



# CHOICES MARKET

100% BC OWNED AND OPERATED

## BBQ CHOICES!

Prices Effective • July 10 - July 16, 2025



**PRODUCT OF CANADA**

**FEATURED  
CANADIAN CHOICE**

**Choices Own Sausages**  
Raised Without Antibiotics,  
In Store Made, Pork,  
Chicken or Turkey,  
Select Varieties

**25% OFF**



**SPECIAL PRICE**

**2 FOR \$4.00**

**Organic Hass Avocadoes**  
Mexico Grown

**YOU SAVE 42%**



**PRODUCT OF CANADA**

**20% OFF**

**All Fresh Organic Chicken**  
Free Range, Non-GMO, Air Chilled,  
Fraser Valley Raised



**PRODUCT OF CANADA**

**SPECIAL PRICE**

**\$6.98 / EA**

**Organic Blueberries**  
BC Grown, 454g Pkg.



**MADE IN CANADA**

**\$4.99 / EA**

**Castello Cheese Slices**  
125g - 175g

**YOU SAVE 44%**



**MADE IN CANADA**

**2 FOR \$6.00**

**Choices Artisan Buns**  
Sourdough, Italian Cheese, Multigrain  
or Chia Sesame, 4 Pack

**YOU SAVE  
UP TO 40%**



**ALL ITEMS  
ON SALE**

**Sisu Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Zevia Zero Sugar Soda**  
6 Pack

**YOU SAVE 30%**

**\$5.99**  
plus deposit & eco fees



# PRODUCE FRESH • LOCAL • ORGANIC



**Sweet Leaf, Roma, Romaine or Red Leaf Lettuce**  
From Avery Family Farm, BC

**\$3.48 / EA**



**Organic Mangoes**  
Mexico Grown

**2 FOR \$5.00**



**Only Goodness Organic White or Crimini Mushrooms**  
BC Grown, 227g Pkg.

**\$2.98 / EA**

**Mini Cucumbers**  
BC Grown, 454g Pkg.



**\$2.98 / EA**



**Warba Nugget Potatoes**  
BC Grown, 907g Bag



**\$4.48 / EA**

**Zuchinni**  
BC Grown, \$4.37/KG



**\$1.98 / LB**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$25.99 / LB**

### Beef Tenderloin

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, \$57.30/KG



**\$11.99 / LB**

### Flank Steak

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported, \$24.23/KG



**\$5.99 / LB**

### St. Louis Style Pork Ribs

Fresh, Raised Without Antibiotics, \$13.21/KG



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

**\$4.79 / EA**



**\$11.99 / LB**

### Leg of Lamb Roast

or Steaks, Fresh, Boneless, Raised Without Antibiotics, Pasture Raised, Product of New Zealand, \$26.43/KG



**Grimm's Traditional Thick Cut Bacon**  
No Added Sugar, 500g

**\$11.99 / EA**

### BBQ Smoked Salmon Tips

Original or Peppered, Ocean Wise, Previously Frozen

**\$2.79 / 100G**



### Northern Glacier Shrimp

Cooked, 41 to 50 Count or Raw, 31 to 40 Count, Ocean Wise, Frozen, 340g

**\$7.99 / EA**







**Hardbite**  
**Handcrafted-Style**  
**Potato Chips**  
Cooked in 100%  
Avocado Oil, 128g

2 FOR \$6.00



**Guayakí Organic**  
**Yerba Mate**  
458ml

SAVE  
MORE ON  
A CASE

2 FOR \$7.00

plus deposit & eco fees



**Lesser Evil**  
**Organic**  
**Popcorn**  
Select Varieties,  
142g

\$4.99



**Cove Organic**  
**Kombucha**  
355ml

2 FOR \$5.00

plus deposit & eco fees



**Whistler Glacial**  
**Spring Water**  
4L

\$4.99

plus deposit & eco fees



**Thirsty Buddha**  
**Sparkling**  
**Coconut Water**  
330ml

2 FOR \$5.00

plus deposit & eco fees



**Sapsucker Organic**  
**Sparkling Tree**  
**Water**  
Select Varieties,  
4 Pack

\$7.99

plus deposit & eco fees



**Happy Planet**  
**Organic**  
**Valencia**  
**Orange Juice**  
1.75L

\$6.99

plus deposit & eco fees



**Ceres**  
**100% Juice**  
**Blend**  
1L

\$4.49

plus deposit & eco fees

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



**Barbara's**  
**Puffins Cereal**  
Original &  
Cinnamon,  
285g

\$4.99



**Uncle Luke's**  
**Organic**  
**100% Pure**  
**Maple Syrup**  
Select Varieties,  
500ml

\$16.99



**The Granola**  
**King**  
**Gourmet Granola**  
2kg

\$29.99



**Earthbound Farm**  
**Organic Fruit**  
Frozen,  
300g

\$5.49



**Bob's Red Mill**  
**Pancake Mix**  
680g

\$7.49



**Tree Island**  
**Natural**  
**Greek Yogurt**  
Grass Fed, 1.5kg

\$12.99



**Breyers**  
**Family Classic**  
**Frozen Dessert**  
1.41L

\$5.49



**Grazy**  
**Plant-Based**  
**Frozen Dessert**  
500ml

\$6.99



**Riviera Oat Milk**  
**Yogurt**  
Also Greek Vegan Yogurt,  
Select Varieties,  
500g & 650g

\$5.99



**Traditional Medicinals Organic Herbal Tea**  
16 Bags

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



**Camino Organic Chocolate Bars**  
80g & 100g

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



**Earth's Own Oat Barista**  
Also Oat Light & Almond, 946ml

**\$5<sup>49</sup>**



**Hornby Organic Energy Bar**  
80g

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



**Organic Traditions Organic Dried Fruit, Nuts, Seeds & Cacao**  
Select Varieties

**20% OFF**



**Freeyum Cookies**  
Also Oat Bars, 135g & 154g

**\$3<sup>99</sup>**



**Woolwich Chevreai Goat Cheese**  
Also Chevreai Crumbles, 113g

**\$3<sup>99</sup>**



**Saputo Ricotta Cheese**  
Bari Original Recipe, 500g

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



**Spread'em Creamy Cashew Dips & Spreads**  
185g

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

## NOURISHING LIFESTYLES SINCE 1990



**Earth's Choice Organic Extra Virgin Olive Oil**  
1L

**\$24<sup>99</sup>**



**Annie's Pasta**  
149g - 170g Also Gluten-Free Cups, 57g

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



**Amy's Meals & Bowls**  
241g - 284g

**\$7<sup>49</sup>**



**Old Dutch Rip-L Potato Chips**  
Also Ridgies, 200g & 235g

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



**Savör Crackers**  
Non-GMO, 170g & 185g

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



**Want Want Super Slim Brown Rice Crisps**  
100g

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



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

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



**Ezekiel 4:9 Organic Sprouted Bread**  
Select Varieties, 680g

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

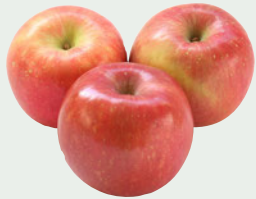


**Nature Clean Laundry Liquid**  
3L

**\$15<sup>99</sup>**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Fuji Apples**  
USA Grown,  
\$5.47/KG

**\$2.48 / LB**



**Organic Red Radish**  
BC Grown, Sold  
by the bunch

**\$2.98 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**



**Navel Oranges**  
Grown in  
South Africa,  
1.81kg Bag

**\$7.98 / EA**



**Sun Rich Grillers**  
Sweet Potato,  
Broc & Cauli or  
Fajita Mix,  
316g - 528g

**\$8.98 / EA**



**Sunflowers**  
3 Stems

**\$5.98 / EA**

## DELI PREPARED FRESH



**Rosstown Roasted Half Chickens**

**\$6.99 / EA**



**Choices Pasta Salads**

**\$1.89 / 100G**



**Zorbas Spanakopita**  
Also Mushroom &  
Parmesan Phyllo,  
185g

**2 FOR \$10.00**



**Greek House Homous**  
Also Tzatziki,  
227g

**\$4.99 / EA**



**Dolmades**  
12 Pack

**\$4.99 / EA**



**Choices Ready to Eat Sandwiches**  
Also New Salmon  
Salad Sandwich,  
120g - 200g

**\$6.99 / EA**



**Choices Chicken Tex Mex Salad Bowl**  
Also Mediterranean  
Chicken Caesar,  
280g - 300g

**\$9.99 / EA**



**Happy Days Goat Feta Cheese**

**\$3.99 / 100G**



**Ile de France Brie Cheese**

**\$4.49 / 100G**

## DISCOVER THOUSANDS OF CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are. From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.



**100% BC OWNED**



**CHOICES.MARKET**

# BAKERY FRESH BAKED • WHOLESOME



**Choices Artisan Italian Cheese Baguettes**  
Also Cheese or Multigrain,  
250g - 300g

**\$2.99 / EA**



**Choices Banana Bread**  
Also Orange Cranberry,  
300g - 454g

**\$7.99 / EA**



**Choices Signature Tiramisu Cake**  
Also Strawberry Tiramisu, 6 Inch

**\$19.99 / EA**

# BULK FOODS



**Organic Popcorn & Deluxe Nut Mixes**  
Select Varieties,  
Bulk Bins Only

**20% OFF**



**Silver Hills Organic Sprouted Power Bread**  
510g - 680g

**\$5.49 / EA**



**Grimm's Tortillas**  
Assorted Varieties,  
295g - 600g

**20% OFF**



**Wendel's Gluten-Free Cookies**  
12 Pack

**\$8.99 / EA**



**Carbonaut Low Carb Seeded Bread**  
White or Cinnamon Raisin, 550g

**\$8.99 / EA**

# WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Factors Digestive Enzymes**  
Also Digestive Support, Assorted Varieties & Sizes

**15% OFF**



**WithinUs ReHydrate + TruMarine Collagen**  
Assorted Varieties,  
143g - 144g

**\$27.99**



**GoodProtein All-in-One Shake**  
Assorted Varieties,  
880g

**\$61.99**



**Purica Curcumin & Magnesium Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Natural Factors Stress & Sleep Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**A.Vogel Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



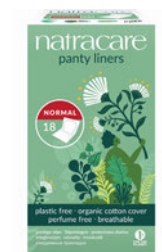
**Brightside Organics Omega 3 NutraCleanse**  
Assorted Varieties, 1kg

**\$36.99**



**Ecoideas Superfoods**  
Chia Seeds, Moringa & Baobab Powders ~ And More!  
Assorted Varieties & Sizes

**20% OFF**



**Natracare Natural Feminine Hygiene Products**  
Assorted Varieties & Sizes

**20% OFF**



**Island Essentials Hair Care & Body Care**  
Assorted Varieties & Sizes

**25% OFF**



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

**15% OFF**



**Nature's Aid Healing Gel**  
Also Hair & Body Care Products, Assorted Varieties & Sizes

**25% OFF**

Shop online at [ChoicesMarket](https://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

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