



# CHOICES MARKET

100% BC OWNED AND OPERATED

## VALENTINE'S DAY SAVINGS!

Prices Effective • February 8 - February 14, 2024



### SPECIAL PRICE

#### Striploin Grilling Steaks

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

**\$9.99** / LB

YOU SAVE  
**63%**

### SPECIAL PRICE

#### Raspberries

Imported, in a Heart  
Shaped Clamshell, 227g

**\$9.98**



#### Red Roses Bouquet

6 Stem, From  
Burnaby Lake

**\$24.98**

#### Orchid Plant

From Burnaby  
Lake

**\$25.98**



#### Choices Valentine's Cookie Decorating Kit

420g

- Cookies, 4 big and 4 small
- Sprinkles, 3 kinds • Royal Icing Powder
- 1 drop Red Food Colouring
- 1 Piping Bag

**\$12.99**



#### Italian Sliced Prosciutto

Also Salami, 70g - 120g

**\$8.99**



#### Long Stem Strawberries

Grown in USA, 454g Pkg.

**\$16.98**

## FEATURED CHOICE

#### Terra Bread Premium Granola

800g & 850g

**\$11.99**



#### The Kelowna Candle Factory Beeswax & Soy Candles

Assorted Varieties  
& Sizes

**20% OFF**



#### Divine Essence Essential Oils and Body Care Products

Assorted Varieties  
& Sizes

BUY 1 GET 1 **FREE**



# PRODUCE FRESH • LOCAL • ORGANIC



**\$16<sup>98</sup>**

## Gold Nugget Mandarin Oranges

Grown in USA, From Johnston Farm, 1.81kg Pkg.



**\$3<sup>48</sup> / LB**

## Organic Broccoli Bunch

Imported, 7.67/kg



## Organic Asparagus

Grown in Mexico, 19.80/kg

**\$8<sup>98</sup> / LB**

## Organic Ambrosia Apples

Grown in BC, 5.47/kg

**\$2<sup>48</sup> / LB**



**LOCAL**

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$26<sup>99</sup> / LB**

## Lamb Racks or Rib Chops

Raised without Antibiotics, 100% Grass Fed, New Zealand, 59.50/kg



**LOCAL**

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

## Fresh Chicken Thighs

Raised without Antibiotics, Value Pack, 11.00/kg



**WESTERN CANADIAN**

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

## Pork Sirloin Chops

Raised without Antibiotics, 11.00/kg



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

## Top Sirloin Roast

100% Grass Fed, Raised without Antibiotics, Imported, 19.82/kg



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

## Crab Cakes

Ocean Wise, 2 Pack, Previously Frozen



## Harvest Bacon

500g

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

## Ahi Tuna

Ocean Wise, Frozen, 6 oz

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



**WILD CAUGHT**





**Nature's Farm  
Free Range  
Omega-3 Eggs**  
Large & Extra Large,  
Dozen

**\$6<sup>69</sup>**



**GoldEgg  
Free Run Liquid  
Egg Whites**  
500g

**\$3<sup>99</sup>**



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

GLUTEN  
FREE

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



**Nuts to You Organic  
Almond Butters &  
Fairtrade Tahini**  
Select Varieties,  
365g & 500g

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



**Nature's Path  
Love Crunch  
Organic Granola**  
700g

**\$9<sup>99</sup>**



**Food For Life  
Organic Golden  
Flax Cereal**  
Select Varieties,  
454g

**\$9<sup>99</sup>**



**Bob's Red Mill  
Oats**  
680g ~ 907g

GLUTEN  
FREE

**\$9<sup>99</sup>**



**Olympic Greek &  
Crema Yogurt**  
Also Including Organic,  
650g

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

LOCAL



**Tree Island  
Grass Fed Cream  
Top Yogurt**  
1.5kg

**\$9<sup>99</sup>**

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



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

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



**Celestial Seasonings  
Organic Herbal Tea**  
Select Varieties,  
18-20 Bags

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



**Donia Farms  
Grass Fed Milk**  
2% & 3.25%, 2L

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



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

**\$4<sup>99</sup>**  
plus deposit & eco fee



**Loop Cold Pressed  
Upcycled Juice &  
Smoothies**  
1L

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



**Blue Monkey  
Sparkling Juice**  
330ml

**2 FOR \$4<sup>00</sup>**  
plus deposit & eco fee



**Patience Organic  
Pure Blueberry  
Juice**  
946ml

**\$11<sup>99</sup>**  
plus deposit & eco fee



**La Croix Sparkling Water**  
8 Pack

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



**Prana Organic  
Trail Mix**  
150g

**\$4<sup>69</sup>**



**Humble Organic  
Potato Chips**  
135g

2 FOR \$6.00



**Barbara's  
Cheez Puffs**  
155g & 198g

GLUTEN  
FREE

2 FOR \$6.00



**NoochPop!  
Nutritional Yeast  
Popcorn**  
120g

PLANT  
BASED

LOCAL

2 FOR \$8.00



**Laiki Rice  
Crackers**  
100g

\$3.99



**RJ's Licorice**  
180g

2 FOR \$5.00



**Le Pain Des Fleurs  
Organic Crackers**  
150g

\$5.99



**Green & Black's  
Organic Fair Trade  
Chocolate Bars**  
90g

2 FOR \$9.00



**Probar Protein Bars**  
70g - 85g

\$2.99



**The Ginger  
People Ginger  
Chews**  
84g & 100g

2 FOR \$6.00

## NOURISHING LIFESTYLES SINCE 1990



**Nina's Frozen  
Pierogies**  
400g - 550g

GLUTEN  
FREE

\$9.49



**House of Yee  
Premium  
Dumplings**  
15 Pack

GLUTEN  
FREE

\$10.99



**Amy's  
Frozen Pizzas**  
340g - 397g

\$10.99



**Save da Sea  
Salmon & Tuna  
Salad**  
100g

PLANT  
BASED

LOCAL

\$6.99



**Karthain's  
Organic  
Sauerkraut**  
750ml

\$9.99



**Rizopia Brown  
Rice Pasta**  
454g

GLUTEN  
FREE

2 FOR \$5.00



**Chickapea  
Organic Pasta**  
227g

PLANT  
BASED

\$4.49



**Felicetti  
Organic Pasta**  
340g

GLUTEN  
FREE

2 FOR \$6.50



**Mutti Finely  
Chopped  
Tomatoes**  
398ml

2 FOR \$6.00



# DELI

PREPARED FRESH



**Choices Noodle  
or Rice Stir Fry  
Dishes**  
Assorted Varieties

**\$179** / 100g



**Vegetable  
Gyoza**  
Also Chicken or Pork

**12 FOR \$480**



**Rosstown  
Roasted Half  
Chickens**

**\$699**



**Choices Asian  
Inspired  
Protein Dishes**

**25% OFF**



**Choices  
Hot Chili**  
500ml

**\$599**



**Choices  
Chicken  
Wings**  
Red Hot or Salt &  
Pepper, 1lb

**\$1299**



**La  
Panzanella  
Crackers**  
170g

**\$599**



**Jarlsberg  
Cheese** Regular  
or Light

**\$449** / 100g



**ILE De France  
Brie Cheese**

**\$449** / 100g



**Fromalp  
Cheese Fondue**  
Product of  
Switzerland,  
450g

**\$1499**

# BAKERY

FRESH BAKED • WHOLESOME

**Choices Scones**  
Assorted Varieties,  
2 Pack



**\$399**

**Choices Chocolate Dipped  
Shortbread Hearts**  
8 Pack



**\$599**

**Choices  
Beer Bread**  
350g



**\$499**

**Choices Hamburger Buns**  
White or Whole Wheat, 6 Pack



**\$499**

**Choices  
Party Cakes**  
540g ~ 600g



**\$1499**

**Choices Valentines Cookie  
Sandwich**



**\$299**

**English  
Muffins**  
6 Pack



**2 FOR \$400**



**Schär Bread**  
Also Buns, Baguettes,  
Select Varieties,  
200g ~ 400g

**\$899**

GLUTEN  
FREE

Let us help you  
**navigate  
nutrition**



**WITH A FREE,  
PERSONALIZED  
STORE TOUR**

CHOICES  MARKET

REGISTER HERE OR  
VISIT US ONLINE AT  
 CHOICES.MARKET



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Divina Stuffed Olives**  
Garlic or Red Pepper, 375ml

**\$5.99**



**Daiya Shreds**  
Also Blocks, Cheese Slices, Assorted Sizes

**\$4.49**



**Dairyland Cottage Cheese**  
500g

**2 FOR \$8.00**



**Breyers Creamery Style Ice Cream**  
1.66L

**\$7.49**

**Spread'Em Cashew Cheeze**  
200g



**\$7.99**



**L'Ancêtre Organic Cheese**  
Select Varieties, 190g - 200g

**\$6.99**



**Dairyland Creamo**  
Includes Organic, 473ml

**\$2.49**



**Echoclean Liquid Laundry**  
2.95L

**\$13.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**New Roots Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



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

**20% OFF**



**AOR Vitamin B Complex**  
90's

**\$39.99**



**Mineral Fusion Natural Cosmetics**  
Assorted Varieties & Sizes

**30% OFF**



**Natural Factors Probiotics**  
Assorted Varieties & Sizes

**20% OFF**



**Flora Udo's Choice 3.6.9 Blend & DHA Oil Blend**  
Assorted Varieties & Sizes

**20% OFF**



**Jason Body Care Hair Care & Oral Care**  
Assorted Varieties & Sizes

**25% OFF**



**Mad Hippie Facial Care**  
Assorted Varieties & Sizes

**20% OFF**



**Botanica Organic Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Natural Factors Cold And Flu**  
Assorted Varieties & Sizes

**20% OFF**



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

**20% OFF**



**Herbatint Natural Permanent Hair Colour**  
Assorted Varieties, 1 Kit

**\$16.99**



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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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