

CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • March 14 ~ 20, 2024

FEATURED CHOICE

**Organic
Strawberries**
Imported, 454g Pkg.

\$6.98

SPECIAL PRICE

**Organic
Asparagus**
From Mexico, 10.98/kg

\$4.98 / LB



\$1.49 / 100g

Choices Dijon Potato Salad
Also Traditional Macaroni Salad



\$4.49

Choices Sourdough Bread
Levain Style, 530g



YOU SAVE
34%

SPECIAL PRICE

\$5.99 / LB

Boneless Skinless Chicken Breasts

Fresh, Value Pack,
13.21/kg



YOU SAVE
59%

\$11.99 / LB

Ribeye Grilling Steaks or Roasts

100% Grass Fed, Raised without Antibiotics,
Value Pack, Imported, 26.43/kg



\$10.99

Choices Artisan Fruit Pies

575g



**Organika
Collagen
Supplements**
Assorted Varieties
& Sizes

35% OFF



**Kettle Brand
Potato Chips**
Family Size Bag,
368g

\$3.99



**Smart Sweets
Gummies**
Low Sugar,
50g

2 FOR \$7.00

PRODUCE FRESH • LOCAL • ORGANIC



Organic Navel Oranges
Large, From USA, 5.47/kg

\$2.48 /LB



Organic Russet Potatoes
Also Pugly, Yellow or Red Potatoes, From BC, 2.27kg Bag

\$3.98



Hot House Mini Cucumbers
From USA
454g Pkg.

\$4.98

Lemons
From USA



4 FOR \$3.00

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Fresh Pork Sirloin Chops or Roast
Raised without Antibiotics

BUY 1 GET 1 FREE



Fresh Chicken Thighs
Raised without Antibiotics, Value Pack, 11.00/kg

\$4.99 /LB



Choices' Own Fresh Sausages
Made in Store, Raised without Antibiotics, Varieties include Pork, Chicken or Turkey

20% OFF



Fresh Ground Pork
Raised without Antibiotics, Value Pack, 13.21/kg

\$5.99 /LB



Cod or Sole Fillets
Fresh, Ocean Wise

30% OFF



Freybe Rhineland Bacon
Double Smoked, 375g

\$7.99

Grimm's Sizzlin' Smokies
450g



\$7.99



Stahlbush Island Farms Vegetables

Assorted Varieties & Sizes, Frozen

2 FOR \$6.00



Farmer's Market Organic Canned Pumpkin

Also Butternut Squash, Sweet Potato, 397g - 425g

\$3.99



Wholly Veggie! Frozen Products

284g - 375g

\$5.99



Konscious Sushi Products

Frozen, 204g & 210g

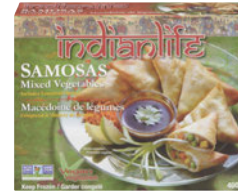
\$6.99



Caulipower Cauliflower Pizza

Frozen, 310g

\$8.49



Indian Life Frozen Indian Meals

Also Cooking Sauces, Chutney, Select Varieties, Assorted Sizes

\$6.99



Gratitude Canned Salmon

Boneless Skinless, Select Varieties, 150g

\$4.99



Bar Harbor Chowders

Also Bisque, Herring & Whole Clams, Assorted Sizes

2 FOR \$9.00



Sprague Organic Soup

Also Simply Soup, 398ml

2 FOR \$7.00

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



Nuts For Cheese Organic Cheese Alternative

120g

\$8.99



Gone Crackers

Also Jalapeño Jelly, Select Varieties, 142g & 250ml

\$5.99



Mezzetta Pasta Sauce

Also Pesto, 709ml or 177ml

\$5.49



Mary's Organic Crackers

Also Kookies, 142g

\$4.99



Armstrong Cheese

600g

\$9.99



Favuzzi Pasta

500g

\$4.99



Only Goodness Organic All Purpose White Flour

2 kg

\$12.99



Only Goodness Organic Apple Cider Vinegar

473ml

\$2.99



Spectrum Organic Extra Virgin Olive Oil

750ml

\$18.99



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

\$5.49



**Savör
Grass Fed
Butter**
250g

\$5.99



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

\$12.99



**Nuts to You
Organic Peanut
Butter**
750g

\$7.99



**Only Goodness
Organic Honey**
375g

\$4.99



**Holy Crap
Organic
Superseed Blend**
225g

\$6.99



**Yoggu!
Coconut Yogurt**
450g

\$6.99



**Twinings
Tea**
20 Tea Bags

\$4.99



**Siggi's
Skyr Yogurt**
650ml - 750ml

\$5.99

NOURISHING LIFESTYLES SINCE 1990



**Avalon
Organic Yogurt**
1.75kg

\$9.99



**Anita's
Organic Oats**
1kg

\$7.99



**Joyya
Ultrafiltered
Milk**
1L

\$4.99

plus deposit & eco fee



**Bremner's
100% Juice**
946ml

\$12.99

plus deposit & eco fee



**Earth's Own
Fresh
Oat Beverage**
1.75L

\$3.99

plus deposit & eco fee



**Santa Cruz
Organic
Lemonade**
Also Limeade,
946ml

\$4.49

plus deposit & eco fee



**Old Dutch
Potato Chips**
Also Ridgies,
200g & 235g

2 FOR \$7.00



**Fiji Natural
Artesian Water**
1L

2 FOR \$5.00

plus deposit & eco fee



**Rise Organic
Kombucha**
1L

\$6.99

plus deposit & eco fee

DELI

PREPARED FRESH



Indianlife Naan

Also Roti or Chapati Wraps, Select Varieties, 250g - 500g

\$2.00 OFF



Habibi's Dip & Hummus

200g - 240g

\$4.49



Rosstown Roasted Chickens

\$11.99



Choices 7 Layer Dip

Large Size

\$8.99



Cajun or Italian Chicken Bites

225g

\$6.49



Choices Pasta Salads

\$1.99 / 100g



Kaltbach Cave Aged Gruyere Cheese

\$5.99 / 100g



Kerrygold Irish Cheese

198g

\$7.99



Bella Casara Burrata Cheese

200g

\$13.99



Truly Grass-Fed Cheddar Cheese

Also Ireland's Own, 198g

\$7.99

BAKERY

FRESH BAKED • WHOLESOME



Choices Hot Dog Buns

White or Whole Wheat, Pack of 6

\$4.49



Choices Muffins

Pack of 4

\$5.99



Choices Irish Cream Cake

6 Inch

\$10.99

Choices Cookies & Cream Cheesecake

Also Chocolate Mousse, Low Carb, 60g - 90g



\$4.99



Silver Hills Sprouted Power Bread

430g - 615g

2 FOR \$9.00



Uprising Jumbo Gingersnaps

6 Pack

2 FOR \$8.00

Let us help you
navigate
nutrition



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PERSONALIZED
STORE TOUR



CHOICES
MARKET

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CHOICES.MARKET



GROCERY

LOCAL • ORGANIC • SPECIALTY



Zevia Tea & Energy Beverages
355ml

2 FOR \$4.00
plus deposit & eco fee



Tate's Bake Shop Cookies
198g

\$6.99



Panda Natural Licorice
170g

2 FOR \$7.00



Nature Clean Laundry Detergent
Liquid, 3L

\$12.99



Vita Coco Coconut Water
1L

2 FOR \$8.00
plus deposit & eco fee



Chapman's Specialty Ice Cream
500ml

\$5.99



FreeYumm Cookies
Also Bars, 135g & 154g

2 FOR \$8.00



Nature Clean Dish Detergent
Also Multi-Surface Cleaner, Select Varieties, 740ml

\$4.69

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Progressive Vitamins & Supplements
Assorted Varieties & Sizes

30% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Flora Digestive Enzymes
Assorted Varieties & Sizes

20% OFF



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

25% OFF



Now Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Smart Solutions Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



AOR Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Thinksport Suncare
Assorted Varieties & Sizes

25% OFF



Healthology Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Magnesium Supplements
Select Varieties, Assorted Sizes

20% OFF



Prairie Naturals Vitamin D3 1000 IU
15ml

BUY 1 GET 1 FREE



Alaffia Everyday Shea Hair & Body Care
Assorted Varieties, 950ml

\$17.99



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CHOICES MARKET

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.