



# CHOICES MARKET

100% BC OWNED AND OPERATED

# WEEKLY SAVINGS!

Prices Effective • October 17 - October 23, 2024



**SPECIAL PRICE**

**Lean Ground Beef**  
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, \$15.41/KG

**\$6.99 / LB**

YOU SAVE **49%**

**SPECIAL PRICE**

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

**\$6.98 / EA**

YOU SAVE **\$1.00 / BAG**

DISCOVER LOCAL

DISCOVER LOCAL



**\$6.99 / EA**

**Rosdown Roasted Half Chickens**

YOU SAVE **\$1.00**



**SPECIAL PRICE**

**\$5.98 / EA**

YOU SAVE **\$2.00 / PKG**

**Strawberries**

Grown in USA, 454g Pkg.

YOU SAVE **\$2.00 / PKG**

DISCOVER LOCAL



**Silver Hills Sprouted Power Breads**  
430g - 615g

YOU SAVE **38%**

**2 FOR \$8.00**



**Cha's Organics Organic Coconut Milk**  
Also Organic Coconut Cream, Select Varieties, 400ml

**\$3.99**

YOU SAVE **33%**

FAIR TRADE



**Andalou Naturals Face Care and Body Care Products**  
Assorted Varieties & Sizes

**25% OFF**



**Lily's Chocolate Bars**  
No Sugar Added, 80g & 85g

**\$3.99**

YOU SAVE **33%**

FAIR TRADE

**SATURDAY, OCTOBER 19 ONLY**

**ABBOTSFORD ANNIVERSARY SALE & CHARITY BBQ**



**10% OFF ENTIRE STORE\***  
INCLUDING SALE ITEMS

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.  
\*Excluding Lotto and Gift Card purchases.  
One Day sale offer valid at Abbotsford location only.  
See page 5 for details. Sale not available online.

**FEATURED CHOICE**



**Kicking Horse Organic Whole Bean Coffee**  
Select Varieties, 454g

**\$14.99**

YOU SAVE **26%**

FAIR TRADE

# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Hass Avocados**  
Grown in Mexico, Bag of 3

**\$5.98 / EA**



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

**\$6.48 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**

**Organic Celery**  
Grown in USA, \$4.37/KG



**\$1.98 / LB**

**Nante Carrots**  
Grown in BC, 1.36kg Bag



**\$3.98 / EA**



**Lily Bouquet**



**\$8.98 / EA**

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$8.99 / LB**

**Inside Round Roast or Steaks**

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



**\$4.99 / LB**

**Boneless Pork Sirloin Roast or Chops**

Raised Without Antibiotics, Fresh, \$11.00/KG



**\$8.99 / LB**

**Boneless Skinless Chicken Breasts**

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



**\$8.99 / LB**

**Pork Schnitzel**

Fresh, Made in Store, Raised Without Antibiotics, \$19.82/KG



**\$3.29 / 100G**

**Sable Fish Fillets**

Fresh, Ocean Wise



**Duso's Pasta**  
Select Varieties, 250g - 300g

**\$6.49 / EA**



**\$12.99 / EA**

**Harvest Bacon**

500g

**Northern Glacier Raw Black Tiger Prawns**

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

**\$8.99 / EA**



CHOICES  MARKET

# ANNIVERSARY SALE & CHARITY BBQ!

SATURDAY, OCTOBER 19



**10% OFF**  
**ENTIRE STORE\***  
INCLUDING SALE ITEMS




**JOIN US THIS SATURDAY**  
**AT CHOICES MARKET ABBOTSFORD**

- Enjoy Free Coffee & Tea All Day
  - Enter to Win Various Prizes!
  - Charity BBQ, Complimentary Slice of Anniversary Cake from 11:00am - 2:00pm
- All proceeds will be donated to Archway Food Bank.

**AT 3033 IMMEL STREET**

\*Anniversary sale offer valid at this location only. Sale not available online.  
Excluding Lotto and Gift Card purchases.



SHOP ONLINE AT [CHOICES.MARKET](https://www.choices.market)  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket

DISCOVER LOCAL



**Happy Planet Organic Valencia Orange Juice**

1.75L

**\$6.99**

plus deposit & eco fees

DISCOVER LOCAL



**Bremner's 100% Blueberry Juice**

Also 100% Cranberry, 946ml

**\$12.99**

plus deposit & eco fees



**Health-Ade Organic Kombucha**

473ml

**2 FOR \$8.00**

plus deposit & eco fees

PLANT BASED



**Covered Bridge Potato Chips**

Also Lela's Chickpea Chips, 120g - 170g

**\$3.49**

GLUTEN FREE

PLANT BASED



**GoMacro Organic Protein Bars**

59g - 69g

**2 FOR \$7.00**



**Fiji Natural Artesian Water**

1L

**\$2.99**

plus deposit & eco fees

GLUTEN FREE



**Le Pain des Fleurs Organic Buckwheat Crispbread**

150g

**\$6.99**

FAIR TRADE



**Awake Chocolate Bites**

10 Pack

**\$7.99**



**Haribo Gummies**

170g & 175g

**2 FOR \$7.00**

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

DISCOVER LOCAL

**Maple Hill Farms Organic Free Range Eggs**

Large, 1 Dozen



**\$7.99**

DISCOVER LOCAL



**Rabbit River Farms Organic Egg Whites**

500ml

**\$8.99**

PLANT BASED



**One Degree Organic Granola**

312g

**\$5.99**

DISCOVER LOCAL

**Olympic Greek Yogurt**

Also Crema, 1.75kg



**\$11.49**

DISCOVER LOCAL



**Siggis Icelandic Skyr Yogurt**

4 Pack

**\$4.49**

GLUTEN FREE



**Love Child Organic Baby Food**

128ml

**2 FOR \$5.00**

DISCOVER LOCAL

**Avalon Organic Milk**

1.89L



**\$6.99**

plus deposit & eco fees

DISCOVER LOCAL



**Earth's Own Oat Beverage**

946ml

**2 FOR \$7.00**

plus deposit & eco fees



**Greenhouse Organic Almond Beverage**

Also Organic Oat, 946ml

**\$4.99**

plus deposit & eco fees



**Pastificio G. Di Martino Italian Pasta**  
Select Varieties,  
500g

**2 FOR \$7.00**



**Kaslo Sourdough Fermentata Pasta**  
227g

**\$5.99**



**Pacific Foods Organic Broth**  
946ml & 1L

**\$4.49**



**Stefano Pasta Sauce**  
648ml

**\$6.99**



**Mutti Solo Pomodoro 100% Italian Cherry Tomatoes**

Also Baby Roma,  
Select Varieties, 398ml

**\$3.99**



**Bragg Organic Apple Cider Vinegar**  
946ml

**\$8.99**



**Thai Kitchen Curry Paste**  
112g

**\$5.99**



**San-J Cooking Sauces**

Select Varieties,  
296ml

**\$5.99**



**Brianna's Salad Dressing**  
355ml

**\$6.49**

**NOURISHING LIFESTYLES SINCE 1990**



**Only Goodness Organic Beans**  
398ml

**2 FOR \$5.00**



**Only Goodness Organic Vegetables**  
Select Varieties,  
Frozen, 340g &  
500g

**\$3.99**



**Only Goodness Organic All Purpose Flour**  
2kg

**\$12.99**



**Caulipower Pizza**  
Select Varieties,  
Frozen, 310g

**\$8.99**



**Beyond Meat Ground**  
Also Sausage, 340g  
& 400g

**\$8.99**



**Armstrong Cheese Snacks**  
10 Pack

**\$5.99**



**Violife 100% Alternative Cheese**  
Select Varieties,  
200g

**\$5.99**



**Daiya Cream Cheese Style Spread**  
Cheesy Macaroni &  
Salad Dressing, Select  
Sizes & Varieties

**\$4.49**



**Tre Stelle Ricotta Cheese**  
475g

**\$5.99**



— DISCOVER —

**THOUSANDS**

**OF LOCAL**

**CHOICES**

**CHOICES**



**MARKET**

# DELI PREPARED FRESH



DISCOVER LOCAL

**Choices Salad Bowls**  
Harvest or Hearty Lentil Kofta, 350g - 430g

**\$8.99 / EA**



DISCOVER LOCAL

**Happy Planet Soups**  
500ml - 650ml

**\$6.99 / EA**



DISCOVER LOCAL

**Habibi's Hummus**  
Family Size, 450g

**\$7.99 / EA**



DISCOVER LOCAL

**Indianlife Naan**  
Also Tortillas & Roti, 250g - 500g

**\$7.49 / EA**



DISCOVER LOCAL

**Choices Pasta Entrées**  
Select Varieties, 425g - 550g

**9.99 / EA**



**Cabbage Roll Entrée**  
Beef or Vegan, 3 Pack

**\$8.99 / EA**



**Montreal Smoked Meat**  
Also Pastrami

**\$3.99 / 100G**



DISCOVER LOCAL

**Happy Days Goat Cheese**  
Marble or Gouda

**\$4.49 / 100G**



**Bothwell Lactose Free Cheddar Cheese**  
Assorted Varieties, 250g

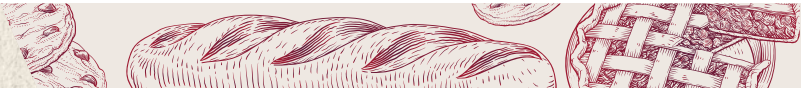
**15% OFF**



**Grated, Shredded Parmesan**  
Also New Italian Blend Cheese

**\$4.99 / 100G**

# BAKERY FRESH BAKED • WHOLESOME



DISCOVER LOCAL

**Choices Seeded Sourdough Rye Bread**  
Also Caramelized Onion & Rosemary Loaf, 420g - 760g

**\$5.99**



DISCOVER LOCAL

**Choices Artisan Cookies**  
6 Pack

**\$6.99**



DISCOVER LOCAL

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

**\$7.99**

**Spooky Hollow Cookie Decorating Kits**  
810g



**\$21.99**

**Choices Keto Chocolate Mousse**  
Also Cookies & Cream Cheesecake, 60g - 90g



DISCOVER LOCAL

**\$4.99**

**Choices Tres Leches Cake**  
515g



DISCOVER LOCAL

**\$8.99**



**Bakestone Brothers Organic Bagels**  
6 Pack

**\$5.99**

**ABBOTSFORD ANNIVERSARY SALE & CHARITY BBQ**



**10% OFF ENTIRE STORE\***  
INCLUDING SALE ITEMS

**JOIN US SATURDAY, OCTOBER 19**

To celebrate Choices Abbotsford anniversary!

3033 Immel Street

• Enjoy Free Coffee & Tea All Day • Enter to Win Various Prizes!

• Charity BBQ, Complimentary Slice of Anniversary Cake, from 11:00am - 2:00pm

All proceeds will be donated to Archway Food Bank.

\*Anniversary sale offer valid at Abbotsford location only. Sale not available online.

# GROCERY

LOCAL • ORGANIC • SPECIALTY

PLANT BASED



**Nora's Frozen Dessert**  
500ml

**\$7.49**

**PÜR Gum**  
9 Pack



**2 FOR \$3.00**

**If You Care Household Products**  
Select Varieties



**25% OFF**



**Good JuJu Laundry Strips**  
30 Pack

**\$11.99**

DISCOVER LOCAL



**Avalon Organic Ice Cream**  
946ml

**\$11.99**



**Organic Bulk Foods Snacks & Candy**  
Pre-Packaged & Loose, Select Varieties

**20% OFF**



**Biovert Dishwashing Soap**  
700ml

**\$3.99**

DISCOVER LOCAL



**Echoclean All Purpose Cleaners**  
Select Varieties, 700ml

**\$3.99**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Platinum Naturals Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**CanPrev Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Nordic Naturals Supplements**  
Also Omega-3, Cod Liver & Fish Oil, Assorted Varieties & Sizes

**20% OFF**



**Organika Vitamins & Supplements**  
Assorted Varieties & Sizes

**30% OFF**



**Nature's Way Herbal Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Nature's Way Sambucus Supplements**  
Also Zinc, Assorted Varieties & Sizes

**20% OFF**



**Progressive Multi-Vitamins**  
Including Adults & Kids, Assorted Sizes

**20% OFF**



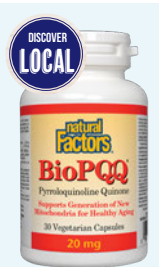
**Bio-K Plus Probiotics**  
Including Dairy & Non-Dairy, Assorted Varieties, 12 Pack

**\$43.99**



**Lily of the Desert Aloe Vera Juice**  
Also Gel, Assorted Varieties & Sizes

**20% OFF**



**Natural Factors Cognitive Support Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Weleda Body Care**  
Assorted Varieties & Sizes

**25% OFF**



**Herbatint Natural Permanent Hair Colour**  
Assorted Varieties, 1 Kit

**\$17.99**

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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