



CHOICES MARKET

100% BC OWNED AND OPERATED

MOTHER'S DAY CHOICES!

Prices Effective • May 8 - May 14, 2025



SPECIAL PRICE

Striploin Grilling Steaks or Roasts
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported From Australia, \$28.64/KG

\$12⁹⁹ / LB

YOU SAVE **51%**



PRODUCT OF CANADA

\$12⁹⁹ / EA

Rosdown Roasted Chickens

YOU SAVE **\$2⁰⁰**



SPECIAL PRICE

2 FOR \$5⁰⁰

Organic Hass Avocados
Mexico Grown

YOU SAVE **28%**



MADE IN CANADA

Mother's Day Garden Chocolate Cupcakes
4 Pack

\$5⁹⁹

YOU SAVE **25%**



MADE IN CANADA

Zazubean Organic Chocolate Bars
80g & 85g

\$4⁴⁹

YOU SAVE **25%**



MADE IN CANADA

New Roots Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



Himalaya Botanique Natural Toothpaste
Assorted Varieties, 113g - 150g

\$6⁴⁹

YOU SAVE **\$2⁰⁰**

3 DAYS ONLY

BODY CARE SALE

MAY 9 - MAY 11
FRIDAY TO SUNDAY

20% OFF*

YOUR BODY CARE IN-STORE PURCHASE, INCLUDING ITEMS ON SALE.

* Offer excludes vitamins and supplements items. Sale not available online.

FEATURED CANADIAN CHOICE

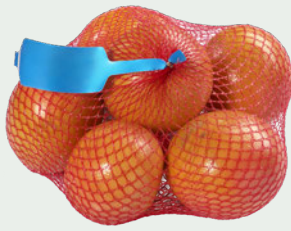
Spring Mix Hanging Basket
12 Inch Pot

\$29⁹⁹

PRODUCT OF CANADA

YOU SAVE **\$17⁰⁰**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Grapefruit
Mexico Grown,
1.81kg Bag

\$9.98 / EA



Organic Mini Sweet Peppers
Mexico Grown,
454g Bag

\$5.98 / EA



Organic Mixed Medley Cherry Tomato
Mexico Grown,
1 Dry Pint

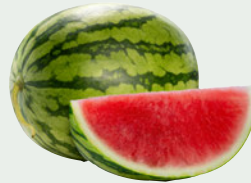
\$5.98 / EA

Hot House Tomatoes
Canada Grown,
\$5.47/KG



\$2.48 / LB

Whole Red Seedless Watermelon
Mexico Grown



\$8.98 / EA

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Boneless Skinless Chicken Thighs
Fresh, Raised Without Antibiotics or Conventional

15% OFF



Boneless Pork Chops
Center Cut, Fresh, Raised Without Antibiotics,
\$15.41/KG

\$6.99 / LB



Thomas Reid Organic Chicken Breast
Boneless Skinless, Free Range, Non- GMO,
Air Chilled, Fraser Valley Raised, \$30.84/KG

\$13.99 / LB



Organic Lean Ground Beef
Grass Fed Grain Finished, Fresh,
Value Pack,
\$30.84/KG

\$13.99 / LB



Ahi Tuna Steaks
Ocean Wise, Previously Frozen or Frozen

\$4.99 / EA



Grimm's Toppers Sausage Snacks
Naturally Smoked,
Select Varieties,
175g

\$4.99 / EA

Rosstown Marinated Chicken Breast
Fresh, Boneless Skinless, Raised Without Antibiotics
\$28.64/KG

\$12.99 / LB



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

\$9.99 / EA



CHOICES  MARKET

BODY CARE SALE

FRIDAY, MAY 9 TO SUNDAY, MAY 11



20% OFF
BODY CARE
INCLUDING SALE ITEMS

Sale not available online.

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



**Mogiana
Whole Bean
Coffee**
340g

\$14⁹⁹



**Earth's Own
Barista Oat
Blend**
946ml

\$4⁹⁹



**Traditional
Medicinals
Organic Herbal
Tea**
16 Bags

\$4⁹⁹



**Greenhouse
Organic Cold
Pressed Juice**
Select Varieties,
300ml

\$6⁹⁹

plus deposit & eco fees



**R.W. Knudsen
Just Juice**
946ml

\$10⁹⁹

plus deposit & eco fees



**Rise Organic
Kombucha**
1L

\$7⁹⁹

plus deposit & eco fees



**Made Good
Organic Soft
Cookies**
(120g), Also Star
Puffed Crackers (121g)

\$3⁹⁹



**Only Goodness
Plant-Based
Chocolate Bars**
100g

2 FOR \$7⁰⁰



**Simply
Protein Bars**
40g

2 FOR \$5⁰⁰

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



**Canadian Heritage
Organics 100%
Pure Organic
Maple Syrup**
500ml

\$14⁹⁹



**Nature's Path
Organic Instant
Oatmeal**
8 Pack & 6 Pack

\$5⁴⁹



**Pamela's
Pancake &
Baking Mix**
680g

\$9⁹⁹



**Avalon
Organic Milk**
1L

\$3⁹⁹

plus deposit & eco fees



**Olympic
Organic Yogurt**
Select Varieties,
1.75kg

\$11⁹⁹



**Tree Island
Grass-Fed Yogurt**
(350g), Also
Greek Yogurt
(325g)

\$4⁹⁹



**Armstrong
Sliced Cheese**
220g & 240g

\$5⁹⁹



**Spread'em
Dairy-Free Cheese
Alternative**
Made with Cashews,
200g

\$8⁹⁹



**Sunrise Soyganic
Organic Tofu**
454g

2 FOR \$5⁰⁰



**Poptastic
Popcorn**
130g

\$3⁹⁹



**Covered Bridge
Potato Chips**
Select Varieties,
142g & 170g

2 FOR \$7⁰⁰



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

2 FOR \$9⁰⁰



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

\$6⁹⁹

plus deposit & eco fees



**Hobbs
Pickles**
1L

\$12⁹⁹



**Karthain's
Organic
Sauerkraut**
375ml

\$6⁴⁹



**RJ's Licorice
Chocolate
Twists**
Also Allsorts,
280g

\$4²⁹



**Breyers
Creamery Style
Ice Cream**
Select Varieties,
1.41L

\$6⁹⁹



**The Keg
Ice Cream**
500ml

\$6⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Lundberg
Sustainably
Grown Rice**
Select Varieties, 907g

\$8⁹⁹



**Acropolis Organics
Organic Extra
Virgin Olive Oil**
Also Mousto Balsamic
Vinegar, Select Varieties,
250ml - 1L

25% OFF



**Amy's
Pizza**
Frozen,
340g - 397g

\$11⁹⁹



**Rao's
Homemade
Pasta Sauce**
660ml

\$10⁹⁹



**Jovial Organic
Grain Free
Cassava Pasta**
(227g), Also Organic
Whole Wheat (340g)

\$4⁹⁹



Annie's Pasta
(149g - 170g)
Also Gluten-Free
Rice Cups, 57g

2 FOR \$6⁰⁰



**Earth's Choice
Organic Coconut
Milk Guar Gum Free**
Also Organic Coconut
Cream, Select Varieties,
400ml

2 FOR \$8⁰⁰



**Ocean's
Pole & Line
Albacore Tuna**
170g

2 FOR \$8⁰⁰



**Untamed Feast
Mushroom
Risotto**
(200g) Also Mushroom
Soup (100g)

\$8⁹⁹



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

DELI

PREPARED FRESH



Choices Family Size Salad Bowls
Assorted Varieties,
350g - 550g

\$9.99 / EA



Choices Artisan Quiche
8 Inch

\$13.99 / EA



Choices Pasta Salads

\$1.89 / 100G



Choices Wild Salmon Lox Bagels

\$9.99 / EA



Choices Wild Salmon Cakes
130g

2 FOR \$8.00



Vitale Italian Imported Prosciutto & Salami

\$10.99 / EA



Lactose Free Swiss Emmental or Gruyere Cheese
Product of Switzerland

15% OFF



Little Qualicum Cheeseworks

\$4.99 / 100G



Ile de France Brie Cheese

\$4.99 / 100G

BAKERY

FRESH BAKED • WHOLESOME



Silver Hills Sprouted Power Bread
430g - 615g

\$4.99 / EA



Brioche Hamburger Buns
Also Hot Dog,
6 Pack - 8 Pack

\$6.99 / EA



Choices Italian Cheese Buns
Also Multigrain,
4 Pack

\$3.99 / EA



Choices Artisan Half Fruit Pies
280g

\$6.49 / EA



Choices Party Cakes
640g - 750g

\$19.99 / EA



Choices Wheat Free Muffins
Apple Cinnamon,
Also Blueberry
Lemon, 4 Pack

\$5.99 / EA



Carbonaut Low Carb White, Seeded or U.F. Oat Bread
544g

\$7.49 / EA



Wise Bites Cookies
Also Bars or Muffins,
150g - 300g

10% OFF

**MAY 9 - MAY 11
FRIDAY TO SUNDAY**

20% OFF*

**3 DAYS ONLY
BODYCARE**

* Offer excludes vitamins, Supplements and wellness items. Sale not available online.

IN-STORE PURCHASE, INCLUDING ITEMS ON SALE

PLANT SALE

Product availability and appearance may vary by location



**Organic Assorted
Tomato Plant**
Tried & True,
4 Inch Pot

\$3⁹⁹



**Organic Assorted
Herb Plant**
Tried & True,
4 Inch Pot

\$4⁹⁹



**Gardeners Choice
Organic Top Soil**
Cinnabar Valley,
24 Liter Bag

2 FOR \$17⁰⁰



**Organic Assorted
Vegetable Plant**
Tried & True,
4 Inch Pot

\$3⁹⁹



**Premium
Organic All
Purpose
Potting Soil**
20 Liter

2 FOR \$21⁰⁰



**Premium
Organic
Compost Mix**
From Cinnabar
Valley Farms,
10kg Bag

2 FOR \$15⁰⁰



**West Coast
Gardener
Mushroom
Manure**
9kg Bag

2 FOR \$13⁰⁰

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Vitality
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



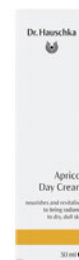
**Progressive
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Sukin
Botanicals
Hair Care**
Assorted Varieties,
500ml

\$11⁹⁹



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

20% OFF



**NutraSea
Omega-3+D
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Vega
All-In-One
Nutritional**
Also Vega Sport
Products, Assorted
Varieties & Sizes

20% OFF



**Andalou
Naturals
Face Care &
Body Care**
Assorted Varieties
& Sizes

15% OFF



**NOW
Essential Oils**
Also Topical Body
Oils, Assorted
Varieties & Sizes

15% OFF



**Nature's Way
Herbal
Supplements**
Assorted Varieties
& Sizes

20% OFF



**MegaFood
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**La Luna
Pebbles,
Candles**
Also Diffusers &
More, Assorted
Varieties & Sizes

15% OFF



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

15% OFF



Shop online at [ChoicesMarket](http://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.