

# BEACH DAY CHOICES!

100% BC OWNED AND OPERATED

Prices Effective • July 3 - July 9, 2025











**Chicken Thighs** Fresh, Boneless, Skinless, Value Pack, \$16.51/KG





**Silver Hills Organic** Hamburger or **Hot Dog Buns** 6 Pack

2 for \$900



#### **Prairie Naturals Superfoods**

Select Varieties, **Assorted Sizes** 







Hardbite All Natural **Potato Chips** 

2 FOR \$500



Flow Naturally **Alkaline Spring Water** 



Partake Non-Alcoholic Beer 4 Pack

# PRODUCE FRESH · LOCAL · ORGANIC



**Organic Kale** 

Green, Black or Red, BC Grown, Sold by the Bunch

\$348/EA



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

\$1198/LB



**Organic Yellow Flesh Nectarines** USA Grown. 907g Pkg.

\$**998** / EA





BC Grown, \$6.57/KG

\$298/LB



**Sun Rich Fruit Fusion or Veggie Tray** 

1.05kg or 708g



# MEAT & SEAFOOD RESPONSIBLY RAISED · PREMIUM QUALITY









#### **Top Sirloin Steaks**

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported from Australia, or Roast, \$28.64/KG



### **Split Chicken**

Fresh, 100% Veggie Fed, Raised Without Antibiotics, Also Marinated,



Fresh, Ocean Wise, Value Pack



#### **Pork Butt Shoulder Steaks**

Fresh, Boneless, Raised Without Antibiotics, or Roast, \$11.00/KG



#### All Ground Poultry

Fresh, 100% Veggie Fed, Turkey or Chicken, Raised Without Antibiotics or Organic



## Wings

\$15.41/KG



#### **Northern Glacier** Cooked Shrimp Hand Peeled,

Selection may vary by store

Ocean Wise, Frozen, 340g

\$**99**/EA

Grimm's

300g - 375g

\$799/EA

Pepperoni Bites



**Greenfield Bacon** 

Antibiotics, Canadian

Raised Without

Raised, 375g

**Steelhead Fillets** 

# **YALETOWN** ANNIVERSARY SALE & CHARITY BBQ

SATURDAY, JULY 5



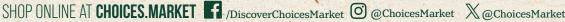
JOIN US THIS SATURDAY

To celebrate Choices Yaletown's anniversary!

1202 Richards St., Vancouver

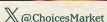
- · Complimentary slice of anniversary cake from 11:00am - 1:00pm
- · Charity Barbeque from 11:00am 1:00pm All proceeds go to BC Cancer.

\*Anniversary sale offer valid at Choices Yaletown location only. Sale not available online. Excludes gift card purchases.











Barbara's Cheez Puffs Made with Real Cheddar Cheese 155g & 198g

2 FOR \$700



Rise Better Soda 355ml

2 FOR \$300 plus deposit & eco fe



Brew Dr.
Organic
Kombucha
Select Varieties,
414ml

299
plus deposit & eco fees



Fever-Tree
Tonic Water
Also Ginger Beer
(4 Pack) &
Non-Carbonated

Mojito Mix (750ml)

\$799 plus deposit & eco fees



Blue Monkey Sparkling Fruit Juice 330ml

\$199
plus deposit & eco fees



Mary's Organic Crackers Select Varieties, 120g - 184g

\$699



Old Dutch Restaurante Style Tortilla Chips Also Arriba  $\,\mathcal{E}$ 

Also Arriba & Crunch Chips, 200g - 295g

2 FOR \$800



Mrs. Renfro's All Natural Salsa 473ml

\$799



Deebee's Organics Superfruit Freezies Also Organic Tropical,

Also Organic Tropica Frozen or Ambient, 10 Pack

\$699

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



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

\$599



Oat & Mill Dairy-Free Geloato Bars 270ml (3 Pack) &

270ml (3 Pack) & 500ml Tubs, Frozen

\$799



Ricoʻn Lalo All Natural Fruit Bars Frozen, 4 Pack

599



Love Good Fats Bars

39g & 40g



2 FOR \$500



**Pür Gum** 77g Also New

Jumbo Gum (81g)

\$399



RW Knudsen Just Juice 946ml





Café William Organic Coffee 300g & 340g

\$1099



Canadian Heritage Organics Maple Syrup

\$2999



Nuts to You Almond Butter 735q

1699





Dairyland Lactose Free Milk 1.89L

599 plus deposit & eco fees



Silk Almond Beverage Also Coconut,

Also Coconut, Soy & Oat, 1.75L & 1.89L

\$549 plus deposit & eco fees



Terra
Original Granola
Also Pistachio &

Also Pistachio & Pure Crunch, 800g & 850g

\$1599



Donia Farms Grass-Fed Heritage Yogurt 650g

**5**49



Yoggu! Coconut Yogurt 450g

\$799



One Degree Organic Crisps, Granola & Flour Select Varieties, 227g - 907g

25% OFF



**Saputo Shredded Cheese** 320g

\$699



L'Ancêtre
Organic
Cheese
Sologt Varieties

Select Varieties Also Grass Fed, 325g

\$**12**99



**L'Ancêtre Organic Butter** 454g

\$1199

# **NOURISHING LIFESTYLES SINCE 1990**



GoGo Quinoa Organic Pasta 227g

ALSO
20% OFF
ASSORTED
PRODUCTS

2 FOR \$700



Rustichella d'Abruzzo Pasta 500g

\$699



Favuzzi Infused Extra Virgin Olive Oil

With Crushed Lemon, Orange & Hot Pepper, 250ml

1699



Kikkoman Teriyaki Sauce Also Takumi Korean BBQ Sauce,

290ml - 472ml

25% OFF



**Simply Organic Spices**Select Varieties,
4g - 133g

25% OFF



Spectrum Eggless Mayonnaise 473ml

\$699



Konscious Plant-Based Sushi Rolls Also Onigri & Poke Bowl, Frozen, 204g - 293g

\$699



Sunrise Medium Tofu 454g

2 FOR \$2,00



Field Roast Vegan Sausages 368g

\$699

# THOUSANDS OF CANADIAN CHOCKES

**CHOICES**MARKET

**#** 100% BC OWNED

CHOICES.MARKET

# PRODUCE FRESH · LOCAL · ORGANIC



Organic Valencia Oranges USA Grown, \$6.57/KG

\$298/LB



**Grapefruit**Grown in South
Africa,
1.36kg Bag

\$**598**/EA



Gourmet Bouquet

2498/EA



Cauliflower USA Grown

\$398/EA





**Sunflowers** 3 Stems

\$598/EA

#### DELI PREPARED FRESH



Choices Ready to Eat Chicken Skewers

3 FOR \$ 900



Choices Quinoa Tabouleh Salad Also Moroccan Chickpea

\$199/1006



Choices Hearty Kofta Salad Bowl Also Booster Box, 250g - 430g

\$**899** / EA



Summer Fresh Hummus Toppers 255g

\$549/EA



Vegetable Herb Samosa Includes Tamarind Chutney, 160g

2 FOR \$ 600



Black Forest Ham

\$249/1006



Tre Stelle Feta Cheese 200g

\$699/EA



Cows Creamery 1 Year Old Cheddar Cheese Also 2 or 3 Years Old, 200g

**15**% OFF



Provolone Cheese

Also Smoked Provolone

**399** / 1006

YALETOWN ANNIVERSARY SALE!



## JOIN US SATURDAY, JULY 5<sup>TH</sup>

To celebrate Choices Yaletown's anniversary!
1202 Richards St, Vancouver

Complimentary slice of anniversary cake from 11:00am - 1:00pm

· Charity Barbeque from 11:00am - 1:00pm

All proceeds go to BC Cancer.

\*Anniversary sale offer valid at Yaletown location only.

Sale not available online.





# **BULK FOODS**



**Silver Hills Sprouted Power Breads** 430g - 615g

\$**11**99/EA



**Silver Hills Sprouted Power Organic Bagels** 5 Pack

\$549/EA



Choices **Signature Mini Muffins** 4 Pack

2 FOR \$ 700



**Bulk Organic** Chocolate & **Yogurt Covered** Almonds & Raisins Bins Only, Select



Choices Multigrain **Bread** 

Also Avocado Bread, 420g - 530g



**Choices** Lemon **Meringue Pie** Also Young Coconut Cream, 6 Inch



**Choices Dessert Cups** 150g



Indianlife Naan

Also Roti or Tortilla Wraps, 250g - 500g

**\$649**/EA

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Calm** Magnesium Assorted Varieties, 226g



**SUKU** Vitamins & Supplements Assorted Varieties & Sizes

25% OFF



**Prairie Doctor** Herbal **Tinctures** 

**Assorted Varieties** & Sizes





Genuine Health Vitamins & **Supplements Assorted Varieties** 

& Sizes

% ()FF



**Vega Sport Protein** Assorted Varieties,

801g - 837g

**\$47**99



MegaFood **MultiVitamins Assorted Varieties** & Sizes

20% OFF



**CanPrev** Magnesium **Supplements Assorted Varieties** 





Bio-K Plus **Probiotics** Dairy & Non-Dairy,

Assorted Varieties,

12 Pack



**Think Sport** & Think Baby **Suncare Assorted Varieties** 

& Sizes

20% OFF



Soap Works **Bar Soap** Assorted Varieties, 90 - 110g



**Green Beaver Face Care. Body Care & Oral Care Assorted Varieties** & Sizes

**1)% ()FF** 



Routine. **Natural Deodorant** Assorted Varieties,

50g -58g



Shop online at Choices.Market (a) @ChoicesMarket



f/DiscoverChoicesMarket





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 r exactly as dep not appear exactly as de Buy One Get One Deals