

CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • August 21 - August 27, 2025

BUILD YOUR BURGER!

SPECIAL PRICE

**Hot House Large
Tomato**
BC Grown, \$4.37/KG

\$1.98 / LB

PRODUCT OF
CANADA

YOU SAVE
34%

FEATURED CHOICE

**All Choices Own
Ground Poultry**
100% Veggie Fed, Turkey
or Chicken, Raised Without
Antibiotics or Organic,
Fresh

20% OFF

PRODUCT OF
CANADA

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

\$5.99

PRODUCT OF
CANADA

YOU SAVE
33%

**Organic Green
Leaf, Red Leaf or
Romaine Lettuce**
BC Grown

2 FOR \$5.00

PRODUCT OF
CANADA

YOU SAVE
37%

**Portofino
Hamburger
Brioche Buns**
or Hot Dog, Also Potato
Buns, 6 Pack

2 FOR \$9.00

MADE IN
CANADA

YOU SAVE
43%

WEDNESDAY, AUGUST 27 ONLY

**NORTH VANCOUVER
ONE DAY SALE**

15%

OFF*

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

*Excluding Lotto and Gift Card purchases.
See page 5 for details. Sale not available online.

PRODUCT OF
CANADA

**Rabbit River Farms
Free Run Large Eggs**
Veggie Fed, One Dozen



\$6.99

YOU SAVE
12%

GLUTEN
FREE



**Kettle Brand
Potato Chips**
Also Air Fried Potato
Chips, 156g & 198g

2 FOR \$6.00

YOU SAVE
39%

MADE IN
CANADA



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

20% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Organic Corn on the Cob
BC Grown

4 for \$5.00



Organic Black Plums
BC Grown,
907 Bag

\$8.98 / EA



Organic Sunrise Apples
BC Grown,
1.36kg Bag

\$5.98 / EA

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



\$2.98 / EA

Organic Jumbo Red Russian Garlic

BC Grown,
\$44.05/KG



\$19.98 / LB

Organic Yellow Nugget Potatoes
BC Grown,
\$6.57/KG



\$2.98 / LB

Product appearance may differ from that shown in the flyer. Product availability is subject to variation across stores.

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Top Sirloin Steak or Roast

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



15% OFF

All Whole Chickens

Fresh, Raised Without Antibiotics or Organic,
Free Range, Raised in the Fraser Valley



\$6.99 / LB

Pork Chops

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



Thomas Reid Organic Chicken Breast

Boneless, Skinless, Local,
Free Range, Non- GMO,
Air Chilled, Raised in the
Fraser Valley, \$28.64/KG

\$12.99 / LB



\$4.49 / 100G

Sockeye Salmon Fillet
Fresh, Ocean Wise



Harvest Wieners
Original or All Beef, 450g

\$6.99 / EA

Sockeye Salmon Burger Patties
Sundried Tomato & Asiago or Spinach
and Feta, Frozen or
Previously Frozen,
4oz



2 for \$8.00

Mississippi Honey Mustard Mayonnaise
375g



\$5.99 / EA



**Yes!i
Dressing & Dip**
Made With
Nutritional
Yeast, 350ml

\$6.99



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

\$4.29



**Sunflower
Kitchen Organic
Hummus**
227g

\$4.29



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

2 FOR \$8.00



**Las Margaritas
Salsa**
Fresh - Original
Recipe

\$7.99



**Casa Fiesta
Refried Beans**
398ml, Also Chipotle
Peppers & Taco
Seasoning Mix
(212ml & 35g)

25% OFF



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

2 FOR \$7.00



**Santa Cruz
Organic
Lemonade**
also Organic Iced
Tea Lemonade,
946ml

\$4.99
plus deposit & eco fees



**Fiji Natural
Spring Water**
1L

\$2.99
plus deposit & eco fees

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



**Motherlove
Kombucha &
Water Kefir**
355ml

\$2.99
plus deposit & eco fees



Kind Nut Bars
1 Ingredient Nuts
40g

\$1.79



**Berri Fresh Cold
Pressed Juice**
370ml

\$5.49
plus deposit & eco fees



**Maeve
Chocolate Bars**
70g

\$6.99



**So Delicious
Frozen Dessert**
500ml

\$6.49



**Chocxo Organic
Dark Chocolate
Cups**
98g

\$6.99



**Chapman's
Frozen Yogurt**
also Rainbow
Sorbet, 2L

\$6.49



**Melona
Frozen Dessert
Bars**
Non-Dairy, 8 Pack

\$5.49



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

\$9.99

AUGUST 27 ONLY!



**ONE
DAY SALE!**

AT OUR NORTH VANCOUVER LOCATION ONLY



***Excluding Lotto and Gift Card purchases.**

Sale not available online.

**Sale offer valid at
North Vancouver location only.**



**Nature's Path
Organic Waffles**
Includes Chia,
Homestyle, Berry
& Chocolate Chip,
Frozen, 210g

\$5.49



**Uncle Luke's
Organic Maple
Syrup**
250ml

\$7.99



**Tree Island
Cream Top
Yogurt**
500g

\$4.99



**Blue Diamond
Almond Breeze
Beverage**
946ml

2 FOR \$5.00

plus deposit & eco fees



**Nuts To You
Almond Butter**
365g

\$9.99



A2 Milk
Easier on Digestion,
2L

\$6.99

plus deposit & eco fees



**Tre Stelle
Shredded
Cheddar Cheese**
200g also Parmesan
Cheese, 170g

\$5.49



**Avalon
Organic Butter**
454g

\$13.99



**Once Upon A Farm
Organic Baby Food**
also Organic
Smoothies,
85ml - 105 ml

\$3.29

NOURISHING LIFESTYLES SINCE 1990



**Rizopia Organic
Brown Rice Pasta**
also Organic Quinoa
Pasta, 340g & 454g

2 FOR \$7.00



**Mutti Italian
Cherry & Baby
Roma Tomatoes**
398ml

\$4.29



**Only Goodness
Organic Pasta**
500g

\$3.99



**Lundberg Family
Farms Sustainably
Grown Rice**
907g

\$10.99



**Kaslo
Sourdough Pasta**
made with Natural
Sourdough &
Durum Wheat,
Select Varieties, 454g

\$9.99



**Only Goodness
Plant Based
Bolognese Style
Pasta Sauce**
Also Pasta Sauce,
500ml & 680ml

\$7.99



**Lundberg Family
Farms Organic
Brown Rice Cakes**
also Organic
Mini Rice Cakes,
142g & 168g

\$5.49



**Safe Catch Wild
Albacore Tuna**
142g

\$5.99



**Laiki Rice
Crackers**
100g

2 FOR \$8.00

PRODUCE FRESH • LOCAL • ORGANIC



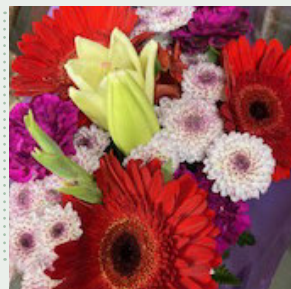
Bunched Carrots
BC Grown

\$1.98 / EA



Hot House Mini Cucumber
BC Grown,
454g Bag

\$2.48 / EA



Gourmet Bouquet

\$24.98 / EA



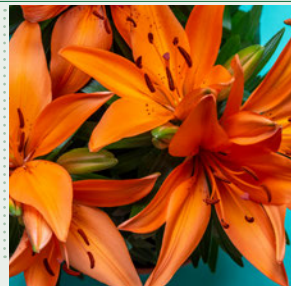
Organic Strawberry
USA Grown, 454g

\$6.98 / EA



Grapefruit
South Africa
Grown,
1.36kg Bag

\$5.98 / EA



Lily
3 Stems

\$8.98 / EA

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DELI PREPARED FRESH



Roasted Chickens
Antibiotic Free

\$15.99 / EA



Choices Pasta Salads

\$1.89 / 100G



Choices Wild Salmon Lox Bagels

\$8.99 / EA



Choices Quiche
4.25 Inch

2 FOR **\$10.00**



Summer Fresh Dips & Hummus
200 - 227g

2 FOR **\$8.00**



Italian Prosciutto & Salami
Assorted Varieties,
80g - 120g

\$8.99 / EA



El Señor Quesero Mexican Cheeses
190g - 300g

20% OFF



Bella Casara Burrata Cheese
250g

\$15.99 / EA



Apetina Feta Cheese in Oil
Great for Salad
Toppers, 100g

2 FOR **\$7.00**

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AUGUST 27 ONLY
NORTH
VANCOUVER**

ONE DAY SALE 15% OFF*

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

*Excluding Lotto and Gift Card purchases. One Day sale offer valid at the North Vancouver location only. Sale not available online.

BAKERY FRESH BAKED • WHOLESOME



**Choices
Avocado
Brioche Bread**
420g

\$5.99 / EA



**Choices
Artisan
Olive & Feta
Sourdough
Bread**
500 g

\$5.99 / EA



**Chocies
Artisan
Cookies**
6 Pack

\$6.99 / EA

BULK FOODS



**Organic
Nut Mixes**
Loose Only,
Select Varieties

20% OFF



**Choices
Artisan Fruit
Half Pies**
280g

\$6.49 / EA



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

2 FOR \$10.00



**Pastry Box
Cloud Cakes**
Limoncello,
Coconut,
Strawberry,
Chocolate, 6 Inch

\$14.99 / EA



**Choices Low
Carb Cookies
& Cream
Cheesecake**
or Chocolate
Mousse, 50g - 60g

\$4.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

\$22.99



**Organika
Electrolytes**
Assorted Varieties
& Sizes

30% OFF



**Platinum
Naturals
Multivitamins**
Assorted Varieties
& Sizes

20% OFF



**NutraSea
Omega-3 Fish
Oil Supplements**
Select Varieties
& Sizes

20% OFF



**Natural Factors
All Bonus
Bottles**
Assorted Varieties
& Sizes

15% OFF



**Natural Factors
Probiotics**
Assorted Varieties
& Sizes

15% OFF



**Enerex
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**CanPrev Beauty
Supplements**
Select Varieties
& Sizes

20% OFF



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

20% OFF



**Weleda Facial
Care & Body
Care**
Assorted Varieties
& Sizes

25% OFF



**Aura Cacia
Essentials Oils**
Assorted Varieties
& Sizes

25% OFF



**Mountain Sky
Natural Body
Bar Soap**
Assorted Varieties,
135g

\$5.79



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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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