



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY CHOICES!

Prices Effective • September 11 - September 17, 2025

WILD
CAUGHT

SPECIAL PRICE

**Sockeye
Salmon Fillets**

Previously Frozen or
Frozen, Ocean Wise,
Value Pack

\$4.49 / 100g

YOU SAVE
15%

SPECIAL PRICE

**Organic
Long English
Cucumbers**
BC Grown

\$3.98 / EA

PRODUCT OF
CANADA

YOU SAVE
20%

PRODUCT OF
CANADA

SPECIAL PRICE

\$15.99 / EA

PRODUCT OF
CANADA

SPECIAL PRICE

\$5.98 / EA

Roasted Chickens
Antibiotic Free

YOU SAVE
\$3.00

Organic Gala Apples
BC Grown, 1.36kg Bag

YOU SAVE
\$2.00

CANADIAN
OWNED

**Terra Original
Granola**
800g & 850g

YOU SAVE
35%

\$12.99

MADE IN
CANADA

**49th Parallel
Organic Whole
Bean Coffee**
Select Varieties,
340g

YOU SAVE
25%

\$16.99

MADE IN
CANADA

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

YOU SAVE
30%

2 for \$9.00

MADE IN
CANADA

**AOR Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF

SATURDAY, SEPTEMBER 13 ONLY

KELOWNA 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.

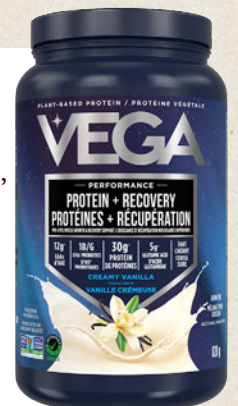
One Day sale offer valid at Kelowna location only.
See page 5 for details. Sale not available online.

FEATURED CANADIAN CHOICE

PRODUCT OF
CANADA

**Vega Sport
Protein**
Assorted Varieties,
801g - 837g

**BUY 1 GET 1
FREE**



PRODUCE FRESH • LOCAL • ORGANIC



Organic Green or Black Kale
BC Grown, Sold by the Bunch

\$2.98 / EA



Organic Hass Avocadoes
Mexico Grown

2 FOR \$5.00



Green or Red Grapes
USA Grown, \$6.57/KG

\$2.98 / LB

Organic Field Tomatoes

BC Grown, \$6.57/KG

\$2.98 / LB



Organic Zucchini

BC Grown, \$6.13/KG

\$2.78 / LB



Yellow Potatoes

BC Grown, 2.27 kg Bag

\$5.48 / 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



\$16.99 / LB

Ribeye Steaks or Roast

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported from Australia, \$37.46/KG



30% OFF

Chicken Thighs

Fresh, Raised Without Antibiotics or Organic, Value Pack, Farm Raised in BC, Bone in



\$13.99 / LB

Leg of Lamb Roast

Fresh, Boneless, Raised Without Antibiotics, Pasture Raised, Product of New Zealand, \$30.84/KG



\$5.99 / LB

Pork Butt Roast or Steaks

Fresh, Boneless, Raised Without Antibiotics, \$13.21/KG



\$8.99 / LB

Eye of Round Roast or Steaks

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



Rosdown Marinated Chicken Breast
Boneless, Skinless, Raised Without Antibiotics, 350g

\$9.99 / EA



\$7.99 / EA

Helmut's Artisan Bacon

Select Varieties, Locally Sourced, Crafted in Vernon, BC, 375g

All Frozen Legends Haul Products
Burgers, Grinds, Sausages



25% OFF



**Galerie Au
Chocolat
Organic
Chocolate Bars**
100g

\$5.99



**Peace River
Organic Honey**
500g

\$12.99



**Nuts To You
Almond Butter**
365g

\$9.99



**Blue Diamond
Almond Breeze**
1.89L

\$4.99

plus deposit & eco fees



**Blue Diamond
Nut-Thins**
120g

\$5.99



**Blue Monkey
Organic
Coconut Water**
1L

\$4.99

plus deposit & eco fees



**Remedy
Organic
Kombucha**
4 Pack

\$7.99

plus deposit & eco fees



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

2 FOR \$7.00



**Whistler
Glacial
Spring Water**
1.5L

2 FOR \$4.00

plus deposit & eco fees

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



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

\$3.29



**Sunflower
Kitchen
Hummus**
Selected Varieties,
227g

2 FOR \$7.00



**Siete
Tortilla Chips**
Also Cinnamon
Churro Strips, 142g

\$6.49



**Mid-Day Squares
Functional
Protein & Fibre
Squares**
4 Pack

\$8.99



**Island Farms
Premium
Ice Cream**
Select Varieties,
1.65L

\$7.99



**Tate's Bake Shop
Cookies**
Includes Gluten-Free
Varieties, 198g

\$8.99



**Love Good Fats
Protein Bars**
Gluten-Free,
39g & 40g

2 FOR \$5.00

SAVE
MORE ON
A CASE



**Westpoint
Naturals Nut
Mixes**
Select Varieties,
150g

20% OFF



**O'Doughs
Bagel Thins**
300g

\$3.99

KELOWNA ANNIVERSARY SALE & BBQ

SATURDAY, SEPTEMBER 13



JOIN US THIS SATURDAY

To celebrate Choices Kelowna's anniversary!

1937 Harvey Ave, Kelowna

From 11:00am - 2:00pm:




- BBQ • Complimentary Slice of Anniversary Cake
- Spin the Wheel • Face Painting

Enjoy free coffee & tea while you shop

All proceeds to be donated to Mamas for Mamas.

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



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



Yoggu!
Coconut Yogurt
450g

\$6.99



Tru Taste Cafe
Waffles
400g

\$6.99



Shady Maple
Farms Organic
Maple Syrup
500ml

\$16.99



Liberté
Méditerranée
Yogurt
500g

\$4.99



Holy Crap
Organic
Superseed
Blend Cereal
225g

\$7.99



Avalon Organic
Probiotic Yogurt
650g

\$5.99



La Chaudière
Organic Cheese
Lactose Free
Old & Gouda,
Select Varieties,
168g ~ 200g

\$8.99



Arla Organic
Cream Cheese
Product
200g

\$4.99



Nuts For
Cheese Organic
Cashew Spread
120g

\$8.99

NOURISHING LIFESTYLES SINCE 1990



Amy's
Organic Soups
398ml

\$4.49



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

\$3.99

Gluten-Free
Varieties
\$4.49



Holy Napoli
Pizza
Frozen,
355g ~ 385g

\$9.99



Acropolis
Organics
Organic Extra
Virgin Olive Oil
500ml & 1L

25% OFF



Avafina
Organics
Quinoa, Seeds
& Spices
110g ~ 425g

25% OFF



Fody IBS Friendly
Assorted Products
Includes Salad,
Dressings, Salsa &
Pasta Sauce,
227ml ~ 547ml

25% OFF



Chickapea
Organic Pasta
227g

\$4.99



Karthain's
Organic
Sauerkraut
375ml

\$5.99



Granny's
Ultra Liquid
Laundry Wash
High Efficiency,
2x Concentrated,
3.78L

\$8.99

PRODUCE FRESH • LOCAL • ORGANIC



**Mixed Coloured
Hot House
Peppers**
Canada Grown,
907g Bag



\$5.98 / EA



**Sun Rich
Pineapple
Spears**
907g



\$7.98 / EA

**Gourmet
Bouquet**



\$24.98 / EA

**Organic
Cauliflower**
USA Grown



\$5.98 / EA

**Organic Mini
Watermelon**
USA Grown



\$5.98 / EA

Crazy Daisy



\$7.98 / EA

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DELI PREPARED FRESH



**Choices
Family Size
Casseroles**
590g ~ 710g



\$14.99 / EA



**Choices
Veggie Cakes**
140g



2 FOR \$6.00



**Choices
Artisan Turkey
Sandwiches**
Also Roast Beef
or Ham



\$9.99 / EA



**Vancouver
Soup Company**
700ml



\$7.99 / EA



**Beef Sausage
Rolls**
Also Turkey,
130g



2 FOR \$5.00



**Sundried
Tomato Turkey
Breast**
Also Dijon



\$4.49 / 100G



**Choices
Sandwich
Fillings**
Also New Chickpea
Smash, 350g



\$7.99 / EA



**Tre Stelle
Feta Cheese**
Also Lactose Free
Cheese, 200g



\$6.99 / EA

**Parmesan
Reggiano
Cheese**
Italy



\$4.99 / 100G

**KELOWNA
ANNIVERSARY
SALE!**



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

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• Spin the Wheel - Enter to Win great prizes

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BAKERY

FRESH BAKED • WHOLESOME



**Choices
Baker's
Crusty Loaf**
450g

\$2.99 / EA



**Choices
Seeded
Sourdough
Rye Bread**
760g

\$5.99 / EA



**Choices
Cake Slices**
120g - 150g

2 FOR \$7.00

BULK FOODS



**Organic
Popcorn,
Sesame Sticks
& Mixed Nuts**
Bulk Bins Only,
Select Varieties

20% OFF



**Choices
Wheat Free
Muffins**
4 Pack

\$5.99 / EA



**Uprising
Jumbo
Gingersnap
Cookies**
6 Pack

\$4.99 / EA



**Bakestone
Brothers
Organic
Tortillas**
344g

\$4.99 / EA



**Little
Northern
Bakehouse
Wide Loaves**
539g - 567g

\$4.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural
Factors
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



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

20% OFF



**Boiron
Homeopathic
Remedies**
Assorted Varieties
& Sizes

20% OFF



**Barebells
Protein Bars**
Assorted Varieties
& Sizes

2 FOR \$8.00



**Manitoba
Harvest
Hemp Hearts**
Also Hemp Yeah!
Proteins, Assorted
Varieties & Sizes

25% OFF



**Platinum
Naturals
Oregano 8
Supplements**
Also Vitamin
D3, Assorted
Varieties & Sizes

20% OFF



**Garden of Life
Dr. Formulated
Probiotic**
Assorted Varieties
& Sizes

20% OFF



**New Chapter
Vitamins &
Supplements**
Assorted Varieties
& Sizes

15% OFF



**Dr. Hauschka
Facial Care**
Assorted Varieties
& Sizes

20% OFF



**Acure
Face, Hair &
Body Care**
Assorted Varieties
& Sizes

20% OFF



**Divine Essence
Organic
Essential Oils**
Assorted Varieties
& Sizes

BUY 1 GET 1 FREE



**Oneka
Shampoo &
Conditioners**
Assorted Varieties,
500ml

\$11.99



Shop online at ChoicesMarket.com



@ChoicesMarket



/DiscoverChoicesMarket



@ChoicesMarket



**CHOICES
MARKET**

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.