



CHOICES MARKET

100% BC OWNED AND OPERATED

HARVEST CHOICES!

Prices Effective • September 26 - October 2, 2024



SPECIAL PRICE

Ribeye Steaks
or Roasts 100% Grass Fed,
Raised Without Antibiotics,
Pasture Raised, Value Pack

BUY 1 GET 1 **FREE**

ORGANIC CHOICES



DISCOVER LOCAL

YOU SAVE \$100/BAG

FIRST OF THE SEASON

\$6.98 / EA

Organic MacIntosh Apples

BC Grown, 1.36 kg Bag



DISCOVER LOCAL

YOU SAVE \$200

\$10.99 / EA

Choices Artisan Fruit Pies

Assorted Varieties, 575g



DISCOVER LOCAL

NOW AVAILABLE

\$15.99 / EA

Turkey Holiday Meal

545g



YOU SAVE 33%

2 FOR \$8.00

Amy's Organic Soup

398ml

FEATURED CHOICE



DISCOVER LOCAL

YOU SAVE \$12/LB

Organic Red Russian Jumbo Garlic

BC Grown, \$35.23/kg

\$15.98 / LB



ALL ITEMS ON SALE

Natural Factors Vitamins & Supplements

Assorted Varieties & Sizes

20% OFF



Crofter's Organic Premium Fruit Spread

383ml

YOU SAVE 35%

\$5.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Hass Avocados
Imported

2 FOR \$5.00



DISCOVER LOCAL

Organic Zucchini
BC Grown,
\$5.47/KG

\$2.48 / LB



Gourmet Bouquet

\$24.98 / EA

Organic Gold Potatoes
BC Grown,
2.27 kg Bag

DISCOVER LOCAL



\$6.98 / EA

Navel Oranges
South Africa Grown,
1.81 kg Bag



\$6.98 / EA

Asiatic Lily
5 Stems



\$7.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



DISCOVER LOCAL

\$7.99 / LB



\$8.99 / LB



WESTERN CANADIAN

\$7.99 / LB

Chicken Breast

Fresh, Boneless, Skinless, Value Pack, \$17.61/KG

Beef Stew

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

Pork Tenderloin

Raised Without Antibiotics, Fresh, \$17.61/KG



CANADIAN

20% OFF

Choices Own Sausages

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



\$3.69 / 100G

Steelhead Fillet

Fresh, Ocean Wise, Value Pack



GLUTEN FREE

Maple Leaf Hot Dogs

Filler Free, Natural Ingredients, 375g

2 FOR \$10.00



GLUTEN FREE

\$7.99 / EA

Greenfield Bacon

Raised Without Antibiotics, Canadian Raised, 375g

Northern Glacier Black Tiger Prawn Rings

Ocean Wise, Frozen, 312g

\$12.99 / EA



DISCOVER LOCAL



49th Parallel Organic Whole Bean Coffee
340g

\$12⁹⁹



Four O'Clock Tea Crafters Organic Tea
16 Bags

4⁹⁹



Uncle Luke's Organic Maple Syrup
1L

\$23⁹⁹



Alter Eco Organic Chocolate Bars
75g - 84g

\$3⁷⁹



Cha's Organics Organic Coconut Milk

Also Coconut Cream,
Select Varieties,
400ml

\$3⁹⁹



Organic Meadow Organic Butter
Salted or Unsalted,
454g

\$12⁹⁹

DISCOVER LOCAL



Que Pasa Organic Tortilla Chips
300g & 350g

\$3⁶⁹

GLUTEN FREE



Healthy Hooch Organic Kombucha
500ml

\$3⁹⁹

plus deposit & eco fees



La Chaudière Organic Cheese
Select Varieties,
168g - 200g

\$7⁹⁹

DISCOVER ORGANIC CHOICES TO NOURISH YOUR BODY AND MIND



Patience Organic Dried Fruit
Select Varieties,
85g - 283g

\$4⁹⁹



Earth's Choice Organic Peanut Butter
500g

\$6⁴⁹



Edward & Sons Organic Brown Rice Crackers
100g

\$4⁴⁹



Farmer's Market Organic Pumpkin Puree

Also Organic Butternut Squash, 398ml

2 FOR \$7⁰⁰



Pacific Foods Organic Soup
946ml - 1L

\$5⁹⁹



Sunflower Kitchen Organic Hummus
227g

\$3⁹⁹



Go-Bio Organic Bouillon Cubes
54g & 66g

\$2⁹⁹



Lotus Foods Organic Jade Pearl Rice
Select Varieties,
425g

\$5⁹⁹



Omega Nutrition Organic Apple Cider Vinegar
946ml

\$7⁹⁹



DISCOVER

THOUSANDS
OF LOCAL
CHOICES

CHOICES  MARKET



Earth's Own Naked Oat Beverage
Select Varieties, 1.75L

\$4.49
plus deposit & eco fees



Terra Premium Granola
800g & 850g

\$13.99

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



\$4.99



Maison Riviera Petit Pots Yogurt
Select Varieties, 4 Pack

\$5.99



Siggi's Skyr Yogurt
Select Varieties, 650g & 750g

\$5.99



Earth Balance Buttery Spread
425g & 454g

\$6.49



Barbara's Puffins Cereal
285g & 312g

\$4.49



Danone Activia Probiotic Yogurt
12 Pack

\$7.99

NOURISHING LIFESTYLES SINCE 1990



Kettle Brand Potato Chips
Family Size Bag, 368g

\$4.99



Poptastic Popcorn
130g

2 FOR \$7.00



Sonoma Creamery Cheese Crisps
64g

\$4.99



Vita Coco Coconut Water
1L

\$3.99
plus deposit & eco fees



Loop Cold Pressed Juice
1L

\$8.99
plus deposit & eco fees



Woolwich Chevreai Goat Cheese
113g

\$5.49



Allergy Smart Cookies
140g

\$3.99



Smart Sweets Low Sugar Gummies
Select Varieties, 50g

\$3.79



Love Good Fats Keto Friendly Bars
39g & 40g

2 FOR \$5.00

DELI PREPARED FRESH



DISCOVER LOCAL
Rosdown Roasted Half Chickens
\$6.99 / EA



DISCOVER LOCAL
Choices Ready To Eat Wraps
\$9.99 / EA



DISCOVER LOCAL
Happy Planet Soups
 Assorted Varieties, 500ml - 650ml
\$7.99 / EA



DISCOVER LOCAL
Habibi's Hummus & Dips
 200g - 240g
\$4.99 / EA



DISCOVER LOCAL
Black Forest Ham
\$2.99 / 100G



German Cambozola Cheese
\$5.49 / 100G



Fontina Cheese
\$4.99 / 100G

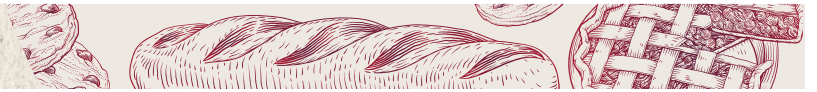


DISCOVER LOCAL
Natural Pastures Cheese
20% OFF



Ile De France Brie Cheese
\$4.49 / 100G

BAKERY FRESH BAKED • WHOLESOME



DISCOVER LOCAL
Choices Cake Slices
 Assorted Varieties, 120g - 150g
\$3.99



DISCOVER LOCAL
Choices Sourdough Levain Style Bread
 530g
\$4.99



DISCOVER LOCAL
Choices Signature Cookies
 Assorted Varieties, 12 Pack
\$5.99



DISCOVER LOCAL
Choices Mini Butter Tarts
 4 Pack
\$3.99



DISCOVER LOCAL
Carbonaut Low Carb Bread
 Select Varieties, 355g - 544g
\$6.99



DISCOVER LOCAL
Choices Pumpkin Pie
 8 Inch
GLUTEN FREE
\$10.99



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



Chosen Foods 100% Pure Avocado Oil

Also Avocado
Mayonnaise,
710ml - 750ml

\$14.99

Raincoast Global Wild Yellowfin Tuna

Also Raincoast Trading Pink
Salmon, Select Varieties,
142g - 160g



2 FOR \$7.00



Gardein Meat Alternatives

Select Varieties,
190g - 390g

\$6.99



Daiya Cheezecake

Frozen, 400g

\$6.99



Naam Miso Gravy & Sauces

350ml

\$6.99



Bubbies Pickles

Also Sauerkraut
750ml & 1L

\$9.99

Gusta Sausages

350g



PLANT BASED VEGAN \$5.99



Wedderspoon Raw Manuka Honey

K Factor 16 or 12,
500g

\$15 OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Progressive Vitamins & Supplements

Assorted Varieties
& Sizes

20% OFF



St. Francis Herb Farm Herbal Supplements

Assorted Varieties
& Sizes

20% OFF



Sisu Ester-C Supplements

Assorted Varieties
& Sizes

20% OFF



Now Vitamins & Supplements

Assorted
Varieties & Sizes

20% OFF



AOR Vitamins & Supplements

Assorted Varieties
& Sizes

20% OFF



LeanFit Proteins

Organic Plant
Based, Whey &
Whey Isolate
Assorted Varieties

20% OFF



NutraSea Omega-3 Fish Oil Supplements

Select Varieties,
Assorted Sizes

15% OFF



Living Alchemy Your Flora Series

Also Fermented
Activated Herbs
Assorted Varieties &
Sizes

20% OFF



Mountain Sky Natural Body Bar Soap

Assorted Varieties,
135g

\$5.49



Oneka Hair & Body Care

Assorted Varieties
& Sizes

20% OFF



Mad Hippie Facial Care

Assorted Varieties
& Sizes

20% OFF



South of France Soaps

Bars or Liquids,
Assorted Varieties,
236ml or 170g

\$7.99

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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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