



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • January 25 ~ January 31, 2024

LOCAL

SPECIAL PRICE

Organic
Hass Avocado

Imported

\$1.98 / EA

SPECIAL PRICE

Fresh Whole
Frying Chicken

Raised without Antibiotics,
11.00/kg

\$4.99 / LB

YOU SAVE
15%

YOU SAVE
\$1.50

YOU SAVE
\$1.50 / lb

\$4.48 / LB

Green & Red Seedless Grapes
Grown in Peru, 9.88/kg



\$10.99

**Rosdown Roasted Half Chicken &
Side Salad**



2 FOR \$9.00

Uprising Breads Sourdough Light Rye
Also Finnish Loaf, 650g & 800g



ALL ITEMS
ON SALE

20% OFF

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



2 FOR \$8.00

Amy's Organic Canned Soup
398ml

YOU SAVE on 2
\$3.98



**Organyc Organic
Feminine Hygiene**
Assorted Sizes
& Varieties

BUY 1 GET 1 **FREE**



Stash Tea
18 & 20 Bags

YOU SAVE on 2
\$5.98

2 FOR \$8.00

FEATURED CHOICE



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

3 FOR \$6.00

PRODUCE FRESH • LOCAL • ORGANIC



Organic Kiwi Fruit
Imported, 454g Bag

\$5.98



Organic Mixed Medley Cherry Tomatoes
Grown in Mexico, 1 Dry Pint

\$5.98



Clementine Mandarin Oranges
USA Grown, From Wonderful Halos, 907g Bag

\$6.98

Bunch Carrots
USA Grown

\$2.98



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



SPECIAL PRICE

\$7.99 / LB

Boneless, Skinless Chicken Thighs
Fresh, Raised without Antibiotics, Value Pack, 17.61/kg



SPECIAL PRICE

\$12.99 / LB

Ribeye Grilling Steak or Roast
Raised without Antibiotics, 100% Grass Fed, Value Pack, Imported, 28.64/kg



SPECIAL PRICE

\$5.99 / LB

Pork Tenderloin
Fresh, Raised without Antibiotics, 13.21/kg



Hills Foods Sausages
Also Appetizers, Grinds, Burgers
Frozen, Assorted Sizes



\$3.49 / 100g

Steelhead Fillets
Fresh, Ocean Wise, Value Pack



Greenfield Bacon
Raised without Antibiotics, 375g

\$8.99

7 Seas Prawns

Raw or Cooked,
Frozen, 340g

\$9.99





**Born 3 Omega-3
Large Eggs**
1 Dozen

\$5⁴⁹



**Nuts to You
Peanut Butter**
750g

\$5⁴⁹



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

\$5⁴⁹



**Canadian
Heritage Organics
Organic Maple Syrup**
500ml

\$12⁹⁹



**One Degree
Organic Oats**
680g

\$5⁹⁹



**The Granola King
Gourmet Granola**
Also Hazelnut Hemp,
2kg

\$26⁹⁹



**Avalon Organic
Probiotic Yogurt**
650g

\$4⁹⁹



**Danone
Oikos Yogurt**
Also Greek Yogurt,
4 Pack

2 FOR \$8⁵⁰



**Nature's Path
Organic
Cereal**
Eco Pack, 650g - 907g

\$8⁹⁹

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



**Salt Spring
Organic Fair Trade
Coffee**
Whole Bean, 400g

\$13⁴⁹



**Dairyland
Milk**
4L

\$5⁶⁹

plus deposit & eco fee



Mogiana Coffee
340g

\$12⁹⁹



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

\$5⁴⁹

plus deposit & eco fee



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

2 FOR \$7⁰⁰

plus deposit & eco fee



**Black River
Juice Lemonades**
1L

\$4⁹⁹

plus deposit & eco fee



**Health-Ade
Kombucha**
473ml

2 FOR \$7⁰⁰

plus deposit & eco fee



**Remedy
Kombucha**
4 Pack

\$5⁹⁹

plus deposit & eco fee



**Califia Farms
Oat & Almond
Beverage**
1.4L

2 FOR \$9⁰⁰

plus deposit & eco fee



**La Cocina
Tortilla Chips**
Assorted Sizes

2 FOR \$8.00



**Hardbite
Vegetable Chips**
150g

2 FOR \$9.00



**Lesser Evil
Organic Popcorn**
142g

2 FOR \$9.00



**Gimme Organic Roasted
Seaweed Snack**
6 Pack

\$5.99



**Lundberg
Organic Rice Cakes**
Mini, Regular and Thin
Stackers, Assorted Sizes

\$4.99



**Eve's
Crackers**
108g

GLUTEN
FREE

\$5.99



**Healthy Hippo
Low Sugar
Gummies**
50g

2 FOR \$6.00



**Chocolove
Premium
Chocolate Bars**
90g

2 FOR \$7.00



**RXBar
Protein Bar**
52g

3 FOR \$6.00

NOURISHING LIFESTYLES SINCE 1990



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

\$6.99



**Primal Kitchen
Avocado Oil
Dressings**
237ml

\$8.99



**Stahlbush Island
Farms Frozen
Vegetables**
Select Varieties

2 FOR \$7.00

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



\$5.49



**NuPasta Organic
Konjac Pasta**
Also Angel Hair Pasta,
210g

2 FOR \$8.00

GLUTEN
FREE



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

\$5.99



**Safe Catch Wild
Yellowfin Tuna**
Also Wild Pink Salmon,
142g

\$3.99



Armstrong Cheese
600g

\$8.99



**Holy Napoli
Frozen Pizza**
Assorted Sizes

\$8.99

DELI

PREPARED FRESH



Choices Fresh Chili
Beef, Turkey or Vegan
Black Bean, 650ml

\$7.99



Habibi's Hummus & Dips
200g & 240g

\$3.99



Black Forest Ham
Also Rosemary Ham

\$2.49 / 100g



Spinach & Feta Twisters
Also Ricotta & Feta Twisters

2 FOR \$7.00



Gluten-Free Spankopitas
Pack of 2

\$7.99



Choices Pasta Entrees
Assorted Varieties,
425g - 550g

\$9.99



Choices Tofu Salads
Sesame Ginger
or Golden Curry

\$2.49 / 100g



Choices Organic Cheese

20% OFF / 100g



Bothwell Cheese
Assorted Varieties

\$3.49 / 100g

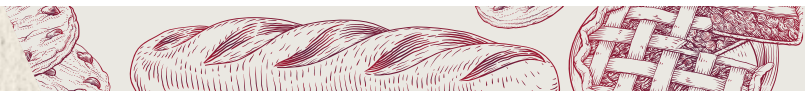


Macedonian Feta Cheese
200g

2 FOR \$10.00

BAKERY

FRESH BAKED • WHOLESOME



\$3.49

Choices Baker's Crusty Loaf or Ciabatta Loaf
390g & 450g



Low Carb Cookies
Also Chocolate Mousse
and Cream Cheesecake,
60g & 90g

\$4.99



Choices Tiramisu Cake
Also Kalamansi or Low Carb
Chocolate Mousse Cake, 400g - 600g

\$19.99



Choices Artisan Cookies
Pack of 6

\$6.99



Carbonaut Gluten-Free Bread
550g

\$7.99



Silver Hills Sprouted Power Organic Bagels
Pack of 5

\$5.49



Keto Caveman Low Carb Deserts
130g - 200g

20% OFF

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nutrition**



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STORE TOUR**



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MARKET**

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GROCERY

LOCAL • ORGANIC • SPECIALTY



Only Goodness Organic Buckwheat Groats
453g

\$8⁹⁹



Only Goodness Organic Macaroni & Cheese
170g

3 FOR \$8⁰⁰



Only Goodness Laundry Detergent
Liquid, 2.95L

\$15⁴⁹



Only Goodness Dish Soap
532ml

\$2⁶⁹



Only Goodness Organic Coconut Sugar
454g

\$5⁹⁹



Only Goodness Organic White Quinoa
1.36kg

\$10⁹⁹



Only Goodness Organic Crushed Tomatoes
with Basil, 796g

\$4⁶⁹



Only Goodness All Purpose & Glass Cleaner
950ml

2 FOR \$7⁰⁰

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Garden of Life Proteins
Also Sport Nutrition Products, Assorted Sizes & Varieties

20% OFF



CanPrev Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



AlgaeCal Plant Calcium
90 Caps

\$34⁹⁹



Organic Traditions Superfoods
Assorted Sizes & Varieties

20% OFF



Prairie Doctor Herbal Tinctures
Assorted Sizes & Varieties

20% OFF



RenewLife Probiotics
Assorted Sizes & Varieties

20% OFF



Organika Collagen Powder
Assorted Sizes & Varieties

30% OFF



Genuine Health Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Heathology Vitamins & Supplements
Assorted Sizes & Varieties

25% OFF



AOR Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



New Roots Wild Oregano Supplements
Also Vitamin C8, Vitamin D, Assorted Sizes & Varieties

20% OFF



The Green Beaver Face, Body Care & Suncare
Assorted Varieties & Sizes

20% OFF



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