



# 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<sup>00</sup>**

**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**

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

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**

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



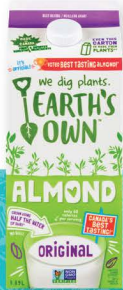
Blue Diamond  
Almond Breeze  
Beverages

**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>**

355ml  
+deposit + eco fee

**6<sup>49</sup>**

4 pack  
+deposit + eco fee



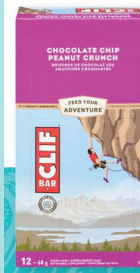
Fiji Natural Artesian Spring Water

**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/  
12<sup>00</sup>

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

NEW

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

## Thai Basil Chicken, Shrimp or Prawn Bowls

7<sup>99</sup>-  
9<sup>99</sup>  
assorted  
sizes

## Choices' Own Wild Salmon Cakes

4/  
15<sup>00</sup>

## Choices' Own Greek Salad

8<sup>99</sup>  
440g

## Choices' Own Ready to Eat Wraps

8<sup>99</sup>  
each

## Tre Stelle Halloumi Cheese



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

## Castello Aged Havarti, Cheddar or Gouda Cheese Wedges



7<sup>99</sup>  
200g

## Saputo Mozzarella Fresca Cheese



2/  
10<sup>00</sup>  
190g

# BAKED GOODS

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



19<sup>99</sup>  
6 inch

## Choices' Own Cupcakes



5<sup>99</sup>  
4 pack

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



8<sup>99</sup>  
assorted  
sizes

## Carbonaut Low Carb or Gluten-Free Tortillas



5<sup>99</sup>-  
6<sup>99</sup>  
210g-264g

NEW

## Bakestone Brothers Organic Pita



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

## Carbonaut Low Carb & Gluten-Free Bagels



7<sup>99</sup>  
5 pack

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



4<sup>99</sup>-  
5<sup>99</sup>  
300g



[choicesmarkets.com](http://choicesmarkets.com)



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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

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 827g - 876g  
Protein & Greens Vega All-In-One

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