



# CHOICES MARKET

100% BC OWNED AND OPERATED

# WEEKLY SAVINGS!

Prices Effective • November 21 - 27, 2024

**DISCOVER LOCAL**

**FEATURED CHOICE**

**Choices Own Whole Frying Chicken**  
100% Veggie Fed, Raised Without Antibiotics, Fresh, \$8.80/KG

**\$3.99 / LB**

**YOU SAVE 33%**

**SPECIAL PRICE**

**Long English Cucumbers**  
Canada Grown

**\$1.98 / EA**

**YOU SAVE \$1.00**

**DISCOVER LOCAL**

**Beef Blade Roast or Steaks**  
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported, \$19.82/KG

**\$8.99 / LB**

**YOU SAVE 33%**

**DISCOVER LOCAL**

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

**\$5.98 / EA**

**YOU SAVE \$3.00**

**SPECIAL PRICE**

**DISCOVER LOCAL**

**Roasted Chickens**  
Raised Without Antibiotics

**\$3.00**

**\$14.99 / EA**

**DISCOVER LOCAL**

**Choices Sourdough Bread**  
Wholesome Country or Multiseed, 575g - 600g

**\$4.99 / EA**

**YOU SAVE \$1.00**

**DISCOVER LOCAL**

**Traditional Medicinals Organic Herbal Tea**  
16 Bag

**2 FOR \$9.00**

**YOU SAVE 35%**

**DISCOVER LOCAL**

**Salt Spring Organic Whole Bean Coffee**  
400g

**\$14.99 / EA**

**YOU SAVE 21%**

**WEDNESDAY, NOVEMBER 27 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.

**DISCOVER LOCAL**

**natural Factors**

**Hi Potency B Complex**  
90 Capsules  
50 mg COMPLEX

**Natural Factors Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**

# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Satsuma Mandarin Oranges**  
USA Grown,  
907g Bag

**\$8.98 / EA**



**Hot House Coloured Peppers**  
Canada Grown,  
907g Bag

**\$6.48 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**

**Organic Bunched Carrots**  
USA Grown



**\$3.98 / EA**

**Navel Oranges**  
USA Grown,  
\$6.57/KG



**\$2.98 / LB**

**Mini Carnations**



**\$7.98 / EA**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



DISCOVER LOCAL

**\$7.49 / LB**



WESTERN CANADIAN

**\$6.99 / LB**



**\$24.99 / LB**

**Boneless Skinless Chicken Breast**  
Fresh, Value Pack \$16.51/KG

**Boneless Pork Loin Chops**  
Fresh, Raised Without Antibiotics \$15.41/KG

**Beef Tenderloin Steaks**  
100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Imported, \$55.09/KG



**Lean Ground Pork**  
Fresh, Raised Without Antibiotics, \$13.21/KG

**\$5.99 / LB**

WESTERN CANADIAN



**\$3.69 / 100G**



**Smash'em's Potatoes**  
Fresh, Selected Varieties, 1 kg

**\$9.99 / EA**



**Harvest Bacon**  
500g

**\$12.99 / EA**

**Grimm's Sausage Rings**  
300g



GLUTEN FREE

**\$7.99 / EA**

Varieties May Vary by Store

CHOICES  MARKET

**ONE DAY SALE!**

AT OUR NORTH VANCOUVER LOCATION ONLY



ENJOY THIS  
**LIMITED TIME  
OFFER**  
JUST FOR YOU!

**WEDNESDAY, NOVEMBER 27 ONLY**

**15% OFF\***

**YOUR IN-STORE PURCHASE, INCLUDING ITEMS ALREADY ON SALE!**

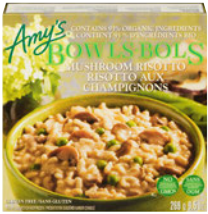
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Sale offer valid at North Vancouver location only.

**COZY FALL  
AT CHOICES MARKET**

Join us from 11:00am – 3:00pm for soup demos,  
hot cider, and a cozy candle scent-guessing game



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



**Amy's Entrées and Bowls**  
Select Varieties

**\$6<sup>99</sup>**



**Amy's Organic Soup**  
398ml

**2 FOR \$9<sup>00</sup>**



**Lundberg Sustainably Grown Rice**  
Select Varieties, 907g

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



**Nina's Gluten Free Pierogies**  
400g - 450g

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



**Porta Roman-Style Pizza**  
Frozen, 365g - 430g

**\$9<sup>99</sup>**



**Cha's Organics Premium Coconut Milk**  
Also Coconut Cream, 400ml

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



**Chickpea Organic Pasta**  
227g

GLUTEN FREE

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



**Bioitalia Organic Tomato Sauce**  
660ml

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



**Bioitalia Organic Pasta**  
500g

**\$2<sup>99</sup>**

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



**Angie's Boom Chicka Pop Popcorn**  
125g - 198g

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



**Smart Sweets, Low Sugar Gummies**  
50g

**2 FOR \$7<sup>00</sup>**



**Galerie Au Chocolat Organic Chocolate Bars**  
100g

**\$5<sup>49</sup>**



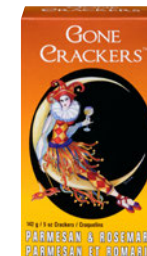
**Tate's Cookies**  
198g

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



**Freeyumm Bars, Cookies & Crackers**  
120g- 154g

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



**Gone Crackers**  
142g

**\$5<sup>99</sup>**



**Cha's Organic Coconut Rolls**  
Also Tumeric Latte Mix  
100g & 110g

**25% OFF**



**Flow Naturally Alkaline Spring Water**  
Select Varieties, 1L

**2 FOR \$4<sup>00</sup>**

plus deposit & eco fees



**Tonica Organic Kombucha**  
355ml

**\$2<sup>99</sup>**

plus deposit & eco fees



### Earth's Own Oat Beverage

Select Varieties, 1.75L

**\$4.49**

plus deposit & eco fees



### Olympic Organic Yogurt

650g

**\$4.99**



### Donia Farms Grass Fed Yogurt

650g

**\$5.49**



### Stahlbush Island Farms Sustainable Fruit

Select Varieties, Frozen, 283g - 300g

**\$4.99**



### Nature's Path Organic Cereal

Eco Packs, 650g - 907g

**\$9.99**



### Anita's Organic Rolled Oats

Also Quick & Steel Cut, Select Varieties, 1kg

**\$8.99**



### Avalon Valley Pride Organic Egg Nog

1L

**\$8.99**

plus deposit & eco fees



### Uncle Luke's Organic Maple Syrup

250ml

**\$7.99**



### We Love Van Honey

Bear Squeeze Bottle, Liquid, 375g

**\$6.99**

## NOURISHING LIFESTYLES SINCE 1990



### Nature's Farm Organic Large Omega 3 Eggs

Dozen

**\$8.99**



### Organic Meadow Organic Butter

454g

**\$13.99**



### Woolwich Chevreai Goat Cheese

113g

**\$4.99**



### Big Mountain Veggie Ground

Also Bites, 300g & 340g

**\$6.99**



### Nuts For Cheese Organic Fermented Cashew Blocks & Spreads

120g - 210g

**\$8.99**



### Tre Stelle Shredded Cheese

170g - 200g

**\$5.99**



### Las Margaritas Fresh Salsa

500ml

**\$7.49**



### Sunrise Soyganic Organic Tofu

Select Varieties, 350g - 500g

**\$2.99**



### Lis'c Pickled Dill Cucumbers

Also Sauerkraut, 750ml & 950ml

**\$5.99**



— DISCOVER —

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

**CHOICES**



**MARKET**

**DELI** PREPARED FRESH



**Roasted Garlic Scalloped Potatoes**  
or Mashed Potatoes



**\$179** / 100g



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

**\$899** / EA



**Choices Savory Tourtiere Pie**  
8 Inch

**\$1999** / EA



**Vancouver Soup**  
700ml

**\$799** / EA



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

**2 FOR \$1000**



**Baked Vegetable Masala or Spinach Samosa**  
115g

**2 FOR \$500**



**Summer Fresh Hummus Toppers**  
255g

**\$599** / EA



**Choices Ready to Eat Pasta Entrees**  
Select Varieties,  
425g - 550g

**\$1099** / EA



**Castello Cheese Slices**  
125g - 165g

**\$699** / EA



**Little Qualicum Cheeseworks**

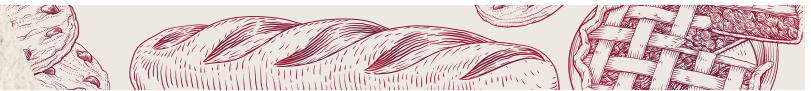
**\$599** / 100g



**German Cambozola**

**\$699** / 100g

**BAKERY** FRESH BAKED • WHOLESOME



DISCOVER LOCAL

**\$599** / EA

**Choices Shortbread Cookies**  
Assorted Varieties, 6 Pack



DISCOVER LOCAL

**Bakestone Brothers Organic Bagels**  
Assorted Varieties,  
6 Pack

**\$599** / EA



DISCOVER LOCAL

**Choices Pecan Walnut Pie**  
8 Inch

**\$1099** / EA



DISCOVER LOCAL

**Choices Vegan Almond Crunch or Chocolate Crunch Cookies**  
6 Pack

**\$699** / EA



DISCOVER LOCAL

**Choices Scones**  
Cheese, Sour Cream & Chive or  
Chocolate Cranberry  
2 Pack

**\$449** / EA



**Ozery Morning Rounds, Buns or Snacking Rounds**  
312g - 600g

**20% OFF**



NEW

GLUTEN FREE

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

**20% OFF**

**NORTH VANCOUVER ONE DAY SALE**

**15% OFF\***

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soup demos, hot cider, and a  
cozy candle scent-guessing game



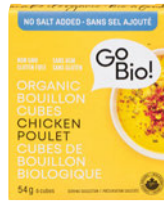
# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Cape Herb & Spice Table Top Grinders**  
Select Varieties,  
36g - 130g

**\$4.99**



**Go Bio! Organic Bouillon Cubes**  
54g & 66g

**2 FOR \$7.00**



**Blender Bites Organic Smoothie Pucks**  
Frozen, 360g

**\$9.99**



**Breyers Creamery Style Ice Cream**  
1.66L

**\$6.99**



**Bragg Liquid Soy Seasoning**  
473ml

**\$6.99**



**Naam Miso Gravy**  
Also Sauces,  
350ml

**\$6.99**



**Omega Nutrition Organic Coconut Oil**  
454g

**\$8.99**



**Billio Non Dairy Dessert**  
1L

**\$12.99**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

## COLD & FLU RELIEF

**Ener-C Effervescent Vitamin C or Vitamin D Drink Mix, Assorted Varieties**

DISCOVER LOCAL



**\$16.99**



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

**20% OFF**



**Vega One All-in-One Nutritional Shakes**  
Assorted Varieties & Sizes

**\$49.99**



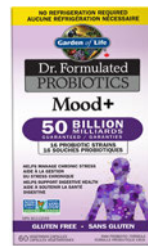
**Organic Traditions Superfoods**  
Assorted Varieties & Sizes

**20% OFF**



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

**20% OFF**



**Garden of Life Proteins**  
And Dr Formulated Probiotics & Herbals, Assorted Varieties & Sizes

**20% OFF**



**Genuine Health Vitamins and Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**Enzymedica Digestive Enzymes**  
Assorted Varieties & Sizes

**20% OFF**



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

**20% OFF**



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

**20% OFF**



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

**25% OFF**



**Dr. Bronner's Toothpaste**  
Assorted Varieties & Sizes

**\$6.99**

Shop online at [ChoicesMarket.com](http://ChoicesMarket.com) @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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