



CHOICES MARKET

100% BC OWNED AND OPERATED

GET A HEALTHY START AT CHOICES!

Prices Effective • January 4 - 10, 2024

SPECIAL PRICE

Organic Grapefruit
Grown in Mexico,
1.81 kg Bag

\$8.98

YOU SAVE
\$3

SPECIAL PRICE

**Blue Jay Label
Large Navel
Oranges**

USA Grown, 4.37/kg

\$1.98 / LB

YOU SAVE
40%



Organic Broccoli
USA Grown, 6.57/kg

\$2.98 / LB

YOU SAVE
\$1/LB



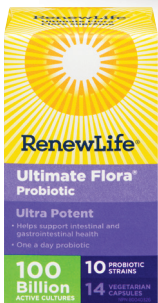
**Organic Rainbow
or Red Chard**
USA Grown

2 FOR \$5.00



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

\$13.99



**RenewLife
Probiotics**
Assorted Varieties
& Sizes

25% OFF



**withinUs
TruMarine
Collagen**
Assorted Varieties
& Sizes

25% OFF



**MegaFood
Vitamins and
Supplements**
Assorted Varieties
& Sizes

25% OFF



**Botanica Perfect
Protein or Perfect
Protein Elevated**
Assorted Varieties,
629g-840g

\$55.99

FEATURED CHOICE



**Progressive
Vitamins
& Supplements**
Assorted Varieties & Sizes

35% OFF

PRODUCE FRESH • LOCAL • ORGANIC



\$1.98 / LB

Ambrosia Apples
BC Grown, 4.37/kg



2 FOR \$3.00

Green Onions
Grown in Mexico

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Ribeye Grilling Steak
Raised Without Antibiotics, 100% Grassfed,
Value Pack, 28.64/kg



\$3.69 / 100g

Steelhead Fillet
Fresh, Ocean Wise, Value Pack



\$4.99 / LB

Pork Sirloin Chops
Boneless, Raised Without Antibiotics,
100% Western Canadian, 11.00/kg



\$12.99 / LB

Lean Ground Beef
Organic, Local, 100% Grassfed,
Value Pack, 28.64/kg



Ground Chicken Breast
Raised Without Antibiotics, Local,
26.43/kg

\$11.99 / LB



Sirloin Tip Oven Roast
Raised Without Antibiotics, 100% Grassfed, 18.72/kg,

\$8.49 / LB

Soup Etc
Select Varieties,
700ml, local



2 FOR \$12.00

Greenfield Bacon
Raised Without Antibiotics, 375g

\$8.99





**Country Golden
Yolk Large Eggs**
1 Dozen

\$6⁹⁹



**Nut's To You
Organic
Hazelnut Butter**
365g

\$10⁹⁹



**Drizzle
Premium Honey**
White or Golden,
500g

\$9⁹⁹



**Bonne Maman
Jam, Jelly
& Spreads**
250ml

\$5⁴⁹



**One Degree
Organic Granola**
312g

\$4⁶⁹



**Yoggu!
Coconut Yogurt**
450g

\$6⁴⁹



**Liberté
Greek Yogurt**
1kg

\$6⁹⁹



**Holy Crap
Organic Cereal &
Superseed Blend**
Made in BC, 225g & 320g

\$6⁹⁹



**Dairyland
Organic Milk**
4L

\$9⁴⁹
plus deposit & eco fee

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



**49th Parallel
Organic Coffee**
340g

\$13⁴⁹



Yogi Tea
16 Tea Bags

\$4⁹⁹



**Blue Diamond
Almond Breeze**
946ml

2 FOR \$5⁰⁰
plus deposit & eco fee



**Greenhouse
Organic
Cold-Pressed
Boosters**
60ml

2 FOR \$7⁰⁰
plus deposit & eco fee



**Chasers Fresh
Cold Pressed
Juice**
1L

\$10⁹⁹
plus deposit & eco fee



**Rise
Kombucha**
1L

\$6⁹⁹
plus deposit & eco fee



**Remedy
Kombucha**
4pk

\$5⁹⁹
plus deposit & eco fee



**FreeYumm Bars
and Cookies**
135g/154g

2 FOR \$8⁰⁰



**Nora Seaweed
Snacks**
32g & 45g

\$3⁹⁹



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

\$3.79



**Simply Protein
Bars & Keto Bites**
Assorted Sizes

2 FOR \$5.00



**Bliss Balls
Gluten-Free
Snacks**
150g

\$5.99



**Sigdal Bakeri
Crispbread**
190g - 235g

\$5.69



**La Cocina
Tortilla Chips**
Assorted Sizes

2 FOR \$8.00



**Gimme
Organic Roasted
Seaweed Snack**
6 pack

\$5.99



**Edward & Sons
Brown Rice Snaps**
100g

\$3.99



**Wedderspoon
Organic
Manuka Drops**
120g

\$6.99



**Enlightened
Keto Frozen
Dessert & Bars**
473ml & 4 Pack

\$6.99

NOURISHING LIFESTYLES SINCE 1990



**Dairyland
Cottage Cheese**
500g

2 FOR \$8.00



**Armstrong
Cheese Slices**
220g & 240g

\$5.49



Armstrong Cheese
200g

\$4.49



**Only Goodness
Organic
Macaroni & Cheese**
170g

3 FOR \$8.00



**Only Goodness
Organic Unfiltered
Extra Virgin
Olive Oil**
750ml

\$14.49



**Only Goodness
Organic Beans**
398ml

2 FOR \$6.00



**Only Goodness
Organic
Peanut Butter**
500g

\$5.99



**Only Goodness
Organic Quinoa Chocolate
Chip Cookies**
165g

2 FOR \$7.00



**Only Goodness
Organic
Popping Corn**
700g

\$5.99

DELI

PREPARED FRESH



\$12⁹⁹

**Farmcrest Specialty
Roasted Chickens**



FROM \$7⁴⁹

**Choices Ready to Eat
Artisan Salads**
220g-440g



\$2³⁹/100g

**Choices Wild Rice with
Candied Walnuts or
Curry Paneer Chickpea Salads**

NEW



**Choices Wild
Salmon Lox Bagels**

\$8⁹⁹



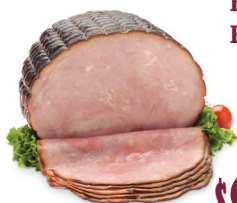
**Choices
Ready To
Eat Wraps**

\$9⁹⁹



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

\$3⁹⁹



**Black
Forest Ham**

\$2⁴⁹/100g



**Choices' Own
Organic
Cheese**

20% OFF



**Grana Padano
Cheese**

\$4⁹⁹/100g



**Tre Stelle
Feta Cheese**
200g

\$6⁹⁹

BAKERY

FRESH BAKED • WHOLESOME



NEW

**Choices Traditional
Sourdough Rye or
Feta & Kalamata
Sourdough Bread**
500g-760g

\$5⁹⁹



**Choices Vegan
Chocolate Crunch
or Almond
Crunch Cookies**
6 pack

\$6⁹⁹



**Choices Vegan
Morning Glory
Muffins**
4 pack

\$5⁹⁹

**Choices Banana or
Orange Cranberry Bread**
300g-454g



\$6⁹⁹

**Choices Keto Strawberry
Raspberry or Peanut Butter
Pudding**
150g



\$3⁹⁹



**Uprising 100%
Whole Wheat
or Buttermilk
Honey Bread**
650g

\$4⁴⁹



**Little Northern
Bakehouse Bread,
Loaf and Buns**
Gluten-Free Select
Varieties, 260g - 494g

\$5⁹⁹

GROCERY

LOCAL • ORGANIC • SPECIALTY



Sunrise Soyganic Tofu
Assorted Sizes

\$3.49



Big Mountain Foods Meat Alternatives
300g-400g

\$5.99



Amy's Organic Frozen Burritos
Select Varieties

\$3.99



Bar Harbor Chowders & Bisque
284ml & 398ml

2 FOR \$9.00



Better Than Pasta Organic Konjac Noodles
385g

\$4.69



Eat Wholesome Organic Canned Tomatoes
796ml

2 FOR \$9.00



Primal Kitchen Sauces, Dressings & Condiments
Assorted Sizes

30% OFF



Bragg Organic Apple Cider Vinegar
946ml

\$7.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



AquaOmega Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

30% OFF



LeanFit Whey, Whey Isolate & Organic Plant Based Proteins
Assorted Varieties & Sizes

30% OFF



BioSil, Medi-C, Sealicious and Vegiday Supplements
Assorted Sizes & Varieties

20% OFF



Everyone For Every Body 3 in 1 Soap
946ml, Assorted Varieties

\$14.99



AOR Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Bach Flower Remedies and Rescue Remedy
Assorted Varieties & Sizes

25% OFF



Total Body Collagen Supplements
135g-500g or 180 tabs

\$47.99



Gabriel Natural Cosmetics
Assorted Varieties & Sizes

20% OFF



NutraVege Plant-Based Omega-3 DHA & EPA
Assorted Sizes & Varieties

20% OFF



Newco Natural Skin Care, Oral Care and Supplements
Assorted Varieties & Sizes

20% OFF



St. Francis Herb Farm Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties & Sizes

20% OFF



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CHOICES MARKET

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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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