



CHOICES MARKET

100% BC OWNED AND OPERATED

BUY ONE GET ONE FREE!

Prices Effective • September 12 - 18, 2024



Sirloin Tip Steaks or Roast
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack

BUY 1 GET 1 FREE

Northern Glacier Shrimp

Raw or Cooked, Ocean Wise, Frozen, 340g, 31 - 40 Count, 41 - 50 Count

BUY 1 GET 1 FREE

ORGANIC CHOICES

DISCOVER LOCAL



Organic Bartlett Pears
BC Grown, 1.36 kg Bag

BUY 1 GET 1 FREE



Traditional Medicinals Organic Tea
16 Bags

BUY 1 GET 1 FREE

Vega Sport Protein
Assorted Varieties, 801g - 837g

BUY 1 GET 1 FREE



DISCOVER LOCAL



Castello Cheese Slices
145g - 175g

BUY 1 GET 1 FREE

Bioitalia Organic Pasta
500g

BUY 1 GET 1 FREE



Divine Essence Essential Oils & Body Care Products,
Assorted Varieties & Sizes

BUY 1 GET 1 FREE



DISCOVER LOCAL

Olivier's Peasant Bread
800g

BUY 1 GET 1 FREE



DISCOVER LOCAL

Russet Potatoes
BC Grown, 2.27 kg Bag

BUY 1 GET 1 FREE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Medley Mix Tomatoes

BC Grown, 1 Dry Pint



\$5.98 / EA



Green and Red Grapes

USA Grown, \$8.77/KG

\$3.98 / LB



Gourmet Bouquet

\$24.98 / EA

Organic Celery

USA Grown, \$4.37/KG

\$1.98 / LB



Mini Cucumbers

BC Grown, 454g Pkg.

\$3.48 / EA



Assorted Spray Mums

\$7.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$8.99 / LB

Thomas Reid Organic Chicken Thighs

Free Range, Non-GMO, Air Chilled, Fraser Valley Raised, \$19.82/KG



\$12.99 / LB

Organic Lean Ground Beef

100% Canadian, Grass Fed Grain Finished, Fresh, Value Pack, \$28.64/KG



\$4.99 / LB

Whole Frying Chicken

100% Veggie Fed, Raised Without Antibiotics, Fresh, Value Pack, \$11.00/KG



\$6.99 / LB

Pork Belly, Chops or Piece

Raised Without Antibiotics, Fresh, \$15.41/KG



BUY 1 GET 1 FREE

Sable Fish Fillets

Fresh, Ocean Wise, Wild Caught



\$8.99 / LB

Beef Stew

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



Maple Leaf Natural Bacon

Made with Natural Ingredients, Select Varieties, 375g

\$7.99 / EA

Old Country Pasta

Select Varieties

20% OFF



BOGO SPECIAL



Tonica Organic Kombucha
355ml Cans Only

BUY 1 GET 1 **FREE**
plus deposit & eco fees



Holy Crap Organic SuperSeed Blend
225g

BUY 1 GET 1 **FREE**



Gimme Organic Roasted Seaweed Snacks
6 Pack

BUY 1 GET 1 **FREE**



Allergy Smart Cookies
140g & 228g

BUY 1 GET 1 **FREE**



Eat Wholesome Organic Baked Beans
398ml

BUY 1 GET 1 **FREE**



O'Dough's Frozen Bagels
Also O'Dippers,
210g - 510g

BUY 1 GET 1 **FREE**



Zevia Zero Sugar Energy Drink
Also Tea,
Select Varieties,
355ml

BUY 1 GET 1 **FREE**
plus deposit & eco fees



Safe Catch Wild Elite Pure Tuna
also Wild Pink Salmon,
Select Varieties, 142g

BUY 1 GET 1 **FREE**



Granny's Liquid Laundry Wash
3.78L

BUY 1 GET 1 **FREE**

DISCOVER ORGANIC CHOICES TO NOURISH YOUR BODY AND MIND



Olympic Organic Yogurt
Select Varieties,
650g

\$4.99



Avalon Organic Probiotic Yogurt
650g

\$4.99



Nature's Nuts Organic Peanut Butter
500g

\$7.99



Alter Eco Organic Chocolate Bars
Select Varieties,
75g - 84g

2 FOR **\$7.00**



Ethical Bean Organic Ground Coffee
227g

\$9.99



Healthy Hooch Organic Kombucha
500ml

\$3.49
plus deposit & eco fees



Amy's Organic Soup
398ml

\$4.49



Lundberg Organic Rice
907g

\$10.99



Acropolis Organics Extra Virgin Olive Oil
500ml

\$25.99

DISCOVER LOCAL



Maple Hill Free Range Eggs
Extra-Large, 1 Dozen

\$6.49

DISCOVER LOCAL



The Granola King Gourmet Granola
2KG

\$29.99

DISCOVER LOCAL



Yoggu!
Coconut Yogurt
450g

PLANT BASED

\$6.99

DISCOVER LOCAL



Rabbit River Farms Cage Free Egg Whites
500g

\$5.99



Elias Liquid Honey
500g

\$8.99



St. Dalfour Fruit Spreads
225ml

\$4.99



Rolling Meadow Grass Fed Butter
250g

\$6.99



Stahlbush Island Farms Sustainable Frozen Fruit
Select Varieties, 283g - 300g

\$4.99

NOURISHING LIFESTYLES SINCE 1990



Biosteel Sports Drink
500ml

\$2.99

plus deposit & eco fees



Arla Cream Cheese
200g

\$4.49



Saputo Shredded Cheese
320g

\$6.99

GLUTEN FREE



Laiki Rice Crackers
100g

\$3.99

GLUTEN FREE



Blue Diamond Nut Thins
120g

\$5.49

GLUTEN FREE



Glutino Pretzels
400g

\$7.99

DISCOVER LOCAL

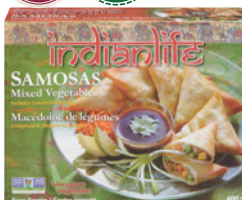


Holy Napoli Frozen Pizza
365g - 425g

\$9.99

DISCOVER LOCAL

VEGAN



Indianlife Vegan & Vegetarian Frozen Meals
342g & 400g

\$6.99

DISCOVER LOCAL



Nina's Pierogies
Select Varieties, 400g - 550g

\$8.99



— DISCOVER —

THOUSANDS

OF LOCAL

CHOICES

CHOICES



MARKET

DELI PREPARED FRESH



Roasted Chickens
Raised Without Antibiotics

\$15.99 / EA



DISCOVER LOCAL

Choices Signature Sandwiches

Assorted Varieties,
130g - 200g

\$6.49 / EA



DISCOVER LOCAL

Vegetable or Spinach Pakoras

\$3.49 / 100G



DISCOVER LOCAL

Choices Hot Soup
16oz or Medium

2 FOR \$10.00



DISCOVER LOCAL

Gyozas
Vegetable, Chicken or Pork,
20g

8 FOR \$4.00



Honey Ham

\$2.99 / 100G



Bothwell Cheese
Assorted Varieties

\$3.99 / 100G



DISCOVER LOCAL

Habibi's Hummus
Family Pack, 450g

\$7.99



DISCOVER LOCAL

Chicken Samosas
140g

2 FOR \$7.00

BAKERY FRESH BAKED • WHOLESOME



DISCOVER LOCAL

Choices Low Carb Chocolate Mousse Cup
90g

BUY 1 GET 1 FREE



DISCOVER LOCAL

Silver Hills Sprouted Power Organic Bagels
5 Pack

\$4.99



DISCOVER LOCAL

Choices Artisan Buns
4 Pack

\$3.49



DISCOVER LOCAL

VEGAN

Choices Almond Crunch Cookies
Also Chocolate Crunch, 6 Pack

\$6.99



DISCOVER LOCAL

Choices Banana Loaf
Also Orange Cranberry,
300g - 454g

\$7.99



DISCOVER LOCAL

GLUTEN FREE

Carbonaut Bread
Also Bagels,
355g - 550g

\$7.99

DISCOVER **THOUSANDS OF LOCAL CHOICES**

Since 1990, we've supported local growers to strengthen communities and protect the environment. Visit Choices for thousands of local products, produce and proteins.

GROCERY

LOCAL • ORGANIC • SPECIALTY

DISCOVER LOCAL

Island Farms Premium Ice Cream
Select Varieties, 1.65L



\$7⁹⁹



Only Goodness Organic Oats
1KG

\$4⁹⁹



Only Goodness Organic White Quinoa
1.36KG

\$11⁹⁹



Only Goodness Dish Soap
532ml

\$2⁹⁹

PLANT BASED

Smart Sweets Low Sgar Gummies
Select Varieties, 50g



2 FOR \$7⁰⁰



Only Goodness Organic Coconut Milk
400ml

\$2⁹⁹



Only Goodness Organic Rice Cakes
140g

2 FOR \$7⁰⁰



Nellie's All Natural Laundry Soda
726g

\$9⁹⁹

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

DISCOVER LOCAL

Natural Factors Vitamins & Supplements
Assorted Varieties & Sizes



20% OFF



Aqua Omega Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

25% OFF



Renew Life Probiotics
Assorted Varieties & Sizes

25% OFF

DISCOVER LOCAL

Do Matcha Ceremonial Green Tea
Assorted Varieties & Sizes



20% OFF

ALL NATURAL FACTORS PRODUCTS ON SALE IN STORE



Sisu Ester-C Supplements
Assorted Varieties & Sizes

20% OFF



Boiron Homeopathic Remedies
Assorted Varieties & Sizes

20% OFF



Now Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

DISCOVER LOCAL

Prairie Doctor Herbal Tinctures
Assorted Varieties & Sizes



20% OFF



Newco Natural Skin Care & Supplements
Assorted Varieties & Sizes

20% OFF



Everyone For Every Body 3 in 1 Soap
Assorted Varieties, 946ml

15⁹⁹



Acure Face, Hair & Body Care
Assorted Varieties & Sizes

25% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties & Sizes

20% OFF

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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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