



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY CHOICES!

Prices Effective • September 19 - 25, 2024



SPECIAL PRICE

**Top Sirloin
Steaks or Roast**
100% Grass Fed, Raised
Without Antibiotics,
Pasture Raised, Value
Pack, \$22.02/KG

\$9.99 / LB

YOU SAVE
39%

SPECIAL PRICE

**Organic
Honeycrisp Apples**
BC Grown, 1.36 kg Bag

\$7.98 / EA



DISCOVER
LOCAL

Gala Apples
BC Grown,
\$3.26/KG

\$1.48 / LB

YOU SAVE
57%



**La Tortilla Factory
Wraps & Tortillas**
Assorted Varieties,
240g ~ 496g

25% OFF



Spanakopita
Also Mushroom &
Parmesan Pies,
185g

YOU SAVE
\$1.98

2 FOR \$10.00



**L'Ancêtre
Organic Cheese**
Select Varieties,
200g & 250g

\$7.99

YOU SAVE
**UP TO
23%**



**Canadian Heritage
Organics Maple
Syrup**
500ml

\$13.99

YOU SAVE
24%



**Organic Bulk Foods
Fruits, Nuts & Seeds**
Make Your Own Mix
Loose & Pre-Packaged,
Select Varieties

20% OFF



**The Green Beaver
Face Care, Body Care
& Suncare**
Assorted Varieties & Sizes

20% OFF

SATURDAY, SEPTEMBER 21

NORTH VANCOUVER & KELOWNA ANNIVERSARY SALE & COMMUNITY BBQ



**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 & Kelowna locations only.
See page 5 for details. Sale not available online.

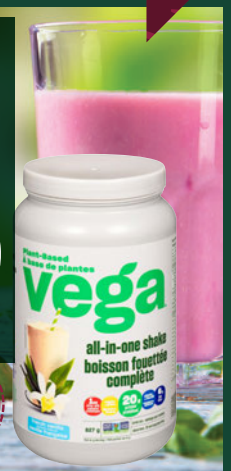
FEATURED CHOICE

**Vega One
All-in-One
Nutritional Shakes**
Assorted Varieties,
827g - 876g

\$47.99

DISCOVER
LOCAL

YOU SAVE
28%



PRODUCE FRESH • LOCAL • ORGANIC



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

\$4.98 / LB



**Organic
Bunched Spinach**
BC Grown

\$3.48 / EA

**Organic
Romaine Lettuce**

Also Green Leaf, Red
Leaf, BC Grown



\$2.98 / EA

**Mixed Coloured
Peppers**

Canada Grown,
907g Bag

\$5.98 / EA



**Everyday
Bouquet**
\$14.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



DISCOVER
LOCAL

\$7.99 / LB

**Thomas Reid Organic
Chicken Drumsticks**

Free Range, Non-GMO, Air Chilled,
Fraser Valley Raised, \$17.61/KG



\$8.99 / LB

Beef Stir Fry

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, \$19.82/KG



WESTERN
CANADIAN

BUY 1 GET 1 FREE

**Boneless Pork Shoulder
Butt Roast or Steaks**

Raised Without Antibiotics, Fresh



DISCOVER
LOCAL

\$8.99 / LB

Boneless Skinless Chicken Thighs

100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack, \$19.82/KG



\$3.99 / 100G

Wild Sockeye Salmon Fillets

Previously Frozen or Frozen, Value Pack



DISCOVER
LOCAL

2 FOR \$14.00

Soup Etc Fresh Soups

Select Varieties, 700ml



DISCOVER
LOCAL

**Duso's
Stuffed Pasta**
Select Varieties,
250g - 300g

\$6.49

**Freybe's
Rhineland Bacon**
Double Smoked,
375g

GLUTEN
FREE

DISCOVER
LOCAL

\$7.99



CHOICES  MARKET

ANNIVERSARY SALE & CHARITY BBQ!

SATURDAY, SEPTEMBER 21



10% OFF
ENTIRE STORE*
INCLUDING SALE ITEMS

**JOIN US THIS SATURDAY
AT CHOICES MARKET KELOWNA**




- Enjoy Free Coffee & Tea All Day
- Enter to Win Various Prizes!
- Charity BBQ, Complimentary Slice of Anniversary Cake, Music & Face Painting on Site from 12:00pm – 2:00pm

All proceeds will be donated to Mamas for Mamas.

1937 Harvey Ave

*Anniversary sale offer valid at this location only. Sale not available online.
Excluding Lotto and Gift Card purchases.



SHOP ONLINE AT **CHOICES.MARKET**  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket



**Salt Spring
Organic Whole
Bean Coffee**
400g



\$13⁹⁹



**Nuts to You
Nut Butters**
Select Varieties,
Organic &
Non-Organic

30% OFF



**Bonne Maman
Jam & Jelly**
250ml

\$5⁴⁹



**Brüst Cold Brew
Protein Coffee**
330ml

\$2⁹⁹
plus deposit & eco fees



**Organic
Traditions
Dried Fruit**
Select Varieties

20% OFF



**Bob's Red Mill
Rolled Oats**
Select Varieties,
794g & 907g

\$9⁹⁹



Stash Tea
Select Varieties,
18 - 20 Bags

\$4⁴⁹



**Nature's Bakery
Fig Bars**
6 Pack

\$6⁹⁹



**Jordans
Morning Crisp
Granola**
375g & 400g

\$5⁹⁹

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



**Angie's
Boomchickapop
Popcorn**
Also Puffs,
Select Varieties,
125g - 198g

\$4⁹⁹



**Hippie Snacks
Crisps**
70g



\$4⁹⁹



**Barbara's
Cheez Puffs**
155g & 198g

\$3⁴⁹



**Gerolsteiner
Carbonated Natural
Mineral Water**
750ml

\$3⁹⁹
plus deposit & eco fees



**Guayaki Organic
Yerba Mate**
473ml

2 FOR \$6⁰⁰

plus deposit & eco fees



**Pulp & Press
Organic Elixer
Wellness Shot**
70ml

\$3²⁹

plus deposit & eco fees



**Ritter Sport
Chocolate Bars**
Select Varieties,
100g

3 FOR \$9⁹⁹



**Haribo
Gummies**
170g - 175g

2 FOR \$7⁰⁰



**Pro Bar
Meal On The
Go**
Select Varieties,
85g

\$3⁴⁹



**Organic Meadow
Organic
2 % Milk**
4L

\$9⁹⁹

plus deposit & eco fees



**Natur-A Organic
Oat, Soy & Rice
Beverages**
946ml

2 FOR \$6⁰⁰

plus deposit & eco fees



**Dairyland
Organic Milk**
1.89L

\$5⁴⁹

plus deposit & eco fees



**Nature's Farm Organic
Omega 3 Large Eggs**
1 Dozen

\$8⁹⁹



**Only Goodness
Organic
Smoothie Blend**
Frozen, 500g

\$4⁹⁹



**Donia Farms
Grass Fed
Yogurt**
650g

\$4⁹⁹



Cows Creamery Sea Salted Butter
Also Unsalted, 250g



\$7⁹⁹



**Melt Organic
Buttery Spreads**
368g & 454g

\$5⁴⁹



**Greek Gods
Organic
Yogurt**
500g

\$6⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Amy's
Frozen Entrées**
Also Bowls,
Select Varieties

\$6⁹⁹



**Carbone
Pasta Sauce**
660ml

\$10⁹⁹



**Maison Orphée
Organic
Extra Virgin
Olive Oil**
Select Varieties,
750ml

\$22⁹⁹



**Earth's Choice
Organic
Tomatoes**
796ml

\$4⁴⁹



**Rizopia Organic
Brown Rice
Pasta**
Select Varieties,
340g & 454g

\$2⁹⁹



**Primal Kitchen
Dressings**
237ml

\$9⁹⁹



**Bar Harbor
Clam Chowders**
Also Whole Clams,
Select Varieties,
398ml & 184g

\$4⁹⁹



**Earth's Choice
Organic Beans**
No Salt Variety Only,
398ml

2 FOR \$6⁰⁰



**Lisc
Pickled Dill
Cucumbers**
Also Sauerkraut,
750ml & 900ml

\$5⁹⁹

CHOICES  MARKET

ANNIVERSARY SALE & COMMUNITY BBQ!

SATURDAY, SEPTEMBER 21



**JOIN US THIS SATURDAY
AT CHOICES MARKET NORTH VANCOUVER**




- Enjoy Free Coffee & Tea All Day
- Enter to Win Various Prizes!
- Community BBQ, Complimentary Slice of Anniversary Cake, Music & Face Painting on Site from 12:00pm – 2:00pm

All proceeds will be donated to Carson Graham School.

AT 801 MARINE DRIVE

*Anniversary sale offer valid at this location only. Sale not available online.
Excluding Lotto and Gift Card purchases.



SHOP ONLINE AT **CHOICES.MARKET**  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket

DELI PREPARED FRESH

DISCOVER
LOCAL



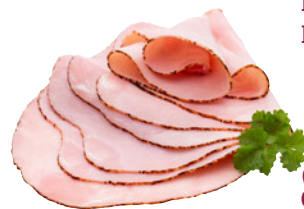
Nicli Artisan Pizza
12 Inch, Assorted Varieties

\$15.99 / EA



Summer Fresh Hummus Toppers
Assorted Varieties, 255g

\$5.49 / EA



Black Forest Ham

\$2.99 / 100g

DISCOVER
LOCAL



Choices Artisan Sandwiches
Ham, Turkey or Roast Beef

\$9.99

DISCOVER
LOCAL



Sausage Rolls
Turkey or Beef, 130g

2 FOR \$6.00

DISCOVER
LOCAL



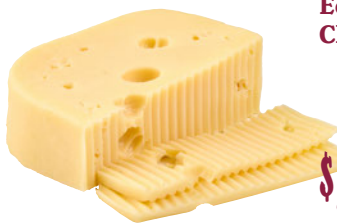
Sliced Sundried Tomato Turkey Breast

\$3.99 / 100g



Parmigiano Reggiano Cheese

\$4.99 / 100g



Edam Cheese

\$3.49 / 100g

DISCOVER
LOCAL



Choices Organic Cheeses
Assorted Varieties

20% OFF

BAKERY FRESH BAKED • WHOLESOME

DISCOVER
LOCAL

Choices Pumpkin Pie
8 Inch

\$9.99



DISCOVER
LOCAL



Choices Festival Garlic & Cheddar Bread
200g

\$5.99

AVAILABLE FOR A LIMITED TIME

DISCOVER
LOCAL

Choices Cranberry Walnut Baguette
345g

NEW

\$3.99



DISCOVER
LOCAL

Choices Traditional Nanaimo Bars
Also Peanut Butter or Espresso, 70g ~ 85g

2 FOR \$6.00



DISCOVER
LOCAL



Silver Hills Sprouted Power Bread
Assorted Varieties, 430g ~ 615g

2 FOR \$9.00

GLUTEN FREE



Alkeme Country Sourdough Bread
725g

\$9.99

CHOICES MARKET
ANNIVERSARY SALE
& BBQ

10% OFF
ENTIRE STORE*
INCLUDING SALE ITEMS

JOIN US SATURDAY, SEPTEMBER 21

To celebrate Choices Anniversary!

North Vancouver
801 Marine Drive

- Enjoy Free Coffee & Tea All Day
- Enter to Win Various Prizes!
- Community BBQ, Complimentary Slice of Anniversary Cake, Music & Face Painting on Site from 12:00pm - 2:00pm
- All proceeds will be donated to Carson Graham School

Kelowna
1937 Harvey Ave

- Enjoy Free Coffee & Tea All Day
- Enter to Win Various Prizes!
- Charity BBQ, Complimentary Slice of Anniversary Cake, Music & Face Painting on Site from 12:00pm - 2:00pm
- All proceeds will be donated to Mamas for Mamas

*Anniversary sale offer valid at North Vancouver and Kelowna location only. Sale not available online.

GROCERY

LOCAL • ORGANIC • SPECIALTY



Katz Donut Holes
170g

GLUTEN FREE

\$4.49



Karthain's Organic Sauerkraut
Select Varieties,
750ml

\$10.99



Yves Veggie Weiners
Also Tofu Dogs & Slices, Select Varieties,
120g - 275g

\$4.49



Nature Clean Liquid Laundry Detergent
3L

\$12.99



Lakanto Monkfruit Sweeteners
235g

\$7.99



Lucky Foods Seoul Kimchi
396g

GLUTEN FREE

\$7.99



San J Cooking Sauces
Select Varieties,
296ml

\$6.99



Eco Max Ultra Dish Wash
740ml

\$4.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Genuine Health Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Flora Udo's Choice 3.6.9 Blend
Also DHA Oil Blend,
Assorted Varieties & Sizes

20% OFF



Purica Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Supplements
BioSil, Medi-C,
Sealicious,
Preferred and
Vegid, Assorted
Varieties & Sizes

25% OFF

Bio-K Plus Probiotics
Including Dairy & Vegan,
Assorted Varieties, 6 Pack



\$22.99



New Chapter Vitamins & Supplements
Assorted Varieties & Sizes

15% OFF



Enerex Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



withinUs TruMarine Collagen
Assorted Varieties & Sizes

20% OFF



Derma E Facial Care
Also Body Care,
Assorted Varieties & Sizes

25% OFF



Gabriel Natural Cosmetics
Assorted Varieties & Sizes

20% OFF



Dr. Bronner's Non GMO Organic Castile Soap
Assorted Varieties & Sizes

\$22.99



The Kelowna Candle Factory Candles
Beeswax & Soy,
Assorted Varieties & Sizes

20% OFF



Shop online at 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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.