



CHOICES MARKET

100% BC OWNED AND OPERATED

THANKSGIVING CHOICES!

Prices Effective • October 9 - October 15, 2025



PRODUCT OF CANADA

SPECIAL PRICE

Choices Fresh Turkeys
Raised Without Antibiotics, Free Range, 100% Veggie Diet, Raised in Similkameen Valley, \$11.00/KG

\$4.99 / LB

YOU SAVE 27%

FIRST OF THE SEASON

Organic Carrots
From Fountainview Farm, BC, 907g Bag

\$4.98 / EA



YOU SAVE \$2.00 / BAG

PRODUCT OF CANADA

MADE IN CANADA



Choices Turkey Holiday Meal
545g

\$15.99

Choices Own Turkey Gravy
Also Shiitake Mushroom Gravy, Cranberry Sauce, 250ml - 710ml



FROM \$5.99



YOU SAVE 39%

\$16.99 / LB

Prime Rib Roast
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, \$37.46/KG

PRODUCT OF CANADA



SPECIAL PRICE

\$5.98 / EA

Organic Potatoes
Yellow, Red or Russet, From Fraserland Organics, BC, 2.27kg Bag

YOU SAVE \$2.00 / BAG



Choices Own Cranberry Stuffing

\$2.69 / 100g



Choices Own Pumpkin Pie
8 Inch

\$9.99



Farmer's Market Organic Pumpkin Purée
Also Organic Butternut Squash, 398ml

YOU SAVE 39%

2 FOR \$6.00



Earthbound Farm Organic Vegetables
Select Varieties, Frozen, 255g - 300g

YOU SAVE 29%

2 FOR \$7.00



Pacific Foods Organic Broth
946ml & 1L

YOU SAVE 41%

\$4.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Lemons
Mexico Grown,
907g Bag

\$6.98 / EA



Organic Cranberries
Canada Grown,
227g Bag

\$3.98 / EA



Organic Ambrosia Apples
BC Grown,
1.36kg Bag

\$5.98 / EA

Supply may be limited due to weather conditions.

Organic Jumbo Red Russian Garlic
BC Grown,
\$37.43/KG

\$16.98 / LB



Organic Assorted Squash
BC Grown,
\$4.37/KG

\$1.98 / LB



Brussels Sprouts
BC Grown,
\$5.69/KG

\$2.58 / 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



25% OFF

Boneless Turkey Breast Roast
or Thigh Roast, Breast Thigh Combo Roast,
Raised Without Antibiotics, Free Range, 100%
Veggie Diet, Raised in Similkameen Valley, Made
in Store



\$13.99 / LB

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



\$6.99 / LB

Pork Loin Center Cut Roast or Chops
Fresh, Boneless, Raised Without Antibiotics,
\$15.41/KG



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

20% OFF



Lean Ground Pork
Fresh, Raised
Without Antibiotics,
\$13.21/KG

\$5.99 / LB



Harvest Bacon
Including
Applewood, Hickory
and Thick Sliced,
500g

\$13.99 / EA

Grimm's Sausage Rings
300g



\$7.99 / EA

Sockeye Salmon Fillets
Ocean Wise,
Previously Frozen or
Frozen, Value Pack

\$4.99 / 100G



BBQ Smoked Salmon Tips
Ocean Wise, Previously
Frozen, Peppered or
Original

\$2.99 / 100G





Frog Friendly Organic Whole Bean Coffee
340g

\$15.99



Dairyland Whipping Cream
946ml

\$5.49



Stash Tea
Select Varieties,
18 Bags - 20 Bags

\$4.49



Terra Original Granola
340g

\$6.99



Canadian Heritage Organics 100% Pure Organic Maple Syrup
1L

\$28.99



Earth's Own Almond Beverage
(1.89L) Also Organic Soy (1.75L)

\$4.49
plus deposit & eco fees



Rise Organic Kombucha
414ml

\$3.99
plus deposit & eco fees



Lily's No Sugar Added Chocolate Style Bars
80g & 85g

\$4.99



Chasers 100% Cold Pressed Juice
1L

\$13.99
plus deposit & eco fees

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



Triple Jim's Juice Organic Sweet Apple Cider
3.78L

\$16.99
plus deposit & eco fees



Dairyland Egg Nog
946ml

\$2.99
plus deposit & eco fees



Martinelli's Sparkling Apple Juice
750ml

\$6.99
plus deposit & eco fees



La Cocina Tortilla Chips
300g - 400g

\$3.99



Zevia Zero Sugar Soda
6 Pack

\$5.99
plus deposit & eco fees



Hardbite Handcrafted-Style Vegetable Chips
150g

\$5.49



Righteous Gelato & Sorbetto
Select Varieties,
473ml

\$7.49



Lesser Evil Organic Popcorn
Select Varieties,
142g

\$4.99



Avalon Organic Premium Ice Cream
946ml

\$10.99



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES

 **100% BC OWNED**
 **CHOICES.MARKET**

 **CHOICES
MARKET**



Rabbit River Farms Organic Large Eggs
Free Range, One Dozen

\$7⁹⁹



Tree Island Cream Top Yogurt
Select Varieties, 1.5kg

\$10⁹⁹



Fraser Valley Creamery Salted Butter
Also Unsalted, 454g

\$5⁹⁹



Woolwich Chevrai Goat Cheese
113g

\$3⁹⁹



Millsie Creamy Cashew Dip
A Spread'em Kitchen Product, 185g

\$6⁹⁹



Faith Farms Cheese
320g & 340g

\$5⁹⁹



Hobbs Pickles
1L

\$12⁹⁹



Cedar Valley Pita Chips
180g

\$4⁴⁹



Divina Olives
Also Organic Kalamata Spread & Organic Bruschetta, Select Varieties, 230ml - 375ml

20% OFF

NOURISHING LIFESTYLES SINCE 1990



Nature's Choice Spices
Select Varieties 1g - 70g

20% OFF

INCLUDES CIDER WINE MIX



Tofurky Roast with Wild Rice Stuffing
Frozen, 736g

\$17⁹⁹



Schär Crackers, Breadsticks & Cookies

150g - 210g
Visit our Bakery for more Schär selections

20% OFF



Bob's Red Mill Baking Products
Includes Baking Powder, Baking Soda & Select Flours, Select Varieties & Sizes

20% OFF



Prana Organic Dried Fruit, Baking Nuts & Seeds
150g - 300g

20% OFF



Naked & Saucy Organic Coconut Aminos

Also Organic Cooking Sauces, 296ml - 473ml

20% OFF



Dairyland Sour Cream
450ml & 500ml

2 FOR \$7⁰⁰



Karthain's Organic Sauerkraut
Select Varieties, 375ml

\$6⁴⁹



Eat Wholesome Organic Tomatoes
Also Organic Whole Kernel Corn & Sweet Peas, 341ml - 796ml

20% OFF

PRODUCE FRESH • LOCAL • ORGANIC



FAIR TRADE

Organic Heirloom Tomatoes
Mexico Grown,
\$13.18/KG

\$5.98 / LB



Only Goodness Organic White or Crimini Button Mushrooms
227g

\$3.48 / EA



Gourmet Bouquet

\$24.98 / EA



Organic Garnet or Jewel Yam
USA Grown,
\$6.57/KG

\$2.98 / LB



Organic Broccoli
USA Grown,
\$8.77/KG

\$3.98 / LB



Living Poultry Mix Herb Plant
Houweling's

\$3.98 / EA

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DELI PREPARED FRESH



MADE IN CANADA

Choices Ready to Eat Stuffed Turkey Breast
Antibiotic-Free,
Sold Whole or Sliced

\$4.49 / 100G



MADE IN CANADA

Choices Festive Side Dishes
Also Green Beans, Roasted, Mashed or Scalloped Potatoes, Roasted Root Vegetables

\$1.79 / 100G



MADE IN CANADA

Choices Family Size Quiche
8 Inch

\$13.99 / EA



MADE IN CANADA

Choices Dijon Maple Glazed Ham
Baked in Store

\$3.49 / 100G



MADE IN CANADA

Summer Fresh Dips & Hummus
200g - 227g

2 FOR \$8.00



Preferisco Sliced Prosciutto
Also Salami,
80g - 120g

\$8.99 / EA



Choices Olives & Antipasto
175g - 200g

\$4.49 / EA



PRODUCT OF CANADA

Creekside Organic Cheese
From Agassiz, BC

20% OFF



MADE IN CANADA

Alexis de Portneuf Brie Cheese
Also Camembert,
300g

\$10.99 / EA



MADE IN CANADA

NEW

Choices Festive Cranberry Pumpkin Seed Baked Brie
in Puff Pastry, 275g

\$12.99 / EA

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

BULK FOODS

MADE IN CANADA

Choices Pecan Walnut Pie
8 Inch



\$10⁹⁹ / EA

MADE IN CANADA

Choices Baguettes
Select Varieties,
250g - 300g



\$3⁴⁹ / EA

MADE IN CANADA

Choices Stuffing Bread
336g



\$4⁴⁹ / EA

Organic Roasted Almonds, Cashews & Pistachios
Bulk Bins Only,
Select Varieties



20% OFF

MADE IN CANADA

Choices Pumpkin Spice Shortbread Cookies
6 Pack



\$5⁹⁹ / EA

MADE IN CANADA

Choices Red Onion & Rosemary Focaccia
Also Sundried Tomato & Olive Focaccia, 315g



\$4⁴⁹ / EA

MADE IN CANADA **GLUTEN FREE**

Choices Pumpkin Pie
8 Inch



\$10⁹⁹ / EA

MADE IN CANADA

Golden West English Muffins
6 Pack



2 FOR \$5⁰⁰

WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

~ COLD & FLU RELIEF ~

Nature's Way Immunity Herbs & Supplements
Assorted Varieties & Sizes



20% OFF

MADE IN CANADA

New Roots Probiotics & Supplements
Assorted Varieties & Sizes



20% OFF

MADE IN CANADA

Platinum Naturals Oregon-8 & Supplements
Assorted Varieties & Sizes



20% OFF

CANADIAN OWNED

Natural Factors Vitamin A, C, D & K Supplements
Assorted Varieties & Sizes



15% OFF

MADE IN CANADA

Prairie Naturals Vitamins, Supplements & Hair Care
Assorted Varieties & Sizes



20% OFF

CANADIAN OWNED

Progressive Multivitamins & Vitamin C
Assorted Varieties & Sizes



20% OFF

BOTANICA

Botanica Organic Vitamins & Supplements
Assorted Varieties & Sizes



25% OFF

PRODUCT OF CANADA

Brightside Organics Omega-3 NutraCleanse
1kg



\$36⁹⁹

NOW

Essential Oils & Topical Body Oils
Assorted Varieties & Sizes



20% OFF

PRODUCT OF CANADA

Skin Essence Face Care
Assorted Varieties & Sizes



20% OFF

BioSil

BioSil Hair, Skin, Nails
Assorted Varieties & Sizes



20% OFF

MADE IN CANADA

Vega Sport Protein & Recovery
Assorted Varieties,
801g - 837g



\$47⁹⁹

Shop online at ChoicesMarket @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.