



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • February 29 - March 6, 2024

FEATURED CHOICE

Top Sirloin Steak or Roast

Raised without Antibiotics,
100% Grass Fed, Value Pack,
Imported, 17.61/kg

\$7.99 / LB

YOU SAVE
50%

SPECIAL PRICE

7 Seas Prawns
Raw or Cooked,
Frozen, 340g

\$9.99



\$6.49

Rosdown Roasted Half Chickens



SPECIAL PRICE

\$4.99 / 100G

Parmigiano Reggiano Cheese



\$4.99

Choices Signature Hot Cross Buns
Pack of 6



LOCAL

\$2.98 / LB

Organic Nugget Potatoes

Yellow and Red, From Fraserland Organics, BC,
6.57/kg



\$1.98 / EA

Hass Avocados

Imported



**Happy Planet
Organic Valencia
Orange Juice**
Including Smoothie Blends,
900ml & 1.75L

\$5.99

plus deposit & eco fee



**Organika
Collagen
Supplements**
Assorted Varieties
& Sizes

30% OFF



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

30% OFF



**Sprague Organic
Soup & Baked
Beans**
Select Varieties,
398ml

2 FOR \$7.00

PRODUCE FRESH • LOCAL • ORGANIC



Organic Chard

Red and Rainbow, Grown in USA,
Sold by the Bunch

2 FOR \$5.00



Mandarin Oranges

From Wonderful Halo,
USA, 907g Bag

\$6.98



Roma Tomatoes

Imported,
5.47/kg

\$2.48 / LB

Large Navel Oranges

Blue Jay Label,
From Johnston Farm,
USA, 4.37/kg

\$1.98 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Fresh Chicken Thighs

Boneless Skinless, Raised without Antibiotics,
Value Pack, 17.61/kg

\$7.99 / LB



Fresh Pork Back Ribs

Raised without Antibiotics

BUY 1 GET 1 FREE



Fresh Beef Stew

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

\$8.99 / LB



Hills Foods Sausages

Also Appetizers, Grinds, Burgers
Frozen, Assorted Sizes

25% OFF



Sockeye Salmon Fillets

Previously Frozen or Frozen,
Ocean Wise, Value Pack

\$3.49 / 100g



Duso's Stuffed Pasta

Select Varieties, 250g - 300g

\$6.49

**Country Golden Yolks
Free Range Large Eggs**
1 Dozen



\$6⁹⁹

**Canadian Heritage
Organics 100% Pure
Organic Maple Syrup**
500ml



\$12⁹⁹



**Silk
Dairy-Free
Beverages**
1.89L

\$5⁴⁹
plus deposit & eco fee



**Earth's Choice
Organic Peanut
Butter**
Assorted Varieties,
500g

\$5⁴⁹



**Bonne Maman
Jam & Jelly**
Imported from France,
250ml

\$4⁷⁹



**We Love Van
Honey**
Select Varieties,
500g

\$9⁹⁹



**Tree Island
Natural
Grass-Fed Yogurt**
1.5kg

\$11⁴⁹



**Dairyland
Organic Milk**
1.89L

\$4⁹⁹
plus deposit & eco fee



**Yoggu!
Coconut Yogurt**
450g

\$6⁹⁹

**PLANT
BASED**

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



**Genuine
Organic Tea**
15 Tea Bags

\$6⁴⁹



**Fiji Natural
Artesian Water**
1L

2 FOR \$5⁰⁰
plus deposit & eco fee



**Black River
Juice**
Also Lemonade, 1L

\$4⁹⁹
plus deposit & eco fee



**Mogiana
Coffee**
340g

\$12⁹⁹

LOCAL



**Vita Coco
Coconut Water**
1L

2 FOR \$8⁰⁰
plus deposit & eco fee



**Kettle Brand
Potato Chips**
368g

\$4⁹⁹



**Tate's Bake Shop
Cookies**
198g

\$6⁹⁹



**Paqui
Tortilla Chips**
155g

2 FOR \$8⁰⁰

**GLUTEN
FREE**



**Rise Organic
Kombucha**
1L

\$6⁹⁹
plus deposit & eco fee



**Primal Kitchen
Avocado Oil
Dressing**

237ml

\$8⁹⁹



**Only Goodness
Organic Broth**

Select Varieties,
946ml

2 FOR \$6⁰⁰



**Only Goodness
Organic
Smoothie Blend**

Select Varieties,
Frozen, 500g

2 FOR \$9⁰⁰



**Bragg
Organic Apple
Cider Vinegar**

473ml

\$4⁹⁹



**Only Goodness
Organic
Vegetables**

Frozen, 500g

2 FOR \$7⁰⁰



**Only Goodness
All Purpose Cleaner**

Also Glass Cleaner,
Select Varieties,
710ml & 950ml

2 FOR \$7⁰⁰



**Bubbies
Pickles &
Sauerkraut**

750ml & 1L

\$8⁹⁹



**Nora's
Non-Dairy
Frozen Dessert**

500ml

\$6⁴⁹



**Gardein
Meatless Products**

Frozen, Select Varieties,
Assorted Sizes

\$5⁴⁹



NOURISHING LIFESTYLES SINCE 1990



**Bioitalia Organic
Tomato Sauce**

Including Pesto,
Assorted Varieties
160ml & 660ml

\$5⁹⁹



**Garofalo
Pasta**

500g

2 FOR \$6⁰⁰



**Indian Life
Indian Meals**

Frozen, Also Cooking
Sauces, Select
Varieties, Assorted
Sizes

\$6⁹⁹



**Bar Harbor
Chowders &
Bisque**

284ml & 398ml

2 FOR \$9⁰⁰



**Caulipower
Cauliflower Pizza**

Frozen, 310g

\$7⁴⁹



**Lundberg
Organic Jasmine
Rice**

Also Basmati Rice,
907g

\$9⁹⁹



**Konscious
Sushi Products**

Frozen, 204g & 210g

\$6⁹⁹



**Nature Clean
Dish Soap**

Also Multi Surface
Cleaner, Select Varieties
Liquid, 740ml

\$4⁹⁹



**Echoclean
Liquid Laundry
Detergent**

1.5L

\$8⁹⁹

DELI

PREPARED FRESH



**Choices' Own Fresh
Soup & Sandwich or
Wrap Combo**
Assorted Varieties & Sizes

\$9.99



**Choices' Own Coffee
& Fresh Baked Muffin
Combo**

\$2.99



**Choices Curry
Paneer Chickpea**
Also Moroccan
Chickpea Salads

\$2.19 / 100g



**Rosemary or
Honey Ham**

\$2.99 / 100g



**Summer Fresh
Hummus
Toppers**
255g

\$5.49



**Choices Lemon
Herb Potatoes**
Also Savoury
Mexican Wedges

\$1.39 / 100g



**Provolone
Cheese**

\$3.49 / 100g



Gouda Cheese
Mild, Medium or
Aged, Imported

\$3.99 / 100g



**German
Cambozola
Cheese**

\$5.99 / 100g



**Choices
Quiche**
4.5 Inch

2 FOR \$12.00

BAKERY

FRESH BAKED • WHOLESOME



**Choices Bakers Crusty
Loaf**
450g

\$3.49



**Choices
Sourdough
Seeded Rye
Bread**
760g

\$5.99



**Choices
Red Velvet Cake**
Also Vanilla Cream, 6 Inch

\$19.99



**Choices Apple
Cinnamon Muffins**
Also Blueberry Lemon,
Wheat Free, 4 Pack

\$5.99



**Portofino
Breads**
Assorted Varieties
& Sizes

\$4.99



**Choices
Artisan Cookies**
6 Pack

\$6.99



**Laughing Daughters
Molasses Ginger Snap**
Also Chocolate Coconut
Shortbread, 308g & 422g

\$9.99

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



Saputo Feta Cheese
Regular or Light,
200g

\$4.49



Lesley Stowe Artisan Crisps
150g

\$6.49



Breyers Creamery Style Ice Cream
1.66L

\$6.99



Smart Sweets Low Sugar Gummies
50g

2 FOR \$7.00



Faith Farms Cheese
360g & 380g

\$6.99



Gone Crackers
142g

\$5.99



FreeYumm Bars & Cookies
135g & 154g

2 FOR \$8.00

GLUTEN FREE



Ritter Sport Chocolate Bars
Select Varieties,
100g

2 FOR \$7.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Whole Earth & Sea MultiVitamins
60's or 120's

FROM \$37.99



Host Defense Medicinal Mushroom Supplements
Assorted Varieties & Sizes

20% OFF



NutraSea Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

25% OFF



AOR Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Aiya Matcha Green Tea
Culinary or Ceremonial Grade,
30g & 100g

FROM \$21.99



St. Francis Herb Farm Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Vitality Vitamins & Supplements
Assorted Varieties

20% OFF



Schmidt's Natural Deodorant
Assorted Varieties,
75g

\$9.99



Herbaria Wild-Crafted Herbal Tea
Assorted Varieties,
25 Pack

\$3.99



Natural Factors Magnesium Supplements
Select Varieties,
Assorted Sizes

20% OFF



Sisu Ester-C Supplements
Select Varieties,
Assorted Sizes

20% OFF



BUY 1 GET 1 FREE



Shop online at ChoicesMarket.com



@ChoicesMarket



/DiscoverChoicesMarket



@ChoicesMarket



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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.