



# CHOICES MARKET

100% BC OWNED AND OPERATED

## ORGANIC CHOICES!

Prices Effective • September 18 - September 24, 2025

PRODUCT OF  
CANADA

### FEATURED CHOICE

#### Thomas Reid Organic Whole Chicken

Free Range, Non-GMO,  
Air Chilled, Fraser Valley  
Raised, \$13.21/KG

**\$5.99 / LB**

YOU SAVE  
**25%**

### SPECIAL PRICE

**Organic Broccoli**  
Bunch, BC Grown,  
\$6.57/KG

**\$2.98 / LB**

YOU SAVE  
**\$2.00 / LB**

PRODUCT OF  
CANADA

SATURDAY, SEPTEMBER 20 ONLY

## NORTH VANCOUVER ANNIVERSARY SALE!

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

- Complimentary Slice of Anniversary Cake from 10:00am - 12:00pm
- Community BBQ from 11:00am - 3:00pm
- Enter to Win great prizes

Enjoy free coffee & tea while you shop  
All proceeds to be donated to Carson Graham School.

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

\*Excluding Lotto and Gift Card purchases. One Day sale offer valid at North Vancouver location only. Sale not available online.  
See page 5 for more promotions at our North Vancouver location.

PRODUCT OF  
CANADA

### SPECIAL PRICE

**\$5.98 / EA**

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

YOU SAVE  
**\$2.00**

PRODUCT OF  
CANADA

**20% OFF**

**Choices Organic Cheese**

MADE IN  
CANADA



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

**20% OFF**

MADE IN  
CANADA



**Hornby  
Organic  
Energy Bar**  
80g

YOU SAVE  
**32%**

**2 FOR \$5.00**

MADE IN  
CANADA



**Sprague  
Organic Soup**  
Select Varieties  
398ml

YOU SAVE  
**29%**

**2 FOR \$7.00**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Red & Yellow Fingerling Potatoes**  
BC Grown,  
\$7.67/KG

**\$3.48 / LB**



**Organic Medley Mix Grape Tomatoes**  
BC Grown,  
1 Dry Pint

**\$4.98 / EA**



**Organic Squash**  
Sugar Pie, Acorn or Spaghetti,  
BC Grown,  
\$5.03/KG

**\$2.28 / LB**

**Organic Leek**  
BC Grown,  
\$8.77/KG



**\$3.98 / LB**

**Organic Red Starkrimson Pears**  
USA Grown,  
\$5.47/KG



**\$2.48 / LB**

**Gala Apples**  
BC Grown,  
\$4.37/KG



**\$1.98 / 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



**Boneless Pork Chops**

Fresh, Centre Cut, Raised Without Antibiotics,  
Fresh, Also Rib End or Roasts, \$13.21/KG

**\$5.99 / LB**



**Top Sirloin Steaks**

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

**\$12.99 / LB**



**Organic Lean Ground Beef**

100% Organic, Grass Fed, Grain Finished,  
\$30.84/KG

**\$13.99 / LB**



**Choices Own Sausages**

Raised Without Antibiotics, In Store  
Made, Pork, Chicken or Turkey, Select  
Varieties

**20% OFF**



**Steelhead Fillets**

Fresh, Ocean Wise, Value pack

**\$3.99 / 100G**



**Grimm's Sausage Rings**

300g  
Varieties may vary by store

**\$7.99 / EA**

**Chicken Drumsticks**

Fresh, 100% Veggie Fed, Raised Without Antibiotics,  
Value Pack,  
\$9.90/KG

**\$4.49 / LB**



**Maple Leaf Natural Bacon**

Made with Natural Ingredients, 375g Also  
Ready Crisp Bacon &  
Bacon Bits

**\$6.99 / EA**





# NORTH VANCOUVER ANNIVERSARY SALE & BBQ

SATURDAY, SEPTEMBER 20



## JOIN US THIS SATURDAY

To celebrate Choices

North Vancouver's anniversary!

801 Marine Dr, North Vancouver

- Complimentary Slice of Anniversary Cake from 10:00am - 12:00pm
- Community BBQ from 11:00am - 3:00pm
- Enter to Win great prizes

Enjoy free coffee & tea while you shop

All proceeds to be donated to Carson Graham School.

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



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





**Only Goodness  
Organic  
Free Range  
Brown Eggs**  
One Dozen

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



**Nuts To You  
Organic  
Peanut Butter**  
750g

**\$10<sup>99</sup>**



**One Degree  
Organic Granola**  
312g

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



**Oso Negro  
Organic Coffee**  
Select Varieties,  
340g

**\$14<sup>99</sup>**



**Dairyland  
Organic Milk**  
1.89L

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

plus deposit & eco fees



**Canadian Heritage  
100% Pure  
Organic  
Maple Syrup**  
500ml

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



**Four O'Clock  
Organic Tea**  
16 Bags

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



**Organic  
Traditions  
Organic  
Dried Fruit**  
Select Varieties,  
100g - 454g

**20% OFF**



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

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

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



**Humble  
Organic  
Potato Chips**  
Also Organic  
Rumbles, 135g

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



**Guayaki  
Organic Yerba  
Mate Tea**  
458ml

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

plus deposit & eco fees



**Angie's Boom  
Chicka Pop  
Popcorn**  
Also White Cheddar  
Puffs, 125g - 198g

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



**Nora  
Seaweed Snack**  
32g & 45g

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



**Biosteel Sports  
Hydration Drink**  
500ml

**\$2<sup>99</sup>**

plus deposit & eco fees



**Want Want  
Super Slim  
Crackers**  
100g

**\$3<sup>49</sup>**



**Smart Sweets  
Low Sugar  
Gummies**  
Also Caramels,  
Select Varieties,  
45g & 50g

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



**Ben & Jerry's  
Ice Cream**  
Select Varieties,  
473ml

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



**Green &  
Black's Organic  
Chocolate Bars**  
Select Varieties,  
90g

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



**Mogiana  
Single Origin  
Whole  
Coffee Beans**  
340g

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



**Bonne Maman  
Jam & Jelly**  
Also New Less  
Sugar Variety,  
250ml - 290ml

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



**Barbara's  
Puffins Cereal**  
Made with Whole  
Grains, 285g

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



**Califia Farms  
Almond & Oat  
Milk Alternative**  
(1.4L), Also Almond  
Creamer (650ml)

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

plus deposit & eco fees



**Elias  
Liquid Honey**  
1kg

**\$16<sup>99</sup>**



**Donia Farms  
Grass Fed  
Natural Yogurt**  
650g

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



**L'Ancêtre  
Organic  
Cheese**  
Select Varieties,  
200g

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



**Riviera  
Organic Yogurt  
Petit Pots**  
Also Goat Yogurt,  
Select Varieties,  
4 Pack

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



**Saputo  
Shredded  
Cheese**  
320g

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

## NOURISHING LIFESTYLES SINCE 1990



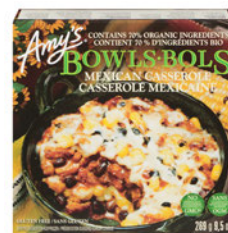
**Carbone  
Pasta Sauce**  
660ml

**\$10<sup>99</sup>**



**Porta Pizza**  
400g - 500g

**\$10<sup>99</sup>**



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

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



**Maison Orphée  
Organic Extra Virgin  
Olive Oil**  
Also Organic Canola,  
Sesame & Sunflower, Select  
Varieties, 500ml & 750ml

**25% OFF**



**Lundberg  
Organic Brown  
& White Rice**  
Also Jasmine &  
Basmati, Select  
Varieties, 907g

**20% OFF**



**Sunrise  
Soyganic Tofu**  
Firm & Pressed,  
Select Varieties,  
400g & 500g

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



**Bella Sun Luci  
Sun-Dried  
Tomatoes in  
Olive Oil**  
251ml

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



**Green Organic  
Vegetables**  
Frozen, 500g

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



**Beyond Meat  
Steak Seared Tips**  
Also Sausages  
& Ground,  
Select Varieties,  
226g - 400g

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



**SEPTEMBER 24 ONLY!**



**ONE  
DAY SALE!**

**AT OUR NORTH VANCOUVER LOCATION ONLY**

**15%  
OFF  
ENTIRE STORE  
INCLUDING SALE ITEMS\***

**\*Excluding Lotto and Gift Card purchases.  
Sale not available online. Sale offer valid at  
North Vancouver location only.**



# PRODUCE FRESH • LOCAL • ORGANIC



**Tomatoes  
On the Vine**  
BC Grown,  
\$5.03/KG

**\$2.28 / LB**



**Long English  
Cucumbers**  
BC Grown

**2 FOR \$3.00**



**Gourmet  
Bouquet**

**\$24.98 / EA**



**Celery**  
BC Grown,  
\$3.26/KG

**\$1.48 / LB**



**Sun Rich  
Fruit Salad**  
Also Apples & Grapes,  
Pineapple, Cantaloupe  
or Watermelon Chunks,  
251g ~ 312g

**\$4.98 / EA**



**Mini  
Carnations**

**\$7.98 / EA**

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## DELI PREPARED FRESH



**Choices  
Croissant  
Sandwiches**

**\$7.99 / EA**



**Spinach & Feta  
Twisters**  
Also Ricotta & Feta,  
200g

**2 FOR \$7.00**



**Beef Lasagna**  
Also Vegetable,  
525g

**\$10.99 / EA**



**Nikli  
Artisan Pizza**  
12 Inch

**\$15.99 / EA**



**Summer Fresh  
Toppers**  
255g

**\$5.49 / EA**



**Choices  
Antibiotic Free  
Black Forest Ham**  
Also Honey

**\$3.49 / 100G**



**Choices  
Hot Soup**  
500ml

**2 FOR \$10.00**



**Tre Stelle  
Parmigiano  
Reggiano Cheese**  
Also Grana Padano  
or Romano, 200g

**\$10.99 / EA**



**Castello  
Cheese Slices**  
125g ~ 175g

**\$7.99 / EA**

WEDNESDAY,

SEPTEMBER 24 ONLY

CHOICES NORTH  
VANCOUVER ONLY

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 Festival Garlic & Cheddar Bread**  
200g

2 FOR \$10.00



**Choices Apple Crisp Pie**  
Also Chocolate Pecan or Pumpkin,  
6-8 Inch

15% OFF



**Olivier's Peasant Bread**  
800g

\$6.99 / EA

# BULK FOODS



**Organic Dried Fruit, Nuts & Seeds**  
Bulk Bins Only,  
Select Varieties

20% OFF



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

20% OFF



**Golden West English Muffins**  
6 Pack

2 FOR \$5.00



**Aidan's Fermented Sourdough Bread**  
Also Bagels or Baguette,  
230g - 500g

15% OFF



**Wise Bites Bars**  
Also Muffins or Cookies,  
150g - 340g

15% OFF

# WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

20% OFF



**Genuine Health Vitamins & Supplements**  
Assorted Varieties & Sizes

20% OFF



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

\$15.99



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

20% OFF



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

20% OFF



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

20% OFF



**withinUs TruMarine Collagen, Matcha & Coconut Creamer**  
Assorted Varieties & Sizes

20% OFF



**Herbatint Natural Permanent Hair Colour**  
Assorted Varieties,  
1 Kit

\$17.99



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

25% OFF



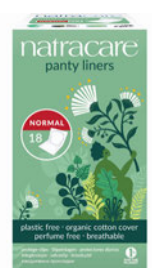
**Vega All-in-One Nutritional Shakes**  
Assorted Varieties,  
827g - 876g

\$49.99



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

15% OFF



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

20% OFF

Shop online at [ChoicesMarket](https://www.choices.market) @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.