



# CHOICES MARKET

100% BC OWNED AND OPERATED

## SIZZLIN SUMMER CHOICES!

Prices Effective • August 22 - August 28, 2024

DISCOVER  
**LOCAL**

**SPECIAL PRICE**

**Thomas Reid  
Organic Chicken  
Breasts**

Boneless Skinless,  
Free Range, Non- GMO,  
Air Chilled, Fraser Valley  
Raised, \$26.43/KG

**\$11<sup>99</sup> / LB**

YOU SAVE  
**30%**

**SPECIAL PRICE**

**Corn On The Cob**  
Grown in BC

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

YOU SAVE  
**41%**

DISCOVER  
**LOCAL**

**CANADIAN**

**25% OFF**

**Choices Own BBQ Sausages**

Made in Store, Raised without Antibiotics,  
Turkey, Pork, Chicken



**SPECIAL PRICE**

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

YOU SAVE  
**28%**

**Organic Hass Avocados**  
Imported

DISCOVER  
**LOCAL**

**Roasted  
Chickens**  
Raised Without  
Antibiotics

**\$13<sup>99</sup> / EA**

YOU SAVE  
**22%**



**Choices  
Chocolate  
S'mores Pie**

Also Lemon Meringue,  
Young Coconut, 6 Inch

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

YOU SAVE  
**\$1<sup>00</sup>**

DISCOVER  
**LOCAL**

DISCOVER  
**LOCAL**



**Vega Proteins  
& Greens**

Assorted Varieties  
586g - 618g

**\$32<sup>99</sup>**

YOU SAVE  
**28%**



**Kettle Brand  
Potato Chips**

156g & 198g

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

YOU SAVE  
**36%**

## FEATURED CHOICE



**GT's Raw  
Kombucha**  
480ml

YOU SAVE  
**36%**

**\$3<sup>49</sup>**  
plus deposit & eco fee

**WEDNESDAY, AUGUST 28 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.



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Green & Red Grapes**  
Grown in USA,  
\$10.98/KG

**\$4.98 / LB**



**Sunrise Apples**  
Grown in BC,  
\$5.47/KG

**\$2.48 / LB**



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

**Prune Plums**  
Grown in BC,  
\$8.77/KG

**\$3.98 / LB**



**Organic Yellow Nugget Potatoes**  
Grown in BC,  
\$6.57/KG

**\$2.98 / LB**



**Mini Carnations**

**\$7.98 / EA**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$7.99 / LB**

**Split Chicken Wings**  
100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Imported, Value Pack, \$17.61/KG



**\$8.99 / LB**

**Inside Round Steaks or Roast**  
100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Imported, Value Pack, \$19.82/KG



**\$6.99 / LB**

**Pork Tenderloin**  
Fresh, Raised Without Antibiotics,  
\$15.41/KG



**\$6.99 / LB**

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



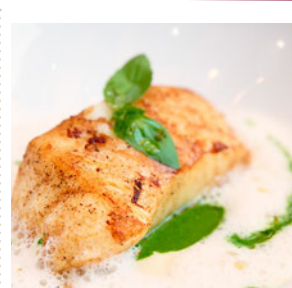
**\$9.99 / LB**

**Chicken Thighs**  
Boneless, Skinless, Raised Without Antibiotics,  
100% Veggie Fed, \$22.02/KG



**\$9.99 / EA**

**Northern Glacier Hand Peeled Shrimp**  
Ocean Wise, Frozen, 340g



**Sable Fish Fillets**  
Fresh,  
Ocean Wise

**\$2.99 / 100G**



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

**\$3.99 / EA**





## Maple Hill Free Range Eggs

Large, 12 Pack



**\$5.99**



## Bob's Red Mill Pancake & Waffle Mix

Also Muesli & Granola, Select Varieties,

312g ~ 680g

**\$6.49**



## True Taste Café Belgian Waffles

Made in the Okanagan, BC  
Frozen, 400g

**\$6.99**



## One Degree Organic Granola

312g

GLUTEN FREE

**\$4.99**



## Siggi's Icelandic Skyr Yogurt

4 x 100g

**\$3.99**



## Bulk Frozen Blueberries

from Warkentin Farms, Abbotsford

**20% OFF**  
works out to \$1.76/100G



## Blue Diamond Almond Breeze Beverage

946ml

**\$2.49**  
plus deposit & eco fees



## Nature's Path Organic Eco Pac Cereal

650g ~ 907g

**\$8.99**



## Tree Island Cream Top Yogurt

500g

**\$4.99**

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



## Silk Non-Dairy Creamer

Also Fortified Soy Milk, Select Varieties, 890ml & 1.89L

**\$5.49**  
plus deposit & eco fees



## Iogo Nano Drinkable Yogurt

6 Pack

**\$4.49**



## Lundberg Organic Rice Cakes

Also Organic Minis, Organic Thin Stackers, Select Varieties, 142g ~ 269g

**\$4.99**



## Good Drink Natural Iced Tea

473ml

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



## Fentimans Craft Soda

4 Pack

**\$9.99**  
plus deposit & eco fees



## Siete Grain Free Tortilla Chips

142g

**\$5.49**  
GLUTEN FREE



## Guayaki Organic Yerba Mate

458ml

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



## Santa Cruz Organic Lemonade

946ml

**2 FOR \$9.00**  
plus deposit & eco fees



## NoochPOP! Nutritional Yeast Popcorn

120g

**2 FOR \$8.00**  
PLANT BASED



**Chocxo Organic  
Dark Chocolate  
Cups**

98g - 100g

**\$5.99**



**GoMacro  
Organic Bars**

59g - 69g

**2 FOR \$6.00**



**Zazubean Organic  
Fair Trade  
Chocolate Bars**

80g - 85g

**2 FOR \$8.00**



**Flow Organic  
Naturally  
Alkaline Water**

Select Varieties,  
500ml

**2 FOR \$3.00**

plus deposit & eco fees



**Fiji Natural  
Spring Water**

1.5L

**2 FOR \$6.00**

plus deposit & eco fees



**Once Upon A Farm  
Organic Baby Food**

Also Smoothies,  
85ml & 105ml

**\$2.99**



**Woolwich  
Chevrai Goat  
Cheese**

113g

**\$4.49**



**Spread'Em  
Cashew Cheeze**

200g

**\$7.99**



**L'Ancetre  
Organic Cheese**

325g

**\$10.99**

**NOURISHING LIFESTYLES SINCE 1990**



**Thai Kitchen  
Coconut Milk**

Also Sauces, Pastes  
& Noodles, Select  
Varieties & Sizes

**\$3.99**



**Lakanto  
Sweeteners**

Select Varieties,  
235g - 800g

**30% OFF**



**Maille  
Dijon Mustard**

200ml

**\$5.99**



**PORTA Tradizione  
Italiana  
Roman-Style Pizza**

Select Varieties, Frozen,  
365g - 430g

**\$9.99**



**Rizopia Organic  
Rice or Quinoa  
Pasta**

340g & 454g

**2 FOR \$6.00**



**Rao's  
Pasta Sauce**

660ml

**\$10.99**



**Lundberg  
Nutra Farmed  
Rice**

Basmati or Jasmine,  
Select Varieties,  
907g

**\$9.99**



**Organic Meadow  
Organic Ice Cream**

946ml

**\$8.99**



**Righteous  
Gelato**

Also Sorbetto,  
473ml

**\$6.99**





— DISCOVER —

**THOUSANDS**  
**OF LOCAL**  
**CHOICES**

CHOICES  MARKET

# DELI

PREPARED FRESH



**Choices  
Ready to Eat  
Artisan Green  
Salads**  
Select Varieties

**\$9.99 / EA**



**Choices  
Ready to Eat  
Quiche**

**2 FOR \$12.00**



**Summer Fresh  
Dips & Hummus**  
227g

**2 FOR \$8.00**



**Italian Sliced  
Salami &  
Prosciutto**  
70g ~ 85g

**\$8.99 / EA**



**Spanakopitas**  
2 Pack

GLUTEN  
FREE

**\$7.99 / EA**



**Spinach & Feta  
or Ricotta & Feta  
Twisters**

**2 FOR \$7.00**



**Castello  
Cheese  
Wedges**  
Assorted Varieties,  
200g

**\$7.99 / EA**



**Bella Casara  
Burrata**  
250g

**\$14.99 / EA**



**Castello  
Cheese Slices**  
125g ~ 165g

**2 FOR \$12.00**

# BAKERY

FRESH BAKED • WHOLESOME

**Choices Caramelized Onion &  
Rosemary Loaf**

Also Cranberry Walnut, 420g



DISCOVER  
LOCAL

**\$5.99**



**Choices  
Signature Cookies**

12 Pack

DISCOVER  
LOCAL

**\$5.99**



**Portofino Brioche  
Hamburger or  
Hot Dog Buns**

6 Pack

DISCOVER  
LOCAL

**\$5.99**



**Silver Hills  
Sprouted Power  
Organic Breads**  
510g ~ 680g

**2 FOR \$9.00**

**Saman Bakery Crackers**  
Assorted Varieties, 200g



DISCOVER  
LOCAL

**\$6.99**

**Wendel's Party Cakes**  
500g ~ 600g



GLUTEN  
FREE

DISCOVER  
LOCAL

**\$14.99**



**Schär Breads,  
Buns & Rolls**  
Select Varieties,  
200g ~ 400g

**20% OFF**

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

**15% OFF\***

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\*Excluding Lotto and Gift Card purchases. One Day sale offer valid at the North Vancouver location only. Sale not available online.

**WEDNESDAY, AUGUST 28 ONLY**

Join us at our North Vancouver location  
ONLY for our Community BBQ from  
11:00am - 2:00pm and from 4:00pm - 7:00pm.  
All proceeds will be donated to  
Capilano Community Services Society.





# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Only Goodness Organic Honey**  
375g

**\$5.99**

**Only Goodness Compostable Bowls**  
12 oz, 15 Pack



**2 FOR \$5.00**



**Only Goodness Organic BBQ Sauce**  
350ml

**\$5.99**



**Only Goodness Organic Extra Virgin Olive Oil**  
500ml

**\$12.99**



**Only Goodness Almond Butter**  
340g

**\$5.99**

**Only Goodness Compostable Dinner Plates**  
Select Varieties



**20% OFF**

**Only Goodness Compostable Food Waste Bags**  
Select Varieties



**25% OFF**



**Only Goodness Organic Apple Cider Vinegar**  
473ml

**2 FOR \$5.00**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Platinum Naturals Multivitamins**  
Assorted Varieties & Sizes

**20% OFF**



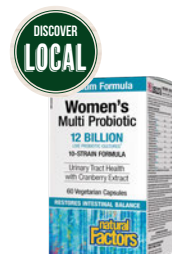
**Organika Electrolytes**  
Assorted Varieties & Sizes

**30% OFF**

**NutraSea Omega-3 Fish Oil Supplements**  
Select Varieties & Assorted Sizes



**20% OFF**



**Natural Factors Probiotics**  
Assorted Varieties & Sizes

**20% OFF**



**Natural Factors All Bonus Bottles**  
Assorted Varieties & Sizes

**20% OFF**



**CanPrev Beauty Supplements**  
Select Varieties & Assorted Sizes

**20% OFF**



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

**20% OFF**



**Salus Floradix & Floravit**  
Assorted Varieties & Sizes

**20% OFF**



**Lily of the Desert Aloe Vera Gel**  
Also Juice, Assorted Varieties & Sizes

**20% OFF**



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

**30% OFF**



**Jasön Naturals Hand Soap**  
473ml

**\$6.49**



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

**25% 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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