



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • October 26 - November 1, 2023



SPECIAL PRICE

Boneless Skinless Chicken Breasts
Raised without Antibiotics,
Value Pack, 19.82/kg

\$8.99 / LB

LOCAL



SPECIAL PRICE

Hass Avocados
From Mexico,
Bag of 4

\$3.98 / BAG



YOU SAVE \$2.00

\$6.99

Choices' Own Fresh Soup
650ml



YOU SAVE \$1.50

\$5.99

Choices' Own Half Artisan Fruit Pies
280g



WESTERN CANADIAN

\$4.99 / LB

Pork Sirloin Chops & Roast
Raised without Antibiotics, 11.00/kg



LOCAL

SPECIAL PRICE

YOU SAVE \$1.00/lb

\$2.98 / LB

Organic Yellow & Red Nugget Potatoes
From Fraserland Organics, BC, 6.57/kg



\$9.99

Earth's Choice Organic Coffee
Whole Bean or Ground, 340g

FEATURED CHOICE

Earth's Choice Organic Canned Beans
398ml

\$2.29

or Case of 12 x 398ml

\$23.88



YOU SAVE UP TO 55%



CanPrev Vitamin and Supplements
Assorted Sizes

20% OFF



Andalou Naturals Face & Body Care Products
Assorted Sizes

30% OFF

PRODUCE FRESH • LOCAL • ORGANIC



SPECIAL PRICE

\$4.98 / LB

Organic Red & Green Grapes

From USA, 10.98/kg

YOU SAVE
\$1.00/lb



\$1.98 / LB

Hot House Tomatoes on the Vine

From Canada, 4.37/kg



French Beans

From Mexico,
300g Pkg.

\$3.98

Broccoli Crowns

From Canada,
5.47/kg

\$2.48 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



SPECIAL PRICE

\$6.99 / LB

Sirloin Tip Roast

Raised without Antibiotics, 100% Grass Fed, Imported, 15.41/kg



SPECIAL PRICE

\$3.99 / 100g

Fresh Steelhead Fillets

Value Pack, Ocean Wise



LOCAL

\$9.99 / LB

Choices' Own Dark Ground Chicken

Raised without Antibiotics, 22.02/kg



**WESTERN
CANADIAN**

\$7.99 / LB

Pork Schnitzel

Raised without Antibiotics, 17.61/kg



**Greenfield
Bacon**

Raised without
Antibiotics, 375g

\$7.99

**7 Seas White
Shrimp**

Raw, 10 to 40 Count,
Frozen, 340g

\$7.99





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

1 Dozen

\$5⁹⁹



**Happy Planet
Creamery Fine
Cultured Butter**

200g

\$9⁴⁹



**One Degree
Organic Granola**

Also Cereal, Oats, Flour,
Assorted Sizes

35% OFF



**Bremner's Organic
Frozen Fruit**

600g

\$7⁹⁹



**Danone
Oikos Yogurt**
Greek or Regular,
4 Pack

\$3⁹⁹



**Nature's Path
Organic
Eco Pac Cereal**

\$8⁶⁹



**IOGO Nano
Drinkable Yogurt**

\$4⁶⁹

plus deposit & eco fee



**Numi Organic
Fair Trade Tea**

\$5⁴⁹



**Blue Diamond
Almond Breeze**

\$5⁹⁹

plus deposit & eco fee

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



**Healthy Hippo
Low Sugar
Gummies**

50g

3 FOR \$8⁰⁰



**Alter Eco Fair
Trade Organic
Chocolate Bars**

75g - 84g

2 FOR \$6⁰⁰



**Hardbite
Vegetable
Chips**

150g

2 FOR \$9⁰⁰



**Covered Bridge
Potato Chips**

142g - 170g

2 FOR \$6⁰⁰



**Fresh is Best
Tortilla Chips**

300g

\$4⁸⁹



**Spread'Em
Cashew Dips
& Spreads**

183g

\$7⁴⁹



**Armstrong
Cheese Slices**

220g & 240g

\$4⁹⁹



**L'Ancêtre
Organic Cheese**

325g

30% OFF



**Nuts For Cheese
Plant-Based
Cheese**

120g

\$7⁹⁹

**YOU SAVE
\$5⁰⁰**



Bob's Red Mill Flour

Assorted Sizes,
Select Varieties

GLUTEN
FREE

30% OFF



Camino Fair Trade Coconut

Also Sugar, Cocoa Powder
Assorted Sizes,
Select Varieties

20% OFF



Nutiva Organic Coconut Manna & Oils

Assorted Sizes

30% OFF



Coco Natura Coconut Products

Assorted Sizes

35% OFF



Navitas Organic Cacao Powder

227g & 454g

30% OFF



Lily's Stevia Sweetened Chocolate Chips

255g

\$5.99



Frontier Organic Spices

Assorted Sizes

50% OFF



Better Than Bouillon Base

227g

FROM \$5.69



Amano Organic Miso Paste

400g

\$5.49

NOURISHING LIFESTYLES SINCE 1990



Karthain's Organic Sauerkraut & Kimchi

375ml

FROM \$5.69



Safe Catch Wild Tuna & Salmon

142g

30% OFF



The Workshop Frozen Vegan Soup & Ramen Noodles

Assorted Sizes

FROM \$9.49



Earthbound Farm Organic Frozen Vegetables

300g - 400g

\$2.99



Wholly Veggie Frozen Products

Assorted Sizes

\$5.69



Udi's Frozen Pizza & Bread

Select Variety

GLUTEN
FREE

30% OFF



Rizopia Organic Rice & Quinoa Pasta

340g & 454g

30% OFF

GLUTEN
FREE



Rustichella Pasta

500g

\$5.49



Amy's Organic Frozen Pizza

340g - 397g

\$10.99

DELI PREPARED FRESH



Choices' Own Wraps

Ready to Eat

\$9.99



Nicli Artisan Pizza

12 Inch

\$16.99



La Panzanella Crackers

170g

\$5.99



Rossdown Roasted Chickens

Made in Store

\$11.99



Sliced Prosciutto or Salami, Italian Imported

20% OFF



Summer Fresh Dips & Hummus

227g

\$3.99



Swiss Emmental Cheese

\$4.99 /100g



Swiss Gruyere Cheese

\$5.99 /100g



Tre Stelle Parmigiano Reggiano Cheese

200g

\$12.99



Boursin Cheese

150g - 170g

\$5.99

BAKERY FRESH BAKED • WHOLESOME



Choices' Own Party Cakes

540g - 600g

\$14.99



Choices' Own Cranberry Walnut Bread

Or Caramelized Onion & Rosemary, 420g

\$5.99



Choices' Own Halloween Cookies

Assorted Sizes

2 FOR \$3.00



Dempster's Bagels

Pack of 5 or Pack of 6

\$3.99



Little Northern Bakehouse Bagels

Pack of 6

\$5.99

GLUTEN FREE



Wendel's Individual Bars

120g - 160g

\$3.49

GLUTEN FREE

UNIQUE CHOICES. FRESH HEARTBEAT.

CHOICES MARKET

Discover our fresh look & new meal ideas online: [Choices.Market](https://www.choicesmarket.com)



GROCERY

LOCAL • ORGANIC • SPECIALTY



Bremner's 100% Juice

Blueberry, Cranberry, Pomegranate, 946ml,

\$12.99
plus deposit & eco fee



Elmhurst Plant-Based Beverages

473ml & 946ml

\$6.99
plus deposit & eco fee



Organic Meadow Organic Ice Cream

946ml

\$7.99



Rico'n Lalo Handcrafted Frozen Bars

4 Pack & 6 Pack

\$4.99



Rise Organic Kombucha

1L

\$6.99
plus deposit & eco fee



Fever-Tree Tonic Water

Also Ginger Ale
4 x 200ml

\$5.99
plus deposit & eco fee



Sober Carpenter Non-Alcoholic Beer

Select Variety,
Made in Canada

2 FOR \$4.00
plus deposit & eco fee



V.I.P. Ultra Liquid Laundry Detergent

2.95L

\$9.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Garden of Life Proteins

Also Sport Nutrition Products,
Assorted Varieties & Sizes

20% OFF



Harmonic Arts Superfood

& Mushroom Elixirs, Assorted Sizes

20% OFF



AOR Vitamin & Supplements

Assorted Sizes

20% OFF



Now Essentials Oils

Also Topical Body Oils, Assorted Sizes

20% OFF



NutraSea Omega-3+ Vitamin D & HP Fish Oil

Select Varieties

20% OFF



Platinum Naturals Vitamin and Supplements

Assorted Sizes

20% OFF



Nature's Way Sambucus & Zinc Supplements

Assorted Sizes

20% OFF



Jāson Body, Hair & Oral Care

Assorted Varieties

25% OFF



Purica Vitamins & Supplements

Assorted Sizes

20% OFF



Progressive Vitamins & Supplements

Assorted Sizes

20% OFF



Natural Factors Probiotics

Assorted Sizes

20% OFF



Weleda Facial & Body Care

Assorted Varieties

20% OFF



Shop online at ChoicesMarket.com



@ChoicesMarket



/DiscoverChoicesMarket



@ChoicesMarket



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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.