



# WEEKLY SPECIALS

100% BC OWNED AND OPERATED

**Boneless  
Skinless Chicken  
Breasts**  
**5.99/lb**  
13.21/kg  
value pack

LOCAL

YOU SAVE  
**34%**  
\$6.78/kg

**Spinach & Feta or  
Ricotta & Feta Twisters**

YOU SAVE  
**40%**  
\$7.96 per pkg

**4/  
12.00**

**Choices' Own Sourdough  
Multiseed or 100% Whole  
Wheat Bread**

**4.99**  
530g - 600g

**Organic Romaine  
Lettuce**

LOCAL  
from  
Myers  
Organic  
Farms

YOU SAVE  
**25%**  
\$1.00 each

**2.98**  
each

**Organic Green Grapes**  
13.18/kg

YOU SAVE  
**25%**  
\$2.00/lb

**5.98**  
/lb

from USA

**Hot House Red, Orange and  
Yellow Peppers**

6.57/kg

YOU SAVE  
**40%**  
\$2.00/lb

**2.98**  
/lb

from Canada



All Sun Care

**20% off**  
Assorted Sizes & Varieties



**Kicking Horse  
Organic Fair Trade  
Whole Bean  
Coffee**

YOU SAVE  
**20%**  
\$5.00 per pkg

**32.99**  
1 kg

**Maple Hill Farms Free Range  
Medium Eggs**



YOU SAVE  
**12%**  
\$1.50 per dozen

**5.49**  
1 dozen

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

Prices Effective  
June 22 - June 28, 2023

# PRODUCE

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

Prices Effective  
June 22 - June 28, 2023

## Organic Green and Red Leaf Lettuce

**LOCAL**  
from

Myers  
Organic  
Farms

**2<sup>98</sup>**  
each

## Organic Gold Kiwi

from New Zealand

**6<sup>98</sup>**  
454g  
pkg.

## Organic Red Grapes 13.18/kg

from USA

**5<sup>98</sup>**  
/lb

## Top Sirloin Steaks 22.02/kg

Value Pack, Grass Fed, from New Zealand/Australia

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

## Ahi Loin Tuna Steaks

Raised Without Antibiotics

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

## Harvest Wieners



**7<sup>49</sup>**  
450g

## Lean Ground Pork 13.21/kg

Raised Without Antibiotics

**YOU SAVE**  
**34%**  
\$6.78 per kg

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

# GROCERY

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

Prices Effective  
June 22 - June 28, 2023



Nature's Path  
Organic Frozen  
Waffles

**2/900**  
210g



Canadian  
Heritage Organics  
Maple Syrup

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



Bobs' Red Mill  
Muesli, Pancake  
& Waffle Mix

**30% off**  
Assorted Sizes



Dairyland  
Organic Milk

**949**  
4L  
+deposit + eco fee



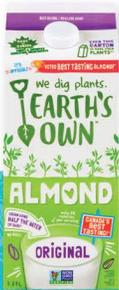
Blue Diamond  
Almond Breeze  
Beverages

**449**  
1.89L  
+deposit + eco fee



Tree Island  
Grass Fed  
Cream Top  
Yogurt

**999**  
1.5kg



Earth's Own  
Almond Milk

**429**  
1.89L  
+deposit + eco fee



Happy Planet  
Creamery  
Grass Fed  
Organic Milk

**699-799**  
1.5L  
+deposit + eco fee



Olympic  
Organic, Greek  
& Crema Yogurt

**25% off**  
500g & 650g

Happy Planet Creamery  
Fine Cultured Butter



**999**  
200g



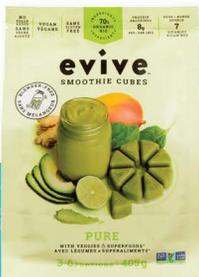
Nuts to You  
Organic  
Nut Butter

**1099**  
365g



Riviera Oat Milk  
and Coconut Milk  
Yogurt

**549**  
500g & 650g



Eve Smoothie  
Cubes

**899**  
405g



Gusta Vegan  
Sausages

**499**  
350g



Armstrong  
Cheese Snacks

**549**  
10 pack



Eve's Gluten-Free  
Crackers

**699**  
108g



Spread' Em  
Kitchen Co. Dips  
& Spreads

**25% off**  
183g



Woolwich  
Goat Cheese

**30% off**  
Assorted Sizes

# GROCERY



RW Knudsen Just Juice

**7<sup>99</sup>**

946ml  
+deposit + eco fee



Zevia Zero Calorie Soda

**.99**

355ml  
+deposit + eco fee

**5<sup>69</sup>**

6 pack  
+deposit + eco fee



Covered Bridge Potato Chips

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

142g & 170g



Efferve Sparkling Lemonades

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

750ml  
+deposit + eco fee



La Croix Sparkling Water

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

8 pack  
+deposit + eco fee



Seasnax Seaweed Snack

**3/5<sup>00</sup>**

5g



Phillips Sparkmouth Sodas

**3/5<sup>00</sup> 6<sup>49</sup>**

355ml  
+deposit + eco fee

4 pack  
+deposit + eco fee



Fiji Natural Artesian Spring Water

**2<sup>49</sup>**

1L  
+deposit + eco fee

**2<sup>99</sup>**

1.5L  
+deposit + eco fee



Clif Bar Energy Bars

**4/6<sup>00</sup> 16<sup>99</sup>**

68g

12 pack



Remedy Kombucha

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

330ml  
+deposit + eco fee



True Citrus Beverage Mixes

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

10 pack & 32 pack



Tate's Bake Shop Cookies

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

198g



Happy Pops Frozen Ice Pops

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

4 pack



Deebee's Organic Superfruit Freezies

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

10 pack



Green & Black's Organic Fair Trade Chocolate Bars

**2/8<sup>00</sup>**

90g



Chapman's Frozen Yogurt

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

2L



Natural Choice Organic Frozen Fruit Bars

**2/8<sup>00</sup>**

4 pack



Dandies Gluten-Free Vegan Marshmallows

**2/8<sup>00</sup>**

283g

# DELI

**Chicken Skewers**  
Japanese Orange Ginger Teriyaki,  
Korean BBQ, Cilantro Lime BBQ  
Thai Basil, Souvlaki



**4/  
1200**

**Harlequin Soba Noodle  
Salad or Summer Quinoa &  
Spinach Salad**



**NEW**

**229  
/100g**

**Thai Basil Chicken,  
Shrimp or Prawn Bowls**



**799-  
999**  
assorted  
sizes

**Choices' Own Wild Salmon  
Cakes**



**4/  
1500**

**Choices' Own Greek Salad**



**899  
440g**

**Choices' Own Ready to Eat  
Wraps**



**899  
each**

**Tre Stelle Halloumi Cheese**



**2/  
1000  
200g**

**Castello Aged Havarti,  
Cheddar or Gouda Cheese  
Wedges**



**799  
200g**

**Saputo Mozzarella  
Fresca Cheese**



**2/  
1000  
190g**

# BAKED GOODS

**Choices' Own  
Tiramisu, Kalamansi,  
Red Velvet or Low  
Carb Chocolate  
Mousse Cake**



**1999  
6 inch**

**Choices' Own  
Cupcakes**



**599  
4 pack**

**Slice of Life Carb  
Wise Gluten-Free  
Bread or Buns**



**899  
assorted  
sizes**

**Carbonaut Low Carb  
or Gluten-Free  
Tortillas**



**NEW**

**599-  
699  
210g-264g**

**Bakestone Brothers  
Organic Pita**



**2/  
500  
6 pack**

**Carbonaut Low  
Carb & Gluten-Free  
Bagels**



**799  
5 pack**

**Uprising Breads  
Jumbo Gingersnap or  
Laura's Vegan Chunk  
Cookies**



**499-  
599  
300g**



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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.

# GROCERY

Green Organic Frozen Vegetables



**2/8<sup>00</sup>**  
500g

Bubbies Pickles, Relish, Sauerkraut and Horseradish



**30% off**  
Selected Varieties

Maison Orphée Extra Virgin Olive Oil



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

Phoeapolis Organic Extra Virgin Olive Oil



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

Eden Organic Beans



**2/7<sup>00</sup>**  
398ml

Mutti Tomatoes & Pizza Sauces



**30% off**  
Selected Varieties

Explore Cuisine Organic Noodles



**4<sup>49</sup>**  
200g - 227g

Seventh Generation Dish & Laundry Detergent



**2/6<sup>00</sup> 12<sup>99</sup>**  
562ml Dish 2.66L Laundry

# WELLNESS

Prairie Naturals Vitamins & Supplements



**20% off**  
Assorted Sizes & Varieties

Bio-K Plus Probiotics



**43<sup>99</sup>**  
12 pack

Platinum Naturals Vitamins & Supplements



**20% off**  
Assorted Sizes

Natural Factors, Whole Earth & Sea Vitamins & Supplements



**20% off**  
Assorted Sizes & Varieties

ALL PRODUCTS ON SALE

Progressive Whey, Vegan & VegEssential Proteins



**20% off**  
Assorted Sizes

St. Francis Herb Farm Herbal Supplements



**20% off**  
Assorted Sizes

Salus Floradix & Floravit Liquid Iron Supplements



**20% off**  
Assorted Sizes

New Roots Digestive Enzymes



**25<sup>49</sup> 33<sup>99</sup>**  
60 Caps 100 Caps  
Plant Enzymes Digestive

Organika Enhanced Collagen



**33<sup>99</sup> 30% off**  
500g All Other Supplements

CanPrev Adrenal-Pro Healthy Hormones



**29<sup>99</sup>**  
60 Caps Healthy Hormones  
120 Caps Adrenal-Pro

NutraVege Omega-3 Plant DHA & EPA



**20% off**  
Assorted Sizes

Mountain Sky Products



**4<sup>49</sup> 9<sup>99</sup>**  
135g Natural Body Bar Soap  
60g Shampoo & Conditioner Bars

**vega**  
every tub purchased plants one tree with veritree



**35<sup>99</sup> 52<sup>99</sup>**  
586g - 618g Vega Protein & Greens  
827g - 876g Vega All-In-One

Offer valid on select tubs purchased from June 1-30th.