



# EPIC SAVINGS

100% BC OWNED AND OPERATED

## Pork Back Ribs

Frozen or Previously Frozen  
Imported • Regular Retail 11.34/lb, 24.99/kg

BUY  
GET 1  
FREE

EXTRA  
SAVINGS

## Strawberries

454g  
Imported • Regular Retail 6.98

BUY  
GET 1  
FREE

EXTRA  
SAVINGS

Choices' Own  
Sourdough Bread  
530g • Regular Retail 5.99

BUY  
GET 1  
FREE

EXTRA  
SAVINGS

## Choices Value Recipe Pork Back Ribs with Strawberry BBQ Sauce

### Ingredients:

- 2 lbs Pork Back Ribs
- 1 cup Strawberries
- 4 slices Sourdough Bread
- 1/2 cup Ketchup • 1/4 cup Brown Sugar
- 1/4 cup Vinegar • 1 garlic clove, minced

### Instructions:

1. Preheat oven to 300°F. Season ribs with minced garlic, salt, and pepper. Bake for 2-2.5 hours.
2. In a saucepan, combine strawberries, ketchup, brown sugar, vinegar and minced garlic. Simmer for 10-15 minutes.
3. Preheat grill. Brush ribs with sauce and grill for 3-4 minutes per side. Brush bread slices with olive oil and grill for 1-2 minutes per side.
4. Serve ribs and bread with remaining sauce. Garnish with chopped parsley. Enjoy!

Organic Garlic  
17.59/kg

EXTRA  
SAVINGS

798  
/lb

from Argentina

Choices' Own Dijon Potato,  
Coleslaw or Macaroni Salad

YOU SAVE  
28%

149  
/100g

Choices' Own Turkey  
Cranberry Pie  
280g • Regular Retail 8.99

EXTRA  
SAVINGS

BUY  
GET 1  
FREE

Mineral Fusion Natural  
Cosmetics  
& Nail Polish



Assorted Varieties

YOU SAVE  
50%

Kiss My Face Toothpaste



Assorted Sizes

YOU SAVE  
50%



Assorted Sizes

Spectrum Oil  
and Mayonnaise

YOU SAVE  
50%

Made Good Organic  
Granola Bars,  
Cookies, Cereal  
and Granola



Assorted Sizes

YOU SAVE  
50%

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

Prices Effective  
May 4 - 10, 2023



# PRODUCE

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

Prices Effective  
May 4 - 10, 2023

**Organic Celery**  
4.37/kg

from USA

**1.98**  
/lb

**Large Navel Oranges**  
3.26/kg

from USA

**1.48**  
/lb

**Hass Avocados**

from Mexico

**4.98**  
bag  
of 4

**Green Asparagus**  
10.98/kg

from Washington

**4.98**  
/lb

# MEAT

**BBQ Smoked Chum Salmon Tips**

**3.49**  
/100g

**Certified Organic Lean Ground Beef**  
26.43/kg

**LOCAL**

Grass Fed, Value Pack

**11.99**  
/lb

**Chicken Drumsticks**  
8.80/kg

**LOCAL**

Raised Without Antibiotics, Value Pack

**3.99**  
/lb

**Bison Sirloin Tip Steak**  
33.05/kg

Western Canada

**14.99**  
/lb



**Save!**  
**30% off**



Savör Cookies,  
Crackers, Licorice,  
Ketchup & Fruit  
Spreads

**30% off**  
Assorted Sizes

**Save More!!**  
**40% off**



Lesser Evil Organic  
Popcorn & Puffs

**40% off**  
142g

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



Hornby Organic  
Energy Bars

**50% off**  
80g



The Ginger People  
Chews, Candy &  
Juice

**30% off**  
Assorted Sizes

Glutino Gluten-Free Cookies &  
Pretzels



**40% off**  
Assorted Sizes



Mary's Organic  
Crackers &  
Kookies

**50% off**  
Assorted Sizes



Anita's Mill  
Organic Flour

**30% off**  
Assorted Sizes



Happy Planet  
Organic Juice

**40% off**  
1.75L  
+ deposit + eco fees



Pamela's Baking  
& Pancake Mix

**50% off**  
1.8kg



Mutti Tomatoes

**30% off**  
Assorted Sizes



Happy Planet  
Morning Oat  
Shake

**40% off**  
250ml & 946ml  
+ deposit + eco fees



Frontier and Simply  
Organic Seasonings,  
Dips & Mixes

**50% off**  
Assorted Sizes



Divina Olives,  
Spreads &  
Leaves

**30% off**  
Assorted Sizes



Lundberg  
Nutra-Farmed  
Rice

**40% off**  
907g



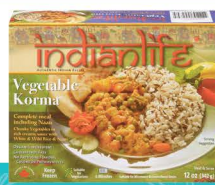
La Preferida  
Organic Salsa  
& Beans

**50% off**  
Assorted Sizes



Sunrise  
Soyganic Tofu

**30% off**  
Assorted Sizes



Indianlife  
Products

**40% off**  
Assorted Sizes



Casa Fiesta  
Mexican  
Products

**50% off**  
Assorted Sizes



# GROCERY

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

Prices Effective  
 May 4 - 10, 2023



Kettle Brand  
 Natural Potato  
 Chips

**2/6<sup>00</sup>**  
 198g & 220g



Fresh is Best  
 Salsa & Tortilla  
 Chips

**3<sup>99</sup> 4<sup>49</sup>**  
 375ml Salsa 300g Chips



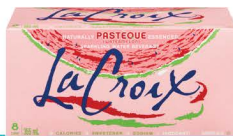
Chocolove  
 Chocolate Bars

**2/7<sup>00</sup>**  
 90g



Rise Organic  
 Kombucha

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



La Croix  
 Sparkling Water

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



Earth's Choice Organic  
 Rainforest Alliance  
 Certified Coffee

**9<sup>99</sup>**  
 340g



Ben & Jerry's Ice  
 Cream

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



Cosmic Bliss  
 Plant-Based  
 Organic Frozen  
 Dessert

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



Level Ground  
 Organic Tea &  
 Coffee

**4<sup>49</sup> 8<sup>99</sup>**  
 70g Tea 300g Coffee



Riviera Greek  
 Yogurt

**5<sup>49</sup> 6<sup>99</sup>**  
 500g Vegan 500g Keto



Yoggu! Coconut  
 Yogurt

**5<sup>99</sup>**  
 450g



Olympic Yogurt

**9<sup>99</sup>-12<sup>99</sup>**  
 1.75kg



Bremner's  
 Frozen Fruit

**6<sup>99</sup>-7<sup>99</sup>**  
 600g



Earth's Own Almond  
 and Oat Beverages

**2/6<sup>00</sup> 2/7<sup>00</sup>**  
 946ml, Almond 946ml, Oat  
 +deposit+eco fees +deposit+eco fees



Canadian Heritage  
 Organics 100% Pure  
 Organic Maple Syrup

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



Goldegg Free  
 Run Liquid  
 Egg Whites

**3<sup>99</sup>**  
 500g



Nature's Farm Organic  
 Omega-3 Large Eggs

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



# GROCERY



Beyond Meat  
Plant-Based  
Burgers & Ground  
Beef

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

226g Burgers  
340g Ground Beef



Amy's Frozen  
Pizzas

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

Assorted Sizes



Annie's Pasta &  
Cheese Side Dishes

**2/5<sup>00</sup>**

Assorted Sizes



Plant-Based Nuts  
for Cheese and  
Nuts for Butter

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

120g - 227g



L'Ancêtre  
Organic Cheese

**5<sup>00</sup> off**

325g



Tre Stelle Cheese  
Shreds

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

170g & 200g

# DELI

Choices' Own Summer  
Quinoa & Spinach Salad  
or Grilled Asparagus  
Salad



**2<sup>29</sup>**  
/100g

Choices' Own Artisan  
Sandwiches



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

Choices' Own Smoked  
Turkey Breast  
Raised Without Antibiotics



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

Choices' Own Mexican Fajitas, Quesadillas  
or Burritos



**5<sup>99</sup>-7<sup>99</sup>**  
200g - 375g

Old Fashioned Ham



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

Rosstown Roasted Half  
Chickens



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

L'Extra Brie Cheese



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

German Cambozola  
Cheese



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

# BAKED GOODS

Choices' Own Salted  
Caramel, Indulgence  
Brownie or Walnut Date  
Blondie Bars



**6<sup>99</sup>**  
150g - 170g

Choices' Own Mini  
Muffins



**3<sup>49</sup>**  
4 pack

GluteNull Gluten-Free  
Bread or Buns



**8<sup>99</sup>**  
assorted  
sizes

Dreamin' of Chocolate or  
Cravin' Cookies & Cream  
Gluten-Free Cake



**14<sup>99</sup>**  
454g - 456g

Silver Hills Organic  
Sprouted Power  
Hamburger or Hot Dog  
Buns



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

Little Northern  
Bakehouse Gluten-Free  
Buns, Bagels & Pizza  
Crust



**5<sup>99</sup>-7<sup>99</sup>**  
assorted  
sizes

La Tortilla Factory  
Tortillas



**30% Off**  
200g - 496g



# 2 DAY PLANT SALE

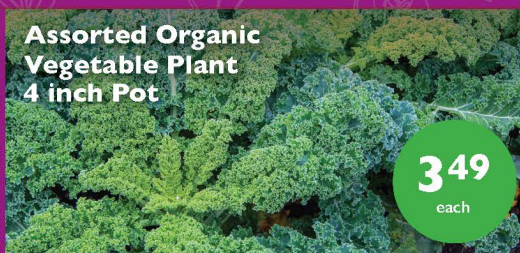
Sale Effective: Saturday, May 6<sup>th</sup> & Sunday, May 7<sup>th</sup>, 2023

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



Assorted Flowering Annuals  
606

449  
each



Assorted Organic  
Vegetable Plant  
4 inch Pot

349  
each



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

12<sup>99</sup>  
each

Ocean Plus  
Earth Mix  
Cinnabar Valley  
40 L bag

17<sup>99</sup>  
each

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

6<sup>99</sup>  
each



Assorted Organic Herb Plant  
4 inch Pot

399  
each



Assorted Organic Tomato Plant  
4 inch Pot

349  
each

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

## WELLNESS



New Roots  
Vitamins &  
Supplements



20% off  
Assorted Sizes  
Assorted Varieties



Vega Sport  
Protein & Sport  
Supplements

20% off  
Assorted Sizes



Herbatint  
Natural  
Permanent  
Hair Colour

17<sup>99</sup>  
1 Kit

South of France Soaps



749  
236ml Liquids or  
170g Bars



withinUs  
TruMarine  
Collagen

20% off  
Assorted Sizes



Smart Solutions  
Vitamins &  
Supplements

20% off  
Assorted Sizes  
Assorted Varieties



Organyc Organic  
Feminine Hygiene  
Products

25% off  
Assorted Sizes

NOW Essential Oils  
& Topical  
Body Oils



20% off  
Assorted Sizes



MegaFood  
Vitamins &  
Supplements

25% off  
Assorted Sizes



Natural Factors  
Vitamin A, D & K  
Supplements

20% off  
Select Varieties



Weleda  
Baby Care

25% off  
Assorted Varieties



Dr. Hauschka  
Facial Care

20% off  
Assorted Sizes



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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.