



# CHOICES MARKET

100% BC OWNED AND OPERATED

# BUY ONE GET ONE FREE!

Prices Effective • November 7 - November 13, 2024



**SPECIAL PRICE**

**Pork Back Ribs**  
Raised Without Antibiotics,  
Fresh

**BUY 1 GET 1 FREE**



**BUY 1 GET 1 FREE**

**Organic Lemons**  
Grown in USA, 907g Bag



**BUY 1 GET 1 FREE**

**Choices Own Fresh Soups**  
650ml



DISCOVER LOCAL

**BUY 1 GET 1 FREE**

**Chicken Drumsticks**  
Raised Without Antibiotics,  
100% Veggie Fed, Fresh, Value Pack



**BUY 1 GET 1 FREE**

**Limes**  
Grown in Mexico



**BUY 1 GET 1 FREE**

**Choices Sourdough Bread**  
Levain Style, 530g



**AquaOmega**  
**Omega-3 Fish Oil**  
**Supplements**  
Assorted Varieties &  
Sizes

**BUY 1 GET 1 FREE**



**Simply Organic**  
**Vanilla Extract**  
Includes Gravy Mixes,  
Select Varieties,  
59ml & 118ml, 24g - 28g

**BUY 1 GET 1 FREE**



**Lakanto**  
**Sweeteners**  
Select Varieties,  
235g & 800g

**BUY 1 GET 1 FREE**

# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Chard**  
Rainbow or Red,  
Grown in USA

**\$2.98 / EA**



**POM Pomegranates**  
Grown in USA

**\$3.48 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**

**Organic Carrots**  
From Fountainview Farm, BC,  
2.27 kg Bag



**\$11.98 / EA**

**Tomatoes On the Vine**  
Grown in BC,  
\$5.47/KG



**\$2.48 / LB**

**Carnations**



**\$9.98 / EA**

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY




**\$12.99 / LB**



**BUY 2 GET 1 FREE**



**\$7.99 / LB**

**Striploin Grilling Steaks**  
Raised Without Antibiotics, 100% Grass Fed,  
Pasture Raised, Value Pack, Imported, \$28.64/KG

**Soup ETC!**  
Select Varieties, 700ml

**Lean Ground Beef**  
100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Imported, \$17.61/KG

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



**20% OFF**



**\$11.99 / LB**

**Old Country Pasta**  
Select Varieties, 450g



**20% OFF**

**Wild Caught Sockeye Salmon Fillets**  
Ocean Wise, Previously Frozen or Frozen, Value Pack



**\$3.99 / 100G**

**Leg of Lamb Roast**  
Raised Without Antibiotics, Boneless,  
Fresh, Pasture Raised, Product of New Zealand,  
\$26.43/KG

**Northern Glacier Raw Black Tiger Prawns**  
Ocean Wise, Frozen, 340g

**\$9.99 / EA**





**Seasnax Organic Seaweed Snacks**  
5g

BUY 1 GET 1 **FREE**



**Kind Bars**  
40g

BUY 1 GET 1 **FREE**



**Yumearth Organic Fruit Pops and Licorice**  
241g & 142g

BUY 1 GET 1 **FREE**



**Yeshi Nutritional Yeast Salad Dressing**  
350ml

BUY 1 GET 1 **FREE**



**Simply Organic Seasoning Packets**  
includes Taco, Chili & Alfredo Mixes  
28g - 42g

BUY 1 GET 1 **FREE**



**Say When Organic Chai**  
946ml

BUY 1 GET 1 **FREE**



**Hardbite All Natural Potato Chips**  
128g & 150g



2 FOR **\$6.00**



**Skinny Pop Popcorn**  
125g & 150g

**\$4.99**



**Rxbar Protein Bar**  
52g

2 FOR **\$5.00**

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



**Organic Traditions Super Foods**  
Select Varieties,  
50g - 454g

**20% OFF**



**Ritter Sport Chocolate Bars**  
Select Varieties,  
100g

**\$3.49**



**Lundberg Organic Rice Cakes**  
142g - 269g

**\$5.99**



**Rise Organic Kombucha**  
1L

**\$7.99**  
plus deposit & eco fees



**Traditional Medicinals Organic Tea**  
16 Bags

2 FOR **\$9.00**



**Cabana Natural Lemonade**  
591 ml

**\$2.99**  
plus deposit & eco fees



**RW Knudsen Just Juice**  
Select Varieties,  
946ml

**\$9.99**  
plus deposit & eco fees



**Harmless Harvest Organic Coconut Water**  
473ml

**\$5.99**  
plus deposit & eco fees



**Dairyland Milk 2 Go**  
325ml & 473ml

2 FOR **\$4.00**  
plus deposit & eco fees



— DISCOVER —

**THOUSANDS**

**OF LOCAL**

**CHOICES**

**CHOICES**



**MARKET**



**Nature's Farm Organic Omega-3 Eggs**  
Large, 1 Dozen

**\$9.99**



**Natur-A Organic Beverages**  
Includes Soy, Oat & Rice, 946ml

**2 FOR \$6.00**

plus deposit & eco fees



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

**\$11.99**

DISCOVER LOCAL



**Organic Meadow Organic Butter**  
Lightly Salted, 250g

**\$9.99**



**Earth's Own Oat Beverage**  
Also Soy, Select Varieties, 1.75L

**\$4.99**

plus deposit & eco fees



**Maison Riviera Coconut Milk Kefir**  
946ml

**\$6.99**

PLANT BASED



**Uncle Luke's Organic Maple Syrup**  
250ml

**\$7.99**



**Melt Organic Buttery Spread**  
368g

**\$4.99**

PLANT BASED

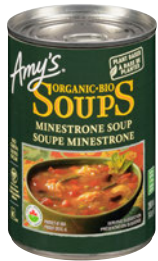


**Nuts for Cheese Organic Fermented Cashew Wedges**  
120g

**\$10.99**

PLANT BASED

## NOURISHING LIFESTYLES SINCE 1990



**Amy's Organic Soup**  
398ml

**\$4.49**



**Amy's Meals, Entrées & Bowls**  
Select Varieties, Frozen

**\$6.99**



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

**\$3.49**



**Lundberg Sustainably Grown Rice**  
907g

**\$8.99**



**GoGo Quinoa Organic Pasta**  
170g & 227g

**\$3.99**



**Mutti Passata Strained Tomatoes**  
680ml

**\$5.99**



**Nina's Pierogies**  
Frozen, 400g & 450g

**\$11.99**

DISCOVER LOCAL



**Saputo Mozzarellissima Cheese**  
340g

**\$6.99**



**Tre Stelle Light Feta Cheese**  
375g

**\$8.99**

# DELI PREPARED FRESH



DISCOVER LOCAL

**Choices Pot Pies**  
245g - 320g

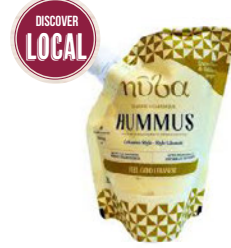
**\$6.99 / EA**



DISCOVER LOCAL

**Spanakopita or Mushroom & Parmesan Pie**  
185g

**2 FOR \$10.00**



DISCOVER LOCAL

**Nuba Hummus**  
280g

**\$7.49 / EA**

**Celebrate Grey Cup with 15% Off Party Platters!**

Order In-Store or Visit Choices.Market for Our Menu



**15% OFF**



DISCOVER LOCAL

**Honey Ham**

**\$2.99 / 100g**



DISCOVER LOCAL

**Choices Ready to Eat Artisan Sandwiches**

**\$9.99 / EA**



DISCOVER LOCAL

**NEW**

**Choices Donburi Bowls**  
Chicken, Beef or Tofu,  
400g - 460g

**\$9.49 / EA**



**Great Lakes Goat Cheese**  
Assorted Varieties,  
158g - 175g

**\$9.99 / EA**



**Saputo Caciocavallo Cheese**  
Plain or Smoked

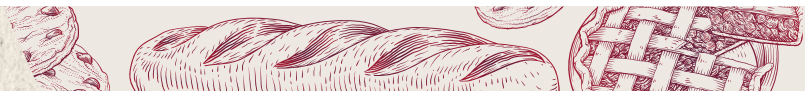
**\$3.49 / 100g**



**Henri Willig Gouda Cheese**  
Assorted Varieties

**15% OFF**

# BAKERY FRESH BAKED • WHOLESOME



DISCOVER LOCAL

**Choices Artisan Fruit Pies**  
Select Varieties,  
8 Inch

**\$10.99 / EA**



DISCOVER LOCAL

**Choices Cake Slices**  
Select Varieties,  
120g - 150g

**\$3.99 / EA**



DISCOVER LOCAL

**Choices Signature Cookies**  
12 Pack,  
Select Varieties

**\$5.99 / EA**



DISCOVER LOCAL

**Choices Mini Butter Tarts**  
4 Pack

**\$3.99 / EA**



GLUTEN FREE

**Little Northern Bakehouse Pizza Crust**  
420g - 600g

**\$7.99 / EA**



GLUTEN FREE

**Aidan's Fermented Sourdough Bread, Bagels or Baguettes**  
230g - 500g

**NEW**

**20% OFF**



DISCOVER LOCAL

**Wise Bites Bars**  
300g

GLUTEN FREE

**\$8.99**



DISCOVER LOCAL

**Wise Bites Holiday Cookies**  
150g

GLUTEN FREE

**\$6.49 / EA**

# LEST WE FORGET NOVEMBER 11<sup>TH</sup>

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave women and men who have served our country with distinction.

In recognition of, and to honour, the women and men of Canada who have sacrificed their lives to help protect the values and freedoms we as Canadians enjoy today, we will observe a moment of silence at 11am local time in our stores on Monday, November 11.

Thank you to our veterans, service members and their families for their commitment to our country.

# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Pamela's Baking & Pancake Mix**  
1.8kg

**\$26<sup>99</sup>**



**Ezekiel 4:9 Organic Food For Life Bread**  
Frozen, Select Varieties, 680g

**\$7<sup>99</sup>**



**Wildbrine Organic Raw Sauerkraut**  
500ml

**\$8<sup>99</sup>**



**Echoclean All Natural Laundry Detergent**  
3kg

**\$12<sup>99</sup>**



**Navitas Organics Cacao Powder**  
Also Nibs and Turmeric, Select Varieties

**20% OFF**



**Organic Bulk Foods**  
Nuts & Fruits, Select Varieties

**20% OFF**



**Hobbs Pickles**  
1L

**\$12<sup>99</sup>**



**The Unscented Company Dish Soap**  
750ml

**\$3<sup>99</sup>**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

## COLD & FLU RELIEF



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

**20% OFF**



**St. Francis Herb Farm Herbal Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Now Vitamins and Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Nuun Hydration Electrolytes**  
Sport, Boost, Immunity And Vitamin Tabs, Assorted Varieties, 10 Tabs

**\$10<sup>99</sup>**



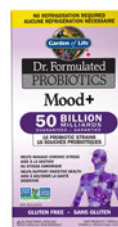
**Living Alchemy Your Flora Series & Fermented Activated Herbals**  
Assorted Varieties & Sizes

**20% OFF**



**AOR Curcumin Active**  
Also Curcumin Ultra, 60 Caps

**\$65<sup>99</sup>**



**Garden of Life Dr. Formulated Probiotics**  
Also Proteins and Herbs, Assorted Varieties & Sizes

**20% OFF**



**Smart Solutions Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Dr. Hauschka Facial Care**  
Assorted Varieties & Sizes

**25% OFF**



**Oneka Hair & Body Care**  
Assorted Varieties & Sizes

**20% OFF**



**Natural Calm Magnesium**  
Assorted Varieties, 454g

**\$47<sup>99</sup>**



**MegaFood Vitamins and Supplements**  
Assorted Varieties & Sizes

**20% OFF**

Shop online at [ChoicesMarket.com](https://www.ChoicesMarket.com) @ChoicesMarket /DiscoverChoicesMarket @ChoicesMarket



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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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