



CHOICES MARKET

100% BC OWNED AND OPERATED

VEGAN CHOICES!

Prices Effective • June 6 - 12, 2024

SPECIAL PRICE

Bulk Foods Rice, Beans & Grains
Select Varieties, Bulk or Packaged

25% OFF

SPECIAL PRICE

Tomatoes On the Vine
Grown in BC, \$3.26/KG

\$1.48 / LB

YOU SAVE \$2.50 / LB

LOCAL

Choices Traditional Hummus
Also Hemp, Ginger Boost or Pumpkin Seed, 250g

YOU SAVE \$1.00

\$4.49 / EA

Choices Artisan Half Pies
280g

YOU SAVE \$1.00

\$6.49 / EA

LOCAL

Grape Tomatoes
Grown in BC, 340g Pkg.

YOU SAVE \$1.00

\$2.98 / EA

MADE GOOD
Granola Bars
Chocolate Banana

GLUTEN FREE

30% OFF

Made Good Snacks
Assorted Varieties & Sizes

GLUTEN FREE

Laiki Rice Crackers
100g

2 FOR \$7.00

YOU SAVE \$2.98 ON TWO

CanPrev Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

Smart Sweets Gummies
Low Sugar, 50g

PLANT BASED

2 FOR \$7.00

YOU SAVE \$1.98 ON TWO

FEATURED CHOICE

LOCAL

Long English Cucumbers
Grown in BC

YOU SAVE 58%

2 FOR \$2.00

PRODUCE FRESH • LOCAL • ORGANIC



Organic Cauliflower
Grown in USA

\$5.48 /EA



Organic Nectarines
Grown in USA,
\$15.39/KG

\$6.98 /LB



Lily Bouquet
3 Stems per
Bouquet

\$16.98 /EA

Organic Broccolini
Grown in USA



\$3.98 /EA

Peony
10 Stems per
Bunch



\$8.98 /EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Sirloin Tip Steaks or Roast

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

\$7.99 /LB



Beef Burgers

Fresh, 100% Grass Fed, Raised without Antibiotics,
Made in Store, Imported, \$22.02/KG

\$9.99 /LB



Duso's Stuffed Pasta

Select Varieties,
250g ~ 300g

\$6.49 /EA



Boneless Skinless Chicken Breasts

Raised without Antibiotics, Fresh,
\$22.02/KG

\$9.99 /LB



Northern Glacier Black Tiger Prawns

Ocean Wise, Frozen,
41/50 Count, 340g

\$10.99 /EA



Organic Striploin Steaks

Canadian, Grass Fed, Grain Finished,
Fresh, \$68.32/KG

\$30.99 /LB



Rosstown Marinated Chicken Breasts

Boneless, Skinless, Raised without Antibiotics,
Fresh, \$30.84/KG

\$13.99 /LB



Pork Back Ribs

Raised without Antibiotics, Fresh

BUY 1 GET 1 FREE



Lean Ground Pork

Ground Fresh in Store, Raised without Antibiotics,
\$11.00/KG

\$4.99 /LB



Fresh Sockeye Salmon

Copper River, Ocean Wise

\$5.99 /100G



Kettle Brand Potato Chips

Family Size,
368g

\$4.99



Zevia Zero Sugar Soda

Stevia Sweetened,
6 Pack

\$4.99

plus deposit & eco fee



Blue Monkey Coconut Water

Assorted Varieties
& Sizes

30% OFF

plus deposit & eco fee



Love Good Fats Bars

Select Varieties &
Sizes

2 FOR \$4.00



Sap Sucker Organic Sparkling Tree Water

355ml

3 FOR \$5.00

plus deposit & eco fee



Flow Alkaline Spring Water

1L

2 FOR \$4.00

plus deposit & eco fee

Stahlbush Island Farms Sustainable Frozen Fruit

Select Varieties & Sizes



\$4.99



GT's Organic Raw Kombucha

480ml

2 FOR \$8.00

plus deposit & eco fee



Just Egg Egg Alternative

500g

\$8.99



DISCOVER PLANT-BASED CHOICES



Ezekiel Organic Food for Life Bread

Select Varieties &
Sizes

\$7.49



Salt Spring Organic Coffee

Fair Trade, 400g

\$12.99



Plumm Good Organic Rice Cakes

95g

\$2.79



Indianlife Vegan & Vegetarian Meals

342g - 400g

\$5.99



Allergy Smart Cookies

140g

\$4.49



Mid-Day Super-Food Squares

33g

2 FOR \$4.00



Love Child Organics Purée

128ml

2 FOR \$5.00



Frankie's Organic Puffs

113g - 140g

\$2.79



Dandies Vegan Marshmallows

283g

2 FOR \$8.00



**Donia Farms
Grass Fed
Butter**

Sea Salted, 250g

\$9⁴⁹

**Rabbit River Farms
Free Run Eggs**

Vegetarian Fed, Large, 1 Dozen



6⁴⁹



**Kate's Real Food
Protein Bars**

62g

2 FOR \$5⁰⁰



**L'Ancêtre
Organic Cheese**

Select Varieties
& Sizes

\$6⁹⁹



**Dairyland
Organic Milk**

1.89l

\$5⁹⁹

plus deposit & eco fee



**Saugeen Country
Organic Yogurt**

908g

\$4⁹⁹



**Donia Farms
Grass Fed
Feta Cheese**

180g

\$5⁴⁹



**Dairyland
Milk 2 Go**

325ml & 473ml

2 FOR \$4⁰⁰

plus deposit & eco fee



**Danone
Activia
Yogurt**

12 Pack

\$8²⁹

NOURISHING LIFESTYLES SINCE 1990



**Authentica
World Cuisine
Pasta Sauce**

530ml

2 FOR \$8⁰⁰



**Nature's Farm
Organic Pasta**

454g

\$3⁹⁹



**Peacock
Brown Rice
Pasta**

200g

\$3⁷⁹



**Khazana Organic
Simmer Sauces**

360ml

\$6⁴⁹



**Spectrum
Organic Oil**

Assorted Varieties
& Sizes

30% OFF



**Raincoast
Trading Sockeye
Salmon**

Assorted Varieties &
Sizes

\$6⁹⁹



**Two Bears Original
Oat Milk**

Also Latte or Flash Brew,
270ml & 946ml

2 FOR \$6⁰⁰

plus deposit & eco fee



**Lotus Foods
Organic Rice**

850g

\$9⁹⁹



**Bar Harbour
Chowders &
Bisque**

Assorted Varieties &
Sizes

\$4⁶⁹

DELI

PREPARED FRESH



Choices Pasta Salads

Including Greek, Pesto Orzo, Italian Bow Tie with Chicken & Pesto Tortellini

\$2.29 / 100g



Specialty Roasted Chickens

Raised without Antibiotics

\$13.99 / EA



Choices Fresh Rolls

148g - 195g

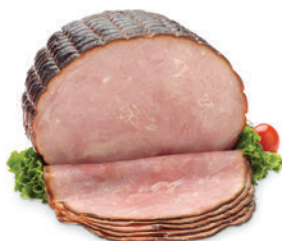
\$6.49 / EA



Choices Vegetable Quesadilla

Also Chicken, 200g ~ 220g

\$5.99 / EA



Choices Black Forest Ham

Also Honey Ham, Raised without Antibiotics

\$3.49 / 100g



Choices Quiche

Ready to Eat, 5 Inch

2 FOR **\$10.00**



Bella Casara Burrata Cheese

250g

\$14.99 / EA



Happy Days Goat Milk Feta Cheese

\$3.99 / 100g



Henri Willig Mild or Honey Goat Gouda

\$4.99 / 100g

BAKERY

FRESH BAKED • WHOLESOME

Choices Seeded Sourdough Rye Bread

760g



\$5.99



Choices Multigrain Bread

530g

\$5.99

Choices Vegan Almond Crunch Cookies

Also Chocolate, Pack of 6



\$6.99

Choices Vegan Morning Glory Muffins

Pack of 4



\$6.49

Brioche Hamburger Buns

Also Hot Dog Buns, Pack of 6 or 8



\$6.49



Angel Food Cake Desert Shells

4 Pack

\$5.49



Choices Signature Carrot Cake

600g

\$14.99



Wendel's Apple Pie

Also Strawberry Rhubarb, 8 Inch

\$10.99

DISCOVER **THOUSANDS** OF **LOCAL CHOICES**

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Island Farms
Premium Ice Cream**

1.65L

\$8.49



**Paneriso
Ice Cream
Cones**

50g

GLUTEN
FREE

\$4.99



**Only Goodness
Organic
Flaxseed Meal**

453g

\$6.99



**VIP Dish
Detergent**

740ml

2 FOR \$5.00



**We Love Van
Liquid Honey**

500g

\$8.99



**Navitas
Organics
Cacao**

227g & 454g

30% OFF



**Only Goodness
Hemp Hearts**

454g

\$7.99



**Nature Clean
Laundry
Detergent**

3L

\$11.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Progressive
Whey Proteins**

Also Vegan &
Vegessential,
Assorted Varieties &
Sizes

20% OFF



**NutraSea
Omega-3 Fish
Oil Supplements**

Assorted Varieties &
Sizes

25% OFF



**New Roots
Digestive
Enzymes**

Assorted Varieties &
Sizes

20% OFF



**Weleda
Baby Care**

Assorted Varieties
& Sizes

25% OFF



**AOR
Ortho Sleep**

Also Zen
Theanine & Gaba
Supplements,
Assorted Sizes

20% OFF



**Genuine
Health
Vitamins &
Supplements**

Assorted Varieties
& Sizes

20% OFF



**Bach Rescue
Remedy**

Assorted Varieties
& Sizes

25% OFF



**Naturtint
Natural
Permanent
Hair Colour**

Assorted Colours,
1 Kit

\$16.99



**Platinum
Naturals
Vitamins &
Supplements**

Assorted Varieties
& Sizes

20% OFF



**Boiron
Homeopathic
Remedies**

Assorted Varieties
& Sizes

20% OFF



**Now
Vitamins &
Supplements**

Assorted Varieties
& Sizes

20% OFF



**Santevia
Alkaline Water
Pitchers**

Also Water Systems
& More, Assorted
Varieties & Sizes

20% OFF



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**CHOICES
MARKET**

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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