



# CHOICES MARKET

## FAMILY DAY SAVINGS!

Monday  
Feb. 19  
ONLY

# 10% OFF

Sale not available  
online.

Prices Effective • February 15 - 21, 2024

## FRESH PRODUCE CHOICES



**SPECIAL PRICE**

**Organic Cauliflower**  
Grown in USA  
**\$4.98**

**SPECIAL PRICE**

**Organic Mandarin Oranges**  
Grown in USA, 907g Bag  
**\$5.98**



**\$6.98**

**Organic Mini Watermelons**  
Grown in Mexico



**2 FOR \$5.00**

**Organic Bunched Kale**  
Green, Black or Red, Grown in USA



**LOCAL**

**\$5.98**

**Organic Potatoes**  
Red, Yellow or Russet, Grown in BC,  
From Fraserland Organics, 2.27kg Bag



**\$4.98**

**Blueberries**  
Grown in Chile, 1 Dry Pint



**2 FOR \$4.00**

**Hass Avocados**  
Large Size, Grown in Mexico

## FEATURED CHOICE



**Natural Factors**  
**Coenzyme Q10**  
100mg, 120 Softgels

**\$19.99**

**YOU SAVE \$20.00**

**natural Factors**  
**Coenzyme Q10**  
100% NATURAL  
100 mg  
120 Softgels  
CARDIOVASCULAR HEALTH



**\$2.98**

**Ataulfo Mangos**  
Grown in Mexico



**LOCAL**

**2 FOR \$4.00**

**Long English Cucumbers**  
Grown in BC



**\$3.98 / LB**

**Hot House Peppers**  
Orange, Red or Yellow  
Imported, 8.77/kg



## DISCOVER YOUR LOCAL CHOICES



**Canadian Heritage  
Organics 100% Pure  
Organic Maple Syrup**  
1L

**\$22<sup>99</sup>**



**Crofter's Organic  
Premium Fruit  
Spreads**  
383ml

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



**Sisu  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Rosstown  
Roasted  
Chickens**

**\$11<sup>99</sup>**



**Nicli Specialty  
Pizzas**  
Assorted Varieties,  
12 Inch

**\$15<sup>99</sup>**



**Choices  
Sourdough Bread**  
Levain Style, 530g

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

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



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

**Lean Ground Beef**  
100% Grass Fed, Raised without Antibiotics,  
Value Pack, Imported, 11.00/kg



**LOCAL**

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

**Organic Chicken Breasts**  
Fresh, Boneless Skinless, Value Pack, 30.84/kg



**WESTERN  
CANADIAN**

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

**Pork Shoulder Butt Roast or Steaks**  
Boneless, Raised without Antibiotics, 11.00/kg



**20% OFF**

**Choices' Own Sausages**  
In Store Made, Including Pork, Turkey & Chicken,  
Varieties may vary by Store



**WESTERN  
CANADIAN**

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

**Fresh Pork Schnitzel**  
Raised without Antibiotics, 17.61/kg



**WILD  
CAUGHT**

**\$2<sup>99</sup> / 100 G**

**Fresh Sable Fish Fillets**  
Ocean Wise



**Butterball  
Turkey Bacon**  
375g

**\$6<sup>99</sup>**

**Old Country  
Pasta & Entrees**  
350g - 907g

**20% OFF**





**Maple Hill Farms  
Organic Eggs**  
Medium, One Dozen



**\$5<sup>99</sup>**

**Donia Farms  
Grass Fed Butter**  
250g



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

**Kicking Horse  
Organic  
Fair Trade Coffee**  
Whole Bean,  
454g



**\$12<sup>99</sup>**

**Only Goodness  
Almond Butter**  
340g



**\$6<sup>99</sup>**

**The Granola  
King Gourmet  
Granola**  
750g



**\$10<sup>99</sup>**

**Avalon  
Organic Milk**  
1L Bottle



**\$3<sup>89</sup>**  
plus deposit & eco fee

**Only Goodness  
Organic Honey**  
750g



**\$9<sup>49</sup>**

**Barbara's  
Puffins Cereal**  
285g & 312g



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

**Happy Planet  
Organic Milk**  
Grass Fed, 1.5L



**\$6<sup>99</sup>**  
plus deposit & eco fee

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

**Danone  
Oikos Yogurt**  
Greek or Regular,  
Pack of 4



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

**Olympic  
Krema Yogurt**  
Also Organic or Greek  
Yogurt, 1.75kg



**\$11<sup>49</sup>**

**Tree Island  
Grass-Fed Yogurt**  
350g



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

**Rocky Mountain  
Flatbread**  
Frozen, 227g - 251g



**\$6<sup>99</sup>** 

**Numi Organic  
Fair Trade Tea**  
Pack of 16 or 18



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

**Earth's Own  
Almond Beverage**  
946ml



**2 FOR \$6<sup>00</sup>**  
plus deposit & eco fee

**Hardbite Natural  
Potato Chips**  
128g - 150g



**2 FOR \$6<sup>00</sup>** 

**Fentimans  
Craft Beverages**  
Pack of 4



**\$9<sup>99</sup>**  
plus deposit & eco fee

**Sober Carpenter  
Non-Alcoholic  
Beer**  
473ml



**2 FOR \$5<sup>00</sup>**  
plus deposit & eco fee



**Rise Organic  
Kombucha**  
414ml

**2 FOR \$7.00**  
plus deposit & eco fee



**Lesser Evil  
Organic Paleo  
Puffs**  
142g

**\$4.99**



**Schär  
Crackers**  
Also Breadsticks,  
150g & 210g

**\$7.49**

GLUTEN  
FREE



**Endangered Species  
Chocolate Bars**  
Fair Trade, 85g

**2 FOR \$8.00**



**Only Goodness  
Quinoa Cookies**  
Chocolate Chip or  
Double Chocolate,  
165g

**2 FOR \$8.00**



**Haribo  
Gummies**  
170g & 175g

**2 FOR \$7.00**



**Kind Energy  
Fruit & Nut Bars**  
40g

**3 FOR \$5.00**



**Rico'n Lalo All Natural  
Frozen Fruit Bars**  
Handcrafted,  
Pack of 4 or 6

**\$4.99**



**Ben & Jerry's  
Ice Cream**  
Also Non-Dairy Frozen  
Desserts, 473ml

**\$5.99**

## NOURISHING LIFESTYLES SINCE 1990



**Quesava  
Samosas**  
Also Poppers, Perogies  
200g - 240g

**\$5.99**



**Big Mountain  
Foods Tofu**  
340g

**\$3.49**



**Raincoast  
Trading Wild  
Sockeye Salmon**  
150g & 160g

**\$7.49**



**Kaslo  
Fermentata  
Pasta**  
227g

**\$5.99**



**Antico Organic  
Pasta Sauce**  
700ml

**\$5.99**



**Earth's Choice  
Organic Canned  
Tomatoes**  
796ml

**2 FOR \$8.00**



**Imagine  
Organic Soup**  
1L

**\$5.99**



**Lotus Foods  
Organic Pad Thai  
Rice Noodles**  
227g

**\$4.99**



**Thai Kitchen  
Sauces & Paste**  
112g & 200ml

**\$3.99**



# DELI

PREPARED FRESH



**Summer Fresh  
Dips & Hummus**  
227g

**\$4.99**



**Vegetable  
Herb Samosa**  
160g

**4 FOR \$10.00**



**Choices  
Hot Soup**  
500ml

**\$4.99**



**Yorkshire Valley Farms  
Organic Chicken Breast**  
Also Organic Turkey Breast,  
Sliced, 150g

**\$9.99**



**Fresh Salsa or  
Guacamole**  
Assorted Varieties,  
227g & 350g

**20% OFF**



**Choices  
Ready to Eat  
Wraps**

**\$9.99**



**Choices Deli Salads**  
Assorted Varieties

**20% OFF**



**Saputo  
Bocconcini  
Cheese**  
or Mozzarella Fresca,  
190g & 200g

**\$5.99**



**Dofino  
Gouda Cheese  
Rounds**  
Original or  
Smoked, 198g

**\$6.99**



**Goat Cheese  
Trio**  
with Dill,  
Cranberry &  
Almond, 285g

**\$10.99**

# BAKERY

FRESH BAKED • WHOLESOME



**Silver Hills Sprouted  
Power Bread**  
430g - 600g

**2 FOR \$9.00**



**Choices  
Garlic Bread**  
Made with Roasted  
Garlic, 320g

**\$5.99**



**Choices  
Cheesecake  
Bars**  
190g

**\$7.99**



**Choices  
Spiced Cake**  
Also Tuxedo Cake,  
450g

**\$12.99**



**Carbonaut  
Bread**  
White, Seeded or  
U.F. Low Carb,  
355g - 544g

**\$6.99**



**Queen St. Bakery  
Superfood Bagels**  
Pack of 5

**\$7.49**

**GLUTEN  
FREE**



**Choices  
Mini Muffins**  
Pack of 4

**\$2.99**

**CHOICES MARKET™  
FAMILY DAY SALE**



**10% OFF  
ENTIRE STORE\*  
INCLUDING SALE ITEMS**

**MONDAY,  
FEBRUARY 19  
ONLY!**

\*Sale not available online. Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Available at all Choices locations.

# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Woolwich  
Chevrai Goat  
Cheese**  
113g

**\$3.99**



**Armstrong  
Natural  
Cheese Slices**  
220g - 240g

**\$4.99**



**Earth's Choice  
Organic Olive Oil**  
Extra Virgin, 1L

**\$24.99**

YOU SAVE  
**\$10.00**



**Maison Orphée  
Organic Wine  
Vinegar**  
White or Red, 500ml

**\$6.99**

**Saputo Mozzarellissima  
Cheese**

340g



**\$5.49**



**Native Forest  
Organic Sliced  
Peaches**

Also Pineapple  
Chunks, 398ml

**\$5.99**



**Earth's Choice  
Organic  
Coconut Milk**

Also Cream, 400ml

**2 FOR \$6.00**



**Biovert  
Dishwashing  
Liquid**

700ml

**2 FOR \$8.00**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Flora Organic  
Flax Oil**  
Assorted Varieties  
& Sizes

**20% OFF**



**Platinum Naturals  
Vitamins &  
Supplements**

Assorted Varieties &  
Sizes

**20% OFF**



**Bio-K Plus  
Probiotics**

Dairy & Non-Dairy  
Assorted Varieties,  
12 Pack

**\$43.99**



**Organika  
Bone Broths**

Chicken, Beef  
or Veggie Broth,  
Original or Ginger,  
300g

**\$39.99**



**Lily of the Desert  
Aloe Vera Gel**

Also Juice, Assorted  
Varieties & Sizes

**20% OFF**



**Nordic Naturals  
Cod Liver Oil**

Also Omega-3,  
Children's Fish Oil  
Supplements, Assorted  
Varieties & Sizes

**20% OFF**



**Suro Organic  
Elderberry Syrup**

Breath & Sleep,  
Assorted Varieties &  
Sizes

**20% OFF**



**Living Alchemy Your  
Flora Series & Fermented  
Activated Herbs**  
Assorted Varieties & Sizes

**20% OFF**



**South of  
France Soaps**

Bar or Liquid,  
Assorted Varieties,  
170g or 236ml

**\$7.49**



**Alba Botanica  
Hair Care**

Assorted Varieties,  
350ml - 355ml

**\$8.99**



**Aura Cacia  
Essential Oils**

Also Body Oils,  
Assorted Varieties  
& Sizes

**BUY 1 GET 1 FREE**



**Andalou Naturals  
Facial Care**

Assorted Varieties &  
Sizes

**25% OFF**



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**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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