



CHOICES MARKET

100% BC OWNED AND OPERATED

CANADIAN CHOICES!

Prices Effective • June 27 - July 3, 2024



SPECIAL PRICE

Chicken Legs
Back Attached, Fresh,
Raised without Antibiotics,
Value Pack, \$7.25/KG

\$329 / LB

YOU SAVE **60%**

Organic Rainbow Chard
From Myers Organic
Farms, BC

\$348 / EA

Only Goodness Organic White Mushrooms
Grown in BC, 227g

YOU SAVE **9%**

\$298 / EA



Choices Artisan Quiche
Family Size, 8 inch

YOU SAVE **26%**

\$1099 / EA

Choices Kale, Caesar or Tossed Salads
Family Size,
350g ~ 400g

\$1099 / EA

YOU SAVE **\$200**



Pork Sirloin Chops
Raised without Antibiotics, Fresh

BUY 1 GET 1 FREE



YOU SAVE **\$100 / LB**

\$298 / LB



Choices Hamburger or Hot Dog Buns
6 Packs

YOU SAVE **36%**

2 FOR \$700

Pork Sirloin Chops
Raised without Antibiotics, Fresh

YOU SAVE **50%**

Organic Warba Nugget Potatoes
From Fraserland Organics, BC, \$6.57/KG



Humble Organic Potato Chips
Made in Canada,
Ontario,
135g

YOU SAVE **\$398 ON 2**

2 FOR \$600



Natural Factors Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



FEATURED CHOICE

Zevia Zero Sugar Soda
6 Pack

YOU SAVE **42%**

2 FOR \$1000
plus deposit & eco fee

PRODUCE FRESH • LOCAL • ORGANIC



\$4.98 / LB

Organic Green or Red Seedless Grapes
Imported, \$10.98/KG



Large Pineapple
Grown in Costa Rica

\$5.98 / EA

Zucchini

Grown in BC,
\$4.37/KG

\$1.98 / LB



Gourmet Bouquet

\$24.98 / EA

Canada Day Carnations
12 Stems

\$9.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Ribeye Grilling Steaks

Raised without Antibiotics, 100% Grass Fed,
Imported, Value Pack, \$28.64/KG



Harvest Bacon

No MSG Added,
Naturally Smoked,
Thick Sliced, 500g

\$12.99 / EA



Greenfield Wieners or Smokies

Raised without
Antibiotics,
300g - 375g

\$7.99 / EA



\$12.99 / LB

Rosdown Marinated Chicken Breast

Fresh, Boneless, Skinless, Raised without
Antibiotics, \$28.64/Kg



\$15.99 / EA

Legends Haul Heat Back Ribs

Fully Cooked, Raised without Antibiotics,
Locally Produced, 680g



\$3.99 / EA

Ahi Tuna Steaks

Previously Frozen or Frozen, Ocean Wise, 6 oz



\$3.29 / 100G

Steelhead Fillets

Fresh, Ocean Wise, Value Pack



\$9.99 / EA

Northern Glacier Shrimp

Hand Peeled, Frozen, Ocean Wise, 340g

**Maple Hill Farms Organic
Free Range Eggs**

Large, 1 Dozen



\$6⁹⁹

**Happy Planet
Creamery
Organic Milk**

Grass Fed
2% & 3.5%, 1.5L



\$6⁹⁹

plus deposit & eco fee



**Café William
Whole Bean
Coffee**

340g

\$11⁹⁹



**Woolwich
Chevrail Goat
Cheese**

113g

\$3⁷⁹



**Earth's Own
Almond
Beverage**

1.75L & 1.89L



\$3⁹⁹

plus deposit & eco fee



**Canadian Heritage
Organics Maple
Syrup**

1L

\$22⁹⁹



**Armstrong
Cheddar
Snacks**

10 Pack

\$5⁴⁹



**Olympic
Organic Yogurt**

Also Crema, Select
Varieties & Sizes



\$4⁴⁹



**Riviera
Oat Milk Yogurt**

Also Coconut Milk,
Select Varieties
& Sizes

\$5⁹⁹



DISCOVER CANADIAN MADE CHOICES



**Holy Napoli
Pizza**

Frozen,
365g - 425g

\$8⁹⁹



**Four O'Clock
Organic Fair
Trade Tea**

16 Bags

\$4⁹⁹



**Flow Naturally
Alkaline Spring
Water**

1L

2 FOR \$4⁰⁰

plus deposit & eco fee



**Indian Life
Frozen Meals**

Also Cooking Sauces,
Select Varieties &
Sizes

\$5⁹⁹



**Squamish
Water Kefir**

355ml

\$2⁷⁹

plus deposit & eco fee



**Old Dutch
Potato Chips**

Regular & Ridgies,
200g & 235g

2 FOR \$7⁰⁰



**Evive
Smoothie
Cubes**

Frozen, 405g

\$8⁹⁹



**Organic Meadow
Organic Ice
Cream**

946ml

\$7⁹⁹



**Patience Organic
Baking & Snacking
Dried Fruit**

Assorted Sizes &
Varieties

30% OFF





**Only Goodness
Beef Burgers**
Frozen, 720g

\$13⁹⁹



**Only Goodness
Compostable
Bowls**
12oz., 15 Pack

\$2⁴⁹



**Only Goodness
Compostable
Dinner Plates**
10", 40 Pack

\$3⁹⁹



**Only Goodness
Mustard**
Yellow, Dijon &
Stone Gound,
325ml

\$3⁴⁹



**Only Goodness
Organic
Canned Beans**
398ml

2 FOR \$5⁰⁰



**Only Goodness
Organic
Popcorn**
700g

\$5⁹⁹



**Only Goodness
Organic BBQ
Sauce**
350ml

\$5⁴⁹



**Only Goodness
Organic Apple
Cider Vinegar**
473ml

\$4²⁹



**Only Goodness
Quinoa Cookies**
Also Chocolate Chips
Cookies, 165g

\$3⁷⁹

NOURISHING LIFESTYLES SINCE 1990



**Cabana
Natural
Lemonade**
591ml

2 FOR \$5⁰⁰

plus deposit & eco fee



**Brew Dr.
Organic
Kombucha**
414ml

2 FOR \$6⁰⁰

plus deposit & eco fee



**Buderim
Ginger Beer**
Non Alcoholic,
4 Pack

\$5⁹⁹

plus deposit & eco fee



**Guayaki
Organic
Yerba Mate**
458ml

2 FOR \$4⁵⁰

plus deposit & eco fee



**Tate's
Bake Shop
Cookies**
198g

\$7⁴⁹



**GimMe Organic
Roasted
Seaweed Snacks**
6 Pack

\$6⁹⁹



**Raincoast Trading
Wild Pink Salmon**
Select Varieties & Sizes

\$3⁹⁹



**Saugeen
Country
Organic Yogurt**
Also Kefir, 908g

\$4⁹⁹



**Bob's Red Mill
Muesli**
Also Granola &
Pancake Mix, Select
Varieties & Sizes

30% OFF

DELI

PREPARED FRESH



**Choices
Chicken
Skewers**
Ready to Eat, 55g

4 FOR \$12⁰⁰



**Choices
Paneer or Tofu
Skewers**

2 FOR \$5⁹⁹ **NEW**



**Choices
Wild Salmon
Cakes**
130g

2 FOR \$8⁰⁰



**Spinach &
Feta Twisters**
Also Ricotta &
Feta

2 FOR \$6⁰⁰



**Summer Fresh
Dips**

Also Hummus,
Assorted Varieties,
227g

2 FOR \$8⁰⁰



**Choices
Croissant
Sandwiches**

\$6⁹⁹



**Honey
Ham**

\$2⁹⁹ / 100G



**Saputo
Bocconcini
Cheese**
200g

\$6⁴⁹ / EA



**Bella Casara
Cheese**
250g

\$14⁹⁹



**German
Butter
Cheese**

\$2⁹⁹ / 100G

BAKERY

FRESH BAKED • WHOLESOME



\$10⁹⁹ / EA

Choices Artisan Fruit Pies
Assorted Varieties, 8 Inch



**Choices
Lemon
Meringue Pie**
Also Coconut
Cream, 6 Inch

\$7⁹⁹



WHEAT
FREE



**Choices
New York Style
Cheesecake**
540g

\$16⁹⁹



**Uprising
Breads**
Cracked Wheat &
Sunflower or Whole
Wheat Raisin,
650g & 740g

2 FOR \$9⁰⁰



GLUTEN
FREE



**Uprising
Breads Jumbo
Gingersnap
Cookies**
6 Pack

2 FOR \$9⁰⁰



GLUTEN
FREE



**Wendel's
Pie**
Strawberry
Rhubarb or
Apple, 8 Inch

\$10⁹⁹



**Glutenull
Bread**
Also Buns,
425g - 750g

\$9⁹⁹



DISCOVER **THOUSANDS** OF
LOCAL CHOICES

Since 1990, we've supported local growers to strengthen communities and protect the environment. Visit Choices for thousands of local products, produce and proteins.

GROCERY

LOCAL • ORGANIC • SPECIALTY



Naked & Saucy Organic Cooking Sauces

Select Varieties & Sizes

\$5⁹⁹



Suzie's Organic Condiments

Select Varieties & Sizes

30% OFF



Dandies Marshmallows

283g

2 FOR \$9⁰⁰



Organika Electrolytes
350g

35% OFF



Briannas Salad Dressing

355ml

\$5⁹⁹



Hobbs Pickles

1L

\$11⁴⁹



Mochi Coconut Ice Dessert

450g

\$7⁴⁹

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Prairie Naturals Vitamins & Supplements

Also Hair Care, Assorted Sizes & Varieties

20% OFF



Progressive Whey Proteins

Also Vegan & VegEssentials, Assorted Varieties & Sizes

20% OFF



St. Francis Herb Farm Herbal Supplements

Assorted Sizes & Varieties

20% OFF



CanPrev Vitamin B & C

Assorted Sizes & Varieties

20% OFF



RenewLife Probiotics

Assorted Sizes & Varieties

20% OFF



Manitoba Harvest Hemp Hearts

Also Hemp Proteins, Assorted Sizes & Varieties

25% OFF



Bach Rescue Remedy

Assorted Sizes & Varieties

20% OFF



New Chapter Vitamins

Also Supplements, Assorted Sizes & Varieties

15% OFF



All Good Suncare

Also Lotion, Assorted Sizes & Varieties

30% OFF



Mountain Sky Natural Body Bar Soap

Assorted Scents, 135g

\$5⁴⁹



Dr. Bronner's Non GMO Organic Pure-Castile Soap

Assorted Varieties, 473ml

\$12⁹⁹



Naturtint Natural Permanent Hair Color

Assorted Colours, 1 Kit

\$16⁹⁹



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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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