



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • November 2 - 8, 2023



SPECIAL PRICE

Pork Tenderloin
Raised without Antibiotics,
11.00/kg

\$4.99 / LB

SPECIAL PRICE

Organic Ambrosia Apples
From Blossom River
Organics, BC,
4.37/kg

\$1.98 / LB

LOCAL



Vancouver Soup Company
700ml

7.99

Vancouver Soup Company

700ml



\$12.99

Farmcrest Specialty Roasted Chickens



\$4.99

Choices' Own Signature Cookies
200g



**Natural Factors
Vitamins &
Supplements**
Assorted Sizes
& Varieties

20% OFF



LOCAL

\$6.98

Organic Coronation Grapes
From Secrest Organics, BC, 907g Pkg.



**Vega One
All-in-One
Nutritional
Shakes**
Assorted Sizes
& Varieties

\$44.99



**Olympic
Organic Yogurt**
1.75kg

\$10.99

FEATURED CHOICE

**Caboo Bamboo
Bath Tissue**
12 Double Rolls

\$7.99

**YOU SAVE
\$6.00**



PRODUCE FRESH • LOCAL • ORGANIC



LOCAL

\$2⁹⁸

Organic Rainbow & Red Chard
From Meyers Organic Farms, BC



\$3⁹⁸

Organic Yellow Onions
From Canada, 1.36kg Bag



Hot House Mixed Colour Peppers

From Canada,
907g Bag

\$3⁹⁸

Brussel Sprouts

From Canada,
5.47/kg

\$2⁴⁸ / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$11⁹⁹ / LB

Organic Lean Ground Beef
26.43/kg



\$8⁴⁹ / LB

Inside Round Roast
18.71/kg



\$7⁹⁹ / LB

Boneless, Skinless Chicken Thighs
Raised without Antibiotics, Value Pack, 17.61/kg



\$2⁹⁹ / 100g

Fresh Sable Fish Fillets



\$4⁹⁹

Crab Cakes
2 Pieces, Previously Frozen, Ocean Wise



Boneless Lamb Leg Roast or Steak
26.43/kg

\$11⁹⁹ / LB

Rosdown Chicken Kabobs

Raised without Antibiotics,
400g

\$9⁹⁹





**Rabbit River Farms
Organic Egg Whites**
500g

\$6⁹⁹



**Nature's Farm
Omega-3
Large Eggs**
1 dozen

\$7⁹⁹



**Earth Balance
Plant-Based
Spreads**
369g - 454g

\$5⁹⁹



**Anita's Organic
Waffle Mix, Oats
& Flour**
Assorted Sizes

30% OFF



**Canadian Heritage
Organic Maple
Syrup**
Grade A, 500ml

\$11⁹⁹

YOU SAVE
\$5⁰⁰



**MaraNatha
Almond Nut
Butter**
340g

\$9⁹⁹

YOU SAVE
\$6⁷⁰



**Crofter's
Fruit Spreads**
235ml

\$4⁹⁹



**Avalon Organic
Triple Cream
Yogurt**
500g

\$4⁴⁹



**Yoggu!
Plant-Based
Coconut Yogurt**
450g

\$5⁹⁹



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



**Salt Spring
Organic Fair
Trade Coffee**
400g

\$12⁹⁹



Genuine Tea
15 Tea Bags

\$5⁹⁹



**Earth's Own
Oat Café &
Culinary Edition**
473ml

2 FOR \$7⁰⁰



**Earth's Own
Organic Oat
Beverage**
1.75L

\$3⁹⁹

plus deposit & eco fee



**Dairyland
Egg Nog**
946ml

\$2⁹⁹



**BioSteel
Sports Drink**
500ml

2 FOR \$5⁰⁰

plus deposit & eco fee



**Rise Organic
Kombucha**
414ml

\$3²⁹

plus deposit & eco fee



**Earth's Choice
Organic Lemon
or Lime Juice**
250ml

\$4⁹⁹



**Echoclean
Biodegradable
Liquid Laundry
Detergent**
1.5L & 3kg

\$8⁹⁹



**Wedderspoon
Organic Manuka
Honey Lozenges**

120g

\$7⁴⁹



Pür Gum

Pack of 9 Pieces

3 FOR \$4⁰⁰



**Prana Snacks
& Nut Mix**

Assorted Sizes

30% OFF



**Lundberg
Organic Rice
Cakes & Stackers**

Assorted Sizes

\$4⁹⁹



**Seasnax
Seaweed Snack**

5g

2 FOR \$3⁰⁰



**Hot-Kid Rice
Crisps &
Want Want
Super Slims**

100g

FROM 2 FOR \$5⁰⁰



**Tate's Bake Shop
Cookies**

198g

\$6⁹⁹



**Love Good Fats
Keto Friendly
Bars**

39g & 40g

2 FOR \$4⁵⁰



**Skinny Pop
Popcorn**

125g & 150g

2 FOR \$8⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**Bar Harbor
Assorted
Chowders**

284ml & 398ml

\$4⁴⁹



**Imagine
Organic Soup**

1L

\$5⁴⁹



**GoBio!
Organic Boullion
Cubes**

54g ~ 66g

3 FOR \$10⁰⁰



Italpasta

900g

2 FOR \$7⁰⁰



**Rao's Premium
Homemade
Pasta Sauce**

660ml

\$9⁹⁹



**Mutti Tomatoes
& Paste**

Select Varieties

30% OFF



**Lundberg
Nutra Farmed
Basmati &
Jasmine Rice**

907g

\$7⁹⁹



**Sharwood's
Indian Sauces**

395ml

\$4⁹⁹



**Bubbies
Pickles
& Sauerkraut**

750ml & 1L

\$8⁹⁹

DELI PREPARED FRESH



Summer Fresh Hummus Toppers
255g

\$5.99



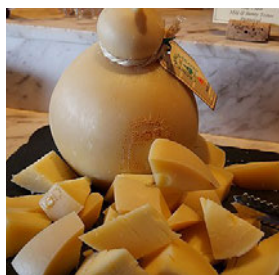
Choices' Own Pot Pies
Chicken, Beef,
Turkey Cranberry,
245g - 285g

\$6.99



Black Forest Ham

\$2.49 / 100g



Caccioavallo Cheese

\$3.49 / 100g



Arla & Tre Stelle Cheese Slices
145g - 175g

\$6.99



Spanakopita
Also Mushroom & Parmesan Pies,
185g

2 FOR \$9.00



Krinos Organic Cow Feta Cheese
150g

\$5.99



Mr. Gustav Gouda Cheese

\$3.99 / 100g

BAKERY FRESH BAKED • WHOLESOME



Choices' Own Artisan Buns
4 Pack

FROM \$3.49



Choices' Own Muffins
Apple Cinnamon or
Blueberry Lemon, Made
with Alternative Flour,
280g

\$5.99



Golden West English Muffins
6 Pack

2 FOR \$4.00



Choices' Own Banana Loaf
Also Orange
Cranberry Loaf

\$6.99



Choices' Own Mini Butter Tarts
4 Pack

\$3.99



Uprising Bread
100% Whole Wheat or
Whole Wheat Raisin
350g - 740g

\$4.99

UNIQUE CHOICES. FRESH HEARTBEAT.

CHOICES MARKET

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



GROCERY

LOCAL • ORGANIC • SPECIALTY



**Saputo
Mozzarellissima**
340g

\$5.99



**Bragg Organic
Apple Cider
Vinegar**
473ml

\$4.99



**Daiya
Plant-Based
Blocks**
Also Cheese Slices,
Shreds, Assorted
Sizes



2 FOR \$9.00



**Earth's Choice
Organic Extra
Virgin Olive Oil**
1L

YOU SAVE
\$10.00

\$18.99



**Amy's
Frozen
Entrées**
Also Meals, Bowls,
Select Varieties &
Sizes

FROM **\$4.99**



**Holy Napoli
Pizza**
Frozen,
Assorted Sizes

\$8.99



**Indian Life
Meals**
Also Snacks, Sauces
Frozen, Assorted
Sizes

30% OFF



**Nina's
Pierogies**
Frozen,
400g - 550g

FROM **\$7.99**

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**NutraVege
Plant-Based
Omega-3
DHA & EPA
Magnesium**
Assorted Sizes

20% OFF



**Vitality
Vitamins and
Supplements**
Assorted Varieties

20% OFF



**Flora
Vitamins and
Supplements**
Assorted Varieties

20% OFF



**Nordic Naturals
Cod Liver Oil**
Also Omega-3,
Children's Fish Oil
Supplements,
Assorted Sizes &
Varieties

25% OFF



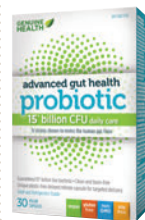
**Natural Calm
Magnesium**
226g - 454g

FROM **\$28.99**



**Ener-C
Effervescent
Vitamin C
Drink Mix**
30 Pack

\$13.99



**Genuine Health
Advanced Gut
Health
Probiotics**
Assorted Varieties

20% OFF



**Genestra
Vitamins and
Supplements**
Select Varieties

15% OFF



**Mountain Sky
Natural Body
Bar Soap**
Assorted Scents,
135g

\$4.99



**The Green
Beaver Face,
Body Care &
Suncare**
Assorted Sizes

25% OFF



**Dr. Hauschka
Facial Care**
Assorted Sizes

25% OFF



**The Kelowna
Candle Factory
Beeswax & Soy
Candles**
Assorted Sizes
& Varieties

20% OFF



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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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