



WEEKLY CHOICES

100% BC OWNED AND OPERATED

**Boneless
Skinless Chicken
Breast**

Fresh, Value Pack

6.99/lb

15.41/kg

**Farmcrest Specialty
Roasted Chickens**

13.99
each

Choices' Own Pasta Salads

1.99
/100g

Organic Cherries
17.59/kg



**YOU SAVE
30%**

7.98
/lb

Green Grapes
6.57/kg

**YOU SAVE
2.00**
/lb

2.98
/lb

from Mexico

**Choices' Own Sourdough
Bread**

2/
9.00
575g



**Sisu Vitamins &
Supplements**

20% off
Assorted Varieties

**Maple Hill Farms Organic
Free Range Medium Eggs**



5.99
1 Dozen



**Kicking Horse
Organic Fair
Trade Ground
Coffee**

10.99
284g

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

Prices Effective
July 13 - July 19, 2023

PRODUCE

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Orange, Red and Yellow Peppers - 13.18/kg

LOCAL
 from

Origin
 Organics,
 Delta

598
 /lb

Green and Red Butter Lettuce

LOCAL
 from

Myers
 Organic
 Farm

298
 each

Hot House Cherry Tomatoes on the Vine

from Canada

348
 284g
 pkg.

Ataulfo Mango

from Mexico

4/
500

Boneless Pork Loin Chops
 15.41/kg

Value Pack

699
 /lb

Striploin Steaks
 26.43/kg

Imported, Value Pack

1199
 /lb

Ground Pork
 13.21/kg

Raised Without Antibiotics

599
 /lb

Pork Tenderloin Roast
 15.41/kg

699
 /lb

Fresh Sockeye Salmon Fillets

Value Pack

375
 /100g

GROCERY

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L'Ancêtre
 Organic Butter

749
 250g 84% M.F.



Shady Maple
 Farms Organic
 Maple Syrup &
 Organic Cookies

30% off
 Assorted Sizes



Siggi's Skyr
 Yogurt

599
 650g & 750g



Earth Balance
 Plant-Based
 Buttery Spreads

30% off
 Assorted Sizes



Spread' Em
 Cashew Cheeze
 & Dips

349 849
 86g Dip 200g Block



Nuts For Cheese
 & Nuts For Butter

849 649
 120g Cheese 227g Butter



Hot-Kid
 Mum-Mum Rusks
 & Biscuits

30% off
 50g & 60g



Woolwich
 Goat Cheese

30% off
 Select Varieties and Sizes



Saputo
 Feta Cheese

399
 200g



Holy Napoli
 Frozen Pizza

849
 Assorted Sizes



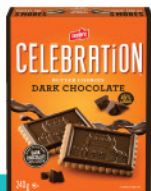
Field Roast
 Plant-Based
 Sausage &
 Burgers

25% off
 368g



Gold Seal
 Wild Sockeye
 Salmon

599
 213g



Leclerc Celebration
 & Praeventia
 Cookies

2/800 2/900
 210g Praeventia 240g Leclerc



Maison Orphée
 Organic Vinegar

699 999
 Red or White Vinegar 500ml Balsamic Vinegar 500ml



Chapman's
 Frozen Yogurt

699
 2L



Deebee's Organics
 Superfruit Freezies

599
 10 pack



Nature Clean
 Cleaning
 Products

30% off
 Select Varieties and Sizes



Biovert Dishwash
 Liquid & Auto
 Dish Tabs

389 949
 700ml Tabs 30 pack

GROCERY



Liberté
Méditerranée
Yogurt

2/8⁰⁰
500g



Traditional
Medicinals
Organic Tea

2/9⁰⁰
16 bags



Ceres
Fruit Juice

2/8⁰⁰
1L
+deposit + eco fee



Guayaki Organic
Yerba Mate Teas

2/5⁰⁰
355 ml
+deposit + eco fee



Rviita
Energy Tea

2/6⁰⁰
355 ml
+deposit + eco fee



Blue Monkey
Sparkling Juice

2/4⁰⁰ **2/9⁰⁰**
330ml 1L
+deposit + eco fee



WakeWater All
Natural Sparkling
Water

2/4⁰⁰
355ml
+deposit + eco fee



CRFT Beer Non
Alcoholic

2/5⁰⁰ **2/17⁰⁰**
473ml 4 pack
+deposit + eco fee



Humble Organic
Potato Chips

2/7⁰⁰
135g



NoochPop!
Nutritional Yeast
Plant-Based
Popcorn

2/8⁰⁰
120g



Barbara's
Gluten-Free
Cheez Puffs

2/6⁰⁰
155g & 198g



Paqui
Gluten-Free
Tortilla Chips

2/8⁰⁰
155g



Simply Protein
Bars & Keto
Bites

2/4⁰⁰ **2/12⁰⁰**
40g Bars 150g Bites



Denman
Island Organic
Chocolate Bars

2/6⁰⁰
44g & 46g



GimMe Organic Roasted
Seaweed Snack

2/12⁰⁰
6 pack



PUR Gums
and Mints

2/25⁰ **2/35⁰** **2/7⁰⁰**
9 pack Gum 22g Mints 80g Pouch Gum



Rico 'n Lalo
All Natural
Handcrafted
Frozen Bars

2/9⁰⁰
4 pack



Squamish Water
Kefir Smoothie
Builder & Popsicle

2/8⁰⁰
1L & 4 pack

DELI

Choices' Own Caesar or Rainbow Kale Salad



11.99
350g - 400g

Choices' Own Ready to Eat Wraps



9.99
each

Choices' Own Fresh Tomato, Roasted Corn or Mango Salsa



5.99-6.99
350g

Choices' Own Lemon Herb or Mexi Potato Wedges



5.99
400g

Black Forest, Old Fashioned or Honey Ham



2.49
/100g

Little Qualicum Cheeseworks Cheese



4.99
/100g

Goat Feta Cheese



2.99
/100g

Cows Creamery 1, 2 & 3 Year Cheddar Cheese



9.99
200g

BAKED GOODS

Choices' Own Country French Bread



4.99
480g

Silver Hills Sprouted Power Bread



from
2/8.00
assorted sizes

Choices' Own Signature Cookies



5.99
12 pack

Choices' Own Luscious Lemon or Young Coconut Pie



7.99
6 inch

Little Northern Bakehouse Buns or Classic Dinner Rolls



5.99
assorted sizes

Choices' Own Red Velvet, Chocolate, Ganache or Carrot Cupcakes



4.49-5.99
4 pack

Jack's Paleo Gluten-Free Cookies



7.99-8.99
198g

DISCOVER LOCAL CHOICES



NEW BC PRODUCTS, PRODUCE & PROTEINS

CHOICESMARKETS.COM

SINCE 1990

GROCERY

 <p>La Croix Natural Sparkling Water</p> <p>.89 355 ml +deposit + eco fee</p> <p>549 8 pack +deposit + eco fee</p>	 <p>Califia Farms Cold Brew Coffee</p> <p>499 1.4L +deposit + eco fee</p>	 <p>Rise Organic Kombucha & Better Soda</p> <p>2/700 414 ml Kombucha +deposit + eco fee</p> <p>999 4 pack Soda +deposit + eco fee</p>	 <p>Kind Bars</p> <p>2/400 40g</p> <p>2199 12 pack</p>
 <p>Bremner's Perfectly Spiced & Vegan Caesar</p> <p>699 1L +deposit + eco fee</p>	 <p>Happy Planet Organic Juice</p> <p>30% off 1.75L +deposit + eco fee</p>	 <p>Mary's Organic Crackers & Gone Kookies Snack</p> <p>499-599 Assorted Sizes</p>	 <p>Snyder's Gluten-Free Pretzels</p> <p>549 220g</p>

WELLNESS

 <p>Vega Sport Protein</p> <p>20% off Select Varieties</p>	 <p>Natural Factors Cognitive Support Supplements</p> <p>20% off Select Varieties</p>	 <p>Living Alchemy Your Flora Series Fermented Activated Herbs</p> <p>20% off Assorted Sizes</p>	 <p>Prairie Doctor Herbal Tinctures</p> <p>20% off Assorted Sizes</p>
 <p>Garden Of Life mykind Organics Vitamins and Supplements</p> <p>20% off Assorted Sizes</p>	 <p>AOR Vitamin B Complex</p> <p>3999 90 Capsules</p> <p>5599 180 Capsules</p>	 <p>Natural Factors Digestive Enzymes & Digestive Support</p> <p>20% off Assorted Sizes</p>	 <p>Flora Udo's Choice 3.6.9 Blend & DHA Oil Blend</p> <p>20% off Assorted Sizes</p>
 <p>Earth Science Facial Care</p> <p>1199 Assorted Sizes Select Varieties</p>	 <p>Lafe's Natural Deodorants</p> <p>849 89ml or 64g</p>	 <p>Herbatint Natural Permanent Hair Colour</p> <p>1799 1 Kit</p>	 <p>Seaweed Bath Co. Products</p> <p>1199 Hair Care & Bodywash, 354ml</p> <p>1399 Body Cream or Lotion, 118ml -177ml</p>



choicesmarkets.com

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

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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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