



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY CHOICES!

APRIL 27 & 28 ONLY

PLANT SALE

See last page for details.

Prices Effective • April 25 - May 1, 2024

WESTERN CANADIAN

FEATURED CHOICE

Pork Tenderloin
Raised without Antibiotics, Fresh

BUY 1 GET 1 FREE

YOU SAVE 50%

SPECIAL PRICE

Hot House 3 Colour Peppers
from BC, 907g Pkg.

\$5.98 / EA

YOU SAVE \$2.00

LOCAL

LOCAL

YOU SAVE \$1.50

\$2.28 / LB

Hot House Tomatoes
from BC, \$5.03/kg

YOU SAVE 22%

\$6.99

Choices Croissant Sandwiches
Ham & Swiss, Turkey Swiss, Egg Salad or Chicken Salad



20% OFF

Organic Traditions Superfoods Products
Assorted Varieties & Sizes



\$5.99
Plus dep & eco fees

Zevia Zero Sugar Soda
Stevia Sweetened, 6 Pack

YOU SAVE 30%

NEW

YOU SAVE 20%

\$3.99

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

ALL OTHER IRON VEGAN SPORTS PRODUCTS

30% off
REGULAR RETAIL

Iron Vegan Sprouted Protein
or Athlete's Blend Protein, 1 kg

\$49.99



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



AOR Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF

PRODUCE FRESH • LOCAL • ORGANIC



2 FOR \$5.00

Organic Rainbow and Red Chard
Imported, Sold by the Bunch



LOCAL

\$3.98 / EA

Organic Bunched Spinach
from Olera Farm, BC



Organic Ataulfo Mangoes
from Mexico

2 FOR \$5.00

Organic Lemons

from USA, 907g Bag

\$5.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Organic Lean Ground Beef
Fresh, Canadian, Value Pack, \$28.64/KG



LOCAL

\$4.99 / LB

Choices' Own Frying Chickens
Fresh, Raised Without Antibiotics, \$11.00/KG



LOCAL

\$8.99 / LB

Organic Chicken Thighs
Fresh, Value Pack, \$19.82/KG



WILD CAUGHT

20% OFF

Cod or Sole Fillets
Fresh, Ocean Wise



WILD CAUGHT

\$3.29 / 100G

Coho Salmon Fillets
Previously Frozen, Ocean Wise



Duso's Stuffed Pasta
250g - 300g

\$5.99

Greenfield Bacon

Raised Without Antibiotics, 375g

\$7.99





Canadian Heritage Organics Maple Syrup
100% Pure, 1L

\$23.99

Maple Hill Farms Free Range Organic Eggs
Extra Large, 1 Dozen



\$7.49/EA



Kicking Horse Organic Ground Coffee
Fairtrade, 284g

\$9.99/EA



Olympic Organic Yogurt
Select Varieties, 650g

\$4.49



The Granola King Gourmet Granola
2kg

\$26.99



Silk Dairy-Free Beverages
1.75L - 1.89L

\$4.99
Plus dep & eco fees



Donia Farms Grass Fed Milk
2L

\$5.99
Plus dep & eco fees



One Degree Organic Sprouted Oats
Select Varieties, 680g

\$5.99
GLUTEN FREE



Celestial Seasonings Herbal Teas
Assorted Varieties, 20 Bags

2 FOR \$8.00

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



Rizopia Brown Rice Pasta
Select Varieties, 454g

2 FOR \$4.00



Mutti Canned Cherry Tomatoes
Select Varieties, 398ml

\$3.29



Safe Catch Wild Yellowfin Tuna
Also Solid White Tuna, Select Varieties, 142g

2 FOR \$7.00



Garofalo Pasta
Select Varieties, 500g

\$2.99



Omega Nutrition Organic Apple Cider Vinegar
Select Varieties, 946ml

\$5.49



Maille Mustard
Select Varieties, 200ml

\$5.49



Kikkoman Sauces
Assorted Sizes, Select Varieties

\$5.49



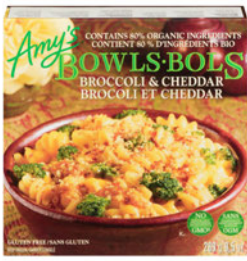
Yes!i Nutritional Yeast Dressings
Also Dips, 350ml

\$6.49



Lakanto Monk Fruit Sweetener
Select Varieties, 235g

\$6.99



Amy's Bowls

Also Meals & Entrées,
Assorted Sizes,
Frozen

\$649



Amy's Burritos

Select Varieties,
Frozen, 170g

\$399



Beyond Meat Alternative Sausage

Also Ground,
Select Varieties,
400g

\$799



Sunrise Medium Tofu

Select Varieties,
454g

2 FOR \$400



Wildbrine Organic Sauerkraut

Also Non GMO Kimchi,
500g & 500ml

\$749



Las Margaritas Fresh Salsa

500ml

\$599



Tre Stelle Mozzarella Cheese Ball

340g

\$599



Phoeapolis Organics Extra Virgin Olive Oil

750ml

\$1699



Saputo Shredded Cheese

Select Varieties,
320g

\$649

NOURISHING LIFESTYLES SINCE 1990



Biotta Organic Vegetable Juice

500ml

\$599
Plus dep & eco fees



Whistler Glacial Spring Water

1L

2 FOR \$300
Plus dep & eco fees



Tonica Organic Kombucha

Low Sugar,
355ml

BUY 1 GET 1 FREE
Plus dep & eco fees



Two Bears Frothed Oat Lattes

Also Flash Brews,
207ml

2 FOR \$500
Plus dep & eco fees



Clif Bar Energy Bars

68g

3 FOR \$500



Chimes Ginger Chews

42.5g

3 FOR \$500



Whittaker's Chocolate Bars

200g & 220g

\$399



Island Farms Classic Ice Cream

Select Varieties,
1.65L

\$649



Echoclean Biodegradable Dish Soap

Select Varieties,
740ml

2 FOR \$700

DELI PREPARED FRESH



Choices Fresh Rolls
148g - 245g

\$6.49



Farmcrest Specialty Roasted Chickens

\$13.99



Choices Salad
Cranberry Broccoli
Coconut, Persian
Couscous or Pesto
Orzo with Spinach

\$2.19 /100G



NEW

Baked Samosas
Including Vegetable
Quinoa or Chicken,
140g

2 FOR \$6.00



Choices Asian Inspired Bowls
Rice or Noodle,
350g - 415g

\$8.49



Habibi's Hummus
Family Size,
450g

\$7.99



Black Forest Ham

\$2.49 /100G



Coastal Rugged Cheddar Cheese
200g

\$8.99



Dofino Havarti Cheese

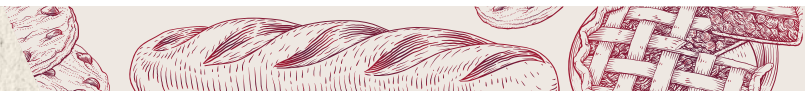
\$2.99 /100G



Bothwell Edam Cheese
Also Mozzarella

\$3.79 /100G

BAKERY FRESH BAKED • WHOLESOME



\$2.99

Choices Baker's Bastone
Also Crusty Loaf or Italian
Baguette, 250g - 450g



Choices Cake Slices
Assorted
Varieties,
120g - 150g

\$3.99



Choices Signature Cookies
200g

\$5.99



Choices Luscious Lemon Cream Pie
Also Young Coconut Pie, 250g

\$6.99



Dempster's Bagels
5 & 6 Packs

2 FOR \$9.00



GLUTEN FREE

GluteNull Bars
Also Cookies or
Squares,
210g - 320g

\$9.99



GLUTEN FREE

Laughing Daughter's Decadent Brownie
Also Lemon Poppyseed
Cake Slice, 125g - 366g

FROM \$3.99

Let us help you
**navigate
nutrition**



**WITH A FREE,
PERSONALIZED
STORE TOUR**

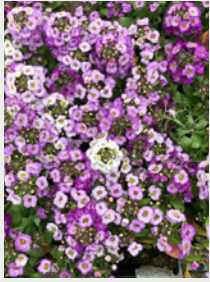
CHOICES MARKET

REGISTER HERE OR
VISIT US ONLINE AT
CHOICES.MARKET



2 DAY PLANT SALE SATURDAY, APRIL 27TH & SUNDAY, APRIL 28TH

Excluding Kelowna and Parksville locations



Assorted Flowering Annuals
606 Pack

\$4.49



Organic Mint Mojito Herb Plant
Tried & True,
4 Inch Pot

\$4.29



Assorted Geranium Plants
4 Inch Pot

\$4.99



Ocean Plus Earth Mix
Cinnabar Valley Farms, 40 Litre Bag

\$17.99



Organic Thyme Herb Plant
Tried & True,
4 Inch Pot

\$4.29



Organic Lavender Bandera Purple Herb Plant
Tried & True,
4 Inch Pot

\$4.29



Herb Planter
Assorted Plants, 13 Inch Pot

\$25.99

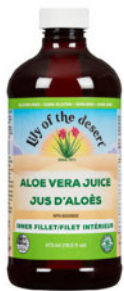


Island's Finest Planter Box Mix
Cinnabar Valley Farms, 30 Litre Bag

\$12.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Lily of the Desert Aloe Vera Juice
Also Gel, Assorted Sizes & Varieties

30% OFF



NutraSea Omega-3 Fish Oil Supplements
Assorted Sizes & Varieties

20% OFF



CanPrev Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Whole Earth & Sea Protein & Greens
Assorted Varieties, 390g - 438g

\$62.99



Organika Vitamins & Supplements
Assorted Sizes & Varieties

25% OFF



Manitoba Harvest Hemp Hearts
Also Hemp Yeah! Assorted Sizes & Varieties

25% OFF



Natural Factors CoQ10
Also Ubiquinol Supplements, Assorted Sizes & Varieties

20% OFF



Purica Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Weleda Body Care
Assorted Sizes & Varieties

25% OFF



Earth Science Facial Care
Assorted Sizes & Varieties

\$11.99



Alba Botanica Hair Care
Assorted Varieties, 355ml

\$8.99

Natracare Natural Feminine Hygiene Products
Assorted Sizes & Varieties



20% OFF

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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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