



# CHOICES MARKET

100% BC OWNED AND OPERATED

## WEEKLY SPECIALS!

Prices Effective • May 29 ~ June 4, 2025

WILD  
CAUGHT

**SPECIAL PRICE**

**Sockeye  
Salmon Fillets**  
Previously Frozen or  
Frozen, Ocean Wise,  
Value Pack

**\$4.49** / 100g

YOU SAVE  
**17%**

**SPECIAL PRICE**

**Organic  
Long English  
Cucumbers**  
BC Grown

**\$3.98** / EA

YOU SAVE  
**\$1.00/EA**

PRODUCT OF  
**CANADA**

MADE IN  
**CANADA**

**\$8.99** / EA

**Choices Artisan Sandwiches**  
Turkey, Roast Beef or Ham

YOU SAVE  
**25%**



**SPECIAL PRICE**

**\$5.98** / EA

**Hass Avocados**  
Mexico Grown, Bag of 4

YOU SAVE  
**12%**

MADE IN  
**CANADA**

**Choices Artisan  
Fruit Pies**  
8 Inch

**\$10.99**

YOU SAVE  
**\$2.00**

MADE IN  
**CANADA**



**Fresh is Best  
Yellow Corn  
Tortilla Chips**  
Select Variety Only,  
300g

**2 FOR \$7.00**

YOU SAVE  
**29%**

CANADIAN  
OWNED

ALL ITEMS  
ON SALE



**Natural Factors  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**

MADE IN  
**CANADA**



**Purica  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**

**SATURDAY, MAY 31 ONLY**

## CAMBIE ANNIVERSARY SALE!

**10% OFF**  
ENTIRE STORE\*  
INCLUDING SALE ITEMS

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

\*Excluding Lotto and Gift Card purchases.  
One Day sale offer valid at Cambie location only.  
See page 5 for details. Sale not available online.

## FEATURED CANADIAN CHOICE

**49th Parallel  
Whole Bean  
Coffee**  
340g

**\$13.99**

YOU SAVE  
**38%**

MADE IN  
**CANADA**





# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Bunched Spinach**  
From Olera Farms, BC

**\$3.98 / EA**



**Organic Strawberries**  
USA Grown, 454g Pkg.

**\$5.98 / EA**



**Organic Lemons**  
Grown in Peru, 907g Bag

**\$5.98 / EA**

**Organic Tomatoes On the Vine**  
BC Grown, \$10.98/KG



**\$4.98 / LB**

**Bunched Carrots**  
BC Grown



**\$2.98 / EA**

**Gourmet Bouquet**



**\$24.98 / EA**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$5.99 / LB**

**St. Louis Style Pork Ribs**  
Raised Without Antibiotics, Fresh, \$13.21/KG



**\$11.99 / LB**

**Top Sirloin Steaks or Roast**  
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, \$26.43/KG



**\$4.99 / LB**

**Choices Own Fryer Chickens**  
100% Veggie Fed, Raised Without Antibiotics, Fresh, \$11.00/KG



**Pork Tenderloin**  
Raised Without Antibiotics, \$17.61/KG

**\$7.99 / LB**



**Thomas Reid Organic Chicken Thighs**  
Free Range, Non-GMO, Air Chilled, Fraser Valley Raised, \$17.61/KG

**\$7.99 / LB**



**Ahi Tuna Steaks**  
Ocean Wise, Previously Frozen or Frozen

**\$4.49 / EA**

**Stapleton Sausages**  
Locally Made

Varieties May Vary by Location



**10% OFF**

**Freybe Sliced Salami**  
Select Varieties, 125g



**\$4.99 / EA**





**Humble Organic  
Potato Chips**  
Also Organic Rumble  
Chips, 135g

2 FOR \$7<sup>00</sup>



**Tofino  
Raw Organic  
Kombucha**  
355ml

2 FOR \$6<sup>00</sup>



**Effervé Sparkling  
Lemonade**  
750ml

\$6<sup>99</sup>  
plus deposit & eco fee



**Fiji Natural  
Artesian Water**  
1.5L

2 FOR \$6<sup>00</sup>  
plus deposit & eco fee



**Sunflower  
Kitchen Organic  
Hummus**  
227g

\$3<sup>99</sup>



**Cabana  
Natural  
Lemonade**  
591ml

2 FOR \$6<sup>00</sup>  
plus deposit & eco fee



**Boylan Cane  
Sugar Soda**  
4 Pack

\$9<sup>99</sup>  
plus deposit & eco fee



**Old Dutch  
Restaurant  
Tortilla Chips**  
Also Arriba Tortilla  
Chips, 235g ~ 295g

2 FOR \$9<sup>00</sup>



**Berri Fresh  
Cold Pressed  
Juice**  
370ml

\$5<sup>49</sup>  
plus deposit & eco fee

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



**Maeve  
Chocolate Bars**  
70g

\$5<sup>99</sup>



**Seasnax  
Seaweed**  
5g

2 FOR \$4<sup>00</sup>



**Hornby Organic  
Energy Bars**  
80g

2 FOR \$5<sup>00</sup>



**Nuts to You  
Organic Peanut  
Butter**  
500g

\$6<sup>99</sup>



**Crofter's Organic  
Premium Fruit  
Spread**  
383ml

\$6<sup>99</sup>



**Canadian  
Heritage Organic  
Maple Syrup**  
1L

\$28<sup>99</sup>



**Westpoint Naturals  
Nut Mixes**  
Also Apple Slices & Carob  
Powder, Select Varieties,  
100g ~ 400g

20% OFF



**Patience Organic  
Dried Fruit**  
Select Varieties

25% OFF



**Efruti  
Fruit Juice  
Berries**  
100g

20% OFF



# CAMBIE ANNIVERSARY SALE!

**SATURDAY, MAY 31**



**10% OFF**  
**ENTIRE STORE\***  
INCLUDING SALE ITEMS\*

- Complimentary slice of Anniversary Cake  
from 11:00AM to 2:00PM
- Spin the Wheel and get a chance to win prizes

All proceeds go to Little Mountain Neighbourhood house.

\*Excluding Lotto and Gift Card purchases. Sale not available online.

Anniversary sale offer valid at Cambie location only.

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





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

**\$5<sup>99</sup>**  
plus deposit & eco fee



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

**\$6<sup>99</sup>**



**Level Ground  
Organic Coffee**  
Single Origin, 300g

**\$14<sup>99</sup>**



**Just Egg  
Plant-Based  
Scramble**  
500g

**\$9<sup>99</sup>**



**The Greek Gods  
Organic Plain  
Yogurt**  
500g

**\$6<sup>99</sup>**



**Tree Island  
Cream Top  
Yogurt**  
1.5kg

**\$10<sup>99</sup>**



**L'Ancêtre  
Organic Cheese**  
Select Varieties,  
180g & 200g

**\$7<sup>99</sup>**



**Saputo  
Traditional  
Feta Cheese**  
200g

**\$4<sup>99</sup>**



**Violife  
Cheese  
Alternative**  
200g

**\$5<sup>99</sup>**

**NOURISHING LIFESTYLES SINCE 1990**



**Lundberg  
Organic Rice**  
Select Varieties,  
907g

**\$14<sup>99</sup>**



**Pacific Foods  
Organic Soup**  
Select Varieties,  
946ml - 1L

**\$7<sup>99</sup>**



**Earthbound  
Farm Organic  
Vegetables**  
Frozen, 255g & 300g

**2 FOR \$8<sup>00</sup>**



**Yeshi Nutritional  
Yeast Salad  
Dressing & Dip**  
350ml

**\$6<sup>99</sup>**



**Caulipower  
Pizza**  
Buffalo Chicken or  
Pepperoni, Frozen,  
310g - 320g

**\$11<sup>99</sup>**



**Nature's Choice  
Spices**  
1g - 70g

**20% OFF**



**Phoeapolis  
Organics Extra  
Virgin Olive Oil**  
750ml

**\$19<sup>99</sup>**



**Stefano Fatta  
Tomato Sauce**  
(648ml) also Alfredo  
Sauce (405ml)

**\$6<sup>99</sup>**



**Bioitalia  
Organic Beans**  
398ml

**2 FOR \$5<sup>00</sup>**



# DELI

PREPARED FRESH



**Choices  
Fresh Rolls**  
148g - 245g

**\$6.49** / EA



**Choices  
Black Bean &  
Quinoa Salad**  
Also Persian Garden  
Couscous

**\$1.99** / 100G



**Choices Hearty  
Lentil Kofta  
Salad**  
Also Greek Salad,  
430g - 440g

**\$8.99** / EA



**Rosstown  
Roasted Half  
Chickens**

**\$6.99** / EA



**Vegetable  
Pakora**  
Also Spinach

**\$3.49** / 100G



**Honey Ham**

**\$2.99** / 100G



**Saputo  
Bocconcini  
Cheese**  
200g

**\$6.99** / EA



**Ireland's  
Own Mature  
Cheddar  
Cheese**  
Also Reserve, 200g

**\$7.49** / EA



**Traditional  
Cow Feta  
Cheese**

**\$2.99** / 100G

# BAKERY

FRESH BAKED • WHOLESOME



**Choices  
Baker's  
Crusty Loaf**  
Also Baker's  
Bastone,  
250g - 450g

**\$2.99** / EA



**Vanilla Berry  
Cupcakes**  
Also Vanilla or  
Tiramisu,  
4 Pack

**\$5.99** / EA



**Choices  
Scones**  
2 Pack

**\$3.99** / EA



**Choices  
B.C. Bites**  
Also Brownie,  
8 Pack

**2 FOR \$10.00**



**Silver Hills  
Organic  
Sprouted Bread**  
Heritage, Ancient  
Grain or Full Seed,  
510g - 680g

**\$5.49** / EA



**Uprising  
Breads Jumbo  
Gingersnap  
Cookies**  
6 Pack

**\$4.99** / EA



**Pretzilla  
Soft Pretzel  
Burger Buns**  
Also Sausage  
& Mini Buns,  
4 - 6 Pack

**\$5.99** / EA



**Queen St.  
Bagels**  
Also Breads,  
464g - 500g

**\$7.99** / EA

**CAMBIE  
ANNIVERSARY  
SALE!**



**10% OFF  
ENTIRE STORE\***  
INCLUDING SALE ITEMS

**JOIN US SATURDAY, MAY 31ST**

To celebrate Choices Cambie's anniversary!

3493 Cambie St, Vancouver

• Complimentary slice of anniversary cake from 11:00am - 2:00pm

• Spin the Wheel and get a chance to win prizes

All proceeds go to Little Mountain Neighbourhood house.

\*Anniversary sale offer valid at Cambie location only. Sale not available online.



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**So Delicious  
Frozen  
Dessert**  
500ml

**\$5.99**



**Happy Pops  
Ice Pops**  
4 Pack

**\$6.99**



**Hazel's  
Ice Cream  
Bars**  
4 Pack

**\$9.99**



**EcoMax  
Ultra Dish  
Wash**  
740ml

**\$4.99**



**Organic  
Meadow  
Organic Ice  
Cream**  
946ml

**\$9.99**



**Let's Do Organic  
Ice Cream Cones**  
Also Gluten-Free  
Sugar Cones,  
36g - 132g

**20% OFF**



**Only  
Goodness  
Smoothie  
Blend**  
Frozen, 600g

**\$6.99**



**Phillips  
Soda Works**  
4 Pack

**\$6.99**  
plus deposit & eco fee

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**CanPrev  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Pascoe  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Prairie  
Naturals  
Vitamins,  
Supplements  
& Hair Care**  
Assorted Varieties  
& Sizes

**20% OFF**



**Garden of  
Life Proteins  
& Sport  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Flora  
Udo's Choice  
3+6+9 Blend**  
Also DHA Oil  
Blend, Assorted  
Varieties & Sizes

**20% OFF**



**Boiron  
Homeopathic  
Remedies**  
Assorted Varieties  
& Sizes

**20% OFF**



**Bach Rescue  
Remedy**  
Also Flower  
Remedies,  
Assorted Varieties  
& Sizes

**20% OFF**



**New Roots  
Vitamin B & C  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**St. Francis  
Herb Farm  
Herbal  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Bio-K Plus**  
Dairy & Non Dairy,  
Assorted Varieties,  
6 Pack

**20% OFF**



**Herbatint  
Natural  
Permanent  
Hair Colour**  
Assorted Varieties

**20% OFF**



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

**20% OFF**



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



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/DiscoverChoicesMarket



@ChoicesMarket



**CHOICES  
MARKET**

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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