



CHOICES MARKET

100% BC OWNED AND OPERATED

BLACK FRIDAY SAVINGS!

Prices Effective • November 23 - 29, 2023

LOCAL

SPECIAL PRICE

Organic Bunched Carrots
Orange & Rainbow,
From USA

\$2⁹⁸

YOU SAVE
\$2⁰⁰

SPECIAL PRICE

Boneless Skinless Chicken Breast

Value Pack, 13.21/kg

\$5⁹⁹ / LB

YOU SAVE
34%



\$5⁹⁹

Choices Country Pot Pies

Chicken, Beef or Turkey



\$10⁹⁹

Choices Artisan Fruit Pies

8 inch



NOW AVAILABLE

Choices Signature Christmas Stollen

WESTERN CANADIAN

LOCAL

\$6⁹⁹ / LB

Boneless Pork Loin Chops
Raised without Antibiotics, 15.41/kg

YOU SAVE
40%



YOU SAVE
\$1⁰⁰

\$5⁹⁸

Organic Gala & Fuji Apples

From Blossom River Organics, BC, 1.36kg Bag



Natural Factors Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Earthbound Farm Organic Frozen Fruit

300g

YOU SAVE
\$6⁵⁸
FOR 2

2 FOR \$8⁰⁰

FEATURED CHOICE

Amy's Organic Canned Soup
398ml

3 FOR \$11⁴⁹

YOU SAVE
\$6⁴⁸
FOR 3



PRODUCE FRESH • LOCAL • ORGANIC



Organic Carrots

From Fountainview Farm, BC, 907g Bag

\$3.98



Green Asparagus

From Mexico, 13.18/kg

\$5.98 / LB



Pink Lady Apples

From BC, 5.47/kg

\$2.48 / LB

Hot House Mini Cucumbers

From Canada, 454g Pkg.

\$2.98



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Striploin Grilling Steaks or Roast

Grass Fed, Raised without Antibiotics, Value Pack, 26.43/kg

\$11.99 / LB



Rockfish Fillets

Ocean Wise

\$1.99 / 100G



Beef Marrow Bones

Canadian, 6.59/kg

\$2.99 / LB



Choices' Own Pork Sausages

Raised without Antibiotics, 15.41/kg

\$6.99 / LB



Crusted Cod Fillets

Ocean Wise, Frozen

\$4.99



Legends Haul Marinated Spatchcock Chickens

3 lb

\$14.99

**Country Golden Yolks
Organic Eggs**

Free Range, Large, One Dozen



\$7²⁹



**Anita's Mill
Organic Pancake
& Waffle Mix**

Also Oats, Flour
Assorted Sizes

30% OFF



**Canadian Heritage
Organics 100% Pure
Organic Maple Syrup**

500ml

\$12⁹⁹



**Earth's Choice
Organic Peanut
Butter**

500g

\$6⁴⁹



**Crofter's Organic
Fruit Spreads**

235ml

\$4⁹⁹



**Nature's Path
Love Crunch
Organic Granola**

700g

\$9⁹⁹



**Crank Coffee
Organic Whole
Bean Coffee**

340g

\$11⁹⁹



**Stash
Tea**

18 Bags & 20 Bags

\$4⁴⁹



**iÖGO Nano
Drinkable Yogurt**

6 Pack

\$4⁴⁹

plus deposit & eco fee

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



**Yoggu!
Plant-Based
Coconut Yogurt**

450g

\$5⁹⁹



**Donia Farms
Grass Fed Yogurt**

650g

\$4⁹⁹



**Riviera Petit
Style Organic &
Goat Yogurt**

4 Pack

FROM \$5⁹⁹



**Holy Napoli
Frozen Pizza**

Assorted Sizes

\$8⁶⁹



**Stahlbush Island
Farms Frozen
Fruit**

Certified Sustainable,
283g ~ 300g

FROM \$4⁹⁹



**Happy Planet
Creamery Grass Fed
Chocolate Milk**

Also Organic Milk, 750ml
& 1.5L

FROM \$5⁶⁹

plus deposit & eco fee



**Blue Diamond
Almond Breeze
Beverages**

1.89L

\$5⁹⁹

plus deposit & eco fee



**Spread'Em
Cashew Cheeze
Blocks**

200g

\$7⁹⁹



**Faith Farms
Cheese**

360g & 380g

\$6⁹⁹



**La Cocina
Tortilla Chips**
Assorted Sizes

2 FOR \$8⁰⁰



**Prana Organic
Snacks**
Assorted Sizes

30% OFF



**Hot-Kid
Rice Crisps &
Crisps**
100g

2 FOR \$5⁰⁰



**Galerie Au
Chocolat Bars**
80g - 100g

\$4⁹⁹



**Love Good Fats
Keto Friendly
Bars**
39g - 40g

2 FOR \$4⁵⁰



**Seasnax
Seaweed Snack**
5g

2 FOR \$3⁰⁰



**FreeYumm
Bars & Cookies**
135g - 154g

GLUTEN
FREE

2 FOR \$8⁰⁰



PÜR Gums
9 Pack

3 FOR \$4⁰⁰



**Breyers
Creamery Style
Ice Cream**
1.66L

\$5⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Avalon Dairy
Egg Nog**
1L

\$6⁶⁹



**Premium
Non-Alcoholic
Clever Mocktails**
355ml

3 FOR \$6⁰⁰
plus deposit & eco fee



**RW Knudsen
Just Juice**
Select Varieties,
946ml

\$9⁹⁹
plus deposit & eco fee



**Rise Organic
Kombucha**
414ml

2 FOR \$7⁰⁰
plus deposit & eco fee



**Organic
Traditions
Products**
Assorted Sizes

20% OFF



**Enjoy Life
Baking Chocolate
Chips**
225g - 283g

\$5⁹⁹
GLUTEN
FREE



**Now Better
Stevia**
Also Xylitol Products,
Assorted Sizes

30% OFF



**GoBio! Organic
Boullion Cubes**
54g - 66g

3 FOR \$10⁰⁰



**Dairyland
Cottage Cheese**
500g

\$3⁹⁹

DELI PREPARED FRESH



2 FOR \$7.00

Choices Wild Salmon Cakes
130g



\$11.99

Italian Sliced Prosciutto or Salami
Vitale, 100g



2 FOR \$5.00

Baked Vegetable Samosas
Spinach or Masala, 115g



Turkey Breast
Cooked or Smoked,
Antibiotic Free

\$4.49 / 100G



Fontina Cheese

\$4.99 / 100G



Vancouver Soup Company
700ml

\$7.99



Grated Parmesan Cheese

\$4.99 / 100G



La Panzanella Crackers
170g

\$5.99



Castello Blue Cheese

20% OFF

BAKERY FRESH BAKED • WHOLESOME



\$4.99

Choices Cinnamon Raisin Bread
or Cranberry Walnut, 420g - 580g



Choices Vegan Cookies

Almond Crunch,
Chocolate Crunch
6 Pack

\$6.99



Choices Brownies

Salted Caramel, Walnut
Date or Indulgence,
150g - 170g

\$5.99



Olivier's Peasant Bread
800g

\$5.99



Bakestone Brothers Roti or Naan Bread
472g - 500g

\$4.49

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



3 DAY BLACK FRIDAY SALE

GROCERY

LOCAL • ORGANIC • SPECIALTY



Hardbite Natural Potato Chips
128g - 150g

3 FOR \$6⁰⁰



Hornby Organic Energy Bars
80g

4 FOR \$10⁰⁰



Earth's Choice Organic Coffee
Rainforest Alliance, Whole Bean, 340g

2 FOR \$20⁰⁰



Ritter Sport Chocolate Bars
100g

3 FOR \$8⁵⁰



GT's Organic Raw Kombucha
1.4L

2 FOR \$15⁰⁰
plus deposit & eco fee



Elmhurst Plant-Based Beverages
946ml

2 FOR \$12⁰⁰
plus deposit & eco fee



Big Mountain Foods Meat Alternatives
300g - 400g

2 FOR \$10⁰⁰



Daiya Plant-Based Cheese Block
Also Slices, Shreds Assorted Sizes

2 FOR \$7⁵⁰



Only Goodness Organic Canned Beans
398ml

4 FOR \$9⁰⁰

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Ener-C Effervescent Vitamin C Drink Mix
Assorted Varieties, 30 Pack

\$10⁹⁹



Prairie Naturals Vitamin D3
2500 IU, 500 Soft Gels + 50 Bonus Bottle or 1000 IU, 15ml

BUY 1 GET 1 FREE



Dr. Bronner's Toothpaste
Assorted Varieties, 140g

BUY 1 GET 1 FREE

FRIDAY NOV. 24TH - SUN. NOV. 26TH

MEAT & SEAFOOD

RESPONSIBLY RAISED • PREMIUM QUALITY



YOU SAVE
59%

\$2.99 / LB

Chicken Drumsticks

Raised without Antibiotics, Value Pack, 6.57/kg



YOU SAVE
56%

\$7.99 / LB

Top Sirloin Roast

17.61/kg



YOU SAVE
\$8.00

\$6.99

7 Seas White Prawns

Raw or Cooked, Frozen, Ocean Wise, 340g

DELI

PREPARED FRESH



YOU SAVE
\$5.00

\$8.99

Rosdown Roasted Chickens



2 FOR **\$7.00**

Zorba's Spanakopita

Also Mushroom & Parmesan Pies



YOU SAVE
\$2.00

\$8.99

Choices Ready to Eat Wraps

PRODUCE

FRESH • LOCAL • ORGANIC



YOU SAVE
\$3.00
per Bag

\$3.98

Organic Hass Avocados

From Mexico, 3 Pack Bag



LOCAL

YOU SAVE
\$2.00
per Bag

\$5.98

Organic Gold Potatoes

From Fraserland Organics, BC, 2.27kg Bag

BAKERY

FRESH BAKED • WHOLESOME



YOU SAVE
43%

\$7.99

GlutenNull Bars & Cookies

Gluten-Free, 240g - 320g

GROCERY

LOCAL • ORGANIC • SPECIALTY



Nina's Frozen Pierogies
400g - 550g

FROM **\$7⁹⁹**



Safe Catch Wild Yellowfin Tuna
Also Wild Pink Salmon, 142g

\$3⁹⁹



Lightlife Plant-Based Meat Alternatives
Assorted Sizes

FROM **\$3⁴⁹**



Bragg Organic Apple Cider Vinegar
473ml

\$4⁹⁹



Carbone Premium Pasta Sauce
660ml

\$9⁹⁹



Eden Organic Beans
398ml

30% OFF



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

\$18⁹⁹



The Unscented Company Dish Soap
Also Laundry Detergent, Assorted Sizes

FROM **\$3⁶⁹**

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



MegaFood Blood Builder
Also Magnesium & Zinc Supplements, Assorted Sizes

20% OFF



Host Defense Medicinal Mushroom Supplements
Assorted Sizes

20% OFF



Organic Traditions Superfoods
Assorted Sizes

20% OFF



Smart Solutions Vitamins & Supplements
Assorted Sizes

20% OFF



Renew Life Probiotics
Assorted Sizes

20% OFF



Sisu Vitamins & Supplements
Assorted Sizes

20% OFF



Now Vitamins & Supplements
Assorted Sizes

20% OFF



Suro Organic Elderberry Syrup
Also Breathe & iSleep Assorted Sizes

20% OFF



Aqua Omega-3 Fish Oil Supplements
Assorted Varieties

30% OFF



AOR Vitamin B Complex
90 Capsules or 180 Capsules

FROM **\$39⁹⁹**



Mad Hippie Facial Care
Assorted Sizes

20% OFF



Desert Essence Organics Oral Care Products
Also Body Care, Assorted Sizes

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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