



# CHOICES MARKET

100% BC OWNED AND OPERATED

## NEW YEAR NEW CHOICES!

Prices Effective • December 28, 2023 - January 3, 2024



### SPECIAL PRICE

#### Striploin Grilling Steaks

Raised Without Antibiotics,  
100% Grass Fed, Value  
Pack, 22.02/kg

**\$9.99 / LB**  
YOU SAVE **63%**

### SPECIAL PRICE

#### Sockeye Salmon

Wild Caught, Prev Frozen  
or Frozen, Ocean Wise

**\$34.99 / 100g**  
YOU SAVE **42%**



**\$4.99**

Choices Sourdough Bread  
530g



LOCAL

**\$9.99**

Rosstown Roasted Chickens



**\$47.99**

Vega Sport Protein  
Assorted Varieties, 801g-837g



**20% OFF**

Now Vitamins  
and Supplements  
Assorted Sizes



YOU SAVE  
**28%**

**2 FOR \$5.00**

Hass Avocados  
Organic, Grown in Mexico

## FEATURED CHOICE

All Castello Cheese

**40% OFF**



Covered Bridge  
Potato Chips  
142g-170g

YOU SAVE  
**\$3.38**

**2 FOR \$6.00**



Spread'em Cashew  
Dips & Spreads  
185g

YOU SAVE  
**\$3.00**

**\$6.99**



Eve's  
Gluten-Free  
Crackers  
108g

YOU SAVE  
**\$2.50**

**\$6.49**



# PRODUCE FRESH • LOCAL • ORGANIC



**Bartlett, Anjou  
& Bosc Pears**  
Organic USA Grown, 7.67/kg

**\$3.48 / LB**



**Green and  
Red Grapes**  
Grown In Peru,  
10.98/Kg

**\$4.98 / LB**



**Bunched  
Carrots**  
Organic USA  
Grown

**\$3.98**

**Lemons  
or Limes**  
Imported



**4 FOR \$3.48**

**Long English  
Cucumbers**  
Grown In Mexico



**\$2.48**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$5.99 / LB**

**Pork Tenderloin**

Western Canadian, Raised Without Antibiotics,  
13.21/kg



**\$12.99 / LB**

**Ground Lamb**

Raised without Antibiotics, Grass Fed, New  
Zealand, 28.64/kg



**\$6.99 / LB**

**Fresh Split Chicken Wings**

Locally Raised Without Antibiotics, Value Pack,  
15.41/kg



**15% OFF**

**Stapleton Sausages**  
Local, Select Varieties



**Ahi Tuna Steak**  
6oz, Wild Caught,  
Ocean Wise, Frozen

**\$4.79**



**Simply West  
Coast Lox**  
Frozen, 85g

**\$6.99**

**Raw White or  
Cooked Prawns**  
Ocean Wise, 340g



**\$7.99**

**Raw Bay  
Scallops**  
40/60 Count,  
Ocean Wise, 454g



**\$11.99**





**Maple Hill  
Organic Extra  
Large Free  
Range Eggs**  
1 Dozen

**\$7<sup>49</sup>**



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

**2 FOR \$9<sup>00</sup>**



**Uncle Luke's  
Organic Maple  
Syrup**  
1L

**\$23<sup>99</sup>**

YOU SAVE  
**\$12**



**Organic Meadow  
Organic Butter**  
454g

**\$11<sup>99</sup>**



**St Dalfour Jam**  
225ml

**\$5<sup>49</sup>**



**Nuts to You Organic  
Fairtrade Tahini  
& Almond Butter**  
365g & 500g

**\$7<sup>99</sup>**



**Peace River  
Organic Raw  
Clover Honey**  
500g

**\$10<sup>49</sup>**



**Olympic Organic,  
Greek & Crema  
Yogurt**  
1.75kg

**\$11<sup>49</sup>**



**Greek Gods  
Organic Yogurt**  
500ml

**\$5<sup>49</sup>**

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



**One Degree  
Organic Granola**  
312g

**\$5<sup>99</sup>**



**Only Oats  
Gluten-Free Oat  
Flour & Oats**  
1kg

**\$8<sup>99</sup>**



**Dairyland  
Organic Milk**  
1.89L

**\$5<sup>99</sup>**  
plus deposit & eco fee



**Traditional  
Medicinal  
Organic Teas**  
16 bags

**2 FOR \$9<sup>00</sup>**



**49th Parallel  
Organic Coffee**  
340g

**\$13<sup>99</sup>**



**Silk Dairy  
Alternative  
Beverages**  
1.75L & 1.89L

**\$5<sup>49</sup>**  
plus deposit & eco fee



**Earth's Own Oat  
Barista Blend**  
946ml

**\$5<sup>49</sup>**  
plus deposit & eco fee



**Red Crown Organic  
Pomegranate Juice**  
1L

**\$7<sup>99</sup>**  
plus deposit & eco fee



**Fiji Natural  
Artesian Water**  
1L

**2 FOR \$5<sup>00</sup>**  
plus deposit & eco fee



**Le Pain Des  
Fleurs Organic  
Crackers**

150g

**\$6<sup>99</sup>**



**Sensible Portions  
Veggie Chips**

141g & 142g

**\$3<sup>49</sup>**



**Whittaker's  
Chocolate Bars**

Select Sizes & Varieties



**Seattle  
Chocolate Bars**

Select Sizes & Varieties



**Ritter Sport  
Chocolate Bars**

Select Sizes & Varieties

**2 FOR \$8<sup>00</sup>**



**GoGo Quinoa  
Gluten-Free  
Organic Puffs**

113g

**\$2<sup>49</sup>**



**Handfuel  
Nut Snacks**

120g & 150g

**\$5<sup>99</sup>**



**Sonoma  
Creamery  
Cheese Crisps**

64g

**\$4<sup>99</sup>**



**RJ's Licorice**

180g

**2 FOR \$5<sup>00</sup>**

**NOURISHING LIFESTYLES SINCE 1990**



**L'Ancre  
Organic Cheese**

325g

**\$10<sup>99</sup>**



**Mezzetta  
Olives & Peppers**

Assorted Sizes

**30% OFF**



**Maison Orphee  
Organic Extra  
Virgin Olive Oil**

750ml

**\$15<sup>99</sup>**

**YOU SAVE  
\$9<sup>00</sup>**



**Rizopia  
Rice Pasta**

340g & 454g

**\$2<sup>79</sup>**



**Mutti Tomato  
Puree & Sauces**

Select Varieties

**25% OFF**



**Favuzzi Pasta**

Assorted Sizes

**\$4<sup>99</sup>**



**Nature Clean  
Liquid Laundry  
Detergent**

3L

**\$13<sup>99</sup>**



**Lundberg  
Organic Brown  
Rice**

907g

**\$7<sup>99</sup>**



**Eat Wholesome  
Organic Canned  
Tomatoes**

796ml

**\$4<sup>99</sup>**



# DELI

PREPARED FRESH



**Choices  
Mini Assorted  
Appetizers**  
6 or 12 Pack

FROM **\$4.49**



**Summer Fresh  
Dips & Hummus**  
227g

**\$3.99**



**Vitale Italian  
Sliced Prosciutto  
& Salami**  
100g

**\$9.99**



**Indianlife  
Pakora**

**\$2.99** /100g



**La Panzanella  
Crackers**  
170g

2 FOR **\$10.00**



**Indianlife Naan,  
Tortilla or  
Wraps**  
250g-500g

FROM **\$6.99**



**Habibi's Dips  
& Hummus**  
200g-240g

**\$3.99**



**Choices Hot  
Soup or Chili**  
500 ml

SOUP **\$4.99**

CHILI **\$6.99**



**Grana Padano  
Cheese**

**\$3.99** /100g

# BAKERY

FRESH BAKED • WHOLESOME



**Choices Scones**  
2 Pack

2 FOR **\$7.00**



**Choices Party  
Size Cakes**  
540g-600g

**\$14.99**



**Ozery Morning,  
Snacking or One  
Bun Rounds**  
312g-600g

2 FOR **\$8.00**



**English Muffins**  
6 Pack

2 FOR **\$4.00**



**Choices Low Carb  
Cookies & Cream  
Cheesecake or  
Chocolate Mousse**  
60g-90g

**\$4.99**



**Alkeme Artisan  
Gluten-Free  
Sourdough Bread**  
725g

**\$9.99**



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Fentiman's  
Craft  
Beverages**  
4 Pack

**\$9.99**  
plus deposit & eco fee



**Wholly  
Veggie Frozen  
Products**  
Assorted Sizes

**\$5.99**



**Big Mountain Foods  
Meat Alternatives**  
300g

**\$5.99**



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

**\$5.99**



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

**2 FOR \$6.00**  
plus deposit & eco fee



**Sprague  
Organic Soup  
and Baked  
Beans**  
398ml

**\$2.99**



**Konscious  
Frozen  
Plant-Based  
Sushi Products**  
204g & 210g

**\$6.99**



**So Delicious  
Frozen  
Desserts**  
500ml

**\$5.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**CanPrev  
Magnesium  
Supplements**  
Select Varieties

**20% OFF**



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

**20% OFF**



**Harmonic Arts  
Mushrooms  
and Superfood  
Elixirs**  
Assorted Sizes

**20% OFF**



**Natural Factors  
Immune Support  
Supplements**  
Assorted Sizes,  
Select Varieties

**20% OFF**



**Natural  
Factors All  
Bonus Bottles**  
Select Varieties

**20% OFF**



**Purica  
Recovery and  
Curcumin**  
Assorted Sizes

**20% OFF**



**Platinum  
Naturals  
Vitamins and  
Supplements**  
Assorted Sizes

**20% OFF**



**New Roots  
Vitamin C &  
Wild Omega-3  
Supplements**  
Assorted Sizes

**20% OFF**



**Andalou  
Naturals &  
CannaCell  
Shampoo &  
Conditioner**  
251ml-346ml

**BUY 1 GET 1 FREE**



**Weleda Facial  
Care and Body  
Care**  
Select Varieties

**25% OFF**



**South of  
France  
Soaps Bars  
or Liquids**  
236ml or 170g

**\$7.49**



**Divine Essence  
Essential Oils &  
Body Care**  
Assorted Varieties

**30% OFF**



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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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