



FRESH BC CHOICES

100% BC OWNED AND OPERATED

Ribeye Steaks

Imported, Grass Fed,
Value Pack

15.99/lb

35.25/kg

YOU SAVE

45%

\$28.74/kg

Organic Blueberries

5.98

1 pint

YOU SAVE

2.00

LOCAL

BC

Choices' Own Organic Mild Cheddar Cheese

4.49

/100g

Krinos Goat Feta Cheese

3.29

/100g

Silver Hills Sprouted Power Bread

2/

8.00

assorted
sizes

Bi-Colour Corn on the Cob

LOCAL

BC

YOU SAVE
45%

5/
5.00

Peaches

8.77/kg

LOCAL

BC

YOU SAVE
2.00

per lb

3.98
/lb

Maple Hill Farms Organic Free Range Large Eggs

LOCAL

BC

YOU SAVE
12%

\$2.00 per dozen

6.99
1 Dozen



Sisu Vitamins & Supplements

20% off
Assorted Sizes

FEATURED CHOICE

Santa Cruz
Organic
Lemonade &
Limeade

2/6.00

946ml
+deposit+eco fee



PLUS
RECEIVE 300
PREFERRED
SHOPPER
POINTS

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

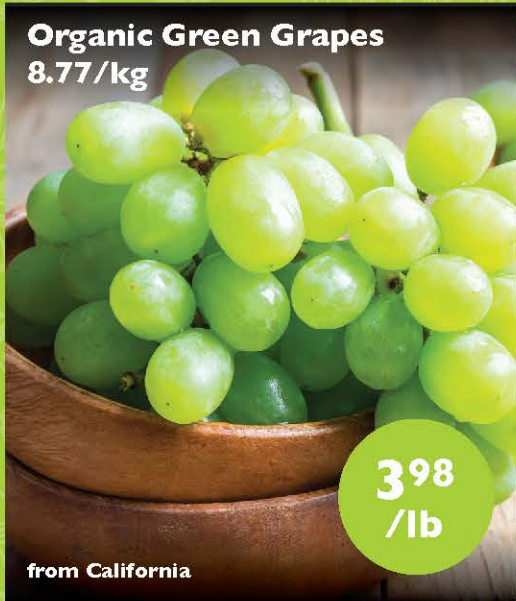
Prices Effective
July 27 - August 2, 2023

PRODUCE

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

Prices Effective
 July 27 - August 2, 2023

Organic Green Grapes
 8.77/kg



from California

398
 /lb

Organic Red Grapes
 8.77/kg



from California

398
 /lb

Butter Leaf Lettuce



298
 Clamshell

Fresh Pork Back Ribs
 15.41/kg



Raised Without Antibiotics

699
 /lb

Lean Ground Beef
 15.41/kg



Imported, Value Pack

699
 /lb

Fresh Boneless Skinless Chicken Thighs
 22.02/kg



Raised Without Antibiotics, Value Pack

999
 /lb

7 Seas Prawns



Raw or Fully Cooked

999
 340g
 Bag

GROCERY

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

Prices Effective
July 27 - August 2, 2023



Elias Honey
Liquid Squeeze
Bottle



8⁹⁹ **15⁹⁹**
500g 1kg



Yoggu! Plant-Based
Coconut Yogurt



5⁹⁹
450g



Tree Island Greek
& Grass Fed
Yogurt



4⁴⁹
325g & 350g



Holy Crap
Organic Cereal &
Superseed Blend



6⁹⁹
225g & 320g



Earth's Own
Organic Naked
Oat Beverage



5⁴⁹
1.75L
+ deposit + eco fee



Earth's Own
Almond & Oat
Beverages



2/7⁰⁰
946ml
+ deposit + eco fee



Salt Spring Island
Organic Fair Trade
Ground
Coffee



9⁹⁹
284g



Hornby Organic
Energy Bars



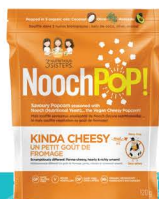
4/6⁰⁰ **2/5⁰⁰**
O Snack Bar 45g Bars 80g



FreeYumm
Gluten-Free
Crackers



3⁹⁹
120g



NoochPop! Nutritional
Yeast Plant-Based
Popcorn



2/8⁰⁰
120g



Save da Sea Plant-Based
Tuna Salad & Smoked
Salmon



6⁴⁹
100g



Rico'n Lalo
All Natural Handcrafted
Frozen Bars



4⁹⁹
4 Pack & 6 Pack



Rawcology
Organic Raw
Crunch Granola

3⁹⁹ **6⁹⁹**
90g 200g



Joyya
Ultrafiltered Milk

4⁹⁹
1L
+ deposit + eco fee



Greenhouse
Organic
Cold-Pressed
Boosters

2/7⁰⁰
60ml
+ deposit + eco fee



Rise Organic
Kombucha &
Better Soda

2/6⁵⁰ **9⁹⁹**
414ml Kombucha
+ deposit + eco fee 4 Pack Better Soda
+ deposit + eco fee



Sober Carpenter
Non-Alcoholic
Beer

2/5⁰⁰
473ml
+ deposit + eco fee



Oat & Mill
Plant-Based
Frozen Dessert

7⁴⁹
500ml

GROCERY



Just Egg Plant-Based
Egg Alternative

549

227g & 355g
Folded and Scrambled



Shady Maple Farms
Organic Maple
Syrup

749-1449

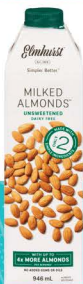
250ml - 500ml



Nuts To You Natural
Peanut Butter

649

750g



Elmhurst
Nut Beverages

749

946ml
+deposit +eco fee



Prana Organic
Granola Bars

399

120g



Earth Balance
Plant-Based
Stick & Spreads

599

369g-454g



Kicking Horse
Organic Fair Trade
Whole Bean
Coffee



1699

454g



LaCroix Natural
Sparkling Water

.79

355ml
+deposit +eco fee

2/1100

8 Pack
+deposit +eco fee



Mary's Organic
Crackers &
Kookie Snack

499-599

Assorted Sizes



Plant Snacks
Gluten-Free
Plant-Based
Chips

449

142g



Kettle Brand
Potato Chips

2/600

198g & 220g



Barbara's
Gluten-Free
Cheez Puffs

2/600

155g & 198g



Alter Eco
Organic Fair Trade
Chocolate Bars

2/500

75g & 80g



Kind Bars

2/400

40g

2199

12 Pack



GoGo Quinoa
Gluten-Free Organic
Puffs, Cookies, Pasta
and Mac & Cheese

30% off

Assorted Sizes



Annie's Pasta
& Cheese

25% off

Assorted Sizes



Rustichella
Pasta

649

500g



Field Roast
Plant-Based
Sausage & Burger

25% off

368g

DELI

Choices' Own Ready to Eat Chicken Skewers

4/
1200

Habibi's Family Size Hummus

799
450g

Baked Vegetable Spinach or Masala Samosas

4/
1000
115g

Choices' Own Wild Salmon Lox Bagels

999
55g

Choices' Own Poke Bowls

1199
375g-465g

Choices' Own Ready to Eat Salad Bowls

899
285g - 430g

Honey Ham

249
/100g

Choices' Own Sesame Ginger or Golden Curry Tofu Salad

249
/100g

Saputo Bocconcini Cheese

2/
1200
190g - 200g

BAKED GOODS

Choices' Own Dessert Cups

2/
800
150g - 160g

Choices' Own Tre Citrus or Tuxedo Cake

1299
410g - 450g

Wendel's Gluten-Free 8" Party Cakes

1499
each

Baker's Mezzo Bastone, Sourdough or Multigrain Baguettes

229-
329
assorted sizes

Little Northern Bakehouse Gluten-Free Bread

599
each

Bakestone Brothers Pita Bread

2/
500
6 pack

DISCOVER LOCAL CHOICES



NEW BC PRODUCTS, PRODUCE & PROTEINS

CHOICESMARKETS.COM

SINCE 1990

GROCERY



Primal Kitchen
Dressings &
Condiments

30% off
Assorted Sizes



San-J Sauces

449
296ml



Chosen Foods
Avocado, Vegan &
Keto Mayonnaise

899
355ml



Biovert
Dishwashing
Liquid & Auto
Dishwasher Tabs

389 949
700ml 30 Tabs



Caulipower
Cauliflower Based
Frozen Pizza

799-999
310g & 320g



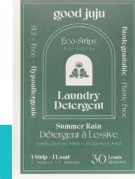
Stahlbush Island
Farms Frozen
Vegetables

30% off
Assorted Sizes



Holy Napoli
Frozen Pizza

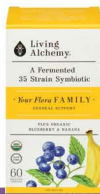
849
Assorted Sizes



Good Juju
Laundry Strips

999
30 Pack

WELLNESS



Living Alchemy
Your Flora Series
Fermented
Activated Herbals

20% off
Assorted Sizes



AOR
Ortho Sleep,
Zen Theanine
& Gaba

20% off
Assorted Sizes



Natural Factors
Cognitive
Support
Supplements

20% off
Select Varieties



AOR Vitamin
B Complex

3999 5599
90 Capsules 180 Capsules



Ener-C
Effervescent
Vitamin C
Drink Mix

1599
30 Pack,
Assorted Varieties



Natural Factors
Digestive
Enzymes &
Digestive Support

20% off
Assorted Sizes



Garden of Life
Proteins &
Sport Nutrition
Products

20% off
Assorted Sizes & Varieties



Vega
Real Food
Smoothie

2999
518g - 539g



Total Body
Collagen
Supplements

4799
135g - 500g or 180 Tabs



Herbatint
Natural
Permanent
Hair Colour

1779
1 Kit



Nature's Aid
Healing Gel, Hair
and Body Care
Products

20% off
Assorted Varieties



All Good
Suncare

30% off
Assorted Sizes



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 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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