



CHOICES MARKET

100% BC OWNED AND OPERATED

LONG WEEKEND SPECIALS!

MAY 18 - 20 ONLY

PLANT SALE

See last page for details.

Prices Effective • May 16 - 22, 2024



FEATURED CHOICE

Striploin Steaks

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

\$9.99 / LB

YOU SAVE
63%

SPECIAL PRICE

Only Goodness Organic Button Mushrooms

Grown in BC, Select Varieties,
227g Pkg.

\$2.98 / EA



Asparagus
Grown in BC,
\$10.98/KG

\$4.98 / LB

YOU SAVE
\$2.00



**Rosssdown
Roasted
Chickens**

\$11.99 / EA



**Choices
Hamburger or
Hot Dog Buns**
Pack of 6

2 FOR \$7.00



**Flora
Vitamins &
Supplements**
Assorted Varieties
& Sizes

25% OFF



WILD
CAUGHT

YOU SAVE
44%

\$2.99 / 100G

Sockeye Salmon Fillet

Ocean Wise, Previously Frozen or Frozen,
Value Pack



\$3.98 / EA

Strawberries

Grown in USA, 454g Pkg.

YOU SAVE
\$3.00

CHOICES' EXCLUSIVE



NEW

\$39.99 / EA

Organika Electrolytes Iced Tea
210g



**Hardbite
Potato Chips**
128g - 150g



\$2.99



**La Croix
Sparkling Water**
8 x 355ml

\$5.99

plus dep & eco fees



**Breyers
Creamery Style
Ice Cream**
1.66L

\$7.99

PRODUCE FRESH • LOCAL • ORGANIC

LOCAL



\$4.98 / EA

Organic Ambrosia Apples
Grown in BC, 1.36kg Bag



Nectarines
Grown in USA,
\$8.77/KG

\$3.98 / LB

Organic Kale

Green, Black and Red, Grown in USA,
Sold by the bunch

2 FOR \$5.00



Everyday Bouquet

\$14.98 / EA

Assorted Spray Mums

\$7.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



LOCAL



\$3.99 / LB

Fresh Chicken Drumsticks

Raised without Antibiotics, Value Pack, \$8.80/KG

LOCAL



Rossdown Farms Chicken Breast Kabobs

Raised without Antibiotics, Select Varieties, 400g

\$9.99 / EA



Choices Own BBQ Sausages

Raised Without Antibiotics, Pork, Chicken & Turkey Varieties

20% OFF



BUY 2 GET 1 FREE

Grimm's Sizzlin Smokies

Select Varieties, 450g



\$14.99 / EA

Belmont Beef Burgers

Frozen, 852g

WESTERN CANADIAN



\$7.99 / LB

Fresh Pork Back Ribs

Raised Without Antibiotics, \$17.61/KG



\$12.99 / EA

Harvest Bacon

Select Varieties, 500g



\$9.99 / EA

Northern Glacier Shrimp

Ocean Wise, Raw or Cooked, Frozen, 340g



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

\$6.49



**Nuts to You
Almond Butter**
Assorted Varieties,
365g

\$7.99



**49th Parallel
Coffee**
340g

\$13.99



**Happy Planet
Creamery
Organic Fine
Cultured Butter**
Grass Fed, 200g

\$8.99



**Siggi's
Skyr Yogurt**
Assorted
Varieties & Sizes

\$5.99



**Earth's Own
Oat Barista
Blend**
946ml

\$4.99



**The A2 Milk
Company
Milk**
2L

\$5.99
plus dep & eco fees



**Silk
Non-Dairy
Beverage**
Assorted
Varieties & Sizes

\$5.49
plus dep & eco fees



**Yoggu!
Coconut Yogurt**
Made With Dairy
Free Probiotic
Cultures, 450g

\$6.49

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



Leclerc Cookies
Célébration or
Praeventia, Assorted
Varieties & Sizes

\$4.49



**RW Knudsen
Just Juice**
946ml

\$11.99
plus dep & eco fees



**Fever-Tree
Tonic Water**
Also Sodas,
Assorted Varieties,
8 Pack

\$5.99
plus dep & eco fees



**Organic
Traditions
Dried Fruit**
Assorted Varieties
& Sizes

\$5.99



**Alkiss
Alkaline
Water**
4L

\$3.99
plus dep & eco fees



**Zevia Zero Sugar
Energy Drinks**
Naturally Sweetened,
Assorted Varieties,
355ml

3 FOR \$5.00
plus dep & eco fees



**Old Dutch
Potato Chips**
Regular or Ridgies,
200g & 235g

2 FOR \$6.50



**NoochPop !
Nutritional
Yeast Popcorn**
Plant-Based, 120g

2 FOR \$8.00



**The Good Crisp
Potato Chips**
160g

2 FOR \$8.00



**Favuzzi
Pasta Sauce**
Assorted
Varieties,
480ml

\$6⁹⁹

**Jovial Organics Einkorn
Whole Wheat Pasta**
Assorted Varieties & Sizes



\$4⁴⁹



**Earthbound
Farm
Vegetables**
Assorted Varieties &
Sizes, Frozen

2 FOR \$6⁰⁰



**Suzie's Organic
Condiments**
Assorted Varieties
& Sizes

30% OFF



**Maison Orphée
Unrefined Oil**
Sesame or Sunflower,
Assorted Varieties,
500ml & 750ml

\$12⁹⁹



**Naked & Saucy
Organic Coconut
Seasoning Sauces**
Assorted Varieties,
296ml

30% OFF



**Hornby Organic
Energy Bars**
Select Varieties,
80g

2 FOR \$5⁰⁰



**Camino
Fair Trade
Organic
Chocolate Bars**
80g & 100g

2 FOR \$7⁰⁰



**Laiki 100%
Whole Grain
Rice Crackers**
100g

2 FOR \$6⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**Holy Napoli
Frozen Pizza**
Assorted Varieties
& Sizes

\$5⁹⁹



**Armstrong
Cheese**
600g

\$8⁹⁹



**RW Garcia
Crackers**
155g - 180g

\$5⁹⁹



**Plumm Good
Organic Rice
Cakes**
185g

\$4⁴⁹



**Big Mountain
Foods Meat
Alternatives**
Assorted Varieties
& Sizes

\$5⁹⁹



**Sol Cuisine
Burgers**
Assorted Varieties
& Sizes

\$5⁹⁹



**Lucky Seoul
Kimchi**
Assorted Varieties
& Sizes

30% OFF



**Thai Kitchen
Curry Paste**
112g

2 FOR \$7⁰⁰



**Echoclean
Laundry
Detergent**
1.5L

\$8⁹⁹



**Made Good
Granola Bars**
Assorted Varieties
& Sizes

30% OFF



**Lakanto
Monkfruit
Sweeteners**
Assorted Sizes

50% OFF



**Lotus Foods
Organic Rice
Noodles**
Assorted Varieties
& Sizes

30% OFF

DELI

PREPARED FRESH



Choices
Sesame Ginger
or Golden Curry
Tofu Salad

\$2.49 / 100g



Choices Grilled
Broccoli Salad
or Persian Garden
Couscous Salad

\$2.29 / 100g



Choices
Fresh Salsa
Tomato, Roasted Corn
or Mango, 350g

FROM **\$5.99**



Yucatan
Guacamole
227g

\$6.99



Spinach
& Feta or
Ricotta &
Feta Twisters

2 FOR \$6.00



Choices
Veggie Cakes
140g

2 FOR \$6.00



Arla
Cheese
Slices
125g - 165g

\$5.99



Smoked
Gouda
Also Beer
Flavoured

FROM **\$4.49** / 100g



Whiskey
Oak Smoked
Cheddar
Cheese

\$4.99 / 100g



Little
Qualicum
Cheese Works
Assorted Varieties
& Sizes

15% OFF

BAKERY

FRESH BAKED • WHOLESOME



Choices New York Style
Blueberry Cheesecake
540g

\$16.99



Choices
Artisan Cookies
220g

\$6.99

Uprising Bread

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



FROM **\$4.99**



Wendel's Pie
Apple or
Strawberry
Rhubarb, 8 Inch

\$11.99



Little Northern
Bakehouse
Breads & Loaves
452g - 482g

\$6.49



Pretzilla
Pretzel Buns
Burger, Pack of 4
or Sausage, Pack
of 6

\$5.99

Choices Artisan Fruit Pies
8 Inch

\$10.99

Let us help you
navigate
nutrition



WITH A FREE,
PERSONALIZED
STORE TOUR



CHOICES
MARKET

REGISTER HERE OR
VISIT US ONLINE AT
CHOICES.MARKET



3 DAY PLANT SALE SATURDAY, MAY 18TH - MONDAY, MAY 20TH



Organic Assorted Vegetable Plants
Tried & True,
4 Inch Pot

\$3⁴⁹



Assorted Geranium Plants
4 Inch Pot

\$4⁹⁹



Organic Assorted Herb Plants
Tried & True,
4 Inch Pot

\$4²⁹



Premium Potting Soil
Leong's Nursery,
20 Litre Bag

\$12⁹⁹



Organic Assorted Tomato Plants
Tried & True,
4 Inch Pot

\$3⁴⁹



Organic Italian Genovese Basil Plant
Tried & True,
4 Inch Pot

\$4²⁹



Assorted Flowering Annuals
606 Pack

\$4⁴⁹



Ocean Plus Earth Mix
Cinnabar Valley Farms,
40 Litre Bag

\$17⁹⁹

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



MegaFood Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



Garden of Life Proteins & Sport Nutrition Products
Assorted Varieties & Sizes

20% OFF



Mineral Fusion Natural Cosmetics
Assorted Varieties & Sizes

25% OFF



The Green Beaver Face Care
Also Body Care & Sun Care, Assorted Varieties & Sizes

20% OFF



Enerex Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Healthology Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Dr. Hauschka Facial Care
Assorted Varieties & Sizes

20% OFF



Organyc Organic Feminine Hygiene
Assorted Varieties & Sizes

20% OFF



Prairie Naturals Enzymes
Assorted Varieties & Sizes

20% OFF



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

20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties,
1 Kit

17⁹⁹



JäsÖn Naturals Body Wash
Assorted Varieties,
871ml

\$15⁴⁹



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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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