



CHOICES MARKET

100% BC OWNED AND OPERATED

BC HARVEST CHOICES!

COMING
SOON

FRESH TURKEYS

See page 2 for more
Meat choices

Prices Effective • October 2 - October 8, 2025

PRODUCT OF
CANADA

FEATURED CHOICE

Gala Apples
BC Grown, \$2.82/KG

\$1.28 / LB

YOU SAVE
48%

PRODUCT OF
CANADA



\$1.98 / LB

**Organic Yellow
German Butter Potatoes**
BC Grown, \$4.37/KG

YOU SAVE
43%

PRODUCT OF
CANADA



\$2.48 / LB

Broccoli Crowns
BC Grown, \$5.47/KG

YOU SAVE
37%

PRODUCT OF
CANADA



SPECIAL PRICE
\$4.99 / LB

Easy Carve Maple Ham
Crafted in Dawson Creek, BC,
\$11.00/KG

YOU SAVE
38%

PRODUCT OF
CANADA



SPECIAL PRICE
BUY 1 GET 1 FREE

Pork Tenderloin
Fresh, Raised Without Antibiotics

MADE IN
CANADA

FESTIVE SIDES NOW AVAILABLE



\$15.99

**Choices Holiday
Turkey Meal**
545g

MADE IN
CANADA



\$5.99

**Choices Artisan Half Fruit,
Pecan Walnut or Pumpkin Pies**
200g - 280g

YOU SAVE
28%

FAIR
TRADE



**Zazubean
Organic
Chocolate Bars**
80g & 85g

\$4.99

YOU SAVE
30%

FAIR
TRADE



**Wholesome Organic
Golden Sugar**
Also Organic Turbinado
Sugar (680g), Organic
Icing Sugar (454g)

\$6.99

YOU SAVE
35%

PRODUCE FRESH • LOCAL • ORGANIC



Organic Spinach Bunch
From Olera Farm, BC

\$3.98 / EA



Organic Long English Cucumbers
Mexico Grown

\$3.98 / EA



Raspberries
USA Grown,
170g Pkg.

\$5.48 / EA

Organic Kale
Green, Black or Red,
BC Grown



\$2.98 / EA

Organic Mini Red Watermelon
BC Grown



\$5.98 / 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



\$12.99 / LB

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



\$4.99 / LB

Choices Own Frying Chickens
Fresh, 100% Veggie Fed, Raised Without
Antibiotics, \$11.00/KG



\$26.99 / LB

Lamb Rack or Chops
Fresh, Raised Without Antibiotics, Pasture Raised,
Product of New Zealand, \$59.50/KG



Split Chicken Wings
Fresh, 100% Veggie Fed, Raised Without
Antibiotics, Value Pack or Marinated,
\$15.41/KG

\$6.99 / LB



\$1.99 / 100G

Rockfish Fillets
Fresh, Ocean Wise



Rhineland Double Smoked Bacon
Naturally Smoked,
375g

\$8.99 / EA

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



\$9.99 / EA

Prawn Cakes
Lemon Dill or
Thai Chili, Frozen or
Previously Frozen,
Ocean Wise, 2 Pack



\$4.98 / EA



Salt Spring Organic Ground Coffee
Select Varieties,
284g & 285g

\$14⁹⁹



Harmless Harvest Organic Coconut Smoothie
296ml

\$4⁹⁹
plus deposit & eco fees



Numi Organic Tea
Select Varieties,
16 Pack & 18 Pack

\$6⁹⁹



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

\$16⁹⁹



Greenhouse Organic Booster Shots
60ml

\$3⁹⁹
plus deposit & eco fees



Justin's Organic Peanut Butter & Dark Chocolate Cups

Also Cashew Butter Cups, 40g

2 FOR \$6⁰⁰



Elias Honey
Select Varieties,
375g

\$12⁹⁹



McVitie's Digestives Cookies
300g & 400g

\$5⁹⁹



So Delicious Frozen Dessert
500ml

\$6⁹⁹

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



Terra Real Vegetable Chips
Select Varieties,
141g

\$5⁹⁹



Skinny Pop Popcorn
125g & 150g

\$4⁹⁹



Snack Factory Pretzel Crisps
200g

\$3⁹⁹



Sober Carpenter Non-Alcoholic Craft Beer
Select Varieties,
473ml

2 FOR \$5⁰⁰

plus deposit & eco fees



Amy's Pizza
Frozen,
340g - 397g

\$11⁹⁹



Good Drink Natural Iced Tea
473ml

\$2⁹⁹

plus deposit & eco fees



Old Dutch Restaurant Tortilla Chips
Select Varieties,
275g - 295g

\$4⁴⁹



Sigdal Bakeri Norwegian Crispbread
190g & 235g

\$5⁹⁹



Sunflower Kitchen Organic Hummus
227g

\$4⁴⁹



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET



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

2 FOR \$6.00

plus deposit & eco fees



**Maple Hill
Free Range
Large Eggs**
One Dozen

\$6.99



**Dairyland
Lactose Free
Milk**
1.89L

\$5.99

plus deposit & eco fees



**Olympic
Organic Yogurt**
Select Varieties,
1.75kg

\$11.99



**One Degree
Organic
Sprouted Oats**
680g

\$6.99



**Sillycow Farms
All Natural Hot
Chocolate**
480g

\$8.99



**Armstrong
Cheddar
Cheese**
600g

\$9.99



**Meadowvale
Creamery
Salted Butter**
454g

\$5.49



**Gay Lea Coconut
Whipped Cream**
Also Real Cream,
Chocolate & Pumpkin
Spice, 225g

\$5.99

NOURISHING LIFESTYLES SINCE 1990



**Maison Orphée
Extra Virgin
Olive Oil**
Select Varieties,
750ml

\$19.99



**Rao's
Pasta Sauce**
660ml

\$12.99



**Stahlbush
Island Farms
Sustainably Grown
Vegetables**
Select Varieties,
Frozen, 198g - 397g

2 FOR \$6.00



**Wildbrine
Organic
Sauerkraut**
Also Vegan Kimchi,
500ml

\$8.99



**Field Roast
Plant-Based
Sausages**
368g

\$6.99



**Imagine
Organic Broth**
1L

\$5.99



**Better Than
Bouillon
Soup Base**
Also Organic, Low
Sodium & Vegetarian
Varieties, 227g

25% OFF



**Cape Herb &
Spice Table Top
Grinders**
46g - 130g

\$4.99



**Amano
Organic
Miso Paste**
400g

\$5.99

PRODUCE FRESH • LOCAL • ORGANIC



Hot House Mini Cucumbers
BC Grown,
454g Pkg.

\$4.48 / EA



Hass Avocados
Mexico Grown,
Bag of 3

\$5.48 / EA



Gourmet Bouquet

\$24.98 / EA



Strawberries
USA Grown,
454g Pkg.

\$4.98 / EA



Cauliflower
USA Grown

\$3.98 / EA



Asiatic Lily
5 Stems

\$7.98 / EA

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DELI PREPARED FRESH



Rosdown Roasted Chickens

\$12.99 / EA



Choices Casserole Entrées
2 Servings,
590g ~ 710g

\$15.99 / EA



Casalinga Italian Inspired Soups
700ml

\$7.99 / EA



Choices Ready to Eat Wraps

\$9.99 / EA



Choices Ready to Bake Pizza
12 Inch

\$12.99 / EA



Choices Antibiotic-Free Salami
Select Varieties

25% OFF



Cows Creamery Cheese
1, 2 or 3 Year

20% OFF



Ile De France Cheese
Also German Cambozola

\$5.49 / 100G



Parmesan Reggiano Cheese
Italy

\$5.99 / 100G

DISCOVER THOUSANDS OF CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are. From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.

100% BC OWNED CHOICES.MARKET

BAKERY

FRESH BAKED • WHOLESOME



**Choices
Wholesome
Country
Sourdough
Bread**
575g

2 FOR \$9.00



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

2 FOR \$10.00



**Choices
Country French
Bread**
480g

\$4.99 / EA

BULK FOODS



**Organic
Baking Nuts
& Flour**
Bulk Bins Only,
Select Varieties

20% OFF



**Bakestone
Brothers
Tortillas**
Also Naan or Roti,
300g - 500g

\$4.49 / EA



**Choices
Nanaimo Bar**
Also Peanut
Butter or
Espresso,
70g - 85g

2 FOR \$6.00



**Queen St.
Bakery
Superfood
Bagels**
5 Pack

\$6.99 / EA



**Wendel's
Apple Pie**
Also Strawberry
Rhubarb,
8 Inch

\$11.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

~ COLD & FLU RELIEF ~



**Prairie Naturals
Vitamin D3**
1000 IU & 2500 IU
Liquid & Softgels,
Assorted Sizes

BUY 1 GET 1 FREE



**Nuun Hydration
Electrolytes -
Immunity, Boost,
Hydration &
Vitamin Tabs**
Assorted Varieties,
10 Tabs

\$10.49



**Sisu
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**CanPrev
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Nordic Naturals
Fish Oil
Supplements**
Assorted Varieties
& Sizes

20% OFF



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

\$49.99



**Organika
Vitamins &
Supplements**
Assorted Varieties
& Sizes

25% OFF



**Natural Factors
CurcuminRich
Theracurmin
Supplements**
Assorted Varieties
& Sizes

15% OFF



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

25% OFF



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

\$2.79



**Sundhed
Himalayan
Salt Lamps**
Assorted Varieties
& Sizes

25% OFF



**La Luna Candles,
Diffusers and
More!**
Assorted Varieties
& Sizes

20% OFF

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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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