



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • April 4 - 10, 2024

SPECIAL PRICE

Top Sirloin Steak or Roast

Raised without Antibiotics,
100% Grass Fed,
Imported, Value Pack,
\$17.61/KG

\$7.99 / LB

YOU SAVE
50%

SPECIAL PRICE

Organic
Hass Avocados
Imported

YOU SAVE
\$1.50

\$1.98 / EA



WHILE SHOPPING, PLEASE SAMPLE OUR 2 NEW DELI & BAKERY ITEMS



YOU SAVE
25%

\$3.99



YOU SAVE
16%

2 FOR \$5.00

Choices Focaccia

Red Onion & Rosemary or
Sundried Tomato & Olive, 315g

NEW

Choices Veggie Patty

NEW



AquaOmega
Omega-3 Fish Oil
Supplements
Assorted Varieties &
Sizes

40% OFF



Alter Eco
Organic
Chocolate Bars

Fair Trade,
75g - 84g

2 FOR \$6.50

YOU SAVE
35%



Natural Factors
Vitamin D
Assorted Varieties &
Sizes

BUY 1 GET 1 FREE



Vega One
All-in-One
Nutritional Shakes

Assorted Varieties,
827g - 876g

\$44.99

YOU SAVE
30%

FEATURED CHOICE



Made Good Organic
Granola Bars

Also Granola Minis,
Crackers, Granola, Cookies
& Drizzled Oat Bites
100g - 121g

40% OFF

PRODUCE FRESH • LOCAL • ORGANIC



\$6.98 / EA

Organic Blackberries
Imported, 170g Pkg.



Organic Kale
Green, Red and Black
Imported, Sold by the
Bunch

2 FOR \$5.00

Organic Grape Tomatoes
Imported,
340g Pkg.

\$3.98 / EA



Large Cauliflower
from USA

\$3.98 / EA

Iceberg Lettuce
from USA

\$3.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Organic Lean Ground Beef
100% Grass Fed, Value Pack, \$28.64/KG



\$7.99 / LB

Fresh Chicken Thighs
Boneless, Skinless, Raised without Antibiotics,
\$17.61/KG



25% OFF

Fresh Ground Chicken
Breast or Leg Meat, Raised without Antibiotics



\$6.99 / LB

Fresh Pork Back Ribs
Raised without Antibiotics, \$15.41/KG



\$4.99 / 100G

Halibut Cheeks
Ocean Wise



\$8.99 / EA

Greenfield Bacon
Raised without Antibiotics, 375g



\$2.49 / 100G

Mahi Mahi Fillets
Previously Frozen, Ocean Wise



Hills Foods Sausages
Also Appetizers, Grinds, Burgers
Frozen, Assorted Sizes

Nature's Farm
Free Range Omega-3 Eggs
 Large or Extra Large, 1 Dozen



\$6.49

Meadowvale Creamery Butter
 454g



\$6.49

Uncle Luke's
Organic Maple
Syrup
 250ml



\$6.49



Crofter's Organic
Fruit Spreads
 383ml

\$6.49



Wedderspoon
Raw Manuka
Honey
 250g

\$18.99



Bob's Red Mill
Steel Cut Oats
 Also Scottish Oatmeal,
 Select Varieties
 Including Organic,
 567g - 680g

\$5.99



Nature's Path
Organic Hot
Cereals
 6 & 8 Packs

\$4.99



The Granola King
Gourmet Granola
 Including Hazelnut
 Hemp, 2kg

\$26.99



Donia Farms
Grass Fed Yogurt
 650g

\$4.99

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



Stash Tea
 18 & 20 Bags

2 FOR \$9.00



Silk Almond
Beverage
 Also Soy, Fresh,
 1.75L & 1.89L

\$5.69
 plus deposit & eco fees



Sapsucker Organic
Sparkling Tree
Water
 355ml

3 FOR \$5.00
 plus deposit & eco fees



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

\$14.99



RW Knudsen
100% Just Juice
 Select Varieties, 946ml

\$9.99
 plus deposit & eco fees



Guayaki Organic
Yerba Mate Tea
 Including New
 Varieties - Peach
 & Berry Lemonade,
 458ml

2 FOR \$5.00
 plus deposit & eco fees



Riviera
Coconut Milk
Kefir
 946ml

\$5.99
 plus deposit & eco fees



Flow Organic
Flavoured Spring
Water
 500ml

3 FOR \$4.00
 plus deposit & eco fees

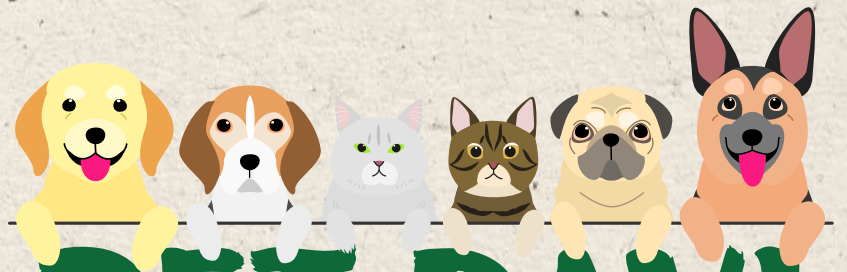


Remedy
Organic
Kombucha
 No Sugar, 4 Pack

\$6.49

CHOICES  MARKET

CELEBRATE
NATIONAL



PET DAY!



15%

ALL PET FOOD AND
WELLNESS PET SUPPLEMENTS!*

THURSDAY, APRIL 11

ONE DAY ONLY

*Sale not available online.

Check out Choices' Instagram for an exclusive
ONLINE GIVEAWAY to celebrate National Pet Day!

START HERE -->





Cape Herb & Spice Salt & Pepper

Select Varieties
& Sizes

\$8⁹⁹



Bragg Organic Apple Cider Vinegar

946ml

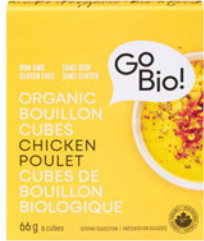
\$7⁹⁹



Mutti Baby Roma Tomatoes

398ml

2 FOR \$7⁰⁰



GoBio! Organic Bouillon Cubes

Also Organic Gravy
Cubes, 54g - 66g

\$3⁴⁹



Earth's Choice Organic Canned Beans

Select Varieties,
398ml

3 FOR \$7⁰⁰



Carbone Premium Pasta Sauce

660ml

\$9⁹⁹



Dairyland Sour Cream

450ml - 500ml

\$2⁹⁹



Maison Orphée Extra Virgin Olive Oil

750ml

\$16⁹⁹



Rustichella Traditional Italian Pasta

500g

\$5⁴⁹

NOURISHING LIFESTYLES SINCE 1990



Hardbite Root Chips

150g



2 FOR \$10⁰⁰



Laid Back Snacks

120g - 140g

\$5⁹⁹



Mid-Day Squares Functional Chocolate Squares

33g

2 FOR \$4⁰⁰



Barbara's Cheez Puffs

155g & 198g



2 FOR \$6⁰⁰



Hornby Organic Energy Bars

80g



2 FOR \$5⁰⁰



Caboo Bamboo Bathroom Tissue

12 Rolls

\$8⁹⁹



Lundberg Organic Rice Cakes

Also Organic Minis
& Thin Stackers,
Assorted Sizes

\$4⁹⁹



Healthy Hippo Low Sugar Gummies

50g

2 FOR \$6⁰⁰



V.I.P. Ultra Laundry Detergent

Liquid, 2.95L

BUY 1 GET 1 FREE

DELI

PREPARED FRESH




**Rosstown
Roasted
Chickens**

\$11.99



**Choices
Curry Entrées**
Assorted Varieties,
435g - 540g

\$8.99



**Spanakopita
Spinach Pies**
2 Pack

\$7.99

GLUTEN FREE



**Vancouver
Soup**
700ml

\$7.99



**Habibi's
Hummus**
Family Size,
450g

\$7.99



**Choices
Turkey Breast**
Cooked or Smoked,
Antibiotic Free

\$4.49 /100gr



**Dofino
Havarti
Cheese**
Assorted Varieties

\$2.99 /100gr



**Happy Days
Goat Cheese**

20% OFF

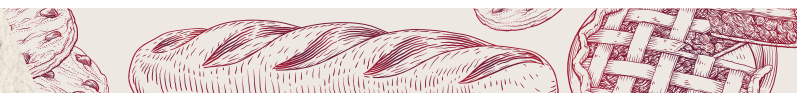


**Saputo
Mozzarella
Fresca Cheese**
200g

\$5.99

BAKERY

FRESH BAKED • WHOLESOME



**Choices Wholesome
Country Sourdough Bread**
575g



\$4.99

**Silver Hills
Sprouted Power
Organic Bagels**
400g



\$4.99

Uprising Bread
Cracked Wheat &
Sunflower or Whole
Wheat Raisin,
650g - 740g



\$4.99

**Uprising Jumbo
Gingersnap
Cookies**
300g



2 FOR \$8.00

**Little Northern
Bakehouse Loaf**
White, Whole Grain
or Sweet Hawaiian,
539g - 567g



GLUTEN FREE

\$6.99

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



\$3.99

**Choices
Brownies**
Salted Caramel or
Indulgence,
150g - 170g



\$5.99

Choices Cake
Tuxedo or
Tre Citrus,
410g - 450g



\$12.99

CHOICES  MARKET

APRIL 5 - APRIL 7, 2024

WELLNESS SPECIAL
20% OFF*

3 DAYS ONLY

YOUR WELLNESS, VITAMINS AND
SUPPLEMENTS IN-STORE PURCHASE,
INCLUDING ITEMS ON SALE.

*Excluding Lotto and Gift Card purchases. Sale not available online.

GROCERY

LOCAL • ORGANIC • SPECIALTY

Armstrong Cheese

600g



\$9.99

Sunrise Tofu

Medium, Firm & Extra Firm,
Select Varieties & Sizes



2 FOR \$5.00

Nina's Pierogies

Includes
Gluten-Free
Varieties, Frozen
400g - 500g



\$9.49

Amy's Burritos

Select Varieties, Frozen,
170g



2 FOR \$8.00



Woolwich Chevrai Goat Cheese

113g

\$3.69



Bob's Red Mill Chocolate Cake Mix

Also Assorted
Flours, Select
Varieties & Sizes

\$5.99



Chapman's Frozen Yogurt

Assorted Varieties,
2L

\$5.99



Righteous Gelato & Sorbeto

473ml - 562ml

\$6.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Manitoba Harvest Hemp Hearts

Also Hemp Yeah!
Proteins, Assorted
Varieties & Sizes

20% OFF



Natural Calm Magnesium

226g

25.99



Vega Sport Products

Assorted Varieties
& Sizes

20% OFF



Derma-E Facial & Body Care

Assorted Varieties
& Sizes

30% OFF



Purica Vitamins & Supplements

Assorted Varieties
& Sizes

20% OFF



Natural Factors B12 Methylcobalamin

Bonus Size,
210 Caps

15.99

ALL BONUS
BOTTLES ON
SALE



Bio-K Plus Probiotics

Dairy &
Non-Dairy
Varieties

FROM \$21.99



Sukin Botanicals Natural Face & Hair Care

Assorted Varieties
& Sizes

25% OFF



Enzymedica Digestive Enzymes

Assorted Varieties
& Sizes

20% OFF



Sisu Vitamins & Supplements

Assorted Varieties
& Sizes

20% OFF



Boiron Homeopathic Remedies

Assorted Sizes
& Varieties

20% OFF

Natracare Natural Feminine Hygiene Products

Assorted Sizes



20% OFF



Shop online at [ChoicesMarket](https://www.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.