



PICNIC CHOICES

100% BC OWNED AND OPERATED

**Fresh
Chicken Thighs**

Raised Without Antibiotics

3.99/lb

8.80/kg
Value Pack
Bone In, Skin On

YOU SAVE

56%

\$11.19/kg

**Rosstown Roasted Chicken
& 2 Side Salads** Choose from:
Roasted Yam, Dijon or Herb Potato Salad,
Coleslaw or Macaroni

SUMMER
MEAL

19.99
each

**Choices' Own Cheese
Baguettes**

**2/
5.00**
250g

Cherries
8.77/kg

LOCAL
from
BC

3.98
/lb

**Organic Long English
Cucumbers**

LOCAL
from
Origin-O
Farms, Delta

YOU SAVE
20%

**2/
7.00**

**Silver Hills Sprouted Power
Bread**

YOU SAVE
38%
\$4.98 per pkg.

**2/
8.00**
assorted
sizes



**Botanica Organic
Superfood Beverages**
Lemonade, Iced Tea & more

BUY 1
GET 1

FREE

Assorted Sizes



**Hardbite
Potato Chips**

YOU SAVE
up to
26%

2/6.00
128g & 150g



**Primal Kitchen
Avocado Oil**
Dressings,
Condiments
and Sauces

30% off
Assorted Sizes

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

Prices Effective
July 6 - July 12, 2023

PRODUCE

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

Prices Effective
 July 6 - July 12, 2023

Raspberries



6⁹⁸
 1 pint

Organic Red Seedless Watermelon

from Mexico

12⁹⁸
 each

Warba Potatoes



3⁹⁸
 907 g bag

Hot House Grape Tomatoes



6⁹⁸
 907 g pkg.

MEAT

Fresh Rockfish Fillets

2²⁰
 /100g

Organic Lean Ground Beef



Value Pack

11⁹⁹
 /lb

Choices' Own Beef Burgers

Grass Fed, made in store

8⁹⁹
 /lb

Pork Back Ribs

Raised Without Antibiotics

6⁹⁹
 /lb

Choices' Own Italian Gourmet Pork Sausage

Raised Without Antibiotics
 made in store

6⁹⁹
 /lb

GROCERY

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

Prices Effective
 July 6 - July 12, 2023

Country Golden Yolks
 Large Free Range Eggs



629
 1 Dozen

Nuts to You
 Peanut Butter



599
 750g

Capilano
 Honey



40% off
 375g

Canadian Heritage
 Organics
 Maple Syrup



1249
 500ml

Olympic Organic
 & Natural Yogurt



999 1149
 1.75kg Natural 1.75kg Organic

Yoggu!
 Plant-Based
 Coconut Yogurt



599
 450g

Blue Diamond
 Almond
 Beverage



499
 1.89L
 +deposit+eco fee

Earth's Own
 Oat Barista
 Blend



499
 946ml
 +deposit+eco fee

Bremner's
 Organic Frozen
 Blueberries &
 Berry Blend



2149
 1.5kg

Twinings Tea



499
 20 Bags

Ethical Bean
 Organic Coffee



999 1399
 227g Ground 340g Whole Bean

Savör
 Organic
 Products



30% off
 Select Varieties

Organic
 Traditions
 Products



25% off
 Assorted Sizes
 Select Varieties

Chosen Foods
 Avocado, Vegan &
 Keto Mayonnaise



899
 355ml

Nutiva Organic
 Coconut Oil,
 Spreads & Coconut
 Secret Aminos



40% off
 Assorted Sizes

Safe Catch Wild
 Albacore Tuna &
 Wild Pink Salmon



399
 142g
 Pink Salmon

549
 142g
 Albacore Tuna

Rustichella
 Pasta



599
 500g

Annie's
 Pasta & Cheese



30% off
 Assorted Sizes

GROCERY



Patience
Sour Candy

2/5⁰⁰
60g



Go Bio
Organic
Gummies

2/5⁰⁰
75g



Nora Seaweed
Snacks

3⁹⁹
32g & 45g



Simply 7
Gluten-Free
Snacks

2/6⁰⁰
100g & 113g



Lesser Evil
Organic
Popcorn

4⁴⁹
142g



Fresh Is Best
Tortilla Chips &
Salsa

3⁹⁹ 4⁴⁹
375ml Salsa 300g Chips



Prana Organic
Granola Bar

3⁴⁹
120g

Hornby Organic
Energy Bars



3/5⁰⁰ 2/5⁰⁰
45g Snack Bar 80g Bars



FreeYumm
Gluten-Free
Crackers & Bites

3⁹⁹
120g



Blue Monkey Organic
Coconut Water

1⁹⁹ 4⁴⁹
500ml Water +deposit+eco fee 1L Water +deposit+eco fee



BioSteel
Sports Drink

3/6⁰⁰
500ml +deposit+eco fee



Libra
Non-Alcoholic
Craft Beer

1⁹⁹
355ml +deposit+eco fee



Fiji Natural
Artesian Water

2/5⁰⁰ 2/6⁰⁰
1L +deposit+eco fee 1.5L +deposit+eco fee



Boylan Cane
Sugar Soda

1⁹⁹ 7⁴⁹
355ml +deposit+eco fee 4 pack +deposit+eco fee



Partake
Non-Alcoholic
Beer

2/4⁰⁰ 7⁸⁹
355ml +deposit+eco fee 4 pack +deposit+eco fee



Cove
Kombucha

2/5⁰⁰
355ml +deposit+eco fee



Sol Cuisine
Plant-Based
Burgers

4⁹⁹
284g



Cosmic Bliss
Organic Plant-Based
Ice Cream

6⁴⁹
473ml

DELI

Vitale Imported Sliced Prosciutto or Salami



9⁹⁹
100g

Choices' Own Wild Salmon Cakes



**2/
8⁰⁰**
130g

Choices' Own Cooked Turkey Breast Antibiotic Free



4⁴⁹
/100g

Vegetable Herb Samosas



**4/
10⁰⁰**

Summer Fresh Hummus Toppers



4⁹⁹
255g

Divina Spreads



7⁴⁹
190g - 255g

ILE DE FRANCE Brie Cheese



4⁴⁹
/100g

3 or 5 Year Grand Cheddar Cheese



**3⁹⁹-
4⁹⁹**
/100g

Tre Stelle Feta Cheese



6⁹⁹
200g

Arla Cheese Slices



6⁹⁹
assorted sizes

BAKED GOODS

Choices' Own Garlic Bread made with Roasted Garlic Butter



**2/
8⁰⁰**
320g

Choices' Own Half Artisan Fruit Pies



6⁹⁹
280g

Choices' Own Mini Muffins



3⁴⁹
4 pack

Silver Hills Organic Sprouted Power Hamburger or Hot Dog Buns



4⁴⁹
330g & 390g

Choices' Own Keto Nanaimo Bar, Cheesecake or Chocolate Mousse



**4⁴⁹-
5²⁹**
assorted sizes

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



14⁹⁹
454g & 456g

DISCOVER
LOCAL
CHOICES



NEW BC PRODUCTS, PRODUCE & PROTEINS

CHOICESMARKETS.COM

SINCE 1990

GROCERY



Saputo
Shredded
Cheese

4⁴⁹ 6⁴⁹
170g 320g

Armstrong Cheese



9⁹⁹
600g



Only Goodness
Organic Dijon,
Stone Ground &
Yellow Mustard

2/7⁰⁰
325ml



Only Goodness
Organic Unfiltered
Extra Virgin Olive
Oil

14⁹⁹
750ml



Dairyland
Sour Cream

2⁹⁹
450ml & 500ml

Rawesome Cashew Cream
Cheez



7⁴⁹
227g



Only Goodness
Organic Apple
Cider Vinegar

2/6⁰⁰
473ml



Only Goodness
Organic
Coconut Milk

2/6⁰⁰
400ml

WELLNESS



Iron Vegan
Proteins &
Sport
Supplements

20% off
Assorted Sizes



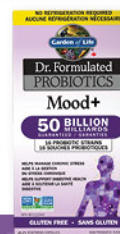
Progressive
Vege Greens

20% off
Assorted Sizes



withinUs
TruMarine
Collagen

20% off
Assorted Sizes



Garden of Life
Dr. Formulated
Probiotics &
myKind
Supplements

20% off
Assorted Sizes



Ener-C
Effervescent
Vitamin C
Drink Mix

15⁹⁹
30 Pack
Assorted Sizes



Purica
Vitamins &
Supplements

20% off
Assorted Sizes



Natural Factors
Magnesium
Supplements

20% off
Assorted Sizes



Ecoideas
Organic
Chia Seeds

7⁴⁹ 11⁹⁹
227g 454g



Dr. Bronner's
Non GMO
Organic Castile
Soap

7⁴⁹
237ml



Routine.

24⁴⁹ 34⁹⁹
Deodorant Perfume



Skin Essence
Organics
Face Care

20% off
Assorted Varieties



AOR Vitamins
& Supplements

20% off
Assorted Varieties



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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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