



CHOICES MARKET

100% BC OWNED AND OPERATED

BUY ONE GET ONE FREE!

Prices Effective • January 11 - 17, 2024

WILD CAUGHT

SPECIAL PRICE

Wild Sockeye Salmon
Ocean Wise, Value Pack,
Frozen or Previously Frozen

YOU SAVE 50%

BUY 1 GET 1 FREE

SPECIAL PRICE

SPECIAL PRICE

Bunched Organic Kale
Black, Green, Red
USA Grown

YOU SAVE 50%

BUY 1 GET 1 FREE

BUY 1 GET 1 FREE

Arla Cheese Slices
125g - 175g

BUY 1 GET 1 FREE

Choices Wholesome Country Sourdough Bread
575g

WESTERN CANADIAN

BUY 1 GET 1 FREE

Fresh Pork Back Ribs
Raised without Antibiotics

YOU SAVE 50%



Dr. Bronner's Toothpaste
Assorted Varieties and Sizes

BUY 1 GET 1 FREE



Ecoideas Superfoods
Chia, Maca and Moringa,
Assorted Varieties and Sizes

BUY 1 GET 1 FREE



Natur-a Organic Soy Beverages
Also Almond & Oat,
946ml

BUY 1 GET 1 FREE
plus deposit & eco fee



Traditional Medicinals Organic Teas
16 Bags

BUY 1 GET 1 FREE



Nuts to You Organic Peanut Butter
750g

BUY 1 GET 1 FREE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Lemons
Mexico Grown, 907g Bag

\$5.98



Organic Avocados
Mexico Grown,
Bag of 3

\$5.98



Blood Oranges
USA Grown,
6.57/kg

\$2.98 / LB

Organic Celery
Mexico Grown,
4.37/kg

\$1.98 / LB



Romaine Hearts
USA Grown,
Bag of 3

\$4.98



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



SPECIAL PRICE

\$9.99 / LB

Top Sirloin Steaks or Roast
100% Grass Fed, Raised without Antibiotics,
Value Pack, Australian, 22.02/kg



LOCAL

SPECIAL PRICE

\$4.99 / LB

Fresh Chicken Thighs
Raised without Antibiotics, Value Pack, 11.00/kg



**WILD
CAUGHT**

BUY 1 GET 1 FREE

Ahi Tuna Steaks
Ocean Wise, Frozen, 6oz.



\$8.99 / LB

Beef Stew Meat
100% Grass Fed, Raised without Antibiotics,
Value Pack, Australian, 19.82/kg



Harvest Bacon
Select Varieties,
500g

\$13.99

Duso's Stuffed Pasta

Select Varieties,
250g - 300g

\$5.99





**Wildbrine
Sauerkraut &
Kimchi**

500ml & 500g

BUY 1 GET 1 **FREE**



**Safe Catch Ahi
Wild Yellowfin
Tuna**

Also Wild Pink
Salmon, 142g

BUY 1 GET 1 **FREE**



**Caulipower
Frozen Pizza**

Cauliflower Based,
310g & 320g

BUY 1 GET 1 **FREE**



**Bremner's Black
Cherry Juice**

946ml

BUY 1 GET 1 **FREE**
plus deposit & eco fee



**O'Doughs
Frozen Bagels**

Also Bagel Thins,
O'Dippers & Hamburger
Buns, Assorted Sizes

BUY 1 GET 1 **FREE**



**Honey Stinger
Organic Waffles**

30g

BUY 1 GET 1 **FREE**



**Amano Organic
Tamari Sauce**

250ml

BUY 1 GET 1 **FREE**



**Only Goodness
Organic Apple
Cider Vinegar**

473ml

BUY 1 GET 1 **FREE**



**Aspen Clean
Cleaners**

Select Varieties,
650ml

BUY 1 GET 1 **FREE**

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



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

One Dozen

\$8⁹⁹



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

900g ~ 1kg

\$6⁹⁹



**Canadian Heritage
Organics Organic
Maple Syrup**

500ml

\$12⁹⁹



**Elias Organic
Creamed Honey**

375g

\$11⁹⁹



**Bob's Red Mill
Granola**

312g

\$6⁴⁹

GLUTEN
FREE



**Danone
Activia Yogurt**

650g

\$4²⁹



**Riviera Petit Pot
Organic Yogurt**

4 Pack

\$5⁹⁹



**Salt Spring
Organic Coffee**

Whole Bean,
400g

\$13⁴⁹

FAIR
TRADE



**Kicking Horse
Organic Coffee**

Ground,
284g

\$10⁹⁹

FAIR
TRADE



**Siete
Tortilla Chips**
Also Churro Strips
142g

\$5.99



**Lesser Evil
Organic Popcorn**
142g

2 FOR \$9.00



**Eve's
Crackers**
108g

\$5.99

GLUTEN
FREE



**Lundberg Organic
Rice Cake Minis**
Also Organic Rice Cakes,
Organic Thin Stackers
Assorted Sizes

\$4.99



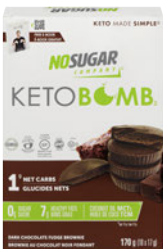
**Healthy Hippo
Low Sugar
Gummies**
50g

2 FOR \$6.00



**GoMacro
Organic Bars**
59g - 65g

2 FOR \$6.00



**No Sugar
Keto Bombs**
10 Pack

\$9.99



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

2 FOR \$4.00



**Organic Traditions
Superfoods
Products**
Assorted Sizes

20% OFF

NOURISHING LIFESTYLES SINCE 1990



**Only Goodness
Organic Quick
Oats**
Also Rolled Oats,
1kg

\$4.49



**Only Goodness
Organic
Sunflower Butter**
500g

\$5.79



**Only Goodness
Hemp Hearts**
454g

\$7.99



**Only Goodness
Organic Brown
Flaxseed**
500g

\$6.99



**Only Goodness
Organic Broths**
Select Varieties,
946ml

\$2.79



**Only Goodness
Bone Broths**
Select Varieties,
946ml

\$5.49



**Dairyland
Lactose-Free
Milk**
1.89L

\$5.49
plus deposit & eco fee



**Faith Farms
Cheese**
360g & 380g

\$6.99



**L'Ancêtre
Organic Cheese**
Select Varieties,
Assorted Sizes

\$6.99

DELI

PREPARED FRESH



**Summer Fresh
Hummus
Toppers**
255g

\$4.99



Baked Samosas
Spinach Vegetable or
Masala, 115g

2 FOR \$4.00



Rosemary Ham

\$2.99 / 100g



**Vancouver
Soup Company
Soup**
700ml

\$7.99



**Choices Artisan
Sandwiches**

Turkey, Ham or
Roast Beef

\$8.99



Curry Entrees

Ready to Eat,
Assorted Varieties

FROM \$7.99



**Choices
Pot Pies**
245g - 320g

\$6.99



**Parmesan
Cheese**

Grated or Shredded

\$3.99 / 100g



**Gouda
Cheese**

\$3.99 / 100g

BAKERY

FRESH BAKED • WHOLESOME



**Choices
Alternative
Flour Muffins**
Apple Cinnamon or
Blueberry Lemon,
Pack of 4

\$5.99



**Silver Hills
Sprouted Power
Bread**

Assorted Varieties,
430g - 630g

2 FOR \$8.00



**Alkeme
Sourdough
Bread**

725g

\$8.99



**Bakestone
Brothers
Organic Tortillas**
300g - 344g

\$3.99



**GluteNull
Bars**

Also Squares,
240g - 320g

\$8.99



**Uprising Breads
Bakery Jumbo
Gingersnap
Cookies**

Pack of 6

2 FOR \$8.00

GROCERY

LOCAL • ORGANIC • SPECIALTY



**GT'S
Organic Raw
Kombucha**
480ml

2 FOR \$7.50
plus deposit & eco fee



**Chosen Foods
Dressings**
Made with
Avocado Oil,
237ml

\$6.49



**Amy's Organic
Canned Soup**
398ml

2 FOR \$9.00



**Sol Cuisine
Burgers**
Also Wings,
Bites & Tenders,
255g - 300g

\$5.49



**Once Upon A
Farm Organic
Baby Food**
Cold Pressed, 85ml

2 FOR \$5.00



**Sambazon
Organic Fruit
Purée**
Frozen, 400g

\$7.99



**Filippo Berio
Olive Oil**
Extra Virgin,
750ml

\$24.99



**Holy Napoli
Frozen Pizza**
Assorted Sizes

\$8.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Calm
Magnesium**
Assorted Varieties
and Sizes

30% OFF



**Garden of Life
Proteins & Sport
Nutrition Products**
Assorted Varieties
and Sizes

20% OFF



**Purica Recovery
& Curcumin
Supplements**
Assorted Varieties
and Sizes

20% OFF



**Natural Factors
Vitamins &
Supplements**
Assorted Varieties
and Sizes

20% OFF

ALL ITEMS
ON SALE



**Nuun Hydration
Electrolytes**
Sport, Boost,
Immunity and
Vitamins
10 Tabs

\$8.99



**Genuine Health
Vitamins &
Supplements**
Assorted Varieties
and Sizes

20% OFF



**Herbaland
Gummy
Vitamins &
Supplements**
Assorted Varieties
and Sizes

20% OFF



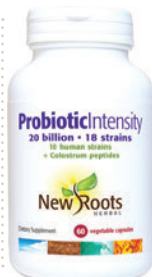
**The Green Beaver
Body Care**
Also Face Care,
Suncare, Assorted
Varieties and Sizes

25% OFF



**Prairie
Doctor Herbal
Tinctures**
Assorted Varieties
and Sizes

25% OFF



**New Roots
Probiotics**
Assorted Varieties
and Sizes

20% OFF



**A.Vogel
Echinaforce
Supplements**
Assorted Sizes
and Sizes

20% OFF



**Routine.
Natural
Deodorant**
Assorted Varieties
and Sizes

\$24.99



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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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