



# FATHER'S DAY CHOICES

100% BC OWNED AND OPERATED

HAPPY FATHER'S DAY  
SUNDAY, JUNE 18TH  
**10% OFF**  
SALE AT ALL CHOICES LOCATIONS! ONE DAY ONLY!

## New York Striploin Steaks

Grass Fed, Value Pack

**11.99/lb**

26.43/kg  
from New Zealand/  
Australia

YOU SAVE

**55%**

\$32.56/kg

## Rosstown Roasted Chickens

YOU SAVE

**28%**

\$7.98 each

**9.99**  
each

## Organic Heirloom Tomatoes

13.18/kg

LOCAL  
from  
Origin-O  
Farm

YOU SAVE

**1.00**

per lb

**5.98**  
/lb

## Bunched Carrots

LOCAL  
from  
BC

YOU SAVE

**2.00**

per bunch

**1.98**  
each

## Choices' Own Dijon Potato, Summer Macaroni or Coleslaw Salad

YOU SAVE

**25%**

per 100g

**1.49**  
/100g

## Beef Burgers

22.02/kg

YOU SAVE

**27%**

\$7.97/kg

**9.99**  
/lb

grass fed, made in store

## Romaine Lettuce

LOCAL  
from  
BC

YOU SAVE

**2.00**

each

**1.98**  
each

## Choices' Own Party Size Cakes

YOU SAVE

**2.00**

per cake

**14.99**  
each



Every Man Jack  
Body Care

**30% off**  
Assorted Sizes

Rabbit River Farms  
Free Range Organic Large Eggs



**5.99**

One Dozen

Terra Breads  
Premium  
Granola



**12.99**

800g-850g

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

Prices Effective  
June 15 - June 21, 2023



# PRODUCE

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

Prices Effective  
June 15 - June 21, 2023

## Organic Yellow Nectarines



from USA

**7<sup>98</sup>**  
907 g  
bag

## Organic Avocados



from Mexico

**4<sup>98</sup>**  
3 Pack

## Green Grapes 10.98/kg



from Mexico

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

# MEAT

## Fresh Rockfish Fillets



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

## Boneless Leg Lamb Steaks 35.25/kg



Raised Without Antibiotics  
from Australia/New Zealand

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

## Rosdown Chicken Kabobs



Assorted Flavours

**11<sup>99</sup>**  
each



# GROCERY

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

Prices Effective  
 June 15 - June 21, 2023



Uncle Luke's  
Organic Maple Syrup

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



Elias Creamed  
Honey Tub

**7<sup>99</sup> 13<sup>99</sup>**  
500g 1kg



Earth's Choice  
Organic Rainforest  
Alliance Certified  
Coffee

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



Nuts to You  
Organic Peanut  
Butter

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



St. Dalfour  
Jam

**5<sup>49</sup>**  
225ml



Mogiana Coffee

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



Avalon  
Organic Milk

**5<sup>99</sup> 6<sup>99</sup>**  
2% & Homogenized Chocolate 1.89L  
1.89L + deposit + eco fee + deposit + eco fee



Dairyland  
Creamers

**25% off**  
946ml



Prana Organic  
Chia Seeds &  
Organic Granolove

**30% off**  
Assorted Sizes



Liberté  
Greek Yogurt

**5<sup>99</sup>**  
750g



Olympic Organic  
& Natural Yogurt

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



Blender Bites  
Organic Frozen  
Smoothie Pucks

**10<sup>99</sup>**  
540g



Saugen Country  
Organic Yogurt &  
Kefir

**4<sup>99</sup>**  
908g



The Greek Gods  
Organic Yogurt

**5<sup>49</sup>**  
500g



Stahlbush Island  
Farms Sustainable  
Frozen Fruit

**4<sup>99</sup>**  
283g - 300g



L'Ancêtre  
Organic Cheese

**300 off**  
Regular Price, Assorted Sizes



Armstrong  
Natural Cheese  
Slices

**4<sup>99</sup>**  
220g - 240g



Tre Stelle  
Mozzarella Balls

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



# GROCERY



Rise Botanical Beverages  
or Rise Organic Kombucha

**2/6<sup>00</sup> 6<sup>99</sup>**

Botanical Bevs, 414ml  
+deposit+eco fee



Guayaki Organic  
Yerba Mate

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

473ml  
+deposit+eco fee



Fever-Tree Tonic  
Water & Ginger  
Beer

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

4x200ml  
+deposit+eco fee



San Pellegrino  
Italian Soda

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

6x330ml  
+deposit+eco fee



Perrier  
Sparkling Water

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

1L  
+deposit+eco fee



Buderim  
Ginger Beer

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

4x250ml  
+deposit+eco fee



Hardbite Root  
Vegetable Chips

**4<sup>79</sup>**

150g



Laid Back Snacks

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

120g-140g



Kiju Organic  
Juice

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

1L and 4 Pack  
+deposit+eco fee



Ritter Sport  
Chocolate Bars

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

100g, Select Varieties



Dwarf Stars Pumpkin  
Seed Butter Cups

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

42g



Love Good Fats  
Keto Friendly Bars

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

39g-40g



Haribo  
Gummies

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

175g



Smart Sweets  
Low Sugar  
Gummies

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

50g



Echoclean  
Biodegradable  
Liquid Laundry  
Detergent

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

2.95L



Breyers  
Creamery Style  
Ice Cream

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

1.66L



So Delicious  
Plant-Based  
Frozen Dessert

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

500ml



Caboo Bamboo  
Bathroom Tissue,  
Facial Tissue,  
Napkins & Wipes

**30% off**

Assorted Sizes



# DELI

Choices' Own Lemon Herb  
or Mexi Potato Wedges

**5<sup>99</sup>**  
400g

Italian Sliced Prosciutto or  
Salami

**8<sup>99</sup>-  
12<sup>99</sup>**  
70g-100g

Summer Fresh  
Dips & Hummus

**2/  
7<sup>00</sup>**  
227g

Saputo Bocconcini Cheese

**2/  
10<sup>00</sup>**  
200g

Choices' Own Ready to Eat  
Family Size Kale, Caesar  
or Canadian Greek Salad

**11<sup>99</sup>-  
12<sup>99</sup>**  
350g-750g

Ready to Eat BBQ Pork  
Ribs

**6<sup>99</sup>**  
half  
**13<sup>99</sup>**  
whole

Bella Casara Burrata Cheese

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

Shepherd's Gourmet Sheep & Goat  
Feta Cheese

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

# BAKED GOODS

Choices' Own Artisan  
Buns

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

Choices' Own Luscious  
Lemon Pie or Young  
Coconut Cream  
Pie

**7<sup>99</sup>**  
6 inch

Keto Desserts

**5<sup>99</sup>-  
9<sup>99</sup>**  
130g-200g

Brownies, Blondie or  
Nanaimo Bars

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

Choices' Own Banana  
Bread & Orange  
Cranberry Loaf

**7<sup>99</sup>**  
300g - 454g

Brioche Hamburger or  
Hot Dog Buns

**6<sup>99</sup>**  
6-8 pack

Carbonaut Hamburger or  
Hot Dog Buns

**6<sup>99</sup>**  
5-6 pack

English Muffins  
or Crumpets

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

## Celebrate Father's Day

Sunday, June 18th | All Choices Locations

# 10% OFF

THE ENTIRE STORE, **INCLUDING SALE ITEMS**

June 18th ONLY | Sale Not Available Online





# GROCERY



Lundberg  
Organic  
Rice

**30% off**

907g

Di Martino Pasta



**2/5<sup>00</sup> - 2/6<sup>00</sup>**

Select Varieties  
500g

Gratitude Skinless Boneless  
Canned Salmon



**30% off**

150g



Cape Herb & Spice  
Grinders & Rubs  
Spices

**30% off**

Assorted Sizes



Yves Meat  
Alternatives

**30% off**

Select Sizes & Varieties



Konscious  
Frozen Sushi  
Rolls & Onigiri

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

Onigiri  
204g

Rolls  
210g

Raincoast Trading Wild  
Sockeye & Pink  
Salmon



**30% off**

150g & 160g



Filippo Berio  
Olive Oil

**15<sup>99</sup> 19<sup>99</sup>**

Conventional  
750ml

Organic  
750ml

# WELLNESS



CanPrev  
Vitamins &  
Supplements

**20% off**

Assorted Sizes



LeanFit Whey,  
Whey Isolate &  
Organic Plant  
Based Proteins

**25% off**

Assorted Sizes



Manitoba  
Harvest Hemp  
Hearts & Hemp  
Yeah! Proteins

**25% off**

Assorted Varieties



Everyone  
For Every  
Body

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

Hand Soap  
377ml

3 in 1 Soap  
946ml



NutraSea  
Omega-3  
Fish Oil  
Supplements

**20% off**

Assorted Sizes



RenewLife  
Probiotics

**20% off**

Assorted Sizes



Innovite  
Vitamins &  
Supplements

**20% off**

Assorted Sizes



Naturtint Natural  
Permanent Hair  
Colour

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

Root Touch-Up

Assorted Colours



Now Vitamins  
& Supplements

**20% off**

Assorted Sizes



SISU Bone  
& Joint  
Supplements

**20% off**

Assorted Sizes



Lily of the Desert  
Aloe Vera Juice  
or Gel

**30% off**

Assorted Sizes & Varieties



Badger Sun &  
Face Care &  
Hair Oils

**30% 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 Immet St, Abbotsford  
**Kelowna** - 1937 Harvey Ave, Kelowna

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