

CHOICES MARKET

100% BC OWNED AND OPERATED

SUMMER CHOICES!

Prices Effective • August 15 - August 21, 2024



WESTERN CANADIAN

SPECIAL PRICE

Organic White Potato
Grown in BC,
\$3.48/KG

YOU SAVE 36%

\$1.58 / LB

DISCOVER LOCAL

SPECIAL PRICE

Pork Back Ribs
Fresh, Raised without Antibiotics

BUY 1 GET 1 FREE



Andalou Naturals
Face Care and Body Care Products
Assorted Varieties & Sizes

25% OFF

Nordic Naturals
Omega-3, Cod Liver Oil and Childrens Fish Oil Supplements
Assorted Varieties & Sizes



20% OFF



DISCOVER LOCAL

YOU SAVE 45%

\$4.99 / LB

Chicken Thighs
Fresh, Raised without Antibiotics,
100% Veggie Fed, Value Pack, \$11.00/KG



\$6.98 / EA

Organic Strawberries
Grown in USA, 454g Pkg.

YOU SAVE \$1.00 / LB



YOU SAVE 33%

Flow Alkaline Spring Water
1L

2 FOR \$4.00

plus deposit & eco fee



Rosdown Roasted Half Chickens

YOU SAVE \$1.00

\$6.99



Choices Sourdough Bread
Levain Style,
250g - 530g

YOU SAVE \$1.00

\$4.99



FEATURED CHOICE

Organic Bulk Foods
Excluding Packaged Items

25% OFF

PRODUCE FRESH • LOCAL • ORGANIC

DISCOVER
LOCAL

Organic Green Onions Bunch

Grown in BC



\$1.98 / EA

Organic Cauliflower

Grown in USA



\$3.98 / EA

Gourmet Bouquet



\$24.98 / EA

Organic Celery

Grown in USA,
\$3.48/KG



\$1.58 / LB

Broccoli Crowns

Grown in BC,
\$6.57/KG



\$2.98 / LB

DISCOVER
LOCAL

Gerbera

5 Stems Bunch



\$7.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$13.99 / LB

Prime Rib Roast

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported, Also Boneless,
\$30.84/KG



DISCOVER
LOCAL

\$9.99 / LB

Boneless Skinless Chicken Breasts

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



WILD
CAUGHT

\$6.49 / 100G

Halibut Fillets

Fresh, Ocean Wise



\$9.99 / LB

Beef Burgers

Fresh, 100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Made in Store, Imported, \$22.02/KG



\$11.99 / LB

Boneless Leg of Lamb Steaks

Fresh, Raised Without Antibiotics, New Zealand,
Pasture Raised, Also Roasts, \$26.43/KG



Freybe Rhineland Bacon

Double Smoked,
375g

\$7.99

GLUTEN
FREE



\$12.99 / LB

Rosdown Marinated Chicken Breasts

Boneless Skinless, Fresh, Raised Without
Antibiotics, 100% Veggie Fed, \$28.64/KG

Freybe European Wieners

Original or Cheddar,
375g

GLUTEN
FREE



BUY 1 GET 1 FREE



**DeeBee's
Organics
Fruit Freezies**
Select Varieties

\$5⁹⁹



**Avalon Organic
Ice Cream**
946ml



\$11⁹⁹



**So Delicious
Frozen
Dessert**
500ml

\$6⁴⁹



**Brew Dr.
Organic
Kombucha**
414ml

\$2⁹⁹

plus deposit & eco fees



**Zevia
Zero Sugar
Soda**
6 Pack

\$6⁴⁹

plus deposit & eco fees



**Whistler
Glacial Spring
Water**
4L



\$3⁹⁹

plus deposit & eco fees



**Thirsty Buddha
Organic Coconut
Water**
1L

\$4⁹⁹

plus deposit & eco fees



**Happy Planet
Organic Orange
Juice**
1.75L



\$5⁹⁹

plus deposit & eco fees



**Pulp & Press
Organic Juice**
355ml

\$5⁹⁹

plus deposit & eco fees

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



**Sober Carpenter
Organic
Non-Alcoholic
Beverage**
473ml

2 FOR \$5⁰⁰

plus deposit & eco fees



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

2 FOR \$6⁰⁰



**Fever Tree
Tonic Water**
Also Ginger Beer,
4 Pack

\$5⁹⁹

plus deposit & eco fees



**Cabana Natural
Lemonade**
591ml

2 FOR \$5⁰⁰

plus deposit & eco fees



**Spudsy
Fries**
Also Puffs, 113g

\$4⁹⁹



**Biotta Organic
Vegetable Juice**
500ml

\$5⁹⁹

plus deposit & eco fees

Kind Nut Bars
40g



3 FOR \$5⁰⁰



**Hand Fuel
Snacks**
120g - 150g

\$5⁹⁹



**Clif Bar
Energy Bars**
68g

2 FOR \$4⁰⁰



Nature's Path Organic Hot Cereal
8 Pack

\$4⁹⁹



Manna Organics Manna Bread
350g ~ 400g

\$3²⁹

Nature's Path Organic Waffles
210g



GLUTEN FREE

\$4⁴⁹



Only Oats Oats
Assorted Varieties, Including Flour, 1kg

\$8⁹⁹



Liberté Greek Yogurt
750g

\$6⁴⁹



Uncle Luke's Organic Maple Syrup
250ml

\$6⁹⁹



Saugeen Organic Yogurt
908g

\$5⁹⁹



Joyya Ultrafiltered Milk
1L

\$4⁶⁹
plus deposit & eco fees



Violife Cheese Alternatives
Select Varieties

\$5⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Avafina Seeds
Also Quinoa & Spices, Select Varieties, 130g ~ 425g

20% OFF



Sunrise Tofu
Medium & Firm, 454g & 500g

2 FOR \$5⁰⁰



Lotus Foods Organic Rice Ramen Noodles
283g

\$7⁹⁹



Cape Herb & Spice Table Top Spice Grinders
Select Varieties, 36g ~ 130g

\$5⁹⁹



Naked & Saucy Organic Coconut Seasoning Sauces
296ml

\$6⁹⁹



Kettle & Fire Bone Broth
454ml

\$8⁹⁹



Gold Seal Wild Pink Salmon
Select Varieties, 170g & 231g

2 FOR \$8⁰⁰



Caboo Bamboo Paper Towels
3 Roll

\$6⁹⁹



Eco Max Cleaners
800ml

\$3⁹⁹



— DISCOVER —

THOUSANDS
OF LOCAL
CHOICES

CHOICES  MARKET

DELI

PREPARED FRESH



DISCOVER
LOCAL

Choices Homestyle Potato

Also Dijon or Roasted
Herb Potato Duo

\$1.69 / 100g



DISCOVER
LOCAL

Choices Moroccan Chickpea Salad

Also Persian Garden
Couscous

\$1.99 / 100g

Choices Mexican Burritos

Also Fajitas, 220g - 295g



DISCOVER
LOCAL

\$7.49 / EA



DISCOVER
LOCAL

Choices Ready to Eat Chicken Tex Mex Salad

280g

\$8.99 / EA



DISCOVER
LOCAL

Choices Croissant Sandwiches

\$7.99 / EA



DISCOVER
LOCAL

NEW

Nuba Hummus

Assorted Varieties, 280g

\$7.99



Traditional Cow Feta Cheese

\$2.49 / 100g



Gouda Cheese

Mild, Medium
or Aged

\$4.49 / 100g



Dofino Havarti Cheese

\$3.49 / 100g

BAKERY

FRESH BAKED • WHOLESOME



DISCOVER
LOCAL

Choices Sourdough Baguette

530g

\$2.99



DISCOVER
LOCAL

Choices Tuxedo Cake

Also Tres Citrus, 410g ~ 450g

\$12.99



DISCOVER
LOCAL

Choices Dessert Cups

Including Mocha,
Strawberry Trifle or
Tuxedo, 150g

\$4.29

Brioche Buns

Hamburger or Hot Dog, 6 or 8 Packs



DISCOVER
LOCAL

\$5.99

Saman Bakery Crackers

160g ~ 200g



DISCOVER
LOCAL

\$6.99



Dempsters Bagels

5 & 6 Packs

2 FOR \$8.00



GLUTEN
FREE

Carbonaut Buns

Hamburger
or Hot Dog,
5 & 6 Packs

\$6.99

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



**La Cocina
Tortilla
Chips**
300g ~ 400g

\$3.99



**Las Margaritas
Fresh Salsa**
500ml

\$6.99



**Pietro's
Stuffed
Frozen
Ravioli**
300g

\$8.99



**Red Crown
Organic Pure
Pomegranate
Juice**
1L

\$8.99
plus deposit & eco fees



**Casa Fiesta
Refried
Beans**
398ml

2 FOR \$6.00



**Kaslo
Fermentata
Pasta**
454g

\$9.99



**Antico
Organic
Pasta
Sauce**
700ml

\$6.99



**Yumearth
Organic
Licorice**
142g

\$7.99

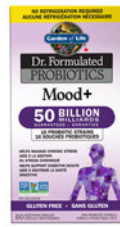
WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

20% 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



**Natural Factors
Magnesium
Supplements**
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



**Whole Earth
& Sea Greens**
Also Protein &
Greens Supplements,
Assorted Varieties
& Sizes

20% OFF



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

25% OFF



**Dr. Squatch
Men's Body
Care**
Assorted Varieties
& Sizes

35% OFF



**Thayers
Witch Hazel**
Assorted
Varieties,
340ml

\$14.99



**Himalaya
Botanique
Toothpaste**
Assorted Varieties,
113g ~ 150g

\$6.49



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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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