



# WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

## Top Sirloin Steaks

Grass Fed, Value Pack

**799/lb**

17.61/kg  
imported

YOU SAVE

**51%**

\$18.38/kg

BC

**Spotted  
Prawns**

Now Available

Organic  
Hot House  
Tomatoes on  
the Vine

**398/lb**

8.77/kg

YOU SAVE

**20%**

\$1.00/lb

LOCAL

from

Origin

Organics,

Delta

## Choices Value Recipe Grilled Sirloin Steak and Roasted Chicken Fusion

### Ingredients:

- 1 Sirloin Steak • 2 Tomatoes
- 1 cup Strawberries
- 1 Whole Roasted Chicken

### Instructions:

1. Grill the sirloin steak to perfection. Dice tomatoes and strawberries, then combine them to create a flavourful salsa.

2. Slice the steak and carve the roasted chicken.

Serve both meats together, topped with the tomato-strawberry salsa.

3. Indulge in the delightful combination of flavours in this satisfying meal.

Note: Adjust seasoning and cooking times according to preference.

## Choices' Own Ready to Eat Artisan Salads

YOU SAVE  
**10%**  
each

**649-  
999**

assorted  
sizes

## Strawberries

YOU SAVE  
**40%**  
\$3.00 each

**398**

454g  
pkg.

from USA

## Choices' Own Roasted Garlic or Scandinavian Rye Bread

YOU SAVE  
**28%**  
\$4.00 per loaf

**2/  
1000**

320g & 580g



MaraNatha  
Nut Butter

EXTRA  
SAVINGS

**50% off**

340g & 500g



49th Parallel  
Coffee

YOU SAVE  
**600**  
each

**12<sup>99</sup>**

340g

## Farmcrest Specialty Roasted Chicken

YOU SAVE  
**22%**  
\$4.00 each

**13<sup>99</sup>**  
each

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

Prices Effective  
May 25 - May 31, 2023



# PRODUCE

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

Prices Effective  
 May 25 - May 31, 2023

## Organic Lemons



from USA

**4<sup>98</sup>**

907g  
bag

## Yellow Peaches

10.98/kg



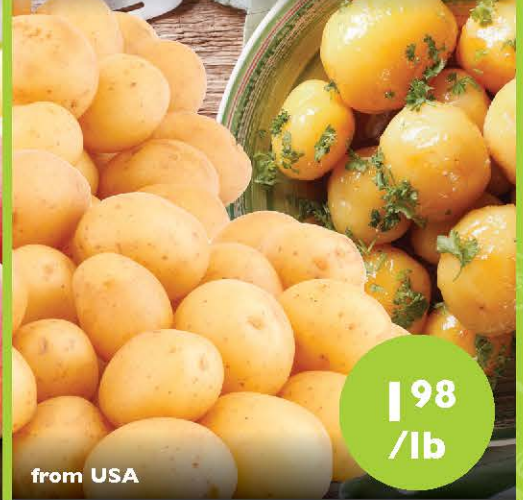
from USA

**4<sup>98</sup>**

/lb

## White Nugget Potatoes

4.37/kg



from USA

**1<sup>98</sup>**

/lb

## Red Cherries

17.59/kg



from USA

**7<sup>98</sup>**

/lb

## Bone In Chicken Thighs

11.00/kg



Raised Without Antibiotics, Value Pack

**4<sup>99</sup>**

/lb

## Boneless Center Cut Pork Loin Chops

13.21/kg



Raised Without Antibiotics, Value Pack

**LOCAL**

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

/lb

## Fresh Steelhead Salmon Fillets



Value Pack

**3<sup>75</sup>**

/100g

## Belmont Meats Homestyle Angus Beef Burgers



**15<sup>99</sup>**

852g



# GROCERY

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

Prices Effective  
May 25 - May 31, 2023

GoldEgg Free Run Large  
Brown Eggs



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



Uncle Luke's  
Organic Maple  
Syrup

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



Bob's Red Mill  
Gluten-Free Oats

**40% off**  
680g & 907g



Plant Veda Lassi  
& Creamer

**3<sup>99</sup> 6<sup>99</sup>**  
500ml  
Creamer  
1L Beverage  
+ deposit + eco fee



Stahlbush Island  
Farms Frozen  
Fruit

**4<sup>49</sup>**  
Assorted Sizes



Danone Oikos  
Greek & Regular  
Yogurt

**3<sup>99</sup>**  
4 pack



Blue Diamond  
Almond Breeze  
Beverages

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



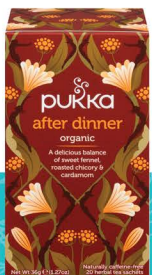
Califia Farms  
Oat & Almond  
Beverage

**3<sup>49</sup> 4<sup>49</sup>**  
946ml  
Barista Blends  
750ml & 1.4L  
+ deposit + eco fee



Rise Nitro Brew Coffee  
& Organic Oat Milk

**2/7<sup>00</sup> 6<sup>99</sup>**  
207ml Nitro Brew  
+ deposit + eco fee  
946ml Organic Oat  
Milk, + deposit + eco fee



Pukka  
Organic Tea

**4<sup>99</sup>**  
20 Pack



GoodDrink  
Tea & Organic  
Spritzers

**2/4<sup>00</sup>**  
355ml & 473ml  
+ deposit + eco fee



Black River Juice

**30% off**  
1L, + deposit + eco fee



Greenhouse  
Organic Juice

**5<sup>99</sup>**  
300ml  
+ deposit + eco fee



Greenhouse  
Organic Cold  
Pressed Boosters  
& Lemonade

**2/6<sup>00</sup>**  
60ml & 300ml  
+ deposit + eco fee



Santa Cruz  
Organic Lemonade  
and Limeade

**2/6<sup>00</sup>**  
946ml  
+ deposit + eco fee



Rise Organic  
Kombucha

**2/7<sup>00</sup>**  
414ml  
+ deposit + eco fee



Rise Better  
Soda

**8<sup>99</sup>**  
4 pack  
+ deposit + eco fee



Partake  
Non-Alcoholic  
Beer

**1<sup>99</sup> 6<sup>99</sup>**  
355ml  
+ deposit + eco fee  
4 pack  
+ deposit + eco fee



# GROCERY

Simply Organic  
Sauces & Mixes



**40% off**  
113g & 227g

Suzie's Organic  
Condiments



**30% off**  
Assorted Sizes

Good Food Organic  
Condiments & Sauces



**40% off**  
250ml & 450ml

Briannas  
Dressings



**4<sup>99</sup>**  
355ml

Bubbies Pickles &  
Sauerkraut



**40% off**  
750ml & 1L

Heinz Ketchup



**4<sup>49</sup>**  
750ml & 1L

Spectrum  
Organic  
Mayonnaise &  
Cooking Oil



**40% off**  
Assorted Sizes

Bragg Organic  
Apple Cider  
Vinegar



**40% off**  
473ml

Chosen Foods  
Pure Avocado Oil



**13<sup>99</sup> 16<sup>99</sup>**  
500ml 750ml

San-J Sauces



**30% off**  
296ml & 592ml

Bragg Liquid  
Soy Seasoning



**40% off**  
Assorted Sizes

Navitas Organics  
Cacao & Turmeric



**40% off**  
227g & 454g

Lundberg Nutra  
Farmed Basmati  
& Jasmine Rice



**7<sup>99</sup>**  
907g

Chickapea  
Organic  
Pasta



**3<sup>99</sup>**  
161g & 227g

## BULK

**MAKE YOUR OWN  
MIX**

**Nuts, Fruit & Seeds**  
Bulk & Prepackaged

**20%  
Off**



# GROCERY



Hardbite  
Potato Chips

**2/6<sup>00</sup>**  
128g & 150g



The Good Crisp  
Potato Chips

**3<sup>69</sup>**  
160g



Spudsy Sweet  
Potato Puffs  
& Fries

**3<sup>99</sup>**  
113g & 113.4g



gimMe Organic  
Roasted Seaweed  
Snacks

**50% off**  
6 pack



Handfuel  
Nut Snacks

**5<sup>99</sup>**  
120g & 150g



Theobroma  
Organic  
Chocolate Bars

**1<sup>39</sup> 2<sup>69</sup>**  
31g & 35g Bar 80g Bar



Alter Eco Organic  
Fair Trade  
Chocolate Bars

**2/6<sup>00</sup>**  
75g & 80g



Natural Traditions  
Jerky

**25% off**  
36g



Love Good  
Fats Bar

**2/4<sup>00</sup>**  
39g & 40g

Simply Protein Bars



**1<sup>99</sup> 7<sup>79</sup>**  
40g Bar 200g  
Cookie Bar



Organic Traditions  
Dried Fruit

**25% off**  
Assorted Sizes



Mary's Organic  
Crackers &  
Kookies

**40% off**  
Assorted Sizes



Savör Cookies,  
Crackers &  
Licorice

**50% off**  
Assorted Sizes



Allergy Smart  
Cookies

**3<sup>99</sup>**  
140g



Breyers  
Creamery Style  
Ice Cream

**6<sup>99</sup>**  
1.66L



Ben & Jerry's  
Ice Cream

**5<sup>79</sup>**  
473ml



Cosmic Bliss  
Organic Plant-Based  
Ice Cream

**6<sup>99</sup>**  
473ml



# GROCERY



Earth Balance  
Dairy-Free  
Spreads

**40% off**  
Assorted Sizes



Organic Meadow  
Butter

**7<sup>99</sup> 10<sup>99</sup>**  
250g 454g



Spread'em Kitchen Co.  
Dairy-Free Cheeze  
Blocks & Spreads

**6<sup>49</sup> 7<sup>49</sup>**  
183g 200g



La Chaudière  
Bingo! Organic  
Cheese

**4<sup>00</sup> off**  
Assorted Sizes



Rocky Mountain  
Pizza

**7<sup>99</sup>**  
Assorted Sizes



Daiya Dairy-Free  
Frozen Pizza and  
Flatbread

**5<sup>99</sup> 6<sup>99</sup>-7<sup>99</sup>**  
322g & 346g  
Flatbread Assorted Sizes Pizza



Stahlbush Island  
Farms Frozen  
Vegetables

**2<sup>59</sup>-4<sup>49</sup>**  
Assorted Sizes



Alderwood Farms  
Frozen French Fries

**3<sup>99</sup>**  
454g



Yves Plant-Based  
Products

**30% off**  
Assorted Sizes



Beyond Meat  
Burger &  
Ground Beef

**4<sup>99</sup> 5<sup>99</sup>**  
226g Burger 340g Ground  
Beef



Sunrise Soyganic  
Tofu

**30% off**  
Assorted Sizes



Wholly Veggie!  
Frozen Products

**30% off**  
Assorted Sizes



Komo Vegan  
Meals

**9<sup>99</sup> 19<sup>99</sup>**  
600g 1.42kg



Safe Catch Wild  
Tuna & Pink  
Salmon

**3<sup>99</sup>-4<sup>99</sup>**  
142g



# DELI

## Kroons Gouda Cheese



**399**  
/100g

## Choices' Own Praga Ham



**349**  
/100g

## Choices' Own Pasta Salads



**219**  
/100g

## Nightingale Pizza



Great on the BBQ!

**1599**  
12 inch

## Summer Fresh Dips



**2/700**  
227g

## Choices' Own Chicken or Prawn Noodle Bowl



**999**  
375g - 415g

## Havarti Cheese



**329**  
/100g

## Choices' Own Organic Cheese



**449-549**  
/100g

# BAKED GOODS

## Choices' Own Muffins



**649**  
4 pack

## Choices' Own Luscious Lemon or Young Coconut Pie



**799**  
6 inch

## Brioche Hamburger or Hot Dog Buns



**699**  
6 - 8 pack

## Queen St. Bakery Gluten-Free Bread or Bagels



**599-699**  
assorted sizes

## GluteNull Gluten-Free Bread or Buns



**899**  
assorted sizes

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



**20% Off**  
assorted sizes

## Alkeme Gluten-Free Sourdough Bread, Bagels & Demi Baguettes



**25% Off**  
assorted sizes

**Happy Anniversary, Choices Cambie**

Saturday, May 27th ONLY! | At Choices 3493 Cambie St, Vancouver

**10% OFF** THE ENTIRE STORE, **INCLUDING SALE ITEMS**

Anniversary sale is only available at Choices Cambie | Sale not available online



# GROCERY



Purex Triple Roll  
Bathroom Tissue

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

12 Pack



Seventh Generation  
Dish Detergent

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

562ml



Caboo Tree-Free  
Paper Products

**40% off**

Assorted Sizes



Seventh Generation  
Laundry Detergent

**12<sup>99</sup>**

2.66L

**16<sup>99</sup>**

683ml

# WELLNESS



New Roots  
Vitamins &  
Supplements

**20% off**

Assorted Sizes  
Assorted Varieties



Organika  
Vitamins &  
Supplements

**30% off**

Assorted Sizes  
Assorted Varieties



withinUs  
TruMarine  
Collagen

**20% off**

Assorted Sizes



Natural Factors  
Magnesium  
Citrate

All Bonus  
Bottles  
**20% Off**

**18<sup>99</sup>**

210 Caps



Flora Vitamins  
& Supplements

**20% off**

Assorted Sizes



AOR Vitamins  
& Supplements

**20% off**

Assorted Sizes



BioSil, Medi-C,  
Sea-licious  
and Vegiday  
Supplements

**20% off**

Assorted Sizes  
Assorted Varieties



Genuine Health  
Fermented  
Organic Vegan  
Proteins

**49<sup>99</sup>**

600g

**66<sup>99</sup>**

900g



Natural Factors  
Stress & Sleep  
Supplements

**20% off**

Assorted Varieties  
Select Varieties



Kiss My Face  
Toothpaste &  
Bar Soap

**5<sup>99</sup> 7<sup>49</sup>**

230g Bar Soap 127g Toothpaste



Thinksport Sun  
Care, Deodorant  
& Thinkbaby Body  
Care

**20% off**

Assorted Sizes



Ecoideas  
Organic  
Chia Seeds

**7<sup>49</sup> 11<sup>99</sup>**

227g

454g



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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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