



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Kitsilano
ANNIVERSARY
Saturday
Dec. 9th
10% OFF
ENTIRE STORE*

Prices Effective • December 7 - 13, 2023



SPECIAL PRICE

Chicken Legs
Back Attached, Raised without antibiotics, Value Pack, 6.59/kg

\$2.99 / LB

LOCAL

SPECIAL PRICE

Green, Red and Romaine Leaf Lettuce
Organic USA Grown

\$2.48

YOU SAVE \$1.00



YOU SAVE \$4.00

\$13.99

Farmcrest Roasted Specialty Chickens



2 FOR \$8.00

Silver Hills Sprouted Power Bread
430g - 615g



YOU SAVE 29%

\$11.99 / LB

Leg of Lamb Roast or Steaks
Fresh, Boneless, Raised without Antibiotics,
26.43/kg



SPECIAL PRICE

\$15.98

Satsuma Mandarin Oranges
USA Grown, Stem & Leaf From
Johnston Farm, 1.81 Kg. Pkg.

YOU SAVE 17%

FEATURED CHOICE

**Bremner's Organic
Frozen Blueberries
& Berry Blend**
1.5kg

\$18.99

YOU SAVE \$11.00



**NOW Essential
Oils and Topical
Body Oils**
Assorted Sizes

25% OFF



**L'Ancêtre
Organic Cheese**
325g

\$5.00 OFF

PRODUCE FRESH • LOCAL • ORGANIC



Bosc Pears

Organic USA Grown, 6.57/Kg

\$2.98 / LB



Broccoli

Organic Fair Trade From Mexico, 7.67/Kg

SPECIAL PRICE

\$3.48 / LB



Navel Oranges

USA Grown, From Johnston Farm, 5.47/Kg

\$2.48 / LB

Tomatoes On The Vine

USA Grown, Hot House, 5.47/Kg

\$2.48 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



LOCAL

Lean Ground Beef

Organic, 100% Grass Fed, Value Pack, 28.64/kg

\$12.99 / LB



YOU SAVE 37%

\$9.99 / LB

Top Sirloin Roast or Grilling Steaks

100% Grass Fed, Raised without Antibiotics, 22.02/kg



Fresh Split Chicken Wings

Raised without Antibiotics, 17.61/kg

\$7.99

Crab or Prawn Cakes

Frozen, Ocean Wise, 280g

\$9.99



YOU SAVE 35%

\$7.99 / LB

Fresh Pork Schnitzel

Western Canadian, Raised Without Antibiotics, 17.61/kg



WILD CAUGHT

\$3.99 / 100g

Fresh Sable Fish Fillet

Ocean Wise



Harvest Bacon

Select Varieties, 500g

\$12.99

Selva Shrimp

Tail On Frozen, Ocean Wise, 255g

\$11.99





**Nature's Farm
Free Run
Omega-3
Large Eggs**
12 Pack

\$6⁶⁹



**Happy Planet Fine
Cultured Butter**
200g

\$9⁹⁹



**Donia Farms
Grass Fed Butter**
250g

\$8⁹⁹



**Shady Maple
Farms Organic
Maple Syrup**
500ml

\$13⁹⁹



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

\$10⁴⁹



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

\$7⁹⁹



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

FROM **\$11⁴⁹**



**Riviera Oat Milk
and Coconut Milk
Yogurt**
500g & 650g

\$5⁹⁹



**Ethical Bean
Organic Fair
Trade Coffee**
340g

\$13⁹⁹

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



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

\$8⁴⁹

**GLUTEN
FREE**



**Kicking Horse
Organic Fair
Trade Ground
Coffee**
284g

\$9⁹⁹



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

\$5⁴⁹

plus deposit & eco fee



**Dairyland
Organic Milk**
4L

\$9⁴⁹

plus deposit & eco fee



**Happy Planet
Grass Fed Egg
Nog**
750ml

\$7⁹⁹

plus deposit & eco fee



**Fiji Natural
Artisan Water**
1L

2 FOR \$5⁰⁰

plus deposit & eco fee



**Seattle's
Chocolate Bars**
Rainforest Alliance
Certified and a Carbon
Neutral company, 70g

\$3⁹⁹



**Lily's
Chocolate Bars**
No Sugar Added,
80g & 85g

\$3⁹⁹



**Whistler Organic
Fair Trade
Chocolate Bars**
80g

\$3⁹⁹





Zimt Organic Raw Chocolate Bars & Macaroons
Assorted Sizes

\$4.69



Organic Traditions Chocolate Covered Nuts
227g

\$13.49



YumEarth Organic Licorice
142g

\$6.99



Haribo Gummies
175g

\$3.49



Fresh is Best Salsa, Tortilla Chips & Dips
Assorted Sizes

30% OFF



Cedar Valley Pita Chips
180g

\$3.99



Sonoma Creamery Cheese Crisps
64g

\$4.99



Partner's Crackers
114g & 124g

\$3.99



Schar Gluten-Free Cookies & Crackers
Assorted Sizes

GLUTEN FREE

25% OFF

NOURISHING LIFESTYLES SINCE 1990



Bulk Foods Seasonal Baking
Select Nuts, Sweeteners, Flours, Dried Fruit & Spices

30% OFF



Bob's Red Mill Gluten-Free Flour
Select Sizes & Varieties

GLUTEN FREE

25% OFF



Frontier Organic Seasoning & Spices
10g-55g

30% OFF



Saputo Shredded Cheese
320g

\$5.99



Bari Ricotta Cheese
500g

\$5.99



Wedderspoon Raw Manuka Honey or KFactor
250g and 500g

30% OFF



Maison Orphee Vinegrette Dressing
240ml & 250ml

\$4.99



Gay Lea Whipped Cream, Lactose Free Sour Cream and Cottage Cheese
Assorted Sizes

\$4.99



Nature Clean Liquid Dish Detergent
740ml

2 FOR \$9.00

DELI PREPARED FRESH



Choices Holiday Dinner for 4
See details instore

\$99.00



Choices Mini Assorted Appetizers
Assorted Sizes

FROM **\$4.99**



Vitale Imported Sliced Prosciutto or Salami
100g

\$9.99



Habibi's Dips & Hummus
200g-240g

\$3.99



Rustic Bakery Crackers
170g

\$8.99



Zorba's Gluten-Free Assorted Mini Appetizers
10 Pack

\$9.99

GLUTEN FREE



Divina Entertaining Antipasto Spreads
190g-240g

\$8.99



Tre Stelle Reggiano, Romano or Grana Padano Cheese
200g

\$2.00 OFF



Arla Mascarpone Cheese
275g - 475g

25% OFF

Double Gloucester, Applewood Smoked Cheddar, Red Leicester, Wensleydale or Fiddler's Green Cheese
Per 100g



25% OFF

BAKERY FRESH BAKED • WHOLESOME



Choices Wholesome Country Sourdough or Traditional Sourdough Rye Bread
575g-760g

2 FOR **\$9.00**



Choices Cupcakes
Assorted Varieties, 4 Pack

\$5.99



Choices Nanaimo Bars
Assorted Varieties, 70g-85g

2 FOR **\$6.00**

Choices Pecan Walnut Pie
8 inch



\$9.99



Choices Apple Crisp Pie
8 inch

\$12.99



Choices Christmas Cookie & Treat Box
850g

\$17.99



GluteNull Square Cookies and Bars
Select Varieties 240g - 320g

\$9.99

CHOICES MARKET™
ANNIVERSARY SALE!

10% OFF
ENTIRE STORE*
INCLUDING SALE ITEMS

JOIN US SAT. DECEMBER 9TH

To celebrate Choices Kitsilano anniversary

- Free Coffee for the day
- Enter to win various prizes drawn throughout the day
- Complementary slice of anniversary cake from 12 - 2pm

2627 W. 16TH AVE, VANCOUVER

*Anniversary sale offer valid at Kitsilano location only. Sale not available online.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Lucky Kimchi
& Spring Rolls**
241g & 374g

\$5.69



**Gardein
Plant Based
Frozen Meat
Alternatives**
Assorted Sizes

30% OFF



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

\$2.99



**Earth's Choice
Organic
Canned Beans**
398ml

3 FOR \$7.00



**Ocean's
Pole & Line
Light Tuna**
170g

3 FOR \$7.00



**Lundberg
Organic Rice**
907g

FROM \$7.99



Italpasta Pasta
900g

2 FOR \$7.00



**Mezzetta
Pasta Sauce
& Pesto**
177g & 709ml

\$5.49

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Joy of the
Mountains Oil
of Oregano**
Assorted Sizes

20% OFF



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

20% OFF



**Weleda Facial
Care and Body
Care**
Assorted Varieties

25% OFF



**Mineral
Fusion Natural
Cosmetics**
Assorted Varieties

35% OFF



**Natural Factors
Vitamin A, D &
K Supplements**
Select Varieties

20% OFF



**Sisu
Multivitamins**
Assorted Varieties

20% OFF



**Everyone For
Every Body**
3 in 1 Soap or
Lotion, 946ml

FROM \$14.99



**Herbatint
Natural
Permanent
Hair Colour**
1 Kit

\$17.99



**Natural Factors
CurcuminRich
Theracurmin
Supplements**
Assorted Sizes

20% OFF



**Acure Facial
Care & Body
Care**
Assorted Varieties

25% OFF

**La Luna The Inner &
Journey Home Candles**
Assorted Varieties



20% OFF



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

\$7.99



Shop online at [ChoicesMarket](https://ChoicesMarket.com)



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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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