



CHOICES MARKET

100% BC OWNED AND OPERATED

SPRING SAVINGS!

Prices Effective • April 24 - April 30, 2025



SPECIAL PRICE

Lean Ground Beef
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, Value Pack, \$15.41/KG

\$6.99 / LB

YOU SAVE **49%**

PRODUCT OF CANADA

YOU SAVE **\$1.00**

SPECIAL PRICE

Sweet Leaf, Roma Romaine or Red Leaf Lettuce
Avery Family Farms

\$2.98 / EA



MADE IN CANADA

\$9.99 / EA

YOU SAVE **\$2.00**

Choices Ready to Eat Wraps



PRODUCT OF CANADA

SPECIAL PRICE

\$6.48 / LB

YOU SAVE **\$1.50 / LB**

Organic Heirloom Tomatoes
BC Grown, \$14.29/KG



MADE IN CANADA

NEW

One Degree Organic Sprouted Breads
Assorted Varieties, 544g - 625g

\$5.99

YOU SAVE **25%**



MADE IN CANADA

Purica Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



MADE IN CANADA

Living Alchemy
Your Flora Series & Fermented Activated Herbals

Assorted Varieties & Sizes

25% OFF



CANADIAN OWNED

Prairie Doctor Herbal Tinctures
Assorted Varieties & Sizes

20% OFF

WEDNESDAY, APRIL 30 ONLY

NORTH VANCOUVER

ONE DAY SALE

15% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.

*Excluding Lotto and Gift Card purchases. See page 5 for details. Sale not available online.

FEATURED CANADIAN CHOICE

Sprague Organic Soup
Select Varieties, 398ml

\$3.49

YOU SAVE **29%**

MADE IN CANADA



PRODUCE FRESH • LOCAL • ORGANIC



Organic Ataulfo Mangoes
Mexico Grown

2 FOR \$5.00



Organic Bartlett Pears
Grown in Argentina,
\$8.77/KG

\$3.99 / LB



Organic Lemons
USA Grown,
907g Bag

\$6.48 / EA

Mini Cucumbers
Canada Grown,
454g Bag



\$2.98 / EA

Mixed Colour Peppers
Mexico Grown,
907g Bag



\$6.98 / EA

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$11.99 / LB

Top Sirloin Roast or Steaks

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



\$7.99 / LB

Pork Tenderloin

Raised Without Antibiotics, Boneless,
Fresh, \$17.61/KG



\$7.99 / LB

Chicken Breast

Fresh, Boneless Skinless,
Value Pack, 17.61/KG



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

\$4.99 / LB



\$1.99 / 100G

Rockfish Fillets
Ocean Wise, Fresh



Old Country Pasta
Locally Made,
Select Varieties

20% OFF

Thrive Wagyu Beef Bars
Gluten Friendly,
Grain Free, 43g



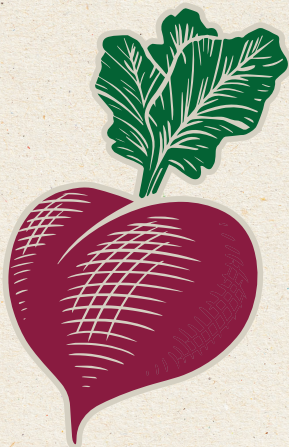
\$4.99 / EA

Northern Glacier Raw or Cooked Shrimp
51/60 Count,
Frozen, 200g



\$4.99 / EA

APRIL 30 ONLY!



**ONE
DAY SALE!**

AT OUR NORTH VANCOUVER LOCATION ONLY



***Excluding Lotto and Gift Card purchases.**

Sale not available online.

**Sale offer valid at
North Vancouver location only.**



Prana Organic Trail Mix
Select Varieties,
150g

\$4.99

NEW TO CHOICES

SEATTLE CHOCOLATE PRESENTS:
MAEVE CHOCOLATE BARS
DESIGNED TO BRING
CRAFT CHOCOLATE
TO THE MASSES

Maeve Chocolate Bars
70g

\$5.99



Haribo Gummies
170g & 175g

2 FOR \$8.00



Clif Bar Energy Bars
68g

2 FOR \$4.00



Only Goodness Chocolate Vanilla Crème Cookies
300g

\$4.99



Nora Seaweed Snacks
32g

\$4.99



Hippie Snacks Cauliflower Crisps
Also Avocado, Banana
or Almond Crisps, 70g

\$4.99



Only Goodness Organic Rice Cakes
140g

\$3.69

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



Rise Organic Kombucha
414ml

2 FOR \$7.00

plus deposit & eco fees



Whistler Glacial Spring Water
1.5L

2 FOR \$4.00

plus deposit & eco fees



Two Bears Frothed Oat Latte
207ml

2 FOR \$6.00

plus deposit & eco fees



Olympic Organic Yogurt
Select Varieties,
650g

\$4.99



Donia Farms Grass Fed Milk
2L

\$5.99

plus deposit & eco fees



Silk Oat Beverage
Also Soy, Coconut
& Almond,
1.75L & 1.89L

\$5.49

plus deposit & eco fees



Crofter's Organic Premium Fruit Spread
383ml

\$6.99



One Degree Organic Sprouted Oats
680g

\$6.99



Avafina Organics Organic Chia Seeds, Flax Seeds, Quinoa & Spices
110g - 425g

20% OFF



**Rizopia Organic
Brown Rice Pasta**
(454g), Also Organic
Quinoa Pasta (340g)

2 FOR \$6.00



Italpasta
(900g), Also Oven
Ready Lasagna (375g)

\$3.99



Nina's Pierogies
Frozen, Select Varieties,
420g - 550g

\$8.99



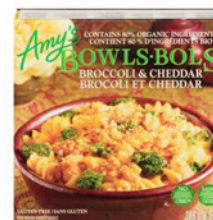
**Cape Herb &
Spice Giant Salt
Grinders**
Select Varieties,
240g - 390g

\$8.99



**Mutti Cherry
& Baby Roma
Tomatoes**
Select Varieties,
398 ml

\$3.99



**Amy's
Meals & Bowls**
Assorted Varieties,
Frozen, 241g - 284g

\$6.99



**Beyond Meat
Ground Beef**
Also Seared Steak Tips,
Sausages & Chicken
Tenders, 226g - 400g

20% OFF



**Kikkoman
Soy Sauce**
Also Stir Fry & Teriyaki,
142ml - 591ml, Panko
Bread Crumbs, 227g

20% OFF



**Sea Tales Albacore
Tuna in Water**
Also Skipjack Tuna, 142g,
Also Sardines, 120g

20% OFF

NOURISHING LIFESTYLES SINCE 1990



**Deebee's Organics
Superfruit
Freezies**
10 Pack, Also Organic
Gelato Pops, 8 Pack

\$6.99



**Rico'n Lalo
All Natural
Frozen Fruit Bars**
4 Pack

\$5.99



**Ben & Jerry's
Ice Cream**
Select Varieties,
473ml

\$5.49



**Earth Island
Vegenaïse & Chipotle
Vegan Spread**
Select Varieties,
355ml & 414ml

\$6.49



**Saputo
Shredded Cheese**
320g

\$6.99



**Celestial
Seasonings
Herbal Tea**
20 Bags

\$4.99



**Las Margaritas
Salsa**
500ml

\$6.99



**Wildbrine
Organic
Sauerkraut**
Also Kimchi, 500ml

\$8.99



**The Unscented
Company
Dish Soap**
750ml

\$3.99



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

DELI PREPARED FRESH



**Rosdown
Roasted Half
Chickens**

\$6.99 / EA



**Choices
Potato Salads**

\$1.79 / 100G



**Choices
Fresh Rolls**
148g ~ 245g

\$6.49 / EA



**Choices
Wild Salmon
Lox Bagels**

\$8.99 / EA



**Baked
Vegetable
Masala Samosa**
Also Spinach, 115g

2 FOR \$5.00



**Zorbas
Spanakopita**
400g

\$7.99 / EA



**Castello
Traditional Blue
Cheese Wedges**
Also Extra Creamy
Blue, 125g

\$6.99 / EA



**Happy Days
Goat Feta
Cheese**

\$3.99 / 100G



**Tre Stelle
Bocconcini**
200g

\$6.99 / EA

BAKERY FRESH BAKED • WHOLESOME



**Choices Red
Onion &
Rosemary
Focaccia**
Also Sundried
Tomato & Olive, 315g

\$4.49 / EA



**Choices Lemon
Meringue Pie**
Also Coconut Cream
or Chocolate S'mores,
6 Inch

\$7.99 / EA



**Choices
Cheesecake
Bars**
190g

\$5.99 / EA



**Choices
Vegan Double
Chocolate
Cookies**
Also Almond
Crunch, 6 Pack

\$6.99 / EA



**Dempster's
Bagels**
5-6 Pack

\$4.49 / EA



**Little
Northern
Bakehouse
Bagels**
4 Pack

\$6.99 / EA



**Aidan's
Fermented
Sourdough
Bread**
500g

\$9.99 / EA

YOU SAVE
\$3.00

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APRIL 30 ONLY
NORTH VANCOUVER**

ONE DAY SALE 15% OFF*

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PLANT SALE

Product availability and appearance may vary by location



Organic Assorted Herb Plant
Tried & True, 4 Inch Pot

\$4.99



Organic Strawberry Plants
Tried & True, 4 Inch Pot

\$4.99



Assorted Non-Stop Begonias
Scented or Zonal Geraniums, 4 Inch Pot

\$3.99



Gardeners Choice Organic Top Soil
Cinnabar Valley, 24 Liter Bag

2 FOR \$17.00



Organic Assorted Tomato Plant
Tried & True, 4 Inch Pot

\$3.99



Organic Assorted Vegetable Plant
Tried & True, 4 Inch Pot

\$3.99



Premium Organic All Purpose Potting Soil
20 Liter

2 FOR \$21.00



West Coast Gardener Mushroom Manure
9kg Bag

2 FOR \$13.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Organic Traditions Superfoods
Assorted Varieties & Sizes

20% OFF



CanPrev Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Wild Rose Herbal D-Tox
Assorted Varieties & Sizes, 1 Kit

\$55.99



NutraSea Omega-3 Fish Oil Supplements
Select Varieties & Sizes

20% OFF



Organika Collagen Supplements
Assorted Varieties & Sizes

25% OFF



Genuine Health Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors CoQ10 & Ubiquinol Supplements
Assorted Varieties & Sizes

15% OFF



Whole Earth & Sea Protein & Greens Supplements
Assorted Varieties & Sizes

15% OFF



Derma-E Face Care & Body Care
Assorted Varieties & Sizes

25% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties & Sizes

20% OFF



Dr. Bronner's Non GMO Organic Pure-Castile Soap
Assorted Varieties, 946ml

\$25.99



Manitoba Harvest Hemp Hearts
Assorted Varieties & Sizes

25% OFF



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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