



# CHOICES MARKET

100% BC OWNED AND OPERATED

## BACK TO SCHOOL SAVINGS!

Prices Effective • September 4 - September 10, 2025

PRODUCT OF  
CANADA

**SPECIAL PRICE**

**All Boneless  
Skinless  
Chicken Breast**

Raised without Antibiotics,  
Conventional or Organic,  
Local, Value Pack, Fresh

**25% OFF**

**SPECIAL PRICE**

**Organic  
Coronation Grapes**  
BC Grown, 907g Pkg.

**\$8.98 / EA**

YOU SAVE  
**\$2.00**

PRODUCT OF  
CANADA



**Earth's Choice Organic  
Peanut Butter**  
500g

**SPECIAL PRICE**

**\$5.99 / EA**

YOU SAVE  
**36%**



**Organic Green Bartlett Pears**  
BC Grown, 1.36kg Bag

**SPECIAL PRICE**

**\$5.98 / EA**

YOU SAVE  
**\$1.50**



**Choices Quiche**  
150g ~ 175g

YOU SAVE  
**23%**

**2 FOR \$10.00**



**Choices  
Mini Muffins**  
4 Pack

YOU SAVE  
**25%**

**2 FOR \$6.00**



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

**20% OFF**



**Kiju Organic  
Juice**  
Select Varieties,  
4 Pack & 1L

YOU SAVE  
**29%**

**2 FOR \$7.00**

plus deposit & eco fees

**SATURDAY, SEPTEMBER 6 ONLY**

**SOUTH SURREY  
20 YEARS  
ANNIVERSARY  
SALE!**

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

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

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

**FEATURED  
CANADIAN CHOICE**

**MADE GOOD**  
ORGANIC CHEWY  
GRANOLA BARS

**MADE IN CANADA**

**GLUTEN FREE**

**YOU SAVE 45%**

**Made Good Organic  
Granola Bars**  
Also Granola Minis, Drizzled  
& Soft Baked Bars, 5 Pack

**\$2.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Himrod Grapes**  
BC Grown,  
1.36kg Pkg.

**\$8.98 / EA**



**Organic Mango**  
Mexico Grown

**\$3.48 / EA**



**Hass Avocados**  
Mexico Grown

**\$2.58 / EA**

**Organic Yellow Onions**  
Canada Grown,  
1.36kg Bag



**\$4.98 / EA**

**McIntosh Apples**  
BC Grown,  
1.36kg Bag



**\$5.48 / EA**

**Organic Mini Carrots**  
USA Grown,  
454g Pkg.



**\$2.98 / EA**

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

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$7.99 / LB**

### Lean Ground Beef

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Imported, \$17.61/KG



**\$7.99 / LB**

### Pork Tenderloin

Fresh, Boneless, Raised Without Antibiotics,  
Whole or Medallions, \$17.61/KG



**\$8.99 / LB**

### Outside Round Roast or Steaks

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Imported from  
Australia \$19.82/KG



### Greenfield Bacon

Raised Without Antibiotics,  
Gluten Free, 375g

**\$7.99 / EA**



**BUY 1 GET 1 FREE**

**Sable Fish Fillets**  
Ocean Wise, Fresh



**Stapletons Sausages**  
Frozen,  
Locally Made

**10% OFF**

VARIETIES MAY VARY BY STORE

**Northern Glacier Hand Peeled Cooked Shrimp**  
Ocean Wise, 340g,  
Frozen



**\$9.99 / EA**

**Freybe Lunch Meats**  
Prepackaged,  
125 - 175g



**25% OFF**

VARIETIES MAY VARY BY STORE



# SOUTH SURREY 20<sup>TH</sup> ANNIVERSARY SALE

**SATURDAY, SEPTEMBER 6**



## JOIN US THIS SATURDAY

**To celebrate Choices South Surrey 20<sup>th</sup> anniversary!**

**3248 King George Blvd, Surrey, BC**

**From 11:00am – 3:30pm:**




- Free Anniversary Cake Slice • Vendor Samples
- Kids Face Painting • Hot Dog by donation
- Spin the Wheel

**Enjoy free coffee & tea while you shop**

**All proceeds support Surrey Schools Meal Programs.**

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



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





**Nature's Farm  
Organic Large  
Omega 3 Eggs**  
One Dozen

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



**Donia Farms  
Heritage  
Grass Fed Milk**  
2L

**\$6<sup>49</sup>**

plus deposit & eco fees



**The Granola King  
Gourmet Granola**  
2kg

**\$29<sup>99</sup>**



**Armstrong  
Sliced Cheese**  
220g & 240g

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



**Elmhurst Milked  
Oats & Nuts**  
(946ml), Also Barista  
Almond & Oat  
and Oat Creamers  
(473ml)

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

plus deposit & eco fees



**Tree Island  
Grass Fed Yogurt**  
325g & 350g

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



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

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



**Uncle Luke's  
Organic  
Maple Syrup**  
1L

**\$29<sup>99</sup>**



**Liberté Yogurt**  
4 Pack

**\$4<sup>49</sup>**

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



**Rise Organic  
Kombucha**  
1L

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

plus deposit & eco fees



**Sunrise  
Soyganic Tofu**  
350g & 500g

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



**Chasers  
Cold Pressed  
Juice**  
Select Varieties,  
500ml

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

plus deposit & eco fees



**Salt Spring  
Organic Coffee**  
Select Varieties,  
400g

**\$18<sup>99</sup>**



**Green & Black's  
Organic  
Chocolate Bars**  
90g

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



**Celestial  
Organics Tea**  
18 Bags

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



**Hardbite  
All Natural  
Potato Chips**  
150g

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



**Gimme  
Organic Roasted  
Seaweed Snacks**  
6 Pack

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



**Old Dutch  
Restaurant  
Tortilla Chips**  
Also Arriba Chips,  
200g - 295g

**\$4<sup>49</sup>**



**Garofalo Pasta**  
500g

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



**Favuzzi Italian Tomatoes**  
Peeled or Diced,  
796ml

\$3<sup>99</sup>



**GoGo Quinoa Organic Pasta**  
227g

\$3<sup>99</sup>



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

\$14<sup>99</sup>



**Imagine Organic Low Sodium Chicken Broth**  
Also Vegetable,  
Beef & Miso,  
946ml & 1L

\$5<sup>99</sup>



**Amy's Meals & Bowls**  
Select Varieties,  
Frozen, 241g - 284g

\$7<sup>49</sup>



**Raincoast Trading Sockeye Salmon**  
(160g) Also Raincoast  
Global Skipjack Tuna  
(142g), Select Varieties

20% OFF



**L'Ancêtre Organic Cheese**  
Select Varieties,  
150g - 325g

20% OFF



**Gathering Place Organic Spices**  
3g - 50g

20% OFF

## NOURISHING LIFESTYLES SINCE 1990



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

\$2<sup>99</sup>



**Violife 100% Dairy Free Cheese**  
200g

\$5<sup>99</sup>



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

\$29<sup>99</sup>



**RW Garcia Crackers**  
156g - 184g

\$6<sup>99</sup>



**Alderwood French Fries**  
Frozen, 450g

\$6<sup>99</sup>



**Stellas Perogies**  
Frozen, 520g

\$8<sup>99</sup>



**Chapman's Super Premium Plus Ice Cream**  
500ml

\$5<sup>99</sup>



**Echoclean Laundry Detergent**  
2x Concentrated,  
Liquid, 1.5L

\$10<sup>99</sup>



**Aspen Clean Dishwasher Pods**  
Also Kitchen &  
Bathroom Cleaners,  
Assorted Sizes

20% OFF



# CHOICES MARKET

## SOUTH SURREY

# 20 YEARS

# ANNIVERSARY SALE!

**4 DAYS ONLY**

Enjoy these **SUPER SPECIAL DEALS**

from September 4th to September 7th, 2025



**Organic Gala Apples**  
3lb Bag

**\$5.98 / EA**

YOU SAVE \$2.00



**Yellow Potatoes**  
5lb Bag

**\$5.98 / EA**

YOU SAVE \$2.00



**Choices Sourdough Bread**  
Levain Style, 530g

**BUY 1 GET 1 FREE**



**withinUs TruMarine Collagen**  
280g

**\$42.99**

YOU SAVE \$29.00



**Chicken Drumsticks**  
Fresh, Raised Without Antibiotics, Veggie Fed, Value Pack, \$7.69/kg

**\$3.49 / LB**

53% OFF



**Rosdown Roasted Chickens**

**2 FOR \$20.00**

YOU SAVE 33%



**Meadowale Creamery Butter**  
Salted, 454g, First 4

**\$5.49**

YOU SAVE 29%



**Nature's Farm Organic Omega 3 Large Eggs**  
1 Dozen

**\$7.99**

YOU SAVE 37%



**Earth's Choice Organic Whole Bean Coffee**  
340g

**\$8.99**

44% OFF



**Nature's Path Eco Pac Cereal**  
Select Sizes

**\$9.99**

YOU SAVE 42%



**Eat Wholesome Organic Soup**  
398ml

**\$2.49**

YOU SAVE 46%



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

**\$16.99**

\$51.00

**SATURDAY ONLY**

**SOUTH SURREY 20<sup>TH</sup> ANNIVERSARY SALE**



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

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From 11:00am - 3:30pm:

- Complimentary Slice of Anniversary Cake
- Delicious vendor samples
- Kids face painting • Hot Dog Lunch by donation (\$5 minimum)
- Spin the Wheel - \$2 per ticket, win great prizes
- Enjoy free coffee & tea while you shop

All proceeds support Surrey Schools Meal Programs.





# PRODUCE FRESH • LOCAL • ORGANIC



**Grape Tomatoes**  
BC Grown,  
907g Pkg.

**\$6.98 / EA**



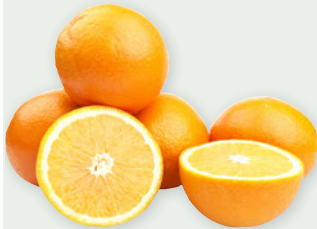
**Russet Potatoes**  
BC Grown,  
2.27kg Bag

**\$3.98 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**



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

**\$6.98 / EA**



**Sun Rich Fruit Cups**  
Fruit Salad,  
Pineapple Chunks,  
Watermelon Chunks,  
369g & 425g

**\$6.48 / EA**



**Living Basil Plant**  
Houweling

**\$3.98 / EA**

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## DELI PREPARED FRESH



**Choices Ready to Eat Wraps**

**\$9.99 / EA**



**Summer Fresh Snack & Go**  
83g

**2 FOR \$5.00**



**Casalinga Italian Inspired Soup**  
700ml

**\$7.99 / EA**



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

**2 FOR \$10.00**



**Choices Spinach & Feta Egg Muffins**  
Also Broccoli & Cheddar,  
80g - 90g

**2 FOR \$4.00**



**Black Forest Ham**  
Also Honey or Old Fashioned

**\$2.99 / 100g**



**Vegetable Pakora**  
Also Spinach

**\$2.99 / 100g**



**Bothwell Cheese**

**\$3.99 / 100g**



**Cows Creamery Cheddar**  
200g

**20% OFF**

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20 YEARS  
ANNIVERSARY  
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# BAKERY FRESH BAKED • WHOLESOME



**Choices  
Garlic Bread**  
Made with  
Roasted Garlic  
Butter, 320g



**\$4.99 / EA**



**Choices  
Multigrain  
Bread**  
530g



**2 FOR \$10.00**



**Choices Cake  
Tray Bakes**  
Also Our  
Signature  
Carrot Cake,  
210g - 330g



**\$8.99 / EA**

# BULK FOODS



**Organic  
Nuts & Seeds**  
Almonds,  
Cashews, Pumpkin  
& Chia Seeds,  
Bulk Bins Only,  
Select Varieties

**20% OFF**



**Bakestone  
Brothers  
Naan Bread**  
Also Roti,  
472g - 500g



**\$4.99 / EA**



**La Tortilla  
Factory  
Tortillas**  
200g - 496g

**20% OFF**



**Alkeme  
Sourdough  
Bread**  
Also Country or  
Ancient Grain,  
725g



**\$9.99 / EA**



**Wisebites  
Cookies**  
Also Bars  
or Treats,  
150g - 340g



**15% OFF**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

**20% OFF**



**Ener-C  
Effervescent  
Vitamin C**  
Also Vitamin  
D Drink Mix,  
Assorted Varieties,  
24 - 30 Pack

**\$15.99**



**Living  
Alchemy Your  
Flora Series**  
Also Fermented  
Activated Herbs,  
Assorted Varieties  
& Sizes

**20% OFF**



**Bio-K Plus  
Probiotics**  
Assorted Varieties  
& Sizes

**20% OFF**



**Botanica  
Organic  
Proteins or  
Greens**  
Assorted Varieties  
& Sizes

**20% OFF**



**NOW  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**LeanFit  
Proteins**  
Also Sports  
Nutrition  
Supplements,  
Assorted Varieties  
& Sizes

**25% OFF**



**NutraVege  
Omega-3  
Plant DHA  
& EPA**  
Assorted Varieties  
& Sizes

**20% OFF**



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

**15% OFF**



**Desert Essence  
Hair Care  
Products**  
Also Body Care,  
Assorted Varieties  
& Sizes

**30% OFF**



**Naturtint  
Natural  
Permanent  
Hair Colour**  
Assorted Colours,  
1 Kit

**\$16.99**



**Green Beaver  
Face Care**  
Also Body Care  
& Oral Care,  
Assorted Varieties  
& Sizes

**20% OFF**



Shop online at [ChoicesMarket.com](http://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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.