



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PICNIC CHOICES!

Prices Effective • July 18 ~ July 24, 2024



**CANADIAN**

**SPECIAL PRICE**

**Choices Own BBQ Sausages**  
Made in Store, Raised without Antibiotics, Turkey, Pork, Chicken

**30% OFF**



**SPECIAL PRICE**

**Organic Blueberries**  
Grown in BC, 2.27 kg Box

**\$39.98 / EA**

**YOU SAVE \$5.00 / EA**

**FIRST OF THE SEASON**

**LOCAL**



**Prairie Naturals Superfoods**  
Assorted Varieties & Sizes

**20% OFF**



**Prana Organic Trail Mix, Dried Seeds & Nuts**  
Select Varieties

**SPECIAL PRICE**

**30% OFF**



**LOCAL**

**\$1.48 / EA**

**Long English Cucumber**  
Grown in BC

**YOU SAVE \$1.50**



**\$1.99 / 100G**

**Choices Pasta Salads**

**YOU SAVE 20%**



**YOU SAVE 28%**

**La Croix Sparkling Water**  
8 Pack

**\$5.49 / EA**  
plus deposit & eco fee



**FEATURED CHOICE**

**LOCAL**

**YOU SAVE 28%**

**Rosstown Roasted Chickens**

**\$9.99**



**YOU SAVE 20%**

**Choices Half Artisan Pies**  
280g

**\$5.99**



**YOU SAVE 21%**

**Choices Rainbow Kale Salad**  
Also Caesar or House Green, Family Size

**\$10.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Romaine Hearts**  
Grown in USA

**\$4.98 / EA**



**Peaches & Nectarines**  
Grown in USA,  
\$9.88/KG

**\$4.48 / LB**



**Gourmet Bouquet**  
**\$24.98 / EA**

**Green Onions**  
From Olera Farms, BC  
Sold by the bunch



**\$1.98 / EA**

**LOCAL**

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



**LOCAL**

**\$1.48 / LB**

**Lisianthus**

**\$9.98 / EA**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$11.99 / LB**

**Striploin Grilling Steaks or Roast**  
100% Grass Fed, Raised without Antibiotics,  
Pasture Raised, Value Pack, \$26.43/KG



**LOCAL**

**\$12.99 / LB**

**Thomas Reid Organic Chicken Breast**  
Boneless, Skinless, Free Range, Non-GMO,  
Air Chilled, Fraser Valley Raised, \$28.64/KG



**\$10.99 / EA**

**Fort Hardy Pork Back Ribs**  
Fully Cooked, Frozen or Previously Frozen, 568g



**WESTERN CANADIAN**

**\$4.99 / LB**

**Pork Butt Steaks or Roast**  
Fresh, Raised without Antibiotics, \$11.00/KG



**LOCAL**

**\$6.99 / LB**

**Split Chicken Wings**  
Fresh, Raised without Antibiotics,  
100% Veggie Fed, \$15.41/KG



**30% OFF**

**Cod or Sole Fillets**  
Ocean Wise, Fresh



**WILD CAUGHT**

**Ahi Tuna Steaks**  
Frozen or Previously Frozen, Ocean Wise,  
6 oz.

**\$3.99 / EA**

**Northern Glacier Black Tiger Prawns**  
Ocean Wise, Frozen,  
340g



**\$9.99 / EA**



### GoldEgg Free Run Eggs

Large, Brown, 1 Dozen



LOCAL

\$5.99

### Terra Breads Granola

340g



LOCAL

\$5.99



### Donia Farms Grass-Fed Yogurt

650g

LOCAL

\$4.99



### Cows Creamery Butter

250g

\$7.49



### Only Goodness Frozen Smoothie Blend

500g

BUY 1 GET 1 FREE



### Greenhouse Organic Cold Pressed Juice

300ml

\$5.49

plus deposit & eco fee



### Melt Organic Buttery Spread

Select Varieties

\$4.49



### Mogiana Whole Bean Coffee

340g

\$12.99



### Califia Farms Cold Brew Coffee

1.4L

\$5.49

plus deposit & eco fee

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



### Traditional Medicinal Organic Tea

16 Bags

2 FOR \$9.00



### Healthy Hooch Organic Kombucha

500ml

\$3.49

plus deposit & eco fee



### Patience Organic Pure Cranberry Juice

946ml

\$8.99

plus deposit & eco fee



### Roar Organic Coconut Infusions

532ml

2 FOR \$5.00

plus deposit & eco fee



### Fiji Natural Artisan Water

1L

2 FOR \$6.00

plus deposit & eco fee



### Gerolsteiner Carbonated Natural Mineral Water

750ml

2 FOR \$7.00

plus deposit & eco fee



### Brüst Cold Brew Protein Coffee

330ml

2 FOR \$5.00

plus deposit & eco fee



### Boylan Bottling Co Sugar Cane Soda

355ml

2 FOR \$5.00

plus deposit & eco fee



### Athletic Brewing Non-Alcoholic Beer

6 Pack

\$10.99

plus deposit & eco fee



**Love Good  
Fats Keto  
Friendly  
Bars**  
Select Varieties

2 FOR \$4<sup>00</sup>



**Probar  
Protein Bars**  
70g & 85g

2 FOR \$6<sup>00</sup>



**Whittaker's  
Chocolate Bars**  
200g & 220g

\$4<sup>99</sup>



**Savör  
Crackers**  
170g & 185g

2 FOR \$5<sup>00</sup>



**Mary's Organic  
Crackers**  
Select Varieties  
& Sizes

\$5<sup>99</sup>

GLUTEN  
FREE



**Leclerc  
Cookies**  
Celebration &  
Praeventia,  
210g & 240g

2 FOR \$8<sup>00</sup>

GLUTEN  
FREE



**Hippie  
Snacks**  
70g

\$4<sup>49</sup>

LOCAL



**Hippies  
Puffs**  
113g

\$3<sup>49</sup>

VEGAN



**Angie's  
BoomChickaPop  
Popcorn**  
Select Varieties  
& Sizes

\$4<sup>99</sup>

GLUTEN  
FREE

NOURISHING LIFESTYLES SINCE 1990



**Saputo  
Mozzarellissima  
Cheese**  
340g

\$5<sup>99</sup>



**Saputo  
Feta Cheese**  
200g

\$4<sup>29</sup>



**Tre Stelle  
Shredded  
Cheese**  
170g & 200g

\$5<sup>99</sup>



**Woolwich  
Chevrai  
Goat Cheese**  
113g

\$3<sup>99</sup>



**Spread'Em  
Cashew Dips**  
Also Spreads,  
185g

\$7<sup>49</sup>

PLANT  
BASED



**Field Roast  
Sausages**  
340g & 368g

\$7<sup>49</sup>

PLANT  
BASED



**Safe Catch  
Wild Yellowfin  
Tuna**  
142g

\$4<sup>49</sup>

**GoGo Quinoa Organic Pasta**  
227g



\$3<sup>49</sup>

GLUTEN  
FREE



**Green Cuisine  
Tempeh Burgers**  
Select Varieties  
& Sizes

\$3<sup>99</sup>



# DELI

PREPARED FRESH



## Spanakopita

Also Mushroom & Parmesan Pie,  
185g

2 FOR \$10<sup>00</sup>



## Habibi's Family Size Hummus

450g

\$7<sup>99</sup>



## Vitale Sliced Prosciutto

Also Salami,  
100g

\$9<sup>99</sup>



## Choices Olives

Also Tapande & Marinated Artichokes,  
150g - 200g

15% OFF



## Choices Tofu Skewers

2 FOR \$7<sup>00</sup>



## Choices Turkey Breast

Cooked or Smoked

\$4<sup>49</sup> / 100g



## Arla Cheese Slices

125g - 175g

\$6<sup>99</sup>



## Choices Own Organic Cheese

20% OFF



## Woolwich Triple Crème Goat Brie Cheese

180g

\$11<sup>99</sup>

# BAKERY

FRESH BAKED • WHOLESOME



## Choices Focaccia

Red Onion & Rosemary or Sundried Tomato & Olive, 315g

\$4<sup>49</sup>



## Choices Mezzo Bastone Loaf

Also Baker's Crust Loaf, 250g - 450g

\$2<sup>79</sup>



## Choices Cake Slices

120g - 150g

\$3<sup>99</sup>



## Portofino Brioche Buns

Hamburger or Hot Dog, 6 Pack

\$6<sup>49</sup>



## Uprising Loaf

Sourdough Light Rye or Finnish,  
650g - 800g

2 FOR \$9<sup>00</sup>

NEW

GLUTEN FREE



## Laughing Daughters Chocolate Coconut Shortbread

Also Molasses Ginger Snaps, 12 Pack

\$8<sup>99</sup>

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



**Divina Organic Olives**  
Also Bruschetta,  
Select Varieties  
& Sizes

**30% OFF**



**Bulk Organic Dried Fruit**  
Select Varieties  
& Sizes

**20% OFF**



**DeeBee's Organics Superfruit Freezie**  
10 Pack

**\$5.99**



**Chapman's Specialty Ice Cream**  
500ml

**\$5.49**



**Briannas Salad Dressings**  
355ml

**\$5.49**



**Sundhed Himalayan Pure Salt**  
750g

**\$5.99**



**Nora's Frozen Dessert**  
500ml

**\$6.49**

PLANT BASED



**Sambazon Organic Açai Sorbet**  
473ml

**\$8.99**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**AOR Vitamins & Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**CanPrev Magnesium Supplements**  
Select Varieties  
& Sizes

**20% OFF**



**SUKU Vitamins & Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Bio-K Plus Probiotics**  
Dairy & Non Dairy  
Assorted Varieties,  
12 Pack

**\$43.99**



**Living Alchemy Your Flora Series**  
Also Fermented  
Activated Herbals,  
Assorted Varieties  
& Sizes

**25% OFF**



**Purica Vitamins & Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Garden of Life Proteins**  
Also Sport Nutrition  
Products, Assorted  
Varieties & Sizes

**20% OFF**



**Prairie Doctor Brand Herbal Tinctures**  
Assorted Varieties  
& Sizes

**20% OFF**



**Alba Botanica Body Care**  
Also Face Care &  
Sun Care, Assorted  
Varieties & Sizes

**25% OFF**



**Nature's Aid Healing Gel**  
Also Hair & Body  
Care Products,  
Assorted Varieties  
& Sizes

**25% OFF**



**Natracare Natural Feminine Hygiene Products**  
Assorted Varieties  
& Sizes

**20% OFF**



**Routine Natural Deodorant**  
Assorted Varieties,  
50g - 58g

**\$24.99**



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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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