



# CHOICES MARKET

100% BC OWNED AND OPERATED

## WEEKLY SAVINGS!

Prices Effective • February 22 - February 28, 2024

**SPECIAL PRICE**

**Ribeye Grilling Steaks or Roasts**  
Raised without Antibiotics,  
100% Grass Fed,  
Value Pack, Imported,  
26.43/kg

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

**YOU SAVE 59%**

**SPECIAL PRICE**  
**Tomatoes On the Vine**  
Grown in Mexico,  
5.47/kg

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

CHOICES MARKET

**SATURDAY, FEBRUARY 24**

JOIN US AT OUR SOUTH SURREY, NORTH VANCOUVER  
AND KELOWNA LOCATIONS ONLY FOR OUR

**ONE DAY ONLY**

**15% OFF\***

YOUR IN-STORE PURCHASE, INCLUDING ITEMS  
ON SALE THROUGHOUT THE ENTIRE STORE.  
\*Excluding Lotto and Gift Card purchases.  
One Day sale offer valid at South Surrey, North Vancouver  
and Kelowna locations only. Sale not available online.

**Magnesium Bisglycinate Plus 150 mg**  
Supports Healthy Muscle Function  
Sustained core values functionally immediate

**New Roots**

**20% OFF**

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

**\$5<sup>98</sup>**

**Organic Lemons**  
Grown in USA, 907g Bag

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

**Choices Pot Pies**  
Including NEW Masala  
Vegetable and Paneer,  
245g - 320g

**Mrs. Meyer's Hand Soap**  
Assorted Varieties, 370ml

**BUY 1 GET 1 FREE**

**Earth's Own Almond Beverage**  
1.89L

**\$3<sup>99</sup>**  
plus deposit & eco fee

**Choices Artisan Fruit Pies**  
8 Inch

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

**FEATURED CHOICE**

**Kicking Horse Organic Ground Coffee**  
Fair Trade, 284g

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



# PRODUCE FRESH • LOCAL • ORGANIC

LOCAL



\$4.98

**Organic Ambrosia Apples**  
Grown in BC, 1.36kg Bag



\$5.98

**Large Pineapples**  
Grown in Costa Rica



**Asparagus**  
Grown in Mexico,  
8.77/kg

\$3.98 / LB

## Organic Carrots

Orange or Rainbow,  
Grown in USA,  
Sold by the Bunch



\$3.98 / EA

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$3.49 / 100g

**Fresh Steelhead Fillets**  
Ocean Wise, Value Pack



LOCAL

\$6.99 / LB

**Fresh Chicken Breasts**  
Boneless Skinless, Value Pack, 15.41/kg



WESTERN  
CANADIAN

\$6.99 / LB

**Pork Belly Slices**  
Raised without Antibiotics, 15.41/kg



LOCAL

15% OFF

**Stapleton Sausages**  
Select Varieties, Frozen



LOCAL

\$12.99 / LB

**Rosdown Marinated Chicken Breasts**  
Boneless Skinless, Raised without Antibiotics,  
Select Varieties, 28.64/kg



**Greenfield Bacon**  
Raised Without  
Antibiotics,  
375g

\$7.99

**Soup Etc!**  
Select Varieties,  
700ml



2 FOR \$14.00



**Nature's Farm  
Omega-3 Free Run Eggs**

Large or Extra Large,  
Dozen



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



**Jordans Morning  
Crisp Cereals**

Including Muesli,  
375g & 400g

**\$6<sup>49</sup>**



**Only Oats  
Rolled Oats**

Including Flour,  
1kg

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

GLUTEN  
FREE



**We Love  
Van Honey**

Raw or Liquid,  
500g

**\$8<sup>49</sup>**



**Siggis  
Skyr Yogurt**

650g & 750g

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



**Donia Farms  
Grass Fed Yogurt**

650g

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



**Level Ground  
Organic Whole  
Bean Coffee**

Fair Trade, 300g

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



**Four O'Clock  
Organic Tea**

16 Bags

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



**Donia Farms  
Grass Fed Milk**

2% & 3.25%,  
2 L

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

plus deposit & eco fee

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



**Old Dutch  
Restaurant  
Tortilla Chips**

Also Arriba Tortilla  
Chips, 235g - 295g

**2 FOR \$7<sup>00</sup>**



**Purplesful  
Snacking  
Popcorn**

Purple Kernel, 136g

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



**Blue Monkey  
Sparkling Juice**

330ml

**2 FOR \$4<sup>00</sup>**

plus deposit & eco fee



**Covered Bridge  
Potato Chips**

142g & 170g

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



**Alter Eco Organic  
Chocolate Bars**

Fair Trade,  
75g - 84g

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



**RW Knudsen  
Organic  
Just Juice**

Select Varieties,  
946ml

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

plus deposit & eco fee



**Simply 7  
Quinoa Chips**

Also Lentil Chips,  
100g & 113g

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



**RJ's  
Licorice**

180g

**2 FOR \$5<sup>00</sup>**



**La Croix  
Sparkling Water**

8 Pack

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

plus deposit & eco fee



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

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



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

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



**Pastificio  
Di Martino Pasta**  
500g

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



**Saputo  
Shredded Cheese**  
320g

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



**Dairyland  
Sour Cream**  
450ml - 500ml

**\$3<sup>49</sup>**



**Cucina Antica  
Pasta Sauce**  
670ml

**\$7<sup>49</sup>**



**Armstrong  
Cheese**  
600g

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



**Violife Cheese  
Alternative**  
Blocks, Slices & Shreds,  
200g - 227g

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



**Chickapea  
Organic Pasta**  
227g

**\$4<sup>49</sup>**

**NOURISHING LIFESTYLES SINCE 1990**



**Gold Seal  
Wild Pink  
Salmon**  
213g

**2 FOR \$7<sup>00</sup>**



**Lucky  
Spring Rolls**  
241g

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



**Yves Meat  
Alternatives**  
Assorted Sizes

**\$4<sup>49</sup>**



**Casbah  
Side Dishes**  
198g & 340g

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



**Mutti  
Tomatoes**  
398ml

**2 FOR \$7<sup>00</sup>**



**Pacific Foods  
Organic Broths**  
946ml - 1L

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



**Bragg Liquid  
Soy Seasoning**  
473ml

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



**Maison Orphée  
Organic Canola Oil**  
Also Organic Sunflower  
Oil, 750ml

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



**Omega Nutrition  
Apple Cider  
Vinegar**  
946ml

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



## DELI PREPARED FRESH



**Happy Planet  
Fresh Soups**  
500ml - 650ml

**\$7.99**



**Spinach & Feta  
or Ricotta &  
Feta Twisters**

**2 FOR \$6.00**



**Sundried  
Tomato Turkey  
Breast**  
Also Dijon Turkey  
Breast

**\$3.99 / 100g**



**Choices  
Croissant  
Sandwiches**

**\$6.99 / EA**



**Choices  
Spaghetti &  
Meatballs**  
or Spaghetti &  
Chicken Parmesan  
425g - 550g

**\$9.99**



**Choices Chili**  
Beef, Turkey or Vegan,  
650ml

**\$8.99**



**Parmigiano  
Reggiano  
Cheese**

**\$5.99 / 100g**



**Le Grand Pestos  
or Chimichurri  
Sauces**  
170g

**\$5.99**



**Cows Creamery  
Appletree  
Smoked Cheddar  
Cheese**  
Also Extra Aged

**\$4.99 / 100g**

## BAKERY FRESH BAKED • WHOLESOME



**Choices  
Signature  
Cookies**  
12 Pack

**\$5.99**



**Choices  
Caramelized  
Onion Bread**  
Also Rosemary Bread,  
420g

**\$4.99**



**Choices Dessert  
Tuxedo Cups**  
Also Mocha  
Strawberry,  
150g

**\$3.99**



**Bakestone  
Brothers  
Organic Bagels**  
6 Pack

**\$5.49**



**La Tortilla  
Factory Tortillas**  
Assorted Varieties

**25% OFF**



**Saman Bakery  
Cookies &  
Crackers**  
160g - 250g

**\$2.00 OFF**

Let us help you  
**navigate  
nutrition**



**WITH A FREE,  
PERSONALIZED  
STORE TOUR**



**CHOICES  
MARKET**

REGISTER HERE OR  
VISIT US ONLINE AT  
[CHOICES.MARKET](https://www.choices.market)



# GROCERY

LOCAL • ORGANIC • SPECIALTY

## Hot Kid Rice Crisps

100g



2 FOR \$5.00

PLANT  
BASED



## Spread'em Cashew Cheeze

200g

\$7.99



## Mid-Day Functional Chocolate Squares

33g

2 FOR \$4.00



## Mezzetta Olives

398ml

\$6.99



## FreeYumm Crackers

120g

GLUTEN  
FREE

2 FOR \$7.00



## Made Good Organic Granola Bars

Also Cookies,  
Crackers, Assorted  
Sizes, Select Varieties

2 FOR \$7.00



## Nature's Bakery Fig Bars

6 Pack

\$6.99



## So Delicious Frozen Dessert

500ml

\$5.99

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



## Quantum Health Immune Vitamins & Supplements

Assorted Varieties  
& Sizes

20% OFF



## Vega Sport Protein

Assorted Varieties,  
801g - 837g

\$47.99



## Mineral Fusion Natural Cosmetics

Assorted Varieties  
& Sizes

25% OFF



## Weleda Facial & Body Care

Assorted Varieties  
& Sizes

25% OFF



## Natural Factors regenerLife Supplements

Assorted Varieties  
& Sizes

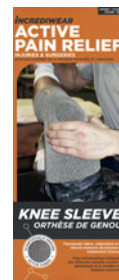
20% OFF



## Joy of the Mountains Oil of Oregano

Assorted Sizes

20% OFF



## Incrediwear Socks, Braces and Wraps

Assorted Varieties  
& Sizes

20% OFF



## NOW Essential Oils

Also Topical Body  
Oils, Assorted  
Varieties & Sizes

20% OFF



## Natural Factors Probiotics

Assorted Varieties  
& Sizes

20% OFF



## Enzymedica Digestive Enzymes

Assorted Varieties  
& Sizes

20% OFF



## Derma E Facial & Body Care

Assorted Varieties  
& Sizes

25% OFF



## Herbatint Natural Permanent Hair Colour

Assorted Varieties,  
1 Kit

\$16.99



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Kerrisdale - 1888 W 57th Ave, Vancouver  
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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