹⁹

210 Tablets



Natural Factors
CurcuminRich
Theracurmin
Supplements

20% off

Assorted Sizes



BioSil, Medi-C, Sealicious
and Vegiday Vitamins &
Supplements

20% off

Assorted Sizes
Assorted Varieties



Green Beaver Face,
Body & Sun Care

20% off

Assorted Sizes



Botanica Perfect
Protein or Perfect
Protein Elevated

55⁹⁹

629g - 840g

3 DAY PLANT SALE

Sale Effective: Friday, May 12th - Sunday, May 14th, 2023

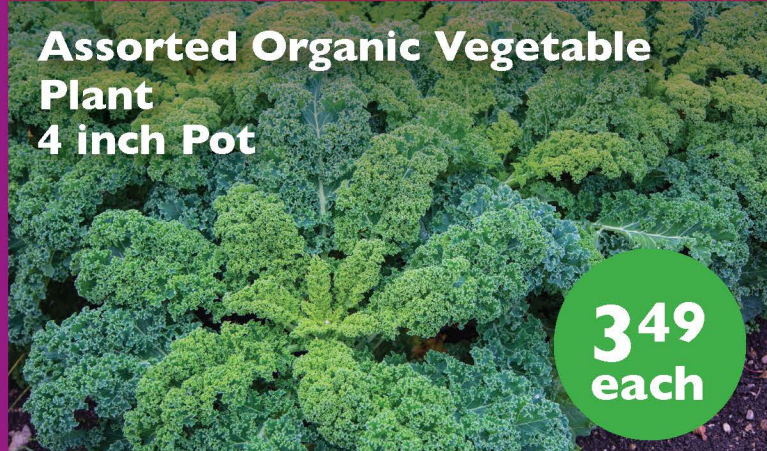
5% of weekend plant sales will be donated to a local school.

Assorted Organic Tomato Plant 4 inch Pot



349
each

Assorted Organic Vegetable Plant 4 inch Pot



349
each

Assorted Organic Herb Plant 4 inch Pot



399
each

Assorted Organic Strawberry Plant 4 inch Pot



399
each

Choices Markets Full Circle Top Soil 20 L Bag



Soil is a building block towards a healthy environment. Maintaining a healthy soil will provide economical and functional benefits. Choices Markets Full Circle Soil is derived from the compost from our stores. The compost is broken down over a period of 5 to 6 months, through a fully aerated static pile method. Our Full Circle Top Soil is nutrient-rich and a part of our effort to provide a sustainable option for the environment.

899
each

Cinnabar Valley Planter Box Mix 30 L Bag

1299
each

Cinnabar Valley Ocean Plus Earth Mix 40 L Bag

1799
each

Cinnabar Valley Mushroom Manure 10 kg Bag

699
each

Sale not available at our Kelowna location. Plus applicable taxes. Weather Permitting.



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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

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