



CHOICES MARKET

100% BC OWNED AND OPERATED

SPOOKTACULAR CHOICES!

OCT. 30
NORTH VANCOUVER
LOCATION ONLY

HAUNTED HEALTH HUNT
SIP, SNACK & WIN

See page 5 for details.

Prices Effective • October 24 - 30, 2024



SPECIAL PRICE

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

\$12.99 / LB

YOU SAVE **18%**

SPECIAL PRICE

Organic Yellow Onions

Grown in Canada, 1.36kg Bag

\$3.98 / EA

YOU SAVE **\$3.00**

WEDNESDAY, OCTOBER 30 ONLY

NORTH VANCOUVER ONE DAY SALE

15% OFF*

YOUR 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.
See page 5 for details. Sale not available online.



ALL ITEMS ON SALE

Liver
PROTECTS / PROTECTEUR
MILK THISTLE / CHARDON-REUX
PURE ALPHA-LIPOIC ACID
PURE ACIDE ALPHA-LIPOIQUE

Magnesium Bisglycinate Plus
150 mg
Naturally Healthy Muscle Relaxant
Supports Healthy Muscle Function

Probiotics Urgency
PROBIOTIC GUMMIES

20% OFF

New Roots Vitamins & Supplements
Assorted Varieties & Sizes



\$3.48 / LB

YOU SAVE **30%**

Green and Red Grapes
Grown in USA, \$7.67/KG



DISCOVER LOCAL

Choices Pot Pies
245g - 320g

YOU SAVE **22%**

\$6.99 / EA



DISCOVER LOCAL

Choices Halloween Cookies Decorating Kit
740g

\$16.99 / EA



FAIR TRADE

DISCOVER LOCAL

Zazubean Organic Chocolate Bars
80g & 85g

YOU SAVE **25%**

\$4.49 / EA



FAIR TRADE

Numi Organic Tea
Select Varieties,
15 Pack - 18 Pack

YOU SAVE **29%**

\$5.99 / EA

FEATURED CHOICE

Chocxo Organic Dark Chocolate Cups

Select Varieties,
98g - 100g

\$4.99

DISCOVER LOCAL

YOU SAVE **40%**



PRODUCE FRESH • LOCAL • ORGANIC



Organic Cauliflower
Grown in USA

\$5.98 / EA



Organic Pugly Yellow, Red or Russet Potato
Grown in BC,
2.27 kg Bag

\$5.98 / EA



Gourmet Bouquet

\$24.98 / EA

Organic Zucchini

Fair-Trade,
Grown in Mexico,
\$4.37/KG

\$1.98 / LB



Orange, Red and Yellow Peppers

Grown in BC,
\$8.77/KG

\$3.98 / LB



Gerberas
5 Stems

\$7.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



DISCOVER LOCAL

\$8.99 / LB



WESTERN CANADIAN

\$5.99 / LB



\$9.99 / LB

Boneless Skinless Chicken Thighs

100% Veggie Fed, Raised Without Antibiotics, Fresh, Value Pack \$19.82/KG

Pork Shoulder Butt Roast or Steaks

Boneless, Raised Without Antibiotics, Fresh, \$13.21/KG

Top Sirloin Roast or Steaks

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack \$22.02/KG

Thomas Reid Organic Whole Frying Chicken

Free Range, Non- GMO, Air Chilled, Fraser Valley Raised, \$15.41/KG

\$6.99 / LB



\$3.79 / 100G

Steelhead Fillet

Fresh, Ocean Wise, Value Pack

Pinty's Products

Frozen, 780g - 790g, Varieties May Vary By Store



20% OFF

Northern Glacier Raw or Cooked Shrimp

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

BUY 2 GET 1 FREE



Beef Stir Fry

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, \$22.02/KG

\$9.99 / LB



**Kettle Brand
Potato Chips**
156g & 198g

3 FOR \$9.99



**Nora
Seaweed
Snacks**
32g & 45g

\$3.99



**La Croix
Sparkling Water**
8 Pack

\$6.49

plus deposit & eco fees



**Hardbite
Root Chips**
150g

\$4.99



**Schär
Crackers**
Also Breadsticks,
210g & 150g

\$8.99



**Flow Naturally
Alkaline
Spring Water**
1L

2 FOR \$4.00

plus deposit & eco fees



**R.W. Knudsen
Juice**
including Cranberry,
Blueberry &
Pomegranate,
946ml

\$10.99

plus deposit & eco fees



**Brew Dr.
Organic
Kombucha**
414ml

2 FOR \$7.00

plus deposit & eco fees

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



**Rao's
Homemade
Pasta Sauce**
660ml

\$11.99



Italpasta
900g

2 FOR \$7.00



**Annie's
Pasta**
Assorted Varieties,
149g - 170g

2 FOR \$6.00



**Amy's
Frozen
Pizza**
340g - 397g

\$10.99



**Acropolis
Organics Extra
Virgin Olive Oil**
500ml

\$26.99



**Bubbies
Pickles**
Also Sauerkraut,
750ml - 1L

30% OFF



**Kikkoman
Organic
Soy Sauce**
296ml

\$7.99



**Amano
Organic
Tamari Sauce**
250ml

\$3.99



**Patak's
Cooking Sauces**
Also Pastes,
284 ml & 400ml

\$6.99

CHOICES  MARKET

ONE DAY SALE!

AT OUR NORTH VANCOUVER LOCATION ONLY



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**LIMITED TIME
OFFER**
JUST FOR YOU!

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**HAUNTED HEALTH HUNT:
SIP, SNACK & WIN**

Halloween Themed Nutrition Demo with Snacks & Drinks &
Guess the Spiders Game from 11:00 am - 2:00 pm



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

DISCOVER LOCAL



Terra Premium Granola
340g

\$6.99

DISCOVER LOCAL



Bremner's Blueberries
Frozen, 600g

\$7.99

DISCOVER LOCAL



Olympic Crema Yogurt
650g

\$5.49



Anita's Organic Rolled Oats
1kg

\$8.99



Blue Diamond Almond Breeze Beverage
1.89L

\$4.99
plus deposit & eco fees



Danone Oikos Greek Yogurt
4 Pack

\$4.99



Nuts To You Peanut Butter
750g

\$6.99



Canadian Heritage Organics Maple Syrup
1L

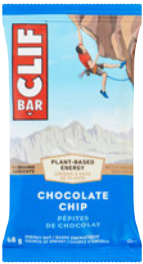
\$26.99



Rabbit River Farms Organic Extra Large Eggs
1 Dozen

\$8.99

NOURISHING LIFESTYLES SINCE 1990



Clif Bar Energy Bars
68g

2 FOR \$4.00



Freyyumm Soft Baked Bars
Also Cookies & Crackers, 120g - 154g

\$3.99



Simply Protein Bar **2 FOR \$4.00**
40g



Café William Organic Whole Bean Coffee
300g & 340g

\$11.99

DISCOVER LOCAL



Earth's Own Oat Barista Blend
946ml

\$5.49



Organic Traditions Functional Latte
Also Tea & Coffee, Select Varieties, 100g - 227g

20% OFF



Happy Planet Creamery Organic Grass Fed Butter
200g

\$9.99



Armstrong Cheese
Select Varieties, 600g

\$8.99



Spread'em Creamy Cashew Dips
185g

\$7.99

DELI PREPARED FRESH



Roasted Chickens
Raised Without Antibiotics

\$14.99 / EA



Roasted Scallop or Garlic Mashed Potatoes

\$1.69 / 100G



Woozas Pizza
575g - 700g

\$16.99 / EA



Choices Ready to Eat Wraps

\$9.99 / EA



Choices Hot Soup
16oz/Medium

\$5.99 / EA



Wheat Free Yam, Pumpkin or Kale & Corn Fritters

\$3.99 / 100G



Summer Fresh Dips & Hummus
255g

\$4.29 / EA



Choices Angus Roast Beef
Pepper, Garlic or Perfectly Plain

\$4.49 / 100G



German Cambozola Cheese

\$5.49 / 100G



Ile De France Brie Cheese

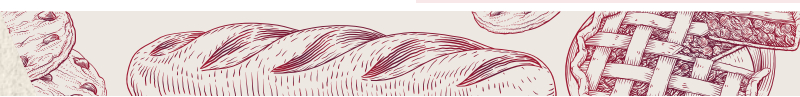
\$4.49 / 100G



Natural Pastures Cheese

20% OFF

BAKERY FRESH BAKED • WHOLESOME



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

\$4.49 / EA



Choices Apple Pie
8 Inch

\$10.99 / EA



Oliver's Flax Mountain Bread
or Mini Multigrain, 400g - 600g

\$4.99 / EA



Choices Halloween Cookies
70g - 150g

FROM \$1.99 / EA



Rebel Gluten Free Cookies
Pack of 12

\$8.99 / EA



Olivier's Peasant Bread
800g

\$6.99 / EA

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GROCERY

LOCAL • ORGANIC • SPECIALTY



Bob's Red Mill
1 to 1 Baking
Flour
624g

GLUTEN
FREE

\$6.99



Wholesome
Organic
Dark Brown
Sugar
680g

FAIR
TRADE

\$6.99

Island Farms
Premium Ice Cream
1.65L



\$7.99



Caboo
Sustainable
Bathroom
Tissue
Select Varieties

30% OFF



Camino Organic
Chocolate Chips
225g

\$8.99



Bakers
Supply House
Organic
Vanilla Extract
100ml

\$12.99



Enlightened
Keto Ice
Cream
473ml Tubs

\$6.99



Aspen Clean
Laundry Wash
Also Household
Cleaners, Select
Varieties

30% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

COLD & FLU RELIEF



AOR
Quercetin
100 Caps

\$49.99

Prairie Naturals
Vitamins & Supplements
Assorted Varieties & Sizes



20% OFF

Ener-C Effervescent
Vitamin C Drink Mix
Assorted Varieties, 20's - 30's



\$16.99



Joy of the
Mountains
Oil of Oregano
Assorted Sizes

20% OFF



Vega
Sport Protein
Assorted Varieties,
801g - 837g

\$44.99



Natural Factors
CurcuminRich
Theracurmin
Supplements
Assorted Varieties
& Sizes

20% OFF



NutraSea
Omega-3
Fish Oil
Supplements
Select Varieties,
Assorted Sizes

20% OFF



Genuine
Health Greens+
Superfoods
Powders
Assorted Varieties
& Sizes

20% OFF

NOW Essential Oils &
Topical Body Oils
Assorted Varieties & Sizes



20% OFF



Sukin Botanicals
Natural
Face and
Hair Care
Assorted Sizes

20% OFF



Jāsōn
Naturals
Bodywash
Assorted Varieties,
887ml

\$15.49

Santevia Alkaline Water
Pitchers
Also Water Systems and More,
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

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