



CHOICES MARKET

100% BC OWNED AND OPERATED

BUY ONE GET ONE FREE!

Prices Effective • November 16 - 22, 2023



LOCAL

SPECIAL PRICE

Chicken Thighs
Raised Without Antibiotics,
Value Pack

BUY 1 GET 1 FREE

YOU SAVE 50%

Bunched Kale
Black, Green, Red
From USA

BUY 1 GET 1 FREE

SPECIAL PRICE



Nuun Hydration Electrolytes Tablets
Sport, Boost, Immunity, Vitamin - Pack of 10



Choices' Own Multiseed Sourdough Bread
600g



Choices' Own Chili
Beef, Turkey or Vegan - 16 oz



Ahi Tuna Steaks
5oz, Ocean Wise



Organic Hass Avocados
From Mexico

YOU SAVE 40%



Pukka Organic Tea
20 Pack

BUY 1 GET 1 FREE



Raincoast Global Wild Skipjack Tuna
142g

BUY 1 GET 1 FREE



Armstrong Cheese
600g

BUY 1 GET 1 FREE



PRODUCE FRESH • LOCAL • ORGANIC



Organic Ambrosia Apples
Grown From Blossom River Organics, BC
1.36kg Bag

\$5.98



Organic Broccoli
From USA, 7.67/kg

\$3.48 / LB



Long English Cucumbers
From USA

\$2.48

Hot House Large Tomatoes
From USA, 5.03/kg

\$2.28 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



SPECIAL PRICE

\$6.99 / LB

Pork Belly
also Belly Chops, Raised without Antibiotics, 15.41/kg



SPECIAL PRICE

\$3.49 / 100g

Coho Fillets
Previously Frozen, Ocean Wise



\$8.49 / LB

Inside Round Roast
Raised without Antibiotics,
100% Grass Fed, 18.72/kg



\$5.99 / LB

Lean Ground Beef
Raised without Antibiotics, 100% Grass Fed,
13.21/kg



Greenfield Bacon
Raised without
Antibiotics, 375g

\$7.99

Duso's Stuffed Pasta

Select Varieties,
250g - 300g

\$6.99



**Nature's Farm Organic
Omega-3 Large Eggs**

1 Dozen



\$7⁹⁹



**Drizzle
Premium Honey**

White or Golden
375g & 500g

From **\$7⁴⁹**



**Nature's Nuts
Organic Peanut
Butter**

or Natural Almond
Butter, 500g

From **\$7⁴⁹**



**Earth Balance
Plant-Based
Spreads**

369g - 454g

\$5⁹⁹



**Uncle Luke's
Organic 100% Pure
Maple Syrup**

250ml

\$6⁴⁹



**Tree Island
Grass-Fed
Yogurt**

325g & 350g

\$4⁴⁹



**Salt Spring
Organic Fair
Trade Coffee**

400g

\$12⁹⁹



**Olympic
Natural Yogurt**

or Organic,
Krema, Greek,
500g & 650g

From **\$4²⁹**



**Danone
Activia Yogurt**

650g

\$3⁹⁹

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



**Donia Farms
Grass Fed Milk**

2% & 3.25%
2L

\$5⁹⁹

plus deposit & eco fee



**Earth's Own
Organic Oat
Beverage**

1.75L

\$3⁹⁹

plus deposit & eco fee



**Tre Stelle
Shredded Cheese**

170g - 200g

\$5⁴⁹



**Bulk
Almonds
Select Varieties**

20% OFF



**Woolwich
Goat Cheese**

Select Varieties and
Sizes

30% OFF



**Nuts for Cheese
Organic
Plant-Based
Cheese**

120g

\$8⁴⁹



**Sapsucker
Organic Sparkling
Tree Water**

355ml

3 FOR \$5⁰⁰

plus deposit & eco fee



**Cove
Live & Organic
Kombucha**

355ml

BUY 1 GET 1 FREE

plus deposit & eco fee



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

250ml

\$4⁴⁹



**Hardbite
Potato Chips**
128g - 150g

2 FOR \$6.00



**Que Pasa
Grain Free Chips**
Select Varieties
142g & 156g

\$4.29



**Skinny Pop
Popcorn**
125g & 150g

2 FOR \$8.00



**Spudsy Sweet
Potato Puffs
& Fries**
113g - 113.4g

2 FOR \$9.00



**Lundberg
Organic Rice
Cakes & Stackers**
Assorted Sizes

\$4.99



**Tate's Bake Shop
Cookies**
198g

\$6.99



**Made Good Organic
Granola Bars,
Cookies & Crackers**
Assorted Sizes

\$3.49



**Theobroma
Organic
Chocolate Bars**
31g & 35g

2 FOR \$3.00



**Wedderspoon
Organic Manuka
Honey Lozenges**
120g

\$7.49

NOURISHING LIFESTYLES SINCE 1990



**Tofurky
Plant-Based
Products**
Assorted Varieties
and Sizes

30% OFF



**Sol Cuisine
Frozen
Appetizers**
Assorted Varieties
and Sizes

\$5.49



**Amy's Frozen
Meals, Bowls
& Entrées**
Assorted Varieties
and Sizes

From \$4.49



**Bar Harbor
Chowder**
284ml & 398ml

\$4.49



**Casbah
Side Dishes**
198g & 340g

\$3.49



**Earth's Choice
Organic
Tomatoes**
796ml

\$4.99



**Better than
Noodles Organic
Konjac Noodles**
385g

\$4.69



Italpasta Pasta
900g

2 FOR \$7.00



**Cucina Antica
Pasta Sauce**
670ml

\$7.49

DELI

PREPARED FRESH



Choices Angus Roast Beef
Garlic or Pepper

\$3.99 / 100g



Choices Honey Garlic or Buffalo Chicken Wings

\$1.99 / 100g



Choices Fresh Salsa
Tomato, Corn or Mango
355g

\$5.99



Nicli Pizza
12 inch

\$14.99



Choices Seven Layer Dip
Large, Freshly Made in Store, 800g

\$9.99



Rosssdown Roasted Half Chickens

\$6.99



Ile de France Brie Cheese

4.49 / 100g



Bothwell Cheese

\$3.49 / 100g

BAKERY

FRESH BAKED • WHOLESOME



Choices' Own Pecan Walnut Pie
8 inch

\$9.99



Choices' Own Keto Deserts
80g - 150g

\$3.99



Choices' Own Signature Assorted Shortbread Cookies
6 Pack

\$5.99



La Tortilla Factory Wraps
200g - 496g

30% OFF



Ozery Bakery Snacking Rounds
Morning, OneBun, Mini, 312g - 600g

25% OFF



Little Northern Bakehouse Bread
Gluten-Free, 239g - 567g

\$6.99

GLUTEN FREE

STAR OF THE SEASON

NOVEMBER 15 - DECEMBER 24

Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley, Vancouver Island and the Okanagan.

Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

FOR MORE DETAILS ON EACH NEIGHBOURHOOD HOUSE, PLEASE VISIT OUR WEBSITE: CHOICES.MARKET



GROCERY

LOCAL • ORGANIC • SPECIALTY



**Lundberg
Nutra Farmed
Basmati &
Jasmine Rice**
907g

\$7⁹⁹



**San-J Organic
Tamari Sauces**
296ml - 592ml

30% OFF



**Lakanto
Monk Fruit
Sweeteners**
Assorted Sizes

35% OFF



**Caboo Bamboo
Bath Tissue &
Paper Products**
Assorted Sizes

30% OFF



**Khazana
Organic
Sauces and
Curry**
Assorted Sizes

30% OFF



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

30% OFF



**Yes!i
Nutritional
Yeast Dressing**
350ml

\$7⁴⁹



**Eco Max Laundry
Wash & Fabric
Softener**
Assorted Sizes

30% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Prairie
Doctor Herbal
Tinctures**
Assorted Sizes

20% OFF



**Platinum
Naturals
MultiVitamins**
Assorted Sizes

20% OFF



**NutraSea
Omega-3 Fish Oil
Supplements**
Assorted Sizes

20% OFF



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

25% OFF



**Living Alchemy
Your Flora Series
Fermented
Activated Herbals**
Assorted Sizes

20% OFF



**Enzymedica
Digestive
Enzymes**
Assorted Sizes

20% OFF



**Flora
Vitamins and
Supplements**
Assorted Sizes

20% OFF



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

\$4⁹⁹



**Vega One
All-in-One
Nutritional Shakes**
Assorted Varieties
827g - 876g

\$49⁹⁹



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

From **\$28⁹⁹**



**Organika
Collagen
Powder**
Marine, 250g or
Enhanced, 500g

\$42⁹⁹



**Dr. Hauschka
Facial Care**
Assorted Sizes

20% OFF



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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

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