



# CHOICES MARKET

100% BC OWNED AND OPERATED

## LOCAL SUMMER CHOICES!

Prices Effective • July 25 ~ July 31, 2024

LOCAL

### SPECIAL PRICE

**Chicken Breast**  
Boneless, Skinless,  
Fresh, Value Pack,  
\$13.21/KG

**\$5.99 / LB**

YOU SAVE  
**34%**

### SPECIAL PRICE

**Roma Tomatoes**  
Grown in BC,  
\$4.37/KG

**\$1.98 / LB**

YOU SAVE  
**\$1.00 / LB**

LOCAL



LOCAL

**25% OFF**

**withinUs TruMarine Matcha Misto,  
Creamer and ReHydrate**  
Assorted Varieties & Sizes, from Vancouver, BC



**Organic Green & Red Grapes**  
Imported, \$10.98/KG

**\$4.98 / LB**

YOU SAVE  
**\$1.00 / LB**

LOCAL



**Choices  
Deli Salads**  
Select Varieties,  
Made in Burnaby,  
BC

**20% OFF**

LOCAL



**Choices  
Sourdough Bread**  
Levain Style,  
Made in Burnaby, BC,  
530g

**\$4.99 / EA**

YOU SAVE  
**\$1.00**

LOCAL



**Hornby Organic  
Energy Bars**  
Made in Vancouver  
Island, 80g

**2 FOR \$5.00**

YOU SAVE  
**32%**

LOCAL



**Freemum  
Soft Baked Bars**  
Also Bites, Cookies &  
Crackers, Select Varieties,  
Made in BC

**\$3.99 / EA**

GLUTEN  
FREE

YOU SAVE  
**31%**

WEDNESDAY, JULY 31 ONLY

**NORTH VANCOUVER  
ONE DAY SALE  
& COMMUNITY BBQ!**

**15%  
OFF\***

YOUR IN-STORE PURCHASE, INCLUDING ITEMS  
ON SALE THROUGHOUT THE ENTIRE STORE.

\*Excluding Lotto and Gift Card purchases.

One Day sale offer valid at North Vancouver location only.  
See page 5 for details. Sale not available online.

## FEATURED CHOICE



LOCAL

YOU SAVE  
**48%**

**Hardbite  
Potato Chips**  
from Surrey, BC  
128g & 150g

GLUTEN  
FREE

**3 FOR \$7.00**

**Hardbite**  
HANDCRAFTED-STYLE CHIPS  
CROUSTILLES STYLE ARTISANAL

**ROCK SALT  
& VINEGAR**  
SEL GEMME  
ET VINAIGRE

# PRODUCE FRESH • LOCAL • ORGANIC



## Organic Red Seedless Watermelon

Yumi Label,  
Grown in USA,  
\$3.92/KG

**\$1.78 / LB**



**Carrots**  
Grown in BC,  
2.27 kg Bag

**\$5.98 / EA**



## Gourmet Bouquet

**\$24.98 / EA**

## Lily Bouquet

**\$16.98 / EA**

**Sunflowers**  
3 Stems

**\$5.98 / EA**



# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



## Sirloin Tip Steak or BBQ Roast

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



## Chicken Drumsticks

Fresh, Raised without Antibiotics,  
100% Veggie Fed, Value Pack, \$8.80/KG



## Pork Tenderloin

Fresh, Raised without Antibiotics,  
\$15.41/KG



## Sable Fish Fillets

Fresh, Ocean Wise



## Coho Fillets

Fresh, Ocean Wise



## Marinated Spatchcock Chicken

Legends Haul, Fresh, Select Varieties, 3 lb

## Maple Leaf Natural Bacon

Made with Natural  
Ingredients,  
Select Varieties,  
375g

**\$6.99**



## Smash'Ems Potatoes

Select Varieties,  
Fresh, 1 kg

**\$9.99**



**Maple Hill Farms  
Free Range Eggs**

Large, 1 Dozen



**\$5.99**



**Silk Non-Dairy  
Creamers**

Also Fortified  
Soy Milk,  
Assorted Varieties,  
890ml - 1.89L

**\$5.49**

plus deposit & eco fees

**SPECIAL OFFER**



+



**= \$8.00**

Buy 1 - 946ml Earth's Own Zero Sugar Oat  
Milk and 1 - 200g Made Good Cookies for  
Just \$8.00



**GoldEgg  
Free Run  
Egg Whites**

Liquid, 500g

**\$3.99**



**Choices Own  
Granola**

700g & 750g

**\$11.99**



**Jordans  
Morning Crisp  
Cereal**

Select Varieties

**\$5.99**



**Yoggu!  
Coconut Yogurt**

450g

**\$6.99**



**Canadian Heritage  
Organics Maple  
Syrup**

500ml

**\$12.99**

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



**Nuts To  
You Peanut  
Butter**

750g

**\$6.99**



**Crofter's  
Organic Just  
Fruit Spread**

235ml

**\$4.99**



**We Love Van  
Organic Honey**

500g

**\$8.99**



**Alter Eco Fair  
Trade Organic  
Chocolate Bars**

Select Varieties

**\$3.49**



**Bio Steel  
Sports  
Hydration  
Drinks**

500ml

**\$2.79**

plus deposit & eco fee



**Nature's Bakery  
Fig Bars**

6 Pack

**\$6.99**



**Stash Tea**

Select Varieties

**2 FOR \$8.00**



**Health-Ade  
Organic  
Kombucha**

473ml

**2 FOR \$7.00**

plus deposit & eco fees



**Vita Coco  
Coconut Water**

1L

**\$3.99**

plus deposit & eco fees



**Santa Cruz  
Organic  
Lemonade**  
946ml

**\$4.99**  
plus deposit & eco fees



**Ceres 100%  
Fruit Juice**  
1L

**\$3.99**  
plus deposit & eco fees



**Sober Carpenter  
Non-Alcoholic  
Beer**  
473ml

**2 FOR \$5.00**  
plus deposit & eco fees



**Cedar Valley  
Pita Chips**  
180g

**\$4.99**



**Nora  
Seaweed  
Snacks**  
32g & 45g

**\$3.99**



**Vegan Rob's  
Cheddar Puffs**  
99g

**\$5.49**



**L'Ancêtre  
Organic Butter**  
250g

**\$8.49**



**Armstrong  
Cheese Slices**  
220g & 240g

**\$4.99**



**Tre Stelle  
Feta Cheese**  
375g

**\$8.49**

## NOURISHING LIFESTYLES SINCE 1990

PLANT  
BASED



**Nuts For Cheese  
Organic Cheese  
Alternative**  
Select Varieties,  
120g

**\$8.49**



**Sunflower  
Kitchen  
Organic  
Hummus**  
227g

**\$3.99**



**Primal Kitchen  
Organic  
Ketchup**  
Unsweetened,  
300ml

**\$7.99**



**Earth's Choice  
Organic Extra  
Virgin Olive Oil**  
1L

**\$24.99**



**Maison Orphée  
Salad Dressings**  
250ml

**\$3.99**

LOCAL



**Hobbs  
Pickles**  
New York Taste -  
West Coast Vibe,  
1L

**\$11.99**

**Stahlbush Island Farms  
Sustainable Vegetables**  
Select Varieties, Frozen



**\$3.49**



**Caulipower  
Cauliflower  
Pizza**  
Select Varieties,  
Frozen, 310g

**\$8.99**



**Yves Veggie Cuisine  
Meat Alternatives**  
Select Varieties,  
120g - 275g

**\$3.99**

LOCAL

PLANT  
BASED

# DELI

PREPARED FRESH

**LOCAL**

**Choices Chicken Skewers**  
55g



4 FOR \$12<sup>00</sup>

**LOCAL**

**Choices Wild Salmon Lox Bagels**



\$8<sup>99</sup> / EA

**LOCAL**

**Vegetable Herb Samosa**  
160g



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

**LOCAL**

**Habibi's Hummus**  
Also Dips, 200g - 240g



\$3<sup>99</sup> / EA

**Choices Croissant Sandwiches**  
Ham & Swiss, Turkey Swiss, Egg Salad or Chicken Salad



**LOCAL**

\$6<sup>99</sup> / EA

**Choices Smoked Turkey Breast**



**LOCAL**

\$3<sup>29</sup> / 100G

**Choices Artisan Green Salads**  
Select Varieties, 275g - 440g



**LOCAL**

\$9<sup>99</sup>

**Happy Days Goat Feta**



**LOCAL**

\$3<sup>99</sup> / 100G

**Village Cheese**



**LOCAL**

\$4<sup>99</sup> / 100G

**Little Qualicum Cheeseworks Cheese**



**LOCAL**

15% OFF

**Salt Spring Island Cheese**  
150g - 230g



**LOCAL**

15% OFF

# BAKERY

FRESH BAKED • WHOLESOME

**Choices Beer Bread**  
Made with Steel & Oak Craft Beer, 350g



**LOCAL**

\$4<sup>99</sup>

**Choices Signature Cookies**  
12 Pack



**LOCAL**

\$6<sup>99</sup>

**Choices Red Velvet Cake**  
Also Vanilla Cream Birthday, 750g



**LOCAL**

\$19<sup>99</sup>

**Choices Cinnamon Crumble Cake**  
Also Pecan Crumble, 190g - 200g



**LOCAL**

\$5<sup>49</sup>

**NEW**

**Choices Lemon Bar**  
106g



**LOCAL**

\$3<sup>99</sup>

**Golden West English Muffins**  
6 Pack



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

**Wendel's Cookies**  
8 Pack



**GLUTEN FREE**

**LOCAL**

\$8<sup>99</sup>

**Ozery Snacking Rounds**  
Also Morning or One Bun, 312g - 600g



20% OFF

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**ONE DAY SALE**  
**& COMMUNITY BBQ!**

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**WEDNESDAY, JULY 31 ONLY**

Join us at our North Vancouver location ONLY for our Community BBQ from 4:00pm - 8:00pm. All proceeds will be donated to Capilano Community Services Society.



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Enlightened Frozen Dessert**  
473ml

**\$6.99**



**49th Parallel Organic Whole Bean Coffee**  
340g

**\$11.99**

PLANT BASED



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

**\$5.49**



**Nature Clean Dish Soap**  
740ml

**\$4.49**



**Oat & Mill Frozen Dessert**  
500 ml

**\$7.49**

LOCAL



**Whistler Glacial Spring Water**  
1L

**2 FOR \$3.00**  
plus deposit & eco fees



**Eco Max Laundry Wash**  
1.5L

**\$11.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**MegaFood Multivitamins**  
Assorted Varieties & Sizes

**20% OFF**



**Sisu Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Vega Sport Protein**  
Assorted Varieties,  
801g - 837g

**\$49.99**



**Ener-C Effervescent Vitamin C**

Also Vitamin D Drink Mix,  
Assorted Varieties, 24-30 Pack

**\$15.49**



**Organic Traditions Superfoods**  
Assorted Varieties & Sizes

**20% OFF**



**Nuun Hydration Electrolytes**  
Sport, Boost,  
Immunity & Vitamin  
Tabs, 10 Tabs

**BUY 1 GET 1 FREE**



**Natural Factors Stress & Sleep Supplements**  
Select Varieties,  
Assorted Sizes

**20% OFF**



**Enzymedica Digestive Enzymes**  
Assorted Varieties & Sizes

**20% OFF**



**Island Essentials Hair Care**  
Also Lotion & Castille  
Soap, Assorted  
Varieties & Sizes

**20% OFF**



**Herbatint Natural Permanent Hair Colour**  
Assorted Varieties,  
1 Kit

**\$17.99**



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

**\$7.99**



**Natural Calm Magnesium**  
Assorted Varieties,  
226g

**\$29.99**

Shop online at [ChoicesMarket](https://ChoicesMarket.com) @ChoicesMarket /DiscoverChoicesMarket @ChoicesMarket



**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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