



CHOICES MARKET

100% BC OWNED AND OPERATED

WELLNESS SPECIAL!

ALL BODY CARE 15% OFF - DECEMBER 1, 2, 3

Prices Effective • November 30 - December 6, 2023

LOCAL

SPECIAL PRICE

Organic Asparagus
From Mexico, 15.39/kg

\$6.98 / LB

YOU SAVE
\$2.00 / LB

SPECIAL PRICE

Fresh Whole
Frying Chicken
Raised without Antibiotics,
11.00/kg

\$4.99 / LB

YOU SAVE
19%



NOW AVAILABLE

\$15.99

Choices Festive Turkey Meals
454g



\$4.99

Choices' Own Mincemeat Tarts
Also Pecan Tarts, Pack of 3

SPECIAL PRICE

Fresh Steelhead
Fillets
Ocean Wise, Value Pack

\$3.49 / 100g

YOU SAVE
35%

FEATURED CHOICE

Rabbit River Farms Free
Range Large Eggs
1 Dozen

\$5.99

YOU SAVE
\$2.20



Platinum Naturals
Vitamins &
Supplements
Assorted Sizes

20% OFF



49th Parallel
Organic Coffee
340g

YOU SAVE
\$7.00

\$12.99

PRODUCE FRESH • LOCAL • ORGANIC



\$2⁹⁸

Organic Mini Peeled Carrots
From USA, 454g Bag



LOCAL

Organic Russet Potatoes
From Fraserland Organics, BC,
1.36kg Bag

\$5⁹⁸

Navel Oranges
From USA,
1.81kg Bag

\$8⁹⁸



LOCAL

Ambrosia Apples
From BC, 4.37/kg

\$1⁹⁸ / LB

Broccoli Crowns
From BC, 6.57/kg

\$2⁹⁸ / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**WESTERN
CANADIAN**

\$4⁹⁹ / LB

Boneless Pork Butt Steak or Roast
Raised Without Antibiotics, 11.00/kg



\$8⁹⁹ / LB

Boneless Beef Blade Pot Roast
100% Grass Fed, Raised Without Antibiotics,
19.82/kg



LOCAL

\$10⁹⁹ / LB

Boneless Skinless Chicken Breast
Raised Without Antibiotics, Value Pack, 24.23/kg



BUY 2 GET 1 FREE

Soup Etc!
Select Varieties, 700ml



\$7⁹⁹

Raw or Cooked Prawns
Ocean Wise Frozen, 340g



Freybe 1884 Sliced Meats
Select Varieties
100g

\$4⁹⁹

Freybe 1884 Salami Chubs
Select Varieties,
175g

\$7⁹⁹



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

\$5.49
plus deposit & eco fee



**GoldEgg
Free Run Liquid
Egg Whites**
500g

\$3.99



**Organic Meadow
Organic Butter**
454g

\$11.99



**Nature's Path
Organic Waffles**
Frozen, 210g

2 FOR \$9.00



**Uncle Luke's
Organic
Maple Syrup**
500ml

\$12.99



**St. Dalfour
Jam**
225ml

\$5.49



**One Degree
Organic Granola**
312g

\$5.49



**The Granola King
Gourmet Granola**
750g

\$9.99



**The Greek Gods
Yogurt**
500g

\$5.49

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



**Celestial Seasonings
Organic Herbal Tea**
18 - 20 Bags

2 FOR \$8.00



**Dairyland
Organic Milk**
1.89L

\$4.99
plus deposit & eco fee



**Sensible Portions
Veggie Chips**
141g & 142g

\$3.49



**Glutino
Cookies**
Also Pretzels, Crackers
Assorted Sizes

30% OFF



**FreeYumm
Crackers**
120g

\$3.99



**Covered Bridge
Potato Chips**
142g - 170g

2 FOR \$6.00



**Chocolove
Chocolate Bars**
90g

2 FOR \$6.00



**RJ's
Licorice**
180g

2 FOR \$5.00



**Whittaker's
Chocolate Bars**
200g & 220g

2 FOR \$9.00



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

\$5⁹⁹



**Bulk Foods
Baking
Raw Nuts**
20% OFF



**Gathering Place
Organic Spices**
Assorted Sizes

30% OFF



**Maison Orphée
Organic Extra
Virgin Olive Oil**
750ml

\$15⁹⁹



**Imagine
Organic Broths**
1L

\$4⁹⁹



**Better Than
Boullion Base**
227g

\$6⁴⁹



**Balderson
Aged Cheddar
Cheese**
280g

\$9⁹⁹



**Violife Cheese
Alternative**
200g - 227g

FROM \$5⁹⁹

**PLANT
BASED**



**Armstrong
Natural Cheese
Slices**
220g - 240g

\$4⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Dairyland
Sour Cream**
750ml

\$4²⁹



**Eat Wholesome
Organic Canned
Tomatoes**
796ml

\$4⁹⁹



**Lucky Seoul
Kimchi**
396ml

\$6⁴⁹



**Raincoast Trading
Wild Sockeye
Salmon**
Also Wild Pink Salmon,
150g & 160g

30% OFF



**Wholly Veggie!
Products**
Assorted Sizes, Frozen

30% OFF



**Konscious
Sushi Products**
Frozen, 204g & 210g

\$6⁹⁹

**PLANT
BASED**



**Earthbound Farm
Organic Frozen
Vegetables**
300g - 400g

\$2⁹⁹



**Earth's Choice
Organic
Cranberry Sauce**
348ml

\$2⁹⁹



**Rizopia
Rice Pasta**
340g & 454g

FROM \$2⁴⁹

**GLUTEN
FREE**

DELI

PREPARED FRESH



\$99⁰⁰

Choices Holiday Dinner for 4
See details in store



**Rosstown
Roasted Half
Chickens**

\$5⁹⁹



**Happy Planet
Soup**
500ml ~ 650ml

\$7⁹⁹



**Habibi's
Hummus**
Family Size,
450g

\$7⁹⁹



**Choices
Potato Side
Dishes**

\$1⁶⁹ / 100g



**La Panzanella
Crackers**
170g

\$5⁹⁹



**Indianlife
Naan**
Also Tortillas,
Wraps, Assorted
Sizes

FROM \$6⁹⁹



**Kerrygold
Irish Cheese**
198g

\$7⁹⁹



**ILE DE
FRANCE
Brie Cheese**

\$3⁹⁹ / 100g



**Parmesan
Reggiano
Cheese**

\$4⁹⁹ / 100g



**German
Cambozola
Cheese**

\$5⁹⁹ / 100g

BAKERY

FRESH BAKED • WHOLESOME



**Choices' Own
Christmas
Mincemeat
Buns**

with Rum Sauce,
460g

\$5⁹⁹



**Choices' Own
Tuxedo Cake**
450g

\$12⁹⁹



**The Baker's Mezzo
Bastone Baguette**
Also Sourdough, 250g

FROM \$1⁹⁹



**Choices Traditional
Pumpkin Pies**

Also Alternative Flour, Vegan
6 Inch, 8 Inch or 9 Inch

20% OFF



Choices' Own Spice Cake
450g

\$12⁹⁹



**Uprising
Sourdough
Light Rye Bread**
Also Finnish, 650g or
800g

2 FOR \$8⁰⁰



**Rawesome
Cheesecake**
95g

2 FOR \$10⁰⁰



**Uprising Jumbo
Gingersnap
Cookies**
300g

2 FOR \$10⁰⁰

**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



**Handfuel
Nut Snacks**
120g & 150g

\$5.99



**Mid-Day
Superfood
Squares**
33g

2 FOR \$4.00



**Spread'Em
Cashew Dips
& Spreads**
185g

\$7.99

PLANT
BASED



**Chapman's
Specialty
Ice Cream**
500ml

\$5.49



**La Croix
Sparkling
Water**
8 Pack

\$5.49
plus deposit & eco fee



**Fentimans
Craft
Beverages**
Select Varieties,
4 Pack

\$9.99
plus deposit & eco fee



**BSA
Non-Alcoholic
Craft Beer**
473ml

2 FOR \$6.00
plus deposit & eco fee



**Echoclean
Biodegradable
Liquid Dish Soap**
740ml

2 FOR \$7.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Factors
Vitamin C
Supplements**
Select Varieties

20% OFF



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

20% OFF



**CanPrev
Magnesium
Supplements**
Select Varieties

20% OFF



**Smart Solutions
Beauty Support
Supplements**
Select Varieties

20% OFF



**Natural Factors
Immune Support
Supplements**
Assorted Sizes
& Varieties

20% OFF



**Nature's
Way Herbal
Supplements**
Assorted Sizes

20% OFF



**Bio-K Plus
Probiotics**
Dairy & Non Dairy,
12 Pack

\$43.99



**Vega Sport
Protein**
Assorted Varieties,
801g - 837g

\$49.99



**withinUs
Creamer
+TruMarine
Collagen**
Also Matcha Misto,
Assorted Sizes

20% OFF



**Sisu Stress
& Sleep
Supplements**
Assorted Sizes
& Varieties

20% OFF



**AOR
Zinc-Copper
Balance**
100 Caps

\$29.99



**Naturtint Natural
Permanent Hair
Colour**
Assorted Colours,
1 Kit

FROM \$8.99



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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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