



# CHOICES MARKET

100% BC OWNED AND OPERATED

# THANKSGIVING SPECIALS!

Prices Effective • October 10 - October 16, 2024

**DISCOVER LOCAL**

**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 \$1.00/BAG**

**DISCOVER LOCAL**

**DISCOVER LOCAL**

**Choices Turkey Holiday Meal**  
545g

**\$15.99**

**DISCOVER LOCAL**

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

**FROM \$5.99**

**DISCOVER LOCAL**

**Choices Own Festive Side Dishes**

**FROM \$1.49 / 100g**

**DISCOVER LOCAL**

**YOU SAVE 52%**

**\$12.99 / LB**

**Prime Rib Roast**  
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, \$28.64/KG

**DISCOVER LOCAL**

**YOU SAVE \$1.00/LB**

**FIRST OF THE SEASON**

**\$1.98 / LB**

**Organic Assorted Squash**  
Butternut, Green Acorn, Spaghetti, Delicata, Red Kuir, Kabocha and Sugar Pie Pumpkin  
Grown in BC, \$4.37/KG

**DISCOVER LOCAL**

**Choices Own Pumpkin Pie**  
8 Inch

**\$9.99**



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

**2 FOR \$6.00**



**Imagine Organic Broth**  
1 Litre

**2 FOR \$9.00**



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

**\$3.99**

# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Cranberries**  
Grown in Canada,  
226g Pkg.

**\$3.98 / EA**



**Organic Russet Potatoes**  
Grown in BC,  
2.27kg Bag

**\$5.98 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**

**Brussels Sprouts**  
Grown in BC,  
\$6.57/KG

**\$2.98 / LB**



**Organic Ambrosia Apples**  
Grown in BC,  
1.36kg Bag

**\$6.98 / EA**



**Lily Bouquet**

**\$16.98 / EA**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$13.99 / LB**

### Turkey Breast Roast

Raised Without Antibiotics, Free Range,  
100% Veggie Diet, Raised in Similkameen Valley,  
Made in Store, \$30.84/KG



**\$6.99 / LB**

### Boneless Pork Loin Roast or Chops

Raised Without Antibiotics, Fresh  
\$15.41/KG



**\$11.99 / LB**

### Leg of Lamb Roast

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



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

**\$8.99 / LB**



**\$3.99 / 100G**

### Sockeye Salmon Fillets

Ocean Wise, Previously Frozen or Frozen,  
Value Pack

### Maple Leaf Natural Bacon

Made with Natural Ingredients,  
Select Varieties, 375g



**\$7.99**



**Grimm's Festive Ham Halves**

Naturally Smoked,  
\$11.00/KG

**\$4.99 / LB**



### Stapleton Sausages

Locally Made, Varieties  
May Vary by Store



**15% OFF**



**Four O'Clock Organic Tea**  
16 Bags

**\$4.99**



**Café William Organic Whole Bean Coffee**  
300g & 340g

**\$11.99**



**Silly Cow Farms Hot Chocolate Mix**  
480g

**\$6.99**



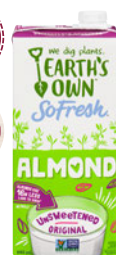
**Silk Beverages**  
Almond, Soy, Coconut & Oat  
1.75L & 1.89L

**\$5.49**  
plus deposit & eco fees



**Dairyland Organic Half & Half Cream**  
946ml

**\$3.99**



**Earth's Own Almond Beverage**  
946ml

**\$3.49**  
plus deposit & eco fees



**Rabbit River Farms Organic Eggs**  
Large, 1 Dozen



**\$7.99**



**Meadowvale Creamery Salted Butter**  
454g

**\$6.49**



**Avalon Organic Milk**  
1L

**\$3.99**  
plus deposit & eco fees

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



**Terra Premium Granola**  
340g

**\$6.99**



**Tree Island Grass Fed Cream Top Yogurt**  
1.5kg

**\$10.99**



**Bremner's Blueberries**  
Frozen, 600g

**\$7.99**



**Canadian Heritage Organic Maple Syrup**  
1L

**\$24.99**



**Nuts to You Almond Butter**  
also Pumpkin Seed Butter & Fair Trade Tahini, Select Varieties,  
365g & 500g

**\$8.99**



**We Love Van Liquid Honey**  
1kg

**\$14.99**



**Organic Meadow Organic Ice Cream**  
946ml

**\$7.99**



**So Delicious Frozen Dessert**  
500ml

**\$6.49**



**Chapman's Frozen Yogurt**  
2L

**\$6.99**



— DISCOVER —

**THOUSANDS**  
**OF LOCAL**  
**CHOICES**

CHOICES  MARKET

GLUTEN FREE

DISCOVER LOCAL



**Hardbite Natural Root Chips**  
150g

**\$5.49**

GLUTEN FREE



**Lesser Evil Organic Popcorn**  
Also Organic Puffs, 142g

**\$4.99**

GLUTEN FREE



**La Cocina Tortilla Chips**  
300g - 400g

**2 FOR \$8.00**

FAIR TRADE

DISCOVER LOCAL



**Zazubean Organic Chocolate Bars**  
80g & 85g

**\$4.49**

DISCOVER LOCAL



**Chasers Juice 100% Cold Pressed**  
1L

**\$11.99**  
plus deposit & eco fees

GLUTEN FREE



**Old Dutch Potato Chips**  
200g & 235g

**2 FOR \$7.00**



**La Croix Sparkling Water**  
8 Pack

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



**Blue Monkey Sparkling Fruit Juice**

Also 100% Natural Coconut Water, Select Varieties, 330ml & 520ml

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



**Martinelli's Sparkling Apple Juice**  
750ml

**\$6.99**  
plus deposit & eco fees

## NOURISHING LIFESTYLES SINCE 1990

DISCOVER LOCAL



**Dairyland Egg Nog**  
946ml

**\$3.49**  
plus deposit & eco fees

PLANT BASED



**Tofurky Roast with Stuffing**  
Frozen, 737g

**\$15.99**



**Simply Organic Gravy Mixes**  
24g - 28g

**4 FOR \$8.00**

DISCOVER LOCAL



**The Funky Gourmet Cranberry Sauce**  
375ml

**\$7.99**



**Spectrum Organic Extra Virgin Olive Oil**  
750ml

**\$24.99**

GLUTEN FREE



**Bob's Red Mill Almond Flour**  
453g

**\$13.99**

DISCOVER LOCAL



**Saputo Shredded Cheese**  
Select Varieties, 320g

**\$6.99**



**Karthein's Organic Sauerkraut**  
Select Varieties, 375ml

**\$6.99**



**Sunrise Medium Tofu**  
454g

**2 FOR \$5.00**

# DELI PREPARED FRESH

Choices Raised Without Antibiotics  
Stuffed Turkey Breast



DISCOVER LOCAL

\$4.49 / 100g

NEW RECIPE



Choices  
Tourtiere  
Pie  
8 Inch

\$19.99

GLUTEN FREE

DISCOVER LOCAL



Zorbas  
Petite Phyllo  
Appetizer  
Assorted Varieties  
300g

\$9.99

Summer  
Fresh Dips

Also Hummus,  
227g

\$3.99



Choices  
Olives or  
Antipasto

75g - 200g

15% OFF



Italian  
Prosciutto

Also Salami,  
Imported,  
70g - 120g

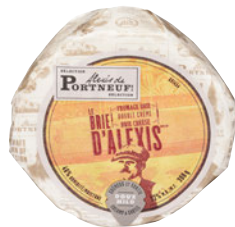
\$9.99

La Panzanella Crackers

Assorted Varieties, 170g



\$5.99



Alexis De  
Portneuf Brie  
Cheese

Also Camembert,  
300g

\$9.99

DISCOVER LOCAL



Burrata  
Cheese  
250g

\$15.99

# BAKERY FRESH BAKED • WHOLESOME

DISCOVER LOCAL



Choices  
Stuffing Bread

White or Whole Wheat,  
336g

\$4.99

DISCOVER LOCAL



Choices Baguettes

Cheese, Sourdough or Multigrain,  
250g - 300g

\$2.99

DISCOVER LOCAL

NEW



Choices Pumpkin  
Shortbread  
Cookies

6 Pack

\$5.99

DISCOVER LOCAL

NEW



Choices  
Chocolate  
Pecan Pie

6 Inch

\$8.99

DISCOVER LOCAL



Choices Mini Butter Tarts

4 Pack

\$4.29

DISCOVER LOCAL

GLUTEN FREE



Stuffing  
Bread

240g

\$13.99

DISCOVER LOCAL

GLUTEN FREE



Choices  
Pumpkin Pie

Also Apple &  
Strawberry  
Rhubarb, 8 Inch

\$11.99

GLUTEN FREE



Schär Breads

Also Buns & Rolls,  
200g - 400g

15% OFF

DISCOVER LOCAL



Choices  
Dinner Buns

6 Pack

\$3.99

# GET TOGETHER, SNACK BETTER

**GLUTEN FREE**  
**PLANT BASED**  
**DISCOVER LOCAL**



**Konscious Sushi Rolls**  
Frozen, 210g

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



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

**\$11<sup>99</sup>**

**Faith Farms Cheese**  
360g & 380g



**\$6<sup>49</sup>**



**Organic Bulk Foods**  
Nuts, Mixes & Candy, Loose & Pre-Packaged

**20% OFF**

**DISCOVER LOCAL**  
**GLUTEN FREE**



**House of Yee Premium Dumplings**  
Frozen, 15 Pack

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



**Mezzetta Family Co. Olives**  
250ml & 398ml

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

**GLUTEN FREE**  
**DISCOVER LOCAL**  
**VEGAN**



**Eve's Crackers**  
108g

**\$7<sup>49</sup>**

**VEGAN**



**Sunflower Kitchen Hummus**  
227g

**\$3<sup>49</sup>**

## WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

**ALL ITEMS ON SALE**



**New Roots Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**

**DISCOVER LOCAL**



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

**20% OFF**



**BioSil Hair, Skin & Nails**  
Assorted Sizes

**25% OFF**



**A. Vogel Echinaforce Supplements**  
Assorted Varieties & Sizes

**20% OFF**

**DISCOVER LOCAL**



**Natural Factors Coenzyme Q10**  
120 Soft Gels

**\$19<sup>99</sup>**



**AOR Ortho Adapt**  
120 Caps

**\$41<sup>99</sup>**



**Botanica Organic Vitamins & Supplements**  
Assorted Varieties & Sizes

**25% OFF**

**DISCOVER LOCAL**



**Whole Earth & Sea Multivitamins**  
Men's & Women's, Regular and 50+ 60's

**\$37<sup>99</sup>**

**DISCOVER LOCAL**



**Mountain Sky Natural Body Bar Soap**  
Assorted Varieties, 135g

**\$4<sup>99</sup>**



**Andalou Naturals Shampoo or Conditioner**  
Assorted Varieties, 251ml - 346ml

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



**Routine Natural Deodorant**  
Assorted Varieties, 50g - 58g

**\$24<sup>99</sup>**

**NOW**



**Essential Oils**  
Also Topical Body Oils, Assorted Varieties & Sizes

**20% OFF**

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**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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