



# CHOICES MARKET

100% BC OWNED AND OPERATED

## LONG WEEKEND CHOICES!

Prices Effective • August 1 - August 7, 2024

### BUILD YOUR BURGER!

**SPECIAL PRICE**

All Choices Own  
Ground Poultry  
Breast or Leg Meat,  
Raised without Antibiotics,  
Chicken or Turkey,  
100% Veggie Fed

**25% OFF**

LOCAL

**Organic Lettuce**  
Green Leaf, Red Leaf  
or Romaine,  
Grown in BC

YOU SAVE  
**\$1.00**

**\$3.98 / EA**

LOCAL

**SavÖr  
Organic  
Ketchup**  
375ml

**\$3.99 / EA**



YOU SAVE  
**\$2.10**

**SPECIAL PRICE**

**Hot House  
Tomatoes**  
Grown in BC,  
\$6.57/KG

**\$2.98 / LB**

LOCAL

**Arla Cheese Slices**  
125g - 165g

**2 FOR \$12.00**

**Choices  
Hamburger or  
Hot Dog Buns**  
6 Pack

**\$3.99 / EA**



**\$11.99 / EA**

**Rosdown  
Roasted Chickens**



**\$2.99 / EA**

**Covered Bridge Potato Chips**  
142g - 170g

YOU SAVE  
**36%**



ALL ITEMS  
**ON SALE**

**20% OFF**

**New Roots Vitamins  
& Supplements**  
Assorted Varieties & Sizes



**\$4.98 / EA**

**Strawberries**  
Grown in USA, 454g Pkg.

YOU SAVE  
**\$1.00**



# PRODUCE FRESH • LOCAL • ORGANIC



LOCAL

**\$3.48** / EA

**Organic Bunched Carrots**  
From Olera Farm, BC



**Organic Nectarines & Peaches**  
Grown in USA,  
907g Bag

**\$9.98** / EA

**Corn On the Cob**  
Grown in BC

**4 FOR \$5.00**



LOCAL



**Gourmet Bouquet**

**\$24.98** / EA

**Sunflower**  
3 Stems

**\$4.98** / EA



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$11.99** / LB

**Rib Eye Steaks**

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Imported, \$26.43/KG



LOCAL

**\$3.49** / LB

**Whole Chicken Legs**

Fresh, Raised Without Antibiotics in the Fraser Valley, 100% Veggie Fed, \$8.80/KG



**\$7.99** / LB

**Lean Ground Beef**

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



WESTERN CANADIAN

**\$7.99** / LB

**Pork Back Ribs**

Fresh, Raised without Antibiotics, \$17.61/KG



**BUY 2 GET 1 FREE**

**Grimm's Smokies**  
Select Varieties, 450g

GLUTEN FREE



**\$3.49** / 100G

**Steelhead Fillets**  
Ocean Wise, Value Pack



**Harvest Thick Sliced Bacon**  
500g

GLUTEN FREE

**\$12.99** / EA

**Northern Glacier Hand Peeled Shrimp**

Ocean Wise, Frozen, 340g

**\$9.99** / EA







**DeeBee's  
Organic  
Superfruit  
Freezies**  
10 Pack

**\$5<sup>99</sup>**



**Zevia Stevia  
Sweetened  
Soda**  
6 Pack

**\$5<sup>99</sup>**  
plus deposit & eco fees



**Cove Organic  
Kombucha**  
355ml

**2 FOR \$5<sup>00</sup>**  
plus deposit & eco fees



**La Cocina  
Tortilla Chips**  
Assorted Varieties

**\$3<sup>79</sup>**



**Fever-Tree  
Tonic Water**  
4 Pack

**\$5<sup>99</sup>**  
plus deposit & eco fees



**Flow Naturally  
Alkaline Spring  
Water**  
1L

**2 FOR \$4<sup>00</sup>**  
plus deposit & eco fees



**Old Dutch  
Potato Chips**  
Regular & Ridgies,  
200g & 235g

**2 FOR \$6<sup>50</sup>**



**Dream  
Pretzels**  
200g

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



**Tonica  
Organic  
Kombucha**  
355ml

**\$2<sup>99</sup>**  
plus deposit & eco fees

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



**Café William  
Organic Whole  
Bean Coffee**  
340g

**\$11<sup>49</sup>**



**Mid-Day  
Super Food  
Squares**  
33g

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



**The Ginger  
People Ginger  
Chews**  
84g

**\$3<sup>49</sup>**



**Clif Bar  
Energy Bars**  
68g

**3 FOR \$5<sup>00</sup>**

**Simply Protein Snack Bars**  
40g



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



**RJ's  
Licorice**  
180g

**\$3<sup>49</sup>**



**Breyers  
Creamery Style  
Ice Cream**  
1.66L

**\$5<sup>99</sup>**



**So Delicious  
Frozen  
Desserts**  
500ml

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



**Mochi  
Coconut Cream  
Frozen Dessert**  
450g

**\$7<sup>99</sup>**

**Maple Hill  
Organic Free Range Eggs**  
Large, 1 Dozen



**\$6.99**



**Earth's Own  
Oat Beverage**  
1.75L

**\$4.49**  
plus deposit & eco fees



**L'Ancêtre  
Organic  
Cheese Slices  
& Bricks**  
Select Varieties

**25% OFF**



**Olympic  
Organic  
Yogurt**  
650g

**\$4.49**



**Happy Planet  
Organic  
Orange Juice**  
1.75L

**\$5.99**  
plus deposit & eco fees



**Rolling Meadow  
Grass Fed  
Butter**  
250g

**\$6.99**



**Only Oats**  
Oats & Oat Flour  
1kg

**\$8.99**

GLUTEN  
FREE



**Uncle Luke's  
Organic Maple  
Syrup**  
250ml

**\$6.99**



**We Love Van  
Liquid Squeeze  
Honey**  
375g

**\$6.49**

**NOURISHING LIFESTYLES SINCE 1990**

YOU SAVE  
**\$4.00**



**Filippo Berio  
Extra Virgin  
Olive Oil**  
750ml

**\$29.99**



**Rao's All Natural  
Homemade  
Pasta Sauce**  
660ml

**\$10.99**



**Cha's Organic  
Coconut Milk**  
Select Varieties

**30% OFF**



**Bragg  
Organic Apple  
Cider Vinegar**  
946ml

**\$8.99**

**Di Martino Pastificio Pasta**  
500g



**\$3.29**



**Yes!i  
Nutritional  
Yeast Salad  
Dressings**  
350ml

**\$6.99**



**Earth's Choice  
Organic  
Canned Beans**  
398ml

**2 FOR \$5.00**



**Cape Herb & Spice,  
Table Top Spice  
Grinders**  
Select Varieties

**\$4.99**



**Naked & Saucy  
Organic Coconut  
Cooking Sauces**  
Select Varieties

**\$6.99**



# DELI

PREPARED FRESH



## Choices Signature Family Size Salads

Green House or Caesar, 400g - 550g



**10<sup>99</sup>**



## Choices Family Size Quiche

8 Inch

**12<sup>99</sup>**



## Choices Salads

Moroccan Chickpea, Persian Garden Couscous or Summer Quinoa & Spinach

**\$1<sup>99</sup> / 100g**

## Choices Prawn & Fish Cakes

55g



**4 FOR \$6<sup>00</sup>**

**NEW!** VEGAN SMOKED SALMON VARIETY



## Choices Fresh Rolls

148g - 245g

**6<sup>49</sup>**



## Summer Fresh Dips & Hummus

227g

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



## Italian Sliced Prosciutto

Also Salami, 70g - 85g

**8<sup>99</sup>**



## Bella Casara Burrata

250g

**\$14<sup>99</sup>**



## Saputo Sheep & Goat Feta Cheese

200g

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



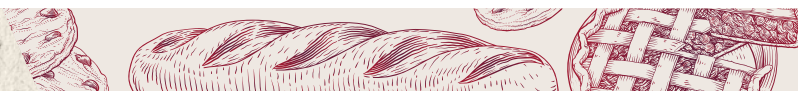
## Saputo Bocconcini

Also Mozza Fresca, 200g

**\$6<sup>49</sup>**

# BAKERY

FRESH BAKED • WHOLESOME



## Choices Artisan Fruit Pies

8 Inch



**\$10<sup>99</sup>**

## Choices Cake Slices

120g - 150g



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



## Choices Cookies

Almond Crunch or Vegan Chocolate Crunch, 6 pack

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

## Choices Millionaire Bar

100g



**\$2<sup>99</sup>**



## Uprising 100% Whole Wheat Bread

Also Buttermilk Honey, 650g

**\$4<sup>99</sup>**



## Wendel's Party Cakes

500g - 600g

**\$14<sup>99</sup>**



## Queen St. Superfood Bagels

5 Pack

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



## Carbonaut Low Carb Buns

Hamburger or Hot Dog, 260g - 320g

**\$6<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



**Bulk Foods  
Nuts & Mixes**

**20% OFF**



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

**\$5.49**



**Sunrise  
Medium  
Tofu**  
454g

**2 FOR \$4.00**



**Caboo  
Bamboo  
Bathroom  
Tissue**  
12 Rolls

**\$9.99**



**Only  
Goodness  
Organic  
Peanut Butter**  
500g

**\$5.99**



**Saputo  
Feta  
Cheese**  
200g

**\$4.99**



**Wildbrine  
Organic Raw  
Saurkraut**  
500ml

**\$8.99**



**Eco Max Ultra  
Dish Washing  
Liquid**  
740ml

**\$3.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



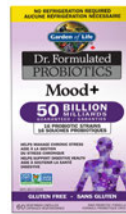
**Platinum  
Naturals  
Multivitamins**  
Assorted Varieties  
& Sizes

**20% OFF**



**Organika  
Electrolytes**  
Assorted Varieties  
& Sizes

**30% OFF**



**Garden of Life  
Dr. Formulated  
Probiotics**  
Assorted Varieties  
& Sizes

**20% OFF**



**Iron Vegan  
Sprouted  
Protein**  
Also Athlete's  
Blend Protein, 1kg

**\$59.99**



**Preferred  
Nutrition  
Berberine &  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**



**Nordic Naturals  
Supplements**  
Omega-3, Cod Liver  
or Fish Oil, Assorted  
Varieties & Sizes

**20% OFF**



**Natural Factors  
CoQ10 &  
Ubiquinol  
Supplements**  
Assorted Varieties &  
Sizes

**20% OFF**



**Nature's  
Way Herbal  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Andalou  
Naturals Face  
Care Products**  
Also Body Care,  
Assorted Varieties  
& Sizes

**25% OFF**



**Mineral  
Fusion Natural  
Cosmetics**  
Assorted Varieties  
& Sizes

**25% OFF**



**Phillip Adam  
Hair Care &  
Body Care**  
Assorted Varieties  
& Sizes

**30% OFF**



**Dr. Hauschka  
Facial Care**  
Assorted Varieties  
& Sizes

**25% OFF**



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**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  
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