



CHOICES MARKET

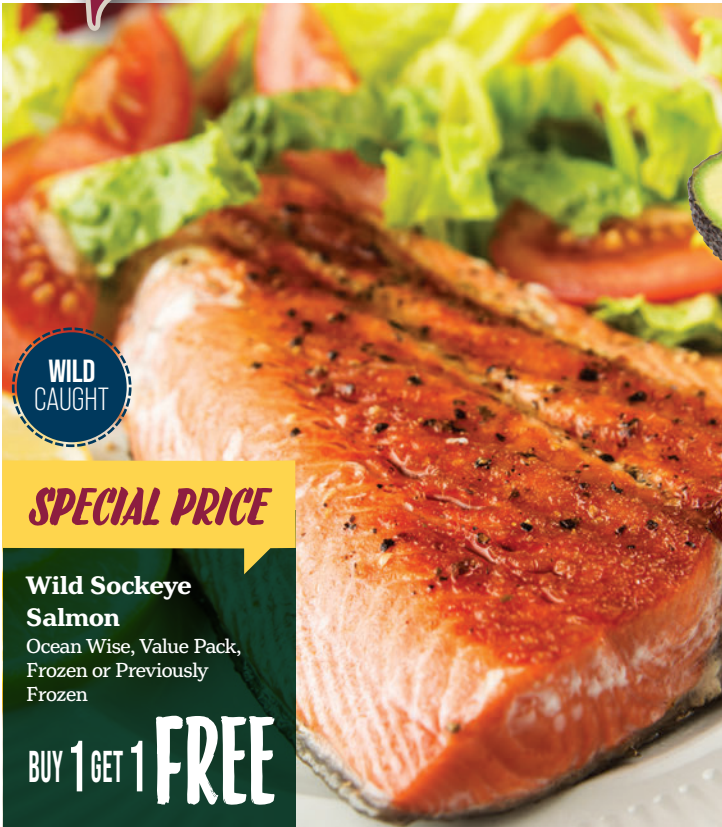
100% BC OWNED AND OPERATED

BUY ONE GET ONE FREE!

MAY 4 & 5 ONLY

PLANT SALE

Prices Effective • May 2 - May 8, 2024



WILD CAUGHT

SPECIAL PRICE

Wild Sockeye Salmon

Ocean Wise, Value Pack, Frozen or Previously Frozen

BUY 1 GET 1 FREE

SPECIAL PRICE



Organic Avocados
from Mexico

BUY 1 GET 1 FREE



BUY 1 GET 1 FREE

Country French Bread
480g



BUY 1 GET 1 FREE

Arla Cheese Slices
125g - 165g



Mary's Organic Crackers & Kookies
Assorted Varieties

BUY 1 GET 1 FREE

GLUTEN FREE



BUY 1 GET 1 FREE

Northern Glacier White Prawns
Raw or Cooked, Ocean Wise, Frozen, 340g



BUY 1 GET 1 FREE

Organic Bunched Carrots
Imported

FEATURED CHOICE

Greenhouse Organic Cold-Pressed Juice & Boosters
Assorted Varieties

BUY 1 GET 1 FREE
plus deposit & eco fee



Organika Organic Spirulina Powder
300g or 500g

BUY 1 GET 1 FREE



The Green Beaver Toothpaste
75ml - 100ml

BUY 1 GET 1 FREE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Gala Apples
from USA,
1.36kg Bag

\$5.98 / EA



Mini Seedless Watermelon
Imported

\$5.98 / EA



Gourmet Bouquet

\$24.98 / EA

Blackberries
from USA,
170g Pkg.



\$3.98 / EA

Cherry Tomatoes
Cameo or Tango
1 Dry Pint



\$3.98 / EA

Asiatic Lily
Sold by the Bunch



\$9.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



SPECIAL PRICE

\$13.99 / LB

Organic Chicken Breast
Fresh, Boneless Skinless, \$30.84/KG



SPECIAL PRICE

BUY 1 GET 1 FREE

Ribeye Steaks
Raised Without Antibiotics, 100% Grass Fed, Value Pack



\$4.99 / LB

Pork Sirloin Chops
Fresh, Boneless, Raised Without Antibiotics,
\$11.00/KG



\$3.99 / LB

Chicken Drumsticks
Raised Without Antibiotics, Value Pack, \$8.80/KG



Freybe's Rhineland Bacon
Double Smoked,
375g

\$7.99

Old Country Pastas
350g - 907g



20% OFF



Yves Wieners
Also Pepperoni, Ham & Bologna Slices, Assorted Sizes & Varieties

BUY 1 GET 1 **FREE**



Raincoast Global Wild Skipjack Tuna
Select Varieties, 142g

BUY 1 GET 1 **FREE**



Quesava Poppers
Also Samosas & Perogies, Assorted Sizes

BUY 1 GET 1 **FREE**



Casa Fiesta Canned Beans
Also Seasonings, Assorted Sizes

BUY 1 GET 1 **FREE**



Mezzetta Olives
Assorted Sizes

BUY 1 GET 1 **FREE**



Lily's Chocolate Bars
Sweetened with Stevia, 80g & 85g

BUY 1 GET 1 **FREE**



Cove Organic Kombucha
Also Soda, 355ml

BUY 1 GET 1 **FREE**
plus dep & eco fees



We Love Van Honey
375g

BUY 1 GET 1 **FREE**



Avafina Organic Quinoa
Select Varieties, 425g

BUY 1 GET 1 **FREE**

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



YOU SAVE **\$8.50**

Acropolis Organic Extra Virgin Olive Oil
500ml

\$19.99



Rao's Premium Pasta Sauce
660ml

\$10.99

Delverde Pasta
450g



2 FOR \$5.00



Lundberg Nutra-Farmed Rice
907g

\$7.99



Pacific Foods Organic Broth
Select Varieties, 946ml - 1L

2 FOR \$9.00



Daiya Dairy-Free Pizza
Also Flatbread, Assorted Sizes, Select Varieties

\$7.49



Earthbound Farm Organic Vegetables
Frozen, Assorted Sizes

\$2.99



L'Ancêtre Organic Cheese
Select Varieties, 325g

\$10.99



Hardbite Natural Potato Chips
128g - 150g

\$2.99



La Croix Sparkling Water
8 Pack

\$5.99
plus dep & eco fees

**Maple Hill Farms
Free Range Eggs**
Large, 1 Dozen



\$5.99



**49th Parallel
Coffee**
340g

\$13.99



**Organic Meadow
Organic Milk**
4L

\$10.49
plus dep & eco fees



**Tre Stelle
Shredded
Cheese**
Select Varieties,
Assorted Sizes

2 FOR \$10



**Organic Meadow
Organic Butter**
Grass Fed,
Lightly Salted,
250g

\$8.99



**Blue Diamond
Almond Breeze**
Fresh, 1.89L

\$4.99
plus dep & eco fees



**Joyya
Ultrafiltered
Milk**
1L

\$4.79
plus dep & eco fees



**Yoggu!
Coconut
Yogurt**
450g

\$6.49



**Riviera Petite
Style Yogurt**
Select Varieties,
4 Pack

\$5.99



**Earth Balance
Buttery
Spread**
Select Varieties,
425g

\$5.99

NOURISHING LIFESTYLES SINCE 1990

**Casa Bonita Organic
Tortilla Chips**



Cantina Style
Select Varieties,
300g

\$4.79



**Mrs. Renfro's
Salsa**
473ml

\$5.49



**Cholula
Sauces**
150ml

\$5.99



**Sober Carpenter
Non-Alcoholic
Beverage**
Made in Canada,
473ml

2 FOR \$4.00
plus dep & eco fees



**Hobbs
Pickles**
Select Varieties, 1L
New York Taste -
West Coast Vibe

\$11.99



**Daiya
Cheese Slices**
Also Blocks & Shreds,
Select Varieties,
Assorted Sizes

\$4.29



**Nuts for Cheese
Organic Spreads**
Select Varieties,
210g

\$8.49



**Nature's
Bakery Whole
Wheat Fig
Bars**
6 Pack

\$6.99



**FreeYumm
Crackers**
GMO Free, 120g

\$3.99



**Chocolove
Premium
Chocolate
Bars**
88g - 90g

2 FOR \$7.00



**Dream Pops
Bites Frozen
Dessert**
Select Varieties,
118ml

\$5.99

PLANT BASED

DELI PREPARED FRESH



Vegetable Herb Samosa
160g

2 FOR \$6.00



Summer Fresh Hummus Toppers
Assorted Varieties,
255g

\$5.49



Choices Fajita
Vegetable or Chicken,
220g - 250g

BUY 1 GET 1 FREE



Choices Egg Bites
Broccoli Cheddar or Spinach & Feta,
80g - 90g

4 FOR \$6.00



Choices Fresh Salsa
Mango, Corn or Tomato, 350g

FROM \$5.99



Choices Wild Salmon Lox Bagels

\$8.99



Choices Ready to Eat Wraps

\$9.99



Choices Ready to Eat Artisan Salads
Assorted Sizes

FROM \$8.99



Henri Willig Gouda Cheese
Mild, Medium, Aged or Spiced Cumin

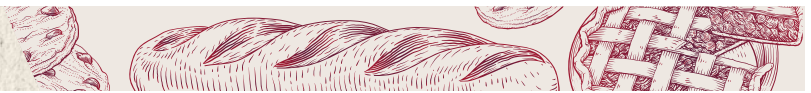
\$3.99 / 100gr



Old Fashioned Ham

\$2.99 / 100g

BAKERY FRESH BAKED • WHOLESOME



Choices Artisan Loaf
Caramelized Onion & Rosemary,
420g

\$5.99



Silver Hills Sprouted Power Organic Buns
Hamburger & Hot Dog, 330g - 390g

\$4.99



Choices Dessert Cups
Mocha, Strawberry or Tuxedo, 150g

\$4.49



Choices Cookies
Wheat-Free Select Varieties
90g - 200g

\$5.99



Choices Banana Bread
Also Orange Cranberry Loaf,
300g - 454g

\$7.99



Little Northern Bakehouse Bagels
Pack of 4

\$5.99



Alkeme Ancient Grains Sourdough Bread
725g

\$8.99



La Tortilla Factory Organic Tortillas
Select Varieties,
216g - 240g

BUY 1 GET 1 FREE

Let us help you navigate nutrition



WITH A FREE, PERSONALIZED STORE TOUR

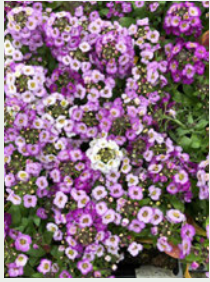
CHOICES MARKET

REGISTER HERE OR VISIT US ONLINE AT CHOICES.MARKET



2 DAY PLANT SALE SATURDAY, MAY 4TH & SUNDAY, MAY 5TH

Excluding Kelowna and Parksville locations



Assorted Flowering Annuals
606 Pack

\$449



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

\$429



Assorted Geranium Plants
4 Inch Pot

\$499



Ocean Plus Earth Mix
Cinnabar Valley Farms, 40 Litre Bag

\$1799



Organic Thyme Herb Plant
Tried & True, 4 Inch Pot

\$429



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

\$429



Herb Planter
Assorted Plants, 13 Inch Pot

\$2599



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

\$1299

WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Botanica Perfect Protein
Also Perfect Protein Elevated, Assorted Varieties, 629g-840g

\$5599



Flora Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Living Alchemy Your Flora Series
Also Fermented Activated Herbals, Assorted Sizes & Varieties

25% OFF



Nordic Naturals Fish Oil Supplements
Assorted Sizes & Varieties

25% OFF



Natural Factors Vitamin A, D & K Supplements
Assorted Sizes & Select Varieties

20% OFF



AOR Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



WithinUs TruMarine Collagen
Also Creamers & Rehydrate, Assorted Sizes & Varieties

20% OFF



Nature's Way Herbal Supplements
Assorted Sizes & Varieties

20% OFF



Mad Hippie Facial Care
Assorted Sizes & Varieties

20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties

\$1799



Mineral Fusion Natural Cosmetics
Assorted Sizes & Varieties

30% OFF



Jason Naturals Body & Hair Care
Assorted Sizes & Varieties

25% OFF

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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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