



CHOICES MARKET

100% BC OWNED AND OPERATED

BONUS POINTS WEEK!

LEARN MORE ABOUT OUR
**PREFERRED
SHOPPER**
PROGRAM ON PAGE 5

Prices Effective • July 17 - July 23, 2025

SPECIAL PRICE

**Organic Hass
Avocados**
Product of Mexico,
3 Pack

\$5.98

RECEIVE
100 BONUS
POINTS = **\$1.00**
VALUE

SPECIAL PRICE

**Organic Mini
Watermelon**
Product of Mexico

\$5.98 / EA

RECEIVE
50 BONUS
POINTS = **50¢**
VALUE



SPECIAL PRICE

\$15.99

Roasted Chickens
Antibiotic Free

RECEIVE
300 BONUS
POINTS = **\$3.00**
VALUE



2 FOR \$8.00

**Choices Sourdough
Levain Bread**
530g

RECEIVE
100 BONUS
POINTS = **\$1.00**
VALUE



Mogiana Coffee
340g

\$13.99

RECEIVE
200 BONUS
POINTS = **\$2.00**
VALUE



**Island Farms
Premium Ice Cream**
1.65L

\$7.99

RECEIVE
200 BONUS
POINTS = **\$2.00**
VALUE



**GLUTEN
FREE**

\$7.99

**Grimm's
Sizzlin' Smokies**
450g

RECEIVE
100 BONUS
POINTS = **\$1.00**
VALUE



**CanPrev
Magnesium
Bis-Glycinate**
240 Caps

\$35.99

RECEIVE
700 BONUS
POINTS = **\$7.00**
VALUE



**Que Pasa
Organic Tortilla
Chips**
300g & 350g

\$3.99

RECEIVE
50 BONUS
POINTS = **50¢**
VALUE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Bunch Chard
Red or Rainbow,
BC Grown

\$3.48 / EA



Organic Cherries
BC Grown,
\$17.59/KG

\$7.98 / LB



Good Leaf Oh So Sweet Spinach
Or Cool Crisp Lettuce,
113g

\$3.48 / EA



Hot House Peppers
Extra Large, Orange,
Red and Yellow,
BC Grown,
\$6.57/KG

\$2.98 / LB



Hot House Roma Tomatoes
BC Grown,
\$4.37/KG

\$1.98 / LB



Sun Rich Fruit Salad,
Pineapple or
Watermelon Chunks
369g - 425g

\$5.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Ribeye Steaks
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported from Australia,
Value Pack, or Roast, \$35.25/KG

\$15.99 / LB



Boneless Skinless Chicken Breast
Fresh, 100% Veggie Fed, Raised Without
Antibiotics, Value Pack, \$19.82/KG

\$8.99 / LB



Choices Turkey Burgers
Fresh, 100% Veggie Fed,
Raised Without Antibiotics

20% OFF



Chicken Drumsticks
Fresh, 100% Veggie Fed, Raised Without
Antibiotics, Value Pack, or Marinated,
\$8.80/KG

\$3.99 / LB



Sockeye Salmon Fillets
Fresh, Ocean Wise, Value Pack

\$4.99 / 100G



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

\$6.99 / LB

Sockeye Salmon Lox
Ocean Wise,
Previously Frozen

\$5.99 / 100G



Northern Glacier Raw or Cooked Shrimp

51 to 60 Count,
Frozen, 200g

\$4.99 / EA

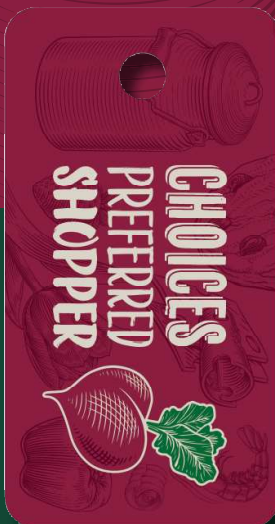


BECOME A PREFERRED SHOPPER

Join today to receive
exclusive discounts and collect
points on your purchases.

Scan here to join

When you hit 2,000 points,
you'll receive
\$20 off your groceries!



STOCK UP & GET MORE BONUS POINTS!



Terra Granola
Original, Pistachio, Pure
Crunch, 800g & 850g

\$15.99

RECEIVE
200 BONUS POINTS = \$2.00 VALUE



Earth's Choice
Organic Peanut
Butter
500g

\$6.49

RECEIVE
100 BONUS POINTS = \$1.00 VALUE



Capilano Organic
Raw Honey
375g

\$9.99

RECEIVE
300 BONUS POINTS = \$3.00 VALUE



Clearly Canadian
Sparkling Water
325ml

\$2.49

plus deposit & eco fees

RECEIVE
50 BONUS POINTS = 50¢ VALUE



Mrs. Renfro's
Salsa
473ml

\$9.99

RECEIVE
200 BONUS POINTS = \$2.00 VALUE



Phillips
Soda Works
Crafted with Cane
Sugar, 4 x 355ml

\$7.99

plus deposit & eco fees

RECEIVE
200 BONUS POINTS = \$2.00 VALUE



Deebee's Organics
Superfruit Freezes
10 Pack

\$6.99

RECEIVE
100 BONUS POINTS = \$1.00 VALUE



Athletic Brewing Co.
Non-Alcoholic Beer
6 Pack

\$12.99

plus deposit & eco fees

RECEIVE
300 BONUS POINTS = \$3.00 VALUE



Nellie's Laundry Nuggets
Also Dishwasher Powder,
60 Pack or 1.8kg

\$21.99

HUGE SAVINGS

RECEIVE
200 BONUS POINTS = \$2.00 VALUE

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



RXBAR
Protein Bars
52g & 55g

\$2.49

SAVE
MORE ON
A CASE



Barbara's
Cheez Curls
& Puffs
155g & 198g

2 FOR \$7.00



Angie's Boom
Chicka Pop
Popcorn
125g & 198g

\$5.49



Lily's
Chocolate Bars
Sweetened with Stevia,
80g & 85g

\$4.49



Good Drink
Natural Iced Tea
473ml

2 FOR \$6.00

plus deposit & eco fees



GoGo Quinoa
Cookies
(165g & 168g) Also
Assorted GoGo Quinoa
Products (113g & 375g)

20% OFF



Health-Ade
Organic Kombucha
473ml

\$4.49

plus deposit & eco fees



Red Crown
Organic
Pomegranate
Juice
1L

\$8.99

plus deposit & eco fees



Gerolsteiner
Carbonated
Natural Mineral
Water
750ml

2 FOR \$7.00

plus deposit & eco fees



**Yoggu!
Coconut Yogurt**
450g

\$7⁹⁹



**Earth's Own
Oat Beverage**
946ml

2 FOR \$7⁰⁰

plus deposit & eco fees



**Siggi's
Skyr Yogurt**
650g & 750g

\$6⁴⁹



**La Chaudière
Organic Cheese**
Old Cheddar or
Gouda (200g) Also
Gouda Cheese
Sticks (168g)

\$7⁹⁹



**Joyya
Ultrafiltered
Milk**
1L

\$4⁹⁹

plus deposit & eco fees



**Saputo
Mozzarellissima
Pizza Mozzarella
Cheese**
340g

\$6⁹⁹



**Laiki
Crackers**
113g

\$3⁹⁹



**Mary's
Organic
Crackers**
120g - 184g

\$6⁹⁹



**Plumm Good
Organic Brown
Rice Thins**
95g

2 FOR \$7⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**Amy's
Bean & Rice
Burritos**
Select Varieties,
Frozen, 170g

\$3⁹⁹



**House Of Yee
Premium
Dumplings**
Frozen, 15 Pack

\$12⁹⁹



**Big Mountain
Veggie Links**
Also Patties, Bites
& Crumbles,
300g - 400g

\$6⁹⁹



**Spectrum
Organic
Extra Virgin
Olive Oil**
750ml

\$32⁹⁹



**Hobbs
Kosher
Dill Pickles**
Also Spicy Spears,
1L

\$12⁹⁹



**Sunflower
Kitchen
Hummus**
227g

2 FOR \$7⁰⁰



**Cape Herb
Spices**
Also Rubs,
Select Varieties,
36g - 130g

20% OFF



**Nora's
Non-Dairy
Frozen Dessert**
500ml

\$6⁹⁹



**Oat & Mill
Geloato
Dessert Bars**
3 x 90ml

\$6⁹⁹



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

PRODUCE FRESH • LOCAL • ORGANIC



Organic Apricots
BC Grown,
907g

\$9⁹⁸ / EA



Organic Cotton Candy Grapes
Mexico Grown,
\$15.39/KG

\$6⁹⁸ / LB



Gourmet Bouquet

\$24⁹⁸ / EA



Long English Cucumbers
BC Grown

2 FOR \$3⁰⁰



Warba Nugget Potatoes
BC Grown,
\$3.92/KG

\$1⁷⁸ / LB



Cauliflower
BC Grown

\$4⁹⁸ / EA

DELI PREPARED FRESH



Choices Deli Salads
Try a Sample!

15% OFF



NEW



Choices Poke Bowl
360g ~ 425g

\$11⁹⁹ / EA



Choices Thai Coconut Meatballs
Also Lentil Kofta or Prawn & Fish Cake Snackers, 2-3 Pack

\$5⁹⁹ / EA



Choices Ready To Eat Wraps

\$9⁹⁹ / EA



Choices Family Size Spinach Salad
Also Green House or Caesar,
400g ~ 550g

\$10⁹⁹ / EA



Nuba Hummus
280g

\$7⁴⁹ / EA



Castello Brie or Bleu Cheese

\$4⁴⁹ / 100G



Boursin Cheese
150g

\$7⁹⁹ / EA



Bothwell Cheese

\$4⁴⁹ / 100G



BECOME A PREFERRED SHOPPER

Join today to receive exclusive discounts and collect points on your purchases. When you hit 2,000 points, you'll receive \$20 off your groceries!



BAKERY FRESH BAKED • WHOLESOME



**Choices
Old Fashioned
Porridge Bread**
With Whole
Wheat Flour,
500g

\$4.99 / EA



**Choices
Signature
Cookies**
12 Pack

\$5.99 / EA



**Choices Lemon
Meringue Pie**
Also Young Coconut
Cream Pie, 8 Inch

\$12.99 / EA

RECEIVE
100 BONUS
POINTS = \$100
VALUE

BULK FOODS



**Organic
Dried Fruit**
Select Varieties,
Bulk Bins Only

30% OFF



**Bakestone
Brothers
Pita**
6 Pack

2 FOR \$5.00



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

\$6.99 / EA



**Earthling
Protein
Cake Cups**
20% Protein
Per Cup, 190g

\$5.99 / EA



**Little Northern
Bakehouse
Chia Hot Dog
Buns**
Also Millet Chia,
260g - 320g

\$6.49 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

25% OFF



**Prairie
Naturals
Superfoods**
Assorted Varieties
& Sizes

20% OFF



**Vega Sport
Protein &
Supplements**
Assorted Varieties
& Sizes

25% OFF



**MegaFood
MultiVitamins**
Assorted Varieties
& Sizes

20% OFF



**Organika
Electrolytes**
Assorted Varieties
& Sizes

25% OFF



**FeraPro Iron
Supplements**
Assorted Varieties
& Sizes

15% OFF



**Prairie Doctor
Herbal
Tinctures**
Assorted Varieties
& Sizes

20% OFF



**Smart
Solutions
Vitamins &
Supplements**
Assorted Varieties
& Sizes

25% OFF



**Skin Essence
Face Care**
Assorted Varieties
& Sizes

20% OFF



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

\$2.79



**Lily of The
Desert
Aloe Vera
Juice or Gel**
Assorted Varieties
& Sizes

30% OFF



**Progressive
VegeGreens**
Assorted Varieties
& Sizes

25% OFF

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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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