



CHOICES MARKET

100% BC OWNED AND OPERATED

THANKSGIVING SPECIALS!

Prices Effective • October 5 - 11, 2023

LOCAL

SPECIAL PRICE

Organic Carrots
From Fountainview Farm,
BC, 907g Bag

2 FOR \$7.00

YOU SAVE 30%

FEATURED CHOICE

Choices' Own Whole Turkey
Raised without Antibiotics,
8.80/kg

\$3.99 / LB

LOCAL

YOU SAVE 49%



\$15.99

Choices' Own Turkey Dinners
545g



FROM \$5.99

Choices' Own Turkey Gravy
Also Shitake Mushroom Gravy,
Cranberry Sauce, 250ml - 750ml



FROM \$1.79 / 100g

Choices' Own Festive Side Dishes



\$9.99

Choices' Own Pumpkin Pie
8 Inch



\$10.99 / LB

Boneless Ribeye Roast
Imported, Raised without Antibiotics,
24.23/kg



LOCAL

SPECIAL PRICE

\$1.78 / LB

Organic Squash
Assorted Varieties,
From BC, 3.92/kg

YOU SAVE 28%



LOCAL

SPECIAL PRICE

\$4.98

Organic Gold Potatoes
From Fraserland Organics,
BC, 2.27 kg Bag

YOU SAVE \$3.00



Tofurky Plant-Based Roast
737g

YOU SAVE \$9.00

\$15.99



Stahlbush Island Farms Frozen Vegetables
Assorted Sizes

YOU SAVE \$1.93

3 FOR \$7.98



Farmer's Market Organic Pumpkin
Also Butternut Squash,
Assorted Sizes

YOU SAVE \$1.99

2 FOR \$6.00



Farmer's Market Organic Sweet Potato Puree
Also Pumpkin Pie Mix,
Assorted Sizes

YOU SAVE \$2.19

2 FOR \$7.00

PRODUCE FRESH • LOCAL • ORGANIC



Organic Gala Apples
From Blossom River Organics, 4.37/kg



Brussels Sprouts
From BC, 5.47/kg



Cranberries
340g Bag

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Rack of Pork
Raised without Antibiotics, 20.92/kg



Turkey Breast Roast
Also Boneless Thigh Roast, Boneless Thigh Breast Combo
Raised without Antibiotics, 35.25/kg



Grimm's Ham Steaks
250g



Crab Cakes
Frozen, Ocean Wise



Ground Pork
Value Pack, Raised without Antibiotics,
Western Canadian, 11.00/kg

Smoked Sockeye Salmon Nuggets
Ocean Wise

\$4.99/100g





Savör Organic Crackers

Also Spreads,
Cookies
Assorted Sizes

30% OFF



Field Roast Sausages, Wieners & Burgers

Assorted Sizes



35% OFF



Sunrise Tofu

Assorted Sizes

35% OFF



Simply Organic Gravy & Sauce

24g & 28g

2 FOR \$3.50



Cape Herb & Spice Grinders and Rubs

Assorted Sizes,
Select Varieties

\$4.69



Gathering Place Organic Spices

Assorted Sizes

30% OFF



Better Than Bouillon Base

227g

FROM \$5.69



Imagine Organic Broths

1L

\$4.99



Karthain's Organic Sauerkraut & Kimchi

375ml

FROM \$5.69

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



Divina Olives & Stuffed Grape Leaves

Assorted Sizes

30% OFF



Spread'em Cashew Dips & Spreads

183g

\$7.29



Navitas Natural Cacao Powders

227g & 454g

30% OFF



Maison Orphée Oils and Organic Mustards

Select Varieties,
Assorted Sizes

30% OFF



Chosen Foods Avocado Oil and Mayonnaise

Assorted Sizes

30% OFF



Bob's Red Mill Gluten-Free Flour

Assorted Sizes,
Select Varieties

30% OFF



Armstrong Cheese

600g

\$7.99



Saputo Shredded Cheese

170g & 320g

\$4.99



Olympic Organic Sour Cream

500ml

\$4.49



Maple Hill Farms
Organic Free Range
Large Eggs
1 Dozen

\$6⁹⁹



Rabbit River Farms
Cage Free Egg
Whites
500g

\$4⁹⁹



Canadian Heritage
Organics Maple
Syrup
1L

\$19⁹⁹



L'Ancêtre
Organic Butter
84% M.F., 250g

\$6⁹⁹



Terra Breads
Granola
340g

\$6⁹⁹



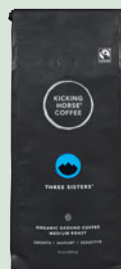
Dairyland
Lactose Free Milk
1.89L

\$5⁴⁹
plus deposit & eco fee



Twinings
Tea
20 Tea Bags

\$4⁹⁹



Kicking Horse
Organic Fair Trade
Ground Coffee
284g

\$10⁹⁹



Silk Dairy
Alternative
Beverages
1.75L & 1.89L

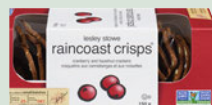
\$3⁹⁹
plus deposit & eco fee

NOURISHING LIFESTYLES SINCE 1990



Old Dutch
Potato Chips
Regular and Ridgies,
200g & 235g

2 FOR \$7⁰⁰



Lesley Stowe
Artisan Raincoast
Crisps
150g

\$4⁶⁹



Hardbite
Vegetable Chips
150g

2 FOR \$9⁰⁰



Zazubean
Organic Fair Trade
Chocolate Bars
80g - 85g

\$3⁴⁹



Lesser Evil
Organic
Popcorn
142g

2 FOR \$9⁰⁰



ChocXO Keto
Chocolate Cups
& Snaps
98g

\$4⁴⁹



Ceres
Fruit Juice
1L

\$3⁶⁹
plus deposit & eco fee



Walter
Caesar Mix
946ml

\$6⁴⁹



Chasers
Fresh Cold Pressed
Juice
500ml

\$6⁹⁹
plus deposit & eco fee

DELI PREPARED FRESH



Choices' Own Stuffed Turkey Breast

\$5.49 / 100g



Summer Fresh
Dips &
Hummus
227g

\$3.99



Italian Imported
Sliced Prosciutto
or Salami
70g - 120g

20% OFF



Choices' Own Dijon Maple Glazed Ham

\$2.49 / 100g



Castello Aged
Havarti, Gouda
or Aged Cheddar
Cheese Wedges
200g

\$8.99



Alexis de
Portneuf Brie
or Camembert
Cheese
300g

\$9.99



La Panzanella
Crackers
170g

\$5.99



Swiss
Gruyere
Cheese

\$5.99 / 100g



Swiss
Emmental
Cheese

\$5.49 / 100g



Jarlsberg
Cheese

\$4.49 / 100g

BAKERY FRESH BAKED • WHOLESOME



Choices' Own Apple Crisp
Pie Also Pecan Walnut or Vegan
Pumpkin Pie, 8 Inch - 9 Inch

\$10.99



Choices' Own
Dinner Buns
6 Pack

\$3.49



Choices' Own
Dried Stuffing
Bread
White or Whole
Wheat, 336g

\$4.49



Choices' Own
Pumpkin
Bundt Cake
180g

\$4.99



Choices' Own
Pumpkin Pie
Gluten-Free,
8 Inch

\$9.99



Choices' Own
Baguettes
Cheese, Sourdough
or Multigrain
250g & 300g

\$2.99



Little Northern
Bakehouse
Dinner Rolls or
Loaves Gluten-Free,
Assorted Sizes

\$5.99

UNIQUE CHOICES. FRESH HEARTBEAT.

CHOICES MARKET

Discover our fresh look & new meal ideas online: Choices.Market



GROCERY

LOCAL • ORGANIC • SPECIALTY



**La Croix
Sparkling
Water**
8 Pack

\$5.49

plus deposit & eco fee



**Wholly
Wholesome
Organic
Pie Shells**
2 Pack

\$5.99



**Avalon
Organic
Premium
Ice Cream**
946ml

\$9.99



**V.I.P.
Biodegradable
Liquid Dish
Soap**
740ml

2 FOR \$6.00



**Dairyland
Whipping
Cream**
946ml

\$4.99



**Bremner's
Organic Frozen
Blueberries**
Also Berry Blend,
1.5kg

\$19.99



**Rico'n Lalo
Frozen Fruit
Bars**
4 Pack & 6 Pack,
Made in BC

\$4.99



**Nature Clean Eco
Friendly Laundry
Detergent Strips**
Also Toilet Bowl Strips,
Select Varieties,
Assorted Sizes

\$6.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**New Roots
Vitamins and
Supplements**
Assorted Sizes,
Assorted Varieties

20% OFF



**Garden of Life
Proteins**
Also Sport Nutrition
Products
Assorted Sizes,
Assorted Varieties

20% OFF



**Organika
Vitamins and
Supplements**
Assorted Sizes,
Assorted Varieties

30% OFF



**Botanica Organic
Vitamins and
Supplements**
Assorted Sizes

30% OFF



**BioSil Hair,
Skin, Nails**
Assorted Sizes

25% OFF



**Prairie Naturals
Vitamins &
Supplements**
Assorted Sizes,
Assorted Varieties

20% OFF



**Lily of the Desert
Aloe Vera**
Juice or Gel
Assorted Sizes,
Assorted Varieties

20% OFF



**Renew Life
Cleanses**
Assorted Sizes

30% OFF



**NOW
Essential Oils
and Topical
Body Oils**
Assorted Sizes

20% OFF



**Seaweed Bath Co.
Hair and Body
Care**

25% OFF



**Aura Cacia
Foam Bath or
Mineral Salt
Bath**

\$3.79



**Earth Science
Facial Care**
Assorted Sizes

25% OFF



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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 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna
Parksville - 319 Island Hwy East, Parksville

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