



# CHOICES MARKET

100% BC OWNED AND OPERATED

# CHOICES FOR MOM!

MAY 11 & 12 ONLY

# PLANT SALE

See last page for details.

Prices Effective • May 9 - 15, 2024

**SPECIAL PRICE**

**Organic Asparagus**  
Grown in Mexico,  
10.98/kg

**YOU SAVE 37%**

**\$4.98 / LB**

**Top Sirloin Steaks or Roast**  
100% Grass Fed, Raised without Antibiotics, Imported, Value Pack, \$19.82/KG

**YOU SAVE 43%**

**LOCAL**

**YOU SAVE for 2 \$2.96**

**Long English Cucumbers**  
Grown in BC

**2 FOR \$3.00**

CHOICES MARKET

# MOTHER'S DAY SALE

**20% OFF BODY CARE\***  
INCLUDING SALE ITEMS

**3 DAY SPECIAL, MAY 10<sup>TH</sup>, 11<sup>TH</sup> & 12<sup>TH</sup> ONLY!**

\*Excluding Lotto, Gift Card purchases & Pharmacy prescriptions. Sale not available online.

**WESTERN CANADIAN**

**BUY 1 GET 1 FREE**

**Pork Butt Steaks or Roast**  
Fresh, Raised without Antibiotics

**2 FOR \$10.00**

**Choices Quiche**  
5 Inch

**Choices Mother's Garden Cupcakes**  
Pack of 4

**\$6.99**

**New Roots Vitamins & Supplements**  
Assorted Varieties & Sizes

**25% OFF**

# FEATURED CHOICE

**Spring Mix Hanging Basket**  
Cedar Rectangular  
15 Inch Pot

**\$59.99**

# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Cantaloupe Melons**  
Grown in Mexico

**\$4.98** / EA



**Organic Heirloom Tomatoes**  
from Origin O, BC,  
\$13.18/KG

**\$5.98** / LB



**European Bouquet**  
Cello Wrapped

**\$34.98** / EA

**Organic Grapefruit**  
Grown in Mexico,  
1.81kg Bag



**\$8.98** / EA

**Tomatoes On the Vine**  
Grown in BC,  
\$4.37/KG



**\$1.98** / LB

**Gerbera**  
5 Stems per bunch,  
Sold by the Bunch



**\$8.98** / EA

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$9.99** / LB

**Flank Steak**

100% Grass Fed, Raised without Antibiotics, Imported, \$22.02/KG



**\$8.99** / LB

**Chicken Thighs**

Fresh, Boneless, Skinless, Raised without Antibiotics, from BC, \$19.82/KG



**20% OFF**

**Ground Turkey Breast or Leg**

Raised without Antibiotics, from BC



**\$2.99** / 100G

**Sable Fish Fillets**

Fresh, Ocean Wise



**\$13.99** / LB

**Rosdown Farms Chicken Breasts**

Marinated, Select Varieties, Raised without Antibiotics, from BC, \$30.84/KG



**\$15.99** / EA

**Pinty's Wings**

Select Varieties, Frozen, 780g

**Nature's Farm Organic  
Omega-3 Eggs**  
Large, One Dozen



**\$8.49**



**Only Oats  
Quick Oats**  
1kg



**\$7.99**



**Avalon  
Organic Milk**  
1L

**\$3.89**  
plus deposit & eco fee



**Elias  
Raw Honey**  
Creamed,  
500g

**\$8.99**



**Canadian Heritage  
Organics Maple  
Syrup**  
500ml

**\$12.99**



**Pamela's Baking  
& Pancake Mix**  
680g



**\$9.99**



**Olympic  
Organic Yogurt**  
Select Varieties,  
1.75kg

**\$10.99**



**Donia Farms  
Grass Fed  
Yogurt**  
650g

**\$4.99**



**Bremner's  
Frozen Fruit**  
Including Organic  
Varieties, 600g

**\$7.99**

**TASTED THE GOOD NEWS YET? DISCOVER ONLY GOODNESS**



**Only Goodness  
Organic Peanut  
Butter**  
500g

**\$5.99**



**Only Goodness  
Organic  
Smoothie Blend**  
Select Varieties, 500g

**2 FOR \$9.00**



**Only Goodness  
Organic  
Macaroni &  
Cheese**  
170g

**\$2.89**



**Tree Island  
Greek Yogurt**  
Select Varieties,  
Assorted Sizes

**\$4.49**



**Chasers 100%  
Cold Pressed  
Juice**  
Select Varieties,  
1L

**\$10.99**  
plus deposit & eco fee



**Rise  
Organic  
Kombucha**  
1L

**\$6.99**  
plus deposit & eco fee



**Boylan Bottling  
Sugar Cane  
Soda**  
Natural Ingredients,  
4 Pack

**\$9.99**  
plus deposit & eco fee



**Frog Friendly  
Organic Coffee  
Beans**  
340g

**\$12.99**



**Earth's Own  
UHT Oat  
Beverage**  
946ml



**\$3.49**  
plus deposit & eco fee



**Mogiana  
Coffee**  
Single Origin,  
Hand Crafted,  
340g

**\$12.99**



**Traditional  
Medicinals  
Organic Herbal  
Tea**  
Select Varieties,  
16 Bags

**2 FOR \$8.00**



**Kettle Brand  
Potato Chips**  
198g  
**GLUTEN FREE**  
2 FOR \$6.00



**Siete  
Tortilla Chips**  
142g  
**GLUTEN FREE**  
\$5.99



**RJ'S  
Licorice**  
Select Varieties,  
180g  
2 FOR \$7.00



**Seattle  
Chocolate  
Chocolate Bars**  
70g  
\$4.29



**Armstrong  
Cheese Slices**  
Assorted Sizes  
\$4.99



**Frontier Organic  
Southwest Mix**  
Including Chili, Fajita,  
Taco Mix & French Onion  
Dip, Select Varieties,  
Assorted Sizes  
BUY 1 GET 1 FREE



**Sonoma Creamery  
Cheddar Crisps**  
64g  
\$4.99



**Amy's  
Pizza**  
Hand Stretched,  
Select Varieties,  
Frozen, 397g  
\$10.99



**Gardein  
Meal Alternatives**  
Select Varieties, Frozen  
Assorted Sizes  
\$5.99  
PLANT BASED



**Sunrise  
Soyganic Tofu**  
Select Varieties,  
Assorted Sizes  
2 FOR \$6.00

**NOURISHING LIFESTYLES SINCE 1990**



**Lundberg  
Nutra-Farmed  
Rice**  
Select Varieties,  
907g  
\$7.99



**Spectrum  
Organic Extra  
Virgin Olive Oil**  
750ml  
\$16.99



**Cape Herb &  
Spice Table Top  
Spice Grinders**  
Select Varieties,  
Assorted Sizes  
\$4.99



**King Soba  
Organic Noodles**  
Select Varieties,  
Assorted Sizes  
\$4.49



**Earth's Choice  
Organic Canned  
Beans**  
Including No Salt Variety,  
398ml  
3 FOR \$6.99



**Primal Kitchen  
Salad Dressings**  
Avocado Oil,  
Select Varieties, 237ml  
\$8.99



**Ocean's  
Light Tuna**  
Pole & Line,  
Select Varieties,  
170g  
3 FOR \$7.00



**Earth's Choice  
Organic Coconut  
Milk**  
Also Cream, Select  
Varieties, Assorted  
Sizes  
35% OFF



**Chapman's  
Premium  
Ice Cream**  
500ml  
\$5.49



**Simply Protein  
Snack Bars**  
12g Protein &  
2g Sugar per Bar,  
Select Varieties, 40g  
2 FOR \$4.00  
PLANT BASED

**DELI** PREPARED FRESH



**Zorba's Spanakopitas**  
or Mushroom & Parmesan Pies,  
185g

2 FOR \$10.00



**Choices Greek Salad**  
440g

\$8.99 / EA



**Choices Pasta Salads**

\$2.29 / 100G



**Choices Wild Salmon Cakes**  
130g

2 FOR \$8.00



**Choices Fresh Rolls**  
148g - 195g

\$6.49 / EA



**Rosstown Roasted Chickens**

\$11.99 / EA



**ILE DE FRANCE Brie Cheese**

\$4.49 / 100G



**Choices Organic Cheese**

20% OFF



**Bothwell Edam Cheese**

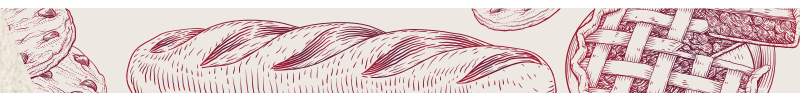
\$3.49 / 100G



**Delico Cheddar Cheese**  
Garlic & Chives

\$4.49 / 100G

**BAKERY** FRESH BAKED • WHOLESOME



**Choices Feta & Olive Sourdough Bread**  
or Cranberry Walnut Bread, 420g - 520g

\$4.99



**Choices Raspberry White Chocolate Cake**  
540g

\$14.99



**Choices Scones**  
Pack of 2

\$4.29 / EA



**Choices Brownies**  
Also Blondies,  
50g - 65g

2 FOR \$6.00



**Silver Hills Sprouted Power Breads**  
430g - 615g

2 FOR \$9.00



**Stuyver's Brioche Hamburger Buns**  
or Island City Hot Dog Buns, Pack of 6 - 8

\$6.99



**Little Northern Bakehouse Wide Loaves**  
567g

\$7.49

GLUTEN FREE



**Rebel Cookies**  
Assorted Varieties,  
Pack of 12

\$7.99

GLUTEN FREE

**CHOICES MARKET**  
**MOTHER'S DAY SALE!**

**20% OFF**  
**BODY CARE\***  
INCLUDING SALE ITEMS  
**3 DAY SPECIAL, MAY 10, 11 & 12 ONLY!**

**SUNDAY, MAY 12, 2024**

JOIN US FOR A  
**MOTHER'S DAY CUPCAKE DECORATING DAY**  
FROM 10AM - 2PM

Available at all Choices locations.

\*Sale not available online. Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Available at all Choices locations.

# 2 DAY PLANT SALE SATURDAY, MAY 11<sup>TH</sup> & SUNDAY, MAY 12<sup>TH</sup>



**Assorted Flowering Annuals**  
606 Pack

**\$4.49**



**Organic Assorted Tomato Plant**  
Tried & True,  
4 Inch Pot

**\$3.49**



**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**



**Organic Assorted Vegetable Plants**  
4 Inch Pot

**\$3.49**



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

**\$12.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Organika Collagen Supplements**  
Assorted Varieties & Sizes

**30% OFF**



**Smart Solutions Vitamins & Supplements**  
Assorted Varieties & Sizes

**25% OFF**



**Progressive Multivitamins & Probiotics**  
Assorted Varieties & Sizes

**25% OFF**



**BioSil Supplements**  
Also Medi-C,  
Sealicious & Vegiday,  
Assorted Varieties & Sizes

**20% OFF**



**NutraSea Omega-3+D Fish Oil Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Ener-C Effervescent Vitamin C**  
or Vitamin D Drink Mix,  
24 - 30 Pack

**\$15.99**



**Vega Sport Products**  
Assorted Varieties & Sizes

**20% OFF**



**The Kelowna Candle Factory**  
Beeswax & Soy Candles,  
Assorted Varieties & Sizes

**15% OFF**



**Andalou Naturals Face & Body Care Products**  
Assorted Sizes

**20% OFF**



**Skin Essence Organics Face Care**  
Assorted Sizes

**15% OFF**



**South of France Soaps**  
Liquids or Bars,  
Assorted Varieties,  
236ml or 170g

**\$7.99**



**NOW Essential Oils**  
Also Topical Body Oils,  
Assorted Varieties & Sizes

**15% 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

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