



CHOICES MARKET

100% BC OWNED AND OPERATED

LONG WEEKEND SAVINGS!

Prices Effective • August 29 - September 4, 2024

FEATURED CHOICE

Striploin Grilling Steaks

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

\$11.99 / LB

YOU SAVE
51%

SPECIAL PRICE

Choices
Garlic Bread
Made with Roasted
Garlic Butter, 320g

\$5.99 / EA

DISCOVER
LOCAL

ORGANIC CHOICES



DISCOVER
LOCAL

YOU SAVE
\$2.00

Organic Gold Potato
B.C. Grown, 2.27kg Bag

\$6.98 / EA

DISCOVER
LOCAL



YOU SAVE
30%

2 FOR \$3

Organic Corn
on the Cob
B.C. Grown



DISCOVER
LOCAL

\$3.99 / LB

Chicken Drumsticks

Raised Without Antibiotics,
100% Veggie Fed, Fresh \$8.80/KG

YOU SAVE
45%



DISCOVER
LOCAL

Choices
Ready to Eat
Wraps

\$9.99 / EA

YOU SAVE
\$1.00



DISCOVER
LOCAL

Que Pasa
Organic
Tortilla Chips
& Salsa
300g & 350g

30% OFF



Purica
Vitamins &
Supplements
Assorted Varieties
& Sizes

25% OFF

DISCOVER
LOCAL



DISCOVER
LOCAL

Choices
Ready to Eat
Artisan Salad
Bowls
190g - 440g

20% OFF

Rise Organic
Kombucha
1L

30% OFF
plus deposit & eco fee



PRODUCE FRESH • LOCAL • ORGANIC



Gourmet Bouquet

\$24.98 / EA



Long English Cucumber

B.C. Grown



\$1.48 / EA



Organic Cauliflower
USA Grown

\$5.98 / EA



\$5.98 / EA



Organic Sunrise Apple
B.C. Grown, 1.36 kg Bag

Organic Galia or Cantaloupe Melon

B.C. Grown,
\$4.37/kg

\$1.98 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$9.99 / LB

Boneless Skinless Chicken Breasts

Raised Without Antibiotics, 100% Veggie Fed, Fresh, \$22.02/KG



\$4.99 / LB

Pork Sirloin Chops

Raised Without Antibiotics, Fresh, Also Roast, \$11.00/KG



\$9.99 / EA

Rosdown Chicken Breast Kabobs

Raised Without Antibiotics, 100% Veggie Fed, Fresh



GLUTEN FREE

\$12.99 / EA

Harvest Bacon

500g



\$3.49 / 100G

Fresh Steelhead Fillet

Ocean Wise, Value Pack



GLUTEN FREE

BUY 2 GET 1 FREE

Grimm's Sizzlin' Smokies

Select Varieties, 450g



Northern Glacier Black Tiger Prawns

Raw or Cooked, Ocean Wise, Frozen, 340g

\$9.99 / EA

Duso's Pasta

Select Varieties, 250g - 300g

\$5.99 / EA





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



\$6⁴⁹



**Happy Planet
Creamery Organic
Grass Fed Milk**
Select Varieties, 1.5L



\$6⁹⁹
plus deposit & eco fees



**Olympic
Organic
Yogurt**
Select Varieties,
650ml



\$4⁹⁹



**Traditional
Medicinals Organic
Herbal Tea**
16 Bags

2 FOR \$9⁰⁰



**Earth's Choice
Organic
Ground Coffee**
Rainforest Alliance
Certified 340g

\$9⁹⁹



**Olympic
Organic
Plain Yogurt**
Select Varieties,
1.75kg



\$10⁴⁹



**Organic Bulk
Candy & Snacks**
Select Varieties, Loose &
Pre-Packaged

20% OFF



**Alter Eco Organic
Fair Trade
Chocolate Bars**
Select Varieties,
75g - 84g

2 FOR \$7⁰⁰



**Shady Maple
Farms Organic
Maple Syrup**
500ml

\$14⁹⁹

DISCOVER ORGANIC CHOICES TO NOURISH YOUR BODY AND MIND



**Guayaki Organic
Yerba Mate**
473ml

2 FOR \$6⁰⁰

plus deposit & eco fees



**Humble
Organic
Potato Chips**
135g

\$3⁴⁹

GLUTEN
FREE



**Santa Cruz
Organic Lemon
Juice**
Also Lime Juice,
473ml

\$6⁹⁹

plus deposit & eco fees



**Lundberg
Organic Rice**
Select Varieties,
907g

\$10⁹⁹



**Imagine
Organic Soup**
1L

\$5⁹⁹



**Earth's Choice
Organic
Canned Beans**
No Salt Added,
398ml

2 FOR \$5⁰⁰

GLUTEN
FREE



**Suzie's Organic
Condiments**
Ketchup, Mustard &
Mayo, Select Varieties,
237ml - 592ml

25% OFF

MADE IN
CANADA



**Maison Orphée
Organic Extra
Virgin Olive Oil**
750ml

\$19⁹⁹



**Sunflower Kitchen
Organic Hummus**
227g

\$3⁹⁹

PLANT
BASED



Terra Bread Granola
800g ~ 850g

\$13⁹⁹



Califia Farms Beverage

Oat & Almond
Select Varieties, 1.4L

2 FOR \$9⁰⁰

plus deposit & eco fees



Mogiana Single Origin Whole Bean Coffee

Hand Crafted, 340g

\$12⁹⁹



Yoggu! Coconut Yogurt
450g

\$6⁹⁹



Black River Pure Cranberry Juice
1L

\$9⁹⁹

plus deposit & eco fees



Tofutti Cream Cheese
227g

2 FOR \$8⁰⁰



Armstrong Cheese
Assorted Varieties, 600g

\$8⁹⁹



Saputo Mozzarellissima Cheese
340g

\$5⁹⁹

NOURISHING LIFESTYLES SINCE 1990



BioSteel Electrolyte Sports Drink
500ml

2 FOR \$6⁰⁰

plus deposit & eco fees



Vita Coco Coconut Water
1L

2 FOR \$7⁰⁰

plus deposit & eco fees



BSA Craft Non-Alcoholic Beer
473ml

\$2⁹⁹

plus deposit & eco fees



Barbara's Cheez Puffs
155g ~ 198g

\$3²⁹



Angie's Boomchickapop Popcorn

Also Puffs,
Select Varieties,
125g ~ 198g

\$4⁷⁹



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

2 FOR \$7⁰⁰



Healthy Hippo Low Sugar Gummies
50g

2 FOR \$6⁰⁰



Love Good Fat Bars
39g ~ 40g

2 FOR \$4⁰⁰



Hippie Snacks
70g

\$4⁴⁹





— DISCOVER —

THOUSANDS
OF LOCAL
CHOICES

CHOICES  MARKET

DELI

PREPARED FRESH



Rossdown Roasted Chickens

\$12⁹⁹ / EA



Emmental or Gruyere Cheese

20% OFF



Choices Breakfast Sandwiches or Parfaits



\$1⁰⁰ OFF
regular retail



Choices Wild Salmon Lox Bagels



\$8⁹⁹ / EA



Choices Veggie Cakes
140g



2 FOR \$6⁰⁰



Nicli Artisan Pizza
12 Inch



\$16⁹⁹ / EA



Gouda Cheese

\$4⁴⁹ / 100G



Edam Cheese

\$3⁹⁹ / 100G

BAKERY

FRESH BAKED • WHOLESOME



Choices Hamburger or Hot Dog Buns
Including the new Porridge Bread Buns,
6 Pack



\$3⁹⁹ / EA



Choices Party Cakes
540g - 600g



\$14⁹⁹ / EA



Choices Artisan Cookies
6 Pack



\$6⁹⁹ / EA



Choices Scones
2 Pack



\$3⁹⁹ / EA



Choices Keto Pudding
Strawberry or Peanut Butter, 150g



\$4⁴⁹ / EA



Dempster's Bagels
5 - 6 Pack



2 FOR \$8⁰⁰



Silver Hills Sprouted Power Bread
Ancient Grain, Heritage or Omegazing,
510 - 600g



\$4⁹⁹ / EA



Alkeme Country Sourdough Bread
725g



\$9⁹⁹ / EA



Wendel's Cookies
12 Pack



\$8⁹⁹ / EA



GROCERY

LOCAL • ORGANIC • SPECIALTY



Holy Napoli Pizza
Frozen,
365g - 425g

\$9.99



O'Doughs Bagels
Also Thins,
Frozen,
210g & 300g

\$4.49



Garofalo Pasta
500g

\$2.99



Naam Miso Gravy
350ml

\$6.49



Gardein Meat Alternatives
Select Varieties
& Sizes

\$5.99



XO Baking Co. Bread Mix
250g - 498g

\$9.99



Mutti Solo Pomodoro Italian Puree Tomatoes
680ml

\$4.99



Sonoma Creamery Cheese Crisps
64g

\$4.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Vega One & Vega Sport Products
Assorted Varieties
& Sizes

20% OFF



Enerex Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF



Smart Solutions Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF



AquaOmega Omega-3 Fish Oil Supplements
Assorted Varieties
& Sizes

30% OFF



Renew Life Probiotics
Assorted Varieties
& Sizes

20% OFF



Prairie Doctor Herbal Tinctures
Assorted Varieties
& Sizes

20% OFF



New Chapter Vitamins & Supplements
Assorted Varieties
& Sizes

15% OFF

Newco Natural Skin Care
Assorted Varieties & Sizes



20% OFF



Oneka Shampoo or Conditioner
Assorted Varieties,
500ml

\$12.49



Attitude Natural Care Toothpaste
Also Bodycare,
Assorted Varieties
& Sizes

25% OFF



Everyone For Every Body 3 in 1 Soap
Assorted Varieties,
946ml

\$15.99



Acure Face, Hair & Body Care
Assorted Varieties
& Sizes

30% OFF



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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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