



CHOICES MARKET

100% BC OWNED AND OPERATED

FAIR TRADE CHOICES!

COMING
SOON

FRESH TURKEYS

See last page for more
Meat choices

Prices Effective • October 3 - October 9, 2024

SPECIAL PRICE

Organic Bananas
Grown in Peru,
\$2.16/KG

98¢/LB

FAIR TRADE

YOU SAVE 17%

SPECIAL PRICE

Organic Hass Avocados
Grown in Mexico

2 FOR \$5.00

FAIR TRADE

YOU SAVE 37%

FAIR TRADE

Camino Organic Chocolate Chips
Also Organic Hot Chocolate,
200g - 336g

YOU SAVE 30%

\$7.99 / EA

Camino Organic Chocolate Chips
Also Organic Hot Chocolate,
200g - 336g

FAIR TRADE

Mid-Day Squares Functional Bar
33g

YOU SAVE 29%

\$1.99 / EA

Mid-Day Squares Functional Bar
33g

FAIR TRADE

Numi Organic Tea
Select Varieties, 16 - 18 Bags

YOU SAVE 29%

\$5.99 / EA

Numi Organic Tea
Select Varieties, 16 - 18 Bags

FAIR TRADE

Wholesome Foods Organic Sweeteners
Select Varieties

25% OFF

Wholesome Foods Organic Sweeteners
Select Varieties

FAIR TRADE

Earth's Choice Fair Trade Coffee
12 oz

YOU SAVE 47%

\$1.00

Earth's Choice Fair Trade Coffee
12 oz

fair for life

Alaffia Everyday Shea Hair and Body Care
Assorted Varieties,
950ml

YOU SAVE 31%

\$19.99

Alaffia Everyday Shea Hair and Body Care
Assorted Varieties,
950ml

FAIR TRADE

Salt Spring Organic Coffee
Whole Bean, 400g

YOU SAVE \$5.00

\$13.99

DISCOVER LOCAL

FAIR TRADE

SALT SPRING COFFEE
Organic, Fair Trade

BLUE HERON
Medium Dark Roast

400g / 14.1oz

Salt Spring Organic Coffee
Whole Bean, 400g

PRODUCE FRESH • LOCAL • ORGANIC

DISCOVER
LOCAL

Organic Grape Tomato
Grown in BC, 1 Dry Pint



\$5.98 / EA

DISCOVER
LOCAL

Long English Cucumber
Grown in BC



\$1.98 / EA

Gourmet Bouquet



\$24.98 / EA

Honeycrisp Apples

Grown in BC,
\$5.47/KG



\$2.48 / LB

DISCOVER
LOCAL

Organic Green Beans

Grown in BC,
\$9.88/KG



\$4.48 / LB

DISCOVER
LOCAL

Mini Carnations
\$7.98 / EA



WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

DISCOVER
LOCAL



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

\$52.99



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



CanPrev Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

DISCOVER
LOCAL



Natural Factors Vitamin C Supplements
Assorted Varieties & Sizes

15% OFF



Bio-K Plus Probiotics
including Dairy and Non-Dairy,
Assorted Varieties,
12 Pack

\$43.99

DISCOVER
LOCAL



Organika Vitamins & Supplements
Assorted Varieties & Sizes

30% OFF

DISCOVER
LOCAL



Flora Digestive Enzymes
Assorted Varieties & Sizes

20% OFF



Joy of the Mountains Oil of Oregano
Assorted Sizes

20% OFF



Santevia Alkaline Water Pitchers
Also Water Systems & More, Assorted Varieties & Sizes

20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties,
1 Kit

\$17.99



Weleda Face Care & Body Care
Assorted Varieties & Sizes

20% OFF



Dr. Bronner's Pure-Castile Soap
Non-GMO, Assorted Varieties,
237ml

\$7.49



Maple Hill Free Range Eggs

Medium, 1 Dozen



\$5⁹⁹

Organic Meadow Grass Fed Organic Butter

250g



\$10⁹⁹



Only Goodness Organic Blueberries

Frozen, 600g

\$6⁹⁹



Earth's Own Almond Beverage

Also So Nice Fresh Organic Almond Beverage,
1.75L & 1.89L

\$4⁴⁹

plus deposit & eco fees



Dairyland Lactose Free Milk

1.89L

\$5⁹⁹

plus deposit & eco fees



Saugeen Country Organic Yogurt

908g

\$5⁴⁹



Frog Friendly Organic Whole Bean Coffee

340g

\$14⁹⁹



Celestial Seasonings Herbal Tea

20 Bags

\$3⁹⁹



Capilano Organic Honey

375g

\$7⁴⁹

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



Sigdal Bakeri Crispbread

190g & 220g

\$5⁹⁹



Hornby Organic Energy Bar

80g

2 FOR \$5⁰⁰



Whittaker's Chocolate Bars

200g & 220g

\$5⁹⁹



L'Âncêtre Organic Cheese

Select Varieties, 325g

\$10⁹⁹



Armstrong Cheese Slices

220g & 240g

\$5⁹⁹



McVitie's Digestives Cookies

300g & 400g

\$4⁴⁹



Prana Organic Trail Mix

Also Nuts, Chia & Flax Seeds, Select Varieties

25% OFF



— DISCOVER —

THOUSANDS
OF LOCAL
CHOICES

CHOICES  MARKET



Rise Organic Kombucha
414ml

3 FOR \$9.99
plus deposit & eco fees



Guayaki Organic Yerba Mate Tea
458ml

2 FOR \$5.00
plus deposit & eco fees



Good Drink Natural Iced Tea
Also Lemonade,
473ml

\$2.99
plus deposit & eco fees



Whistler Glacial Spring Water
1L

2 FOR \$3.00
plus deposit & eco fees



Vita Coco Coconut Water
500ml

\$2.49
plus deposit & eco fees



Athletic Brewing Non-Alcoholic Beer
6 Pack

\$10.99
plus deposit & eco fees



Berri Fresh Cold Pressed Juice
370ml

\$4.49
plus deposit & eco fees



Covered Bridge Potato Chips
142g & 170g

\$3.49



Nora Seaweed Snacks
32g & 45g

\$4.49

NOURISHING LIFESTYLES SINCE 1990



Quesava Samosas, Perogies & Poppers
Frozen, 200g - 240g

\$6.99



Sprague Organic Soup
Select Varieties,
398ml

2 FOR \$8.00



Wildbrine Raw Organic Sauerkraut
Also Kimchi 500ml

\$7.99



Earth's Choice Organic Extra Virgin Olive Oil
1L

\$24.99



Better Than Bouillon Base
Select Varieties,
Including Vegan Bases, 227g

\$6.99



Thai Kitchen Coconut Milk
Also Curry Paste,
750ml & 112g

\$4.99
plus deposit & eco fees

Delverde Pasta
250g & 450g



2 FOR \$5.00



Antico Organic Pasta Sauce
700ml

\$6.99



Bella Sun Luci Sun Dried Tomatoes with Olive Oil & Herbs
251ml

\$7.99

DELI PREPARED FRESH



Choices Catering Party Trays

Ask for details in-store or find the brochure at Choices.Market



Rosstown Roasted Chickens

\$12.99 / EA



Pumpkin Fritters

Also Yam or Kale & Corn, Wheat Free

\$3.99 / 100G



Choices Hot Chili
Turkey or Beef
16 oz

\$5.99 / EA



Choices Signature Sandwiches
130g - 200g

\$6.49 / EA



Vitale Italian Prosciutto

Also Salami, 100g

\$10.99 / EA



Paris Toasts
Also Organic & Whole Wheat
80g

2 FOR \$5.00



Jarlsberg Cheese

\$4.99 / 100G



Divina Spreads
Assorted Varieties

\$8.99



Boursin Cheese
150g

\$6.99

BAKERY FRESH BAKED • WHOLESOME



Choices Muffins
Assorted Varieties,
4 Pack

\$5.99



Choices Vegan Chocolate Crunch Cookies
Also Almond Crunch,
6 Pack

\$6.99



NEW Mixed Berry Cream Cake

Choices Party Cakes
Including Tiramisu,
600g - 750g

\$19.99



Choices Apple Crisp Pie
8 Inch

\$11.99



Choices Thanksgiving Cookies
350g

\$8.99



Choices Apple Cinnamon Muffins
Also Blueberry Lemon, 4 Pack

\$5.99



Wendel's Family Size Bars
540g - 660g

\$11.99



Silver Hills Sprouted Power Organic Breads
510g - 680g

2 FOR \$9.00



Choices Turkey Holiday Meals & All the Fixings Now Available In Store

GROCERY

LOCAL • ORGANIC • SPECIALTY



Righteous Gelato
Also Sorbetto,
473ml

\$6.99



Gay Lea Real Coconut Whipped Topping
Also Real Whipping Cream, 225g

\$5.99



Orchid Organic Pure Vanilla Extract
100ml

\$10.99



Caboo Sustainable Bamboo Bath Tissue
12 Double Rolls

\$9.99



Avalon Organic Ice Cream
946ml

\$11.99



True Taste Cafe Belgian Waffles
400g

\$7.99



Organic Bulk Assorted Baking Products, Flour & Nuts
Loose & Pre-Packaged, Select Varieties

20% OFF



V.I.P. Dish Soap
740ml

\$3.49

MEAT & SEAFOOD

RESPONSIBLY RAISED • PREMIUM QUALITY



Choices Own Whole Frying Chicken
100% Veggie Fed, Raised Without Antibiotics, Fresh, \$11.00/KG

\$4.99 / LB



Striploin Grilling Steak
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, \$28.64/KG

\$12.99 / LB



Chicken Drumsticks
100% Veggie Fed, Raised Without Antibiotics, Fresh, Value Pack, \$8.80/KG

\$3.99 / LB



Halibut Fillets
Fresh, Ocean Wise

\$6.99 / 100G



Pork Back Ribs
Raised Without Antibiotics, Fresh, \$17.61/KG

\$7.99 / LB



Legends Haul Burgers, Grinds, Sausages
Frozen

25% OFF



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

\$3.99 / EA



Shorba Bone Broth
Frozen, 750ml

\$11.99 / EA



Taste Republic Pasta
Varieties May Vary by Store, 250g - 340g

25% OFF



Shop online at [ChoicesMarket](https://ChoicesMarket.com)



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/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 Isl & Hwy East, Parksville

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