



CHOICES MARKET

100% BC OWNED AND OPERATED

SPRING CHOICES!

Prices Effective • March 21 - 27, 2024



SPECIAL PRICE

Organic Whole Frying Chicken
Fresh, Free Range,
Non-GMO, 13.21/kg

\$5.99 / LB

LOCAL

SPECIAL PRICE

Organic Blueberries
from USA, 1 Dry Pint

\$5.98 / EA



2 FOR \$8.00

Choices Wild Salmon Cakes
130g



FROM \$5.99

Choices Mexican Fajitas
Also Quesadillas or Burritos, 200g - 375g



\$5.99 / LB

Freybe's Holiday Ham
13.21/kg



LOCAL

\$1.78 / EA

Long English Cucumbers
from BC

FEATURED CHOICE



YOU SAVE \$4.50

Island Farms Ice Cream
1.65L

\$5.99



Genuine Health Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF

BIOITALIA SPECIAL BOGO OFFER



Buy 1 jar of Bioitalia Organic Pasta Sauce 660ml and receive 1 package of 500g Bioitalia Organic Spaghetti for Free

PRODUCE FRESH • LOCAL • ORGANIC



Organic Celery
from Mexico,
3.26/kg

\$1.48 / LB



Tomatoes On the Vine
from Mexico,
5.47/kg

\$2.48 / LB



Everyday Floral Bouquet

\$14.98

May not be exactly as shown.

Organic Pears

Bartlett, Bosc & d'Anjou, Imported,
7.67/kg

\$3.48 / LB



Cantaloupe Melon

Imported

\$4.98 / EA



Gerbera Daisies

Assorted Colours,
5 Stem Bunch

\$9.98



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



WESTERN
CANADIAN

\$5.99 / LB

Pork Centre Cut or Rib Chops

Value Pack or Pork Roasts, Raised without
Antibiotics, 13.21/kg



\$10.99 / LB

Boneless Leg of Lamb Roast or Steaks

Raised without Antibiotics, Free Range, New
Zealand, 24.23/kg



\$5.99 / LB

Lean Ground Beef

Raised without Antibiotics, Grass Fed,
Imported, 13.21/kg



GLUTEN
FREE

\$11.99

Harvest Bacon

Naturally Smoked, No MSG Added, 500g



WILD
CAUGHT

\$3.29 / 100g

Sockeye Salmon Fillets

Ocean Wise, Previously Frozen or Frozen



WILD
CAUGHT

\$3.99 / EA

Ahi Tuna Steaks

Frozen or Previously Frozen, 6oz

Maple Hill Farms Free Range Large Eggs
1 Dozen



5⁹⁹

Tree Island Grass Fed Greek Yogurt
1.5kg



11⁴⁹ **LOCAL**

Mogiana Whole Bean Coffee
340g



12⁹⁹ **LOCAL**

Rabbit River Farms Egg Whites
Cage Free, 500g



5⁴⁹

Bremner's Organic Fruit
Frozen, 600g



7⁹⁹ **LOCAL**

Elias Raw Creamed Natural Honey
500g



9⁹⁹

Terra Breads Granola
340g



6⁹⁹ **LOCAL**

Olympic Crema Yogurt
650g



5⁴⁹ **LOCAL**

Genuine Organic Tea
15 Tea Bags



6⁹⁹

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

Brew Dr. Organic Kombucha
414ml



2 FOR \$6⁰⁰
plus deposit & eco fee

Hardbite Potato Chips
128g - 150g



2 FOR \$6⁰⁰ **LOCAL**

GoodDrink Natural Iced Tea
473ml



2 FOR \$5⁰⁰
plus deposit & eco fee

Ritter Sport Chocolate Bars
Select Varieties, 100g



2 FOR \$7⁰⁰

Greenhouse Organic Cold-Pressed Juice
300ml



5⁹⁹
plus deposit & eco fee

Prana Organic Trail Mix
150g



4⁶⁹

YumEarth Organic Licorice
142g



7⁴⁹

Camino Organic Baking Chocolate and Chocolate Chips
Fair Trade, Select Varieties, 200g - 225g



6⁹⁹

Carr's Crackers
125g & 150g



2 FOR \$6⁰⁰



**Rolling Meadow
Grass Fed Milk**
2L

\$5.69
plus deposit & eco fee



**L'Anctère
Organic
Cheese**
325g

\$11.99



**McVitie's
Cookies**
300g & 400g

2 FOR \$9.00



**Avalon
Butter**
454g

\$8.99



**Savör
Crackers**
170g & 185g

2 FOR \$4.00



**Arla
Organic Cream
Cheese**
Assorted Flavours,
200g

2 FOR \$9.00



**Olympic
Organic
Sour Cream**
500ml

\$4.69



**Armstrong
Cheese Slices**
220g & 240g

\$5.49



**Good to Go
Keto Bar**
40g

2 FOR \$4.00

NOURISHING LIFESTYLES SINCE 1990



**Cape Herb &
Spice Table Top
Grinders**
Assorted Sizes

\$5.99



**Lundberg
Organic Jasmine
Rice**
Also Basmati Rice,
907g

\$9.99



**Dream Pops
Frozen Dessert**
4 Pack

PLANT
BASED

\$4.99



**Earth's Choice
Organic Beans**
Select Variety,
No Salt Varieties,
398ml

2 FOR \$5.00



**Bragg Organic
Apple Cider
Vinegar**
473ml

\$4.99



**Amy's Organic
Canned Soup**
398ml

2 FOR \$9.00



**La Tourangelle
Organic Extra
Virgin Olive Oil**
750ml

\$14.99



**Delverde
Pasta**
250g ~ 450g

2 FOR \$5.00



**Raincoast Global
Wild Skipjack
Tuna**
142g

2 FOR \$6.00

DELI

PREPARED FRESH



Choices Fresh Sushi Rolls
Assorted Varieties, 155g - 245g

\$6.49



Choices Turkey Breast
Cooked or Smoked

\$3.99 /100g



Choices Veggie Cakes
140g

2 FOR \$5.00



Choices Hummus
250g

\$4.49



Bothwell Cheese

20% OFF



Vitale Sliced Prosciutto
Also Salami, 100g

\$9.99



Cows Creamery Cheddar Cheese
Extra Aged or Appletree Smoked

\$4.99 /100g



Tre Stelle Feta Cheese
200g

\$6.99

BAKERY

FRESH BAKED • WHOLESOME



Choices White Bread
500g

\$3.99



Choices Multigrain Bread
530g

\$5.99



Choices Signature Cookies
6 Pack

\$5.99



Choices Keto Puddings
Strawberry or Peanut Butter, 150g

\$4.29



Choices Mini Ganache Cupcakes
Also Carrot Cake, 4 Pack

\$4.29



Choices Kalamansi Cake
Also Tiramisu, 6 Inch

\$19.99



Rebel Foods Seed & Nut Bars
300g

\$7.99

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



Sol Cuisine Products
255g - 300g

\$5.49

PLANT BASED



Tofurky Roast
with Stuffing,
736g

\$15.99

PLANT BASED



Only Goodness Bread Crumbs
454g

\$7.49

GLUTEN FREE



Only Goodness Chocolate Chip Cookies
165g

2 FOR \$8.00



Better Than Bouillon Base

Select Varieties,
227g

5.99



Earthbound Farm Organic Vegetables
Frozen, 300g - 400g

\$2.99



Only Goodness Organic Broths
Select Varieties,
946ml

3 FOR \$8.00



Only Goodness Laundry Detergent
2.95L

\$15.49

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



MegaFood MultiVitamins
Assorted Varieties & Sizes

25% OFF



CanPrev Beauty Supplements
Select Varieties,
Assorted Sizes

20% OFF



Vitality Vitamins & Supplements
Assorted Varieties & Sizes

30% OFF



Renew Life Cleanses
Select Varieties,
Assorted Sizes,

25% OFF



Natural Factors Stress & Sleep Supplements
Select Varieties,
Assorted Sizes

20% OFF



Purica Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Sisu Ester-C Supplements
Assorted Varieties & Sizes

20% OFF



Flora Probiotics
Assorted Varieties & Sizes

20% OFF



Preferred Nutrition Berberine
Also Supplements,
Assorted Varieties & Sizes

20% OFF



NutraSea Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

20% OFF

Newco Natural Skin, Oral Care & Supplements
Assorted Varieties & Sizes



20% OFF

Santevia Alkaline Water Pitchers
Also Water Systems & More,
Assorted Varieties & Sizes



20% OFF



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