



CHOICES MARKET

100% BC OWNED AND OPERATED

BBQ CHOICES!

Prices Effective • July 11 - July 17, 2024

FEATURED CHOICE

Top Sirloin Steak or Roast

Raised without Antibiotics,
100% Grass Fed, Pasture
Raised, Value Pack,
Imported, \$19.82/KG

\$8.99 / LB

YOU SAVE
43%

SPECIAL PRICE

Organic Kale
Grown in BC,
Green & Black

\$2.98 / EA



LOCAL

YOU SAVE
11%

**Griller Broccoli &
Cauliflower, Fajita
Mix, Sweet Potato
Chunks**

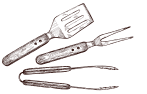
with Butter Packs,
Assorted Sizes

\$8.98 / EA



Choices Deli Salads
Selected Varieties

20% OFF



Rosstown
Half Roasted Chickens

YOU SAVE
\$1.00

\$6.99 / EA



WILD
CAUGHT

\$4.99 / 100G

Sockeye Salmon Fillets
Fresh, Value Pack, Ocean Wise



YOU SAVE
15%



LOCAL

SPECIAL PRICE

\$5.98 / LB

Cherries
Grown in BC, \$13.18/KG

YOU SAVE
\$3.00 / lb



MADE WITH ROASTED GARLIC BUTTER

YOU SAVE
28%

\$4.99 / EA

Choices Garlic Bread
320g



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



YOU SAVE
\$7.00

\$13.99



**Primal Kitchen
BBQ Sauce**
Also Organic
Unsweetened Ketchup,
236ml & 300ml

\$7.49

YOU SAVE
37%



**Beyond Meat
Plant-Based
Burgers**
226g

YOU SAVE
27%

\$5.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Broccolini
Grown in USA

\$3.98 / EA



Blueberries
Grown in BC,
454g Pkg.

\$5.98 / EA

LOCAL

**Only Goodness
Organic White
Pearl Mushrooms**
Grown in BC,
227g Pkg.

\$2.98 / EA



LOCAL



**Gourmet
Bouquet**

\$24.98 / EA

Sunflowers
3 Stems

\$4.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



LOCAL

Thomas Reid Organic Frying Chickens
Free Range, Non-GMO, Air Chilled,
from Fraser Valley, \$15.41/KG

\$6.99 / LB



WESTERN
CANADIAN

Boneless Pork Chops
Centre Cut or Rib, Raised without Antibiotics,
Fresh, Also Roast, \$ 15.41/KG

\$6.99 / LB



LOCAL

Chicken Thighs
Fresh, Raised without Antibiotics, 100% Veggie Fed,
from Fraser Valley, Value Pack, \$13.21/KG

\$5.99 / LB



LOCAL

**Rosstown Farms
Chicken Breast Kabobs**
Raised without Antibiotics, 100% Veggie Fed, 400g

\$9.99 / EA



GLUTEN
FREE

Greenfield Bacon
Raised without Antibiotics,
100% Veggie Fed, Canadian, 375g

\$7.99 / EA



**Old Country
Pasta**
Select Varieties,
350g

LOCALLY
MADE

20% OFF

**Northern Glacier
Colossal Shrimp**
Ocean Wise,
Frozen, 228 g

\$14.99 / EA



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



\$6.99



Savör
Grass Fed
Butter
 250g

\$6.49



Uncle Luke's
Organic
Maple Syrup
 500ml

\$13.99



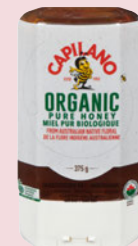
Crofter's
Just Fruit
Organic Jam
 235ml

\$4.49



Nuts to You
Peanut Butter
 750g

\$6.99



Capilano
Organic Pure
Honey
 375g

30% OFF



Bremner's
Organic Frozen
Blueberries
 1.5kg

\$19.99



Yoggu!
Coconut Yogurt
 450g

\$6.99



Liberté
Classique Yogurt
 650g

\$3.99

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



Kicking Horse
Organic Fair
Trade Ground
Coffee
 284g

\$9.99



Earth's Own
Oat Barista
Blend
 946ml

\$4.99



Ceres 100%
Fruit Juice
 1L

2 FOR \$8.00

plus deposit & eco fees



Hornby
Organic
Energy Bars
 80g

2 FOR \$5.00



Organic Traditions
Superfoods
 Fruits, Nuts, Seeds,
 Coffee, & Tea, Assorted
 Varieties & Sizes

20% OFF



Blue Monkey
Coconut Water
 520ml

\$1.79

plus deposit & eco fees



Camino
Fair Trade
Organic
Chocolate Bars
 Select Varieties,
 80g & 100g

2 FOR \$8.00



Made Good
Organic
Granola Minis
 100g & 121g

\$3.29



GT's
Organic Raw
Kombucha
 1.4L

\$9.79

plus deposit & eco fees



**Santa Cruz
Organic
Lemonade**
946ml

2 FOR \$9.00

plus deposit & eco fees



**BSA
Non-Alcoholic
Craft Beer**
473ml

\$2.99

plus deposit & eco fees



**Sapsucker
Organic Sparkling
Tree Water**
355ml

2 FOR \$4.00

plus deposit & eco fees



**Lesser Evil
Organic Popcorn**
142g

\$4.49



**Casa Bonita
Organic Tortilla
Chips**
300g

\$4.99



**Sigdal Bakeri
Crispbread**
190g & 220g

\$5.69



**Sunflower
Kitchen Organic
Hummus**
227g

\$3.79



**Balderson
Aged Cheddar**
1 Year, 2 Year, 3 Year
& Double Smoked,
250g & 280g

\$10.99



**Bari
Ricotta Cheese**
500g

\$6.49

NOURISHING LIFESTYLES SINCE 1990



**Raincoast Global
Yellowfin Tuna**
142g

2 FOR \$8.00



**Hobbs
Pickles**
1L

\$11.99



**San-J
Cooking Sauces**
Select Varieties,
296ml

\$5.99



**Berio
Extra Virgin
Olive Oil**
750ml

\$27.99



**Stahlbush Island
Farms Sustainable
Frozen Vegetables**
Selected Varieties &
Sizes

\$2.99



**Bragg
Liquid Soy
Seasoning**
946ml

\$9.99



**Spectrum
Organic
Coconut Oil**
Also Organic Soy
Mayonnaise,
414ml & 473ml

\$9.99



**Big Mountain
Lion's Mane
Mushroom
Crumble**
Also Bites, 300g & 340g

\$5.99



**Konscious
Frozen Sushi**
Also Onigiri,
204g & 210g

\$6.99

PLANT
BASED



DELI

PREPARED FRESH



\$3.49 /100G

Black Forest Ham



Choices Wild Salmon Cakes
130g

2 FOR \$8.00



Habibi's Hummus & Dips
200g - 240g

\$3.99



Choices Fresh Salsa
Mango, Corn or Tomato

\$6.49



Ready to Eat BBQ Ribs

HALF \$6.99

WHOLE \$12.99



\$8.99

Choices Ready to Eat Wraps



Tre Stelle Bocconcini
200g

\$6.99



Krino's Traditional Feta Cheese

\$2.49 / 100G

BAKERY

FRESH BAKED • WHOLESOME



\$10.99

Choices Picnic Size Pie
Lemon Meringue or Young Coconut Cream, 6 Inch

Choices Caramelized Onion & Rosemary Loaf 420g



\$5.99



Choices Cheesecake Bars
Also Mix Tray, 190g

\$7.99

Choices Hamburger Buns
Also Hot Dog, 6 Pack



\$3.99



Silver Hills Organic Sprouted Tortillas
255g

\$4.99



Bakestone Brother Pita
White or Whole Wheat, 6 Pack

2 FOR \$5.00



Little Northern Bakehouse Millet Chia Buns
Also Hot Dog Buns, 6 Pack

\$6.99

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



Only Goodness Organic Rice Cakes
140g

2 FOR \$7.00



Only Goodness Organic Oats
1kg

\$4.99

Island Farms Classic Ice Cream
1.65L



\$6.49



Natrel Ice Cream
473ml



\$3.99



Only Goodness Organic Beans
398ml

\$2.79



Only Goodness Organic Hemp Hearts
454g

\$7.99



Gay Lea Whipped Cream
Also Coconut Whipped Cream,
225g

\$5.49



Oat & Mill Frozen Dessert
500ml

\$6.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



MegaFood Multi Vitamins
Assorted Varieties & Sizes

25% OFF



Natural Factors Digestive Enzymes
Also Digestive Support, Assorted Varieties & Sizes

20% OFF



Sisu Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

WithinUs TruMarine Matcha Misto, Creamers and ReHydrate
Assorted Varieties & Sizes



25% OFF



Natural Factors Stress & Sleep Supplements
Assorted Varieties & Sizes

20% OFF



Progressive VEGE GREENS
Assorted Varieties & Sizes

25% OFF



Enzymedica Digestive Enzymes
Assorted Varieties & Sizes

20% OFF



Thinksport Suncare
Also Body Care, Assorted Varieties & Sizes

20% OFF



Seaweed Bath Co. Hair & Body Care
Assorted Varieties & Sizes

25% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties, 1 Kit

\$17.99



Earth Science Facial Care
Assorted Varieties & Sizes

\$11.99



Dr. Bronner's Non GMO Organic Pure-Castile Soap
237ml

BUY 1 GET 1 FREE



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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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