



# CHOICES MARKET

100% BC OWNED AND OPERATED

## WEEKLY SAVINGS!

Prices Effective • September 28 - October 4, 2023

### FEATURED CHOICE

**Grimm's Festive  
Ham Halves**

11.00/kg

**\$4.99 / LB**

YOU SAVE  
**63%**

### SPECIAL PRICE

**Yellow Potatoes**  
Grown in BC, 2.16/kg

**.98 / LB**

YOU SAVE  
**30%**

**LOCAL**



**\$15.99**

**Choices' Own Turkey Meal**  
545g



**\$9.99**

**Choices' Own Pumpkin Pie**  
8 inch



**\$10.99 / LB**

**Fresh Boneless Leg of Lamb  
Roast**

Raised without Antibiotics, 24.23/kg

YOU SAVE  
**41%**



**LOCAL**

### SPECIAL PRICE

**2 FOR \$5.00**

**Rainbow and Red Chard**  
From Myers Organic Farms, BC

YOU SAVE  
**28%**



**LOCAL**

**\$1.28 / LB**

**Gala Apples**  
From BC, 2.82/kg

YOU SAVE  
**35%**



**CanPrev  
Vitamins &  
Supplements**  
Assorted Sizes

**20% OFF**



**Rabbit River Farms  
Free Range Eggs**  
Large, 1 Dozen

YOU SAVE  
**\$1.70** **\$6.49**



**Nature's Path  
Organic Cereal**  
Eco Pack  
650g - 907g

YOU SAVE  
**\$3.10** **\$8.69**



**Olympic  
Natural Yogurt**  
or Organic, Crema  
1.75kg

YOU SAVE  
**UP TO \$2.30** **FROM \$9.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**\$3.48 / LB**

## Hot House Tomatoes on the Vine

From Origin-O Farm, 7.67/kg



**SPECIAL PRICE**

**\$2.48 / LB**

## Organic Green Zucchini

From Secret Organics, BC, 5.47/kg



**SPECIAL PRICE**

**\$5.98 / LB**

## Organic Heirloom Tomatoes

From Origin-O Farm, BC, 13.18/kg

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**SPECIAL PRICE**

**\$4.99 / LB**

## Whole Frying Chickens

Fresh, Raised without Antibiotics, 11.00/kg



**SPECIAL PRICE**

**\$15.99**

## Grimm's Ham Nuggets

Select Varieties, 700g



**\$8.99**

## Grimm's Sausage Rings

Select Varieties, 300g



**\$2.69 / 100g**

## Smoked Salmon Portions

Chum, Ocean Wise



**\$5.99 / EACH**

## Simply West Coast Sockeye Salmon Lox

85g





**Elias Gourmet  
Liquid Honey**

375g

**\$9<sup>99</sup>**



**Nuts to You  
Peanut Butter**

750g

**\$5<sup>49</sup>**



**Harmless Harvest  
Organic Coconut  
Smoothie**

296ml

**2 FOR \$9<sup>00</sup>**

plus deposit & eco fee



**Traditional  
Medicinals Organic  
Tea**

16 Bags

**2 FOR \$8<sup>00</sup>**



**Mogiana  
Coffee**

340g

**\$12<sup>99</sup>**



**Bremner's Organic  
Frozen Fruit**

600g

**\$7<sup>99</sup>**



**Clif Bar  
Energy Bars**

68g

**3 FOR \$5<sup>00</sup>**



**Mid-Day  
Superfood Squares**

33g

**2 FOR \$4<sup>00</sup>**



**Bremner's 100%  
Cranberry Juice**

or Blueberry, Pomegranate  
946ml

**\$12<sup>99</sup>**

plus deposit & eco fee

**DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND**



**Covered Bridge  
Potato Chips**

142g - 170g

**2 FOR \$6<sup>00</sup>**



**NoochPop!  
Nutritional Yeast  
Plant-Based Popcorn**

120g

**\$4<sup>29</sup>**



**Plumm Good  
Organic Rice  
Thins**

95g

**\$2<sup>69</sup>**



**Fentimans  
Botanical  
Beverages**

4 Pack

**\$9<sup>99</sup>**

plus deposit & eco fee



**Blue Monkey  
Sparkling  
Juice**

330ml

**2 FOR \$4<sup>00</sup>**

plus deposit & eco fee



**Sober Carpenter  
Non-Alcoholic  
Beer**

473ml

**2 FOR \$4<sup>00</sup>**

plus deposit & eco fee



**Flow Organic  
Flavoured Spring  
Water**

500ml

**3 FOR \$4<sup>00</sup>**

plus deposit & eco fee



**Brew Dr.  
Organic  
Kombucha**

414ml

**2 FOR \$5<sup>50</sup>**

plus deposit & eco fee



**Organic Traditions  
Functional  
Beverages**

Assorted Sizes

**25% OFF**



**Rustichella  
Pasta**  
500g

**\$5<sup>49</sup>**



**Bella Sun  
Luci Sundried  
Tomatoes**  
99g & 251ml

FROM **\$3<sup>99</sup>**



**Thai Kitchen  
Sauces & Paste**  
Assorted Sizes

**\$3<sup>49</sup>**



**Sprague  
Organic Beans**  
or Organic Soup  
398ml

**\$2<sup>99</sup>**



**Dumet Hojiblanca  
Olives**  
150g

**\$3<sup>49</sup>**



**Wildbrine  
Sauerkraut &  
Kimchi**  
500ml & 500g

**\$7<sup>49</sup>**



**Bragg Organic  
Apple Cider  
Vinegar**  
946ml

**\$7<sup>99</sup>**



**Spectrum Organic  
Mayonnaise**  
or Oils, Assorted Sizes,  
Select Varieties

**30% OFF**



**Frontier Organic  
Seasoning &  
Spices**  
10g - 55g

**40% OFF**

## NOURISHING LIFESTYLES SINCE 1990



**Save da Sea  
Plant-Based  
Smoked Salmon**  
100g

**\$6<sup>99</sup>**



**Gardein Plant-Based  
Frozen Meat  
Alternatives**  
Assorted Sizes

**30% OFF**



**Earthbound Farm  
Organic Frozen  
Vegetables**  
300g - 400g

**\$2<sup>99</sup>**



**Gay Lea  
Whipped Topping**  
or Lactose Free Sour  
Cream and Cottage Cheese  
Assorted Sizes

FROM **\$4<sup>49</sup>**



**Righteous Gelato  
& Sorbetto**  
562ml

**\$7<sup>49</sup>**



**So Delicious  
Frozen Desserts**  
Select Varieties, 500ml

**\$5<sup>99</sup>**



**Organic Meadow  
Organic Ice Cream**  
946ml

**\$7<sup>99</sup>**



**Enlightened  
Keto Frozen  
Dessert**  
4 Pack

**\$7<sup>49</sup>**



**Chapman's  
Frozen Yogurt**  
2L

**\$7<sup>29</sup>**



## DELI PREPARED FRESH



**AVAILABLE NOW**

### Choices Festive Dinner

Stuffed Turkey Breast, Gravy, Cranberry, Stuffing and all the Fixings



### Choices' Own Quiche

4.25 Inch

**2 FOR \$10.00**



### Vancouver Soup Company

700ml

**\$7.99**



**2 FOR \$10.00**

### Zorba's Spinach & Feta Spanakopita

or Mushroom Spanakopita or Parmesan Pies, 185g



### Summer Fresh Hummus Toppers

255g

**\$4.99**



### Rustic Bakery Flatbread

170g

**\$8.99**



### Parmesan Reggiano Cheese

**\$5.99 / 100g**



### Havarti Cheese

**\$2.99 / 100g**



### Artisan Cheese

The Village Cheese Company

**30% OFF**



### Choices' Own Organic Cheese

**20% OFF**

## BAKERY FRESH BAKED • WHOLESOME



**\$4.99**

**Choices' Own Sourdough Bread** Multiseed or Wholesome Country, 575g & 600g



### Choices' Own Signature Cookies

12 Pack

**\$5.99**



### Choices' Own Party Size Cakes

540g & 600g

**\$16.99**



### Choices' Own Dried Stuffing Bread

White or Whole Wheat 336g

**\$4.49**



### Choices' Own Mini Butter Tarts

4 Pack

**\$3.99**



### Wendel's Gluten-Free Apple Pie

or Strawberry Rhubarb, 8 inch

**\$11.99**



### All Carbonaut Products

Assorted Sizes

**25% OFF**

**CHOICES MARKET™**  
**ANNIVERSARY SALE!**



**10% OFF**  
**ENTIRE STORE\***  
INCLUDING SALE ITEMS

**JOIN US SATURDAY, SEPTEMBER 30TH**

To celebrate Choices Kelowna's anniversary

1937 Harvey Ave, Kelowna

\*Anniversary sale offer valid at Kelowna location only. Sale not available online.



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Carr's Crackers**  
125g & 150g

2 FOR \$6.00



**Woolwich Goat Cheese**  
Select Varieties & Sizes

30% OFF



**Orchid Pure Vanilla Extract**  
Assorted Sizes

35% OFF



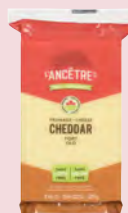
**Coco Natura Coconut Products**  
Assorted Sizes

35% OFF



**Armstrong Cheese Slices**  
220g & 240g

\$4.99



**L'Ancentre Organic Cheese**  
325g

30% OFF



**Camino Fair Trade Sugar, Coconut or Cocoa Powder**  
Assorted Sizes, Assorted Varieties

25% OFF



**Wholesome Organic Fair Trade Sweeteners**  
Assorted Sizes

35% OFF

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Total Body Collagen Supplements**  
135g ~ 500g or 180 Tabs

\$47.99



**Bio-K Plus Probiotics**  
Dairy, Non-Dairy 12 Pack

\$43.99



**Progressive Vitamins & Supplements**  
Assorted Sizes

20% OFF



**Weleda Facial and Body Care**  
Assorted Varieties

25% OFF



**Joy of the Mountains Oil of Oregano**

20% OFF



**AOR Vitamin B Complex**  
90 Capsules

\$39.99



**Nature's Way Herbal Supplements**  
Assorted Sizes

20% OFF



**South of France Soaps**  
Bars or Liquids 170g or 236ml

\$7.49



**Vega & Vega Sport Products**  
Assorted Varieties

20% OFF



**NutraSea Omega-3 & Vitamin D**  
Select Varieties

20% OFF



**Now Vitamins & Supplements**  
Assorted Sizes

20% OFF



**A. Vogel Echinaforce Supplements**  
Assorted Sizes

20% OFF



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**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  
**Parksville** - 319 Island Hwy East, Parksville

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