



CHOICES MARKET

100% BC OWNED AND OPERATED

BLACK FRIDAY CHOICES!

Prices Effective • November 28 - December 4, 2024

SPECIAL PRICE

Striploin Grilling Steak
100% Grass Fed, Value Pack, Raised Without Antibiotics, Pasture Raised, Imported, \$26.43/KG

YOU SAVE 51%

\$11.99 / LB

DISCOVER LOCAL

Organic Pink Lady Apples
Grown in BC, 1.36kg Bag

YOU SAVE \$5.00

\$4.98 / EA

SPECIAL PRICE

BUY 2 GET 1 FREE

Ahi Tuna Steaks
Wild Caught, Ocean Wise, Frozen or Previously Frozen, 6 oz.

YOU SAVE 33%

DISCOVER LOCAL

Organic Russet Potatoes
Grown in BC, 2.27kg Bag

YOU SAVE \$3.00

SPECIAL PRICE

\$4.98 / EA

DISCOVER LOCAL

Roasted Half Chickens

YOU SAVE \$1.00

\$6.99 / EA

DISCOVER LOCAL

Silver Hills Sprouted Power Bread
430g - 600g

YOU SAVE 23%

2 FOR \$10.00

BLACK FRIDAY CHOICES

Prairie Naturals Vitamin D3
1000IU & 2500IU Liquid & Soft Gels, Assorted Sizes

BUY 1 GET 1 FREE

DISCOVER LOCAL

La Croix Sparkling Water
8 Pack

YOU SAVE 25%

\$5.99
plus deposit & eco fee

3 DAYS ONLY BODY CARE SPECIAL

NOV 29 - DEC 1
FRIDAY, SATURDAY & SUNDAY

15% OFF

ALL BODY CARE FROM THE WELLNESS DEPARTMENT, INCLUDING ITEMS ON SALE

FEATURED CHOICE

Hardbite All Natural Potato Chips
128g & 150g

2 FOR \$5.00

DISCOVER LOCAL

YOU SAVE 44%

Hardbite
HANDCRAFTED-STYLE CHIPS
CROUSTILLES-STYLE ARTISANAL

AVO OIL
100% AVOCAT

BLACK TRUFFLE SEA SALT
POISSONS CHIPS / CROUSTILLES
SEL MARIN A LA TRUFFE NOIRE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Hass Avocados
Grown in Mexico,
Bag of 3

\$5.98 / EA



Organic Potatoes
Yellow or Red,
Grown in BC,
2.27 kg Bag

\$6.98 / EA



Gourmet Bouquet

\$24.98 / EA

Organic Asparagus

Grown in Mexico,
\$17.59/KG

\$7.98 / LB



Wonderful Halos Mandarins

Grown in USA,
907g Bag

\$6.98 / EA



Concerto Grape Tomatoes

Grown in Canada,
1 Dry Pint

\$3.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



CANADIAN

\$13.99 / LB

Organic Lean Ground Beef

100% Canadian, Grass Fed, Grain Finished, Fresh,
Value Pack \$30.84/KG



DISCOVER LOCAL

\$7.99 / LB

Boneless Skinless Chicken Thighs

Fresh, Value Pack, \$17.61/KG



WESTERN CANADIAN

\$5.99 / LB

Pork Sirloin Chops

Raised Without Antibiotics, Fresh \$13.21/KG



WESTERN CANADIAN

Pork Schnitzel

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

\$8.99 / LB



WILD CAUGHT

\$3.29 / 100G

Pacific Cod Fillets

Fresh, Ocean Wise



CANADIAN

GLUTEN FREE

Greenfield Bacon

Raised Without Antibiotics,
Veggie Fed, 375g

\$7.99

Maple Leaf Prime Nuggets & Strips

Raised Without Antibiotics, Frozen,
700g

\$12.99 / EA



Northern Glacier Black Tiger Prawns

Ocean Wise,
Frozen, 340g

\$9.99 / EA





Earth's Choice Organic Coconut Milk
Select Varieties,
400ml

2 FOR \$6.00



Earth's Choice Organic Tomatoes
796ml

\$3.99



Earth's Choice Organic Beans
No Salt Variety,
398ml

2 FOR \$5.00



Lundberg Organic Rice
907g

\$12.99



Rustichella D'Abruzzo Pasta
500g

\$6.99



Sprague Organic Soup
398ml

2 FOR \$7.00



Acropolis Organics Extra Virgin Olive Oil
500ml

\$24.99



Acropolis Organics Kalamata Pitted Olives
720ml

\$9.99



Raincoast Trading Wild Sockeye Salmon
160g

\$6.99

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



Canadian Heritage Organics Maple Syrup
1L

\$29.99



Nuts To You Organic Almond Butter
Also Organic Cashew Butter,
365g

\$13.99



We Love Van Liquid Honey
500g

\$9.99



Celestial Seasonings Herbal Tea
20 Bags

\$4.99



RW Knudsen Just Juice
946ml

\$12.99

plus deposit & eco fees



Salt Spring Organic Whole Bean Coffee
908g

\$22.99



Whittaker's Chocolate Bars
Select Varieties
200g & 220g

\$5.49



Lily's Stevia Sweetened Chocolate Bars
80g & 85g

\$4.49



Chapman's Super Premium Plus Ice Cream
500ml

\$5.99

CHOICES  MARKET

NOV. 29 - DEC. 1, 2024




3 DAYS **BODY CARE**
ONLY SPECIAL



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

15% OFF*

*ALL BODY CARE FROM THE WELLNESS DEPARTMENT,
INCLUDING ITEMS ON SALE

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

DISCOVER LOCAL

Maple Hill Farms
Organic Free Range
Large Eggs
Dozen

\$7.99

DISCOVER LOCAL



Avalon Butter
454g

\$9.99



DISCOVER LOCAL



Dairyland
Whipping Cream
473ml

2 FOR \$7.00



GLUTEN FREE
VEGAN

Enjoy Life
Chocolate Chips
225g - 283g

\$7.99



DISCOVER LOCAL



One Degree
Organic Sprouted
Whole Wheat
Flour
907g

\$5.99



Lakanto
Monk Fruit
Sweeteners
235g

\$8.99



Bob's Red Mill
Baking Products
Select Varieties

20% OFF



Orchid Organic
Pure Vanilla
Extract
100ml

\$12.99



Bob's Red Mill
Flour
All-Purpose Unbleached
White Also Whole
Wheat, 2.27kg

\$5.99



NOURISHING LIFESTYLES SINCE 1990



Silk Almond,
Soy & Coconut
Beverages
Also Silk Creamers,
Select Varieties & Sizes

\$5.49

plus deposit & eco fees



One Degree
Organic Granola
312g

\$5.99

DISCOVER LOCAL



Bremner's
Blueberries
Frozen, 600g

\$7.99

DISCOVER LOCAL



Greek Gods
Organic Yogurt
Plain, 500g

\$5.99



Le Grand Organic
Dairy-Free Yogurt
500g Also Cream Cheese,
227g

\$5.99



Arla
Organic
Cream Cheese
200g

\$4.99



Balderson
Cheddar Cheese
Aged 1 Year
280g

\$9.99



Armstrong
Cheese Slices
220g & 240g

\$5.99



Violife
100% Vegan
Alternative
to Cheese
Select Varieties, 200g

\$5.99

DELI PREPARED FRESH



Choices
Side Dishes
Roasted Root or
Baked Squash

\$2.39 / 100g



Choices
Maple Glazed
Ham
Baked in Store

\$3.49 / 100g



Indianlife
Naan Bread,
Tortillas or Wraps
250g - 500g

\$6.99 / EA



Habibi's
Hummus
& Dips
200g - 240g

\$4.49 / EA



Happy Planet
Soups
Also Organic &
Non-GMO Varieties,
550 - 650ml

\$8.49 / EA



Kan's
Wheat Free
Fritters
Also Pakora or
Bajia

\$3.99 / 100g



Vitale Italian
Sliced Salami
& Prosciutto
100g

\$10.99 / EA

Kerrygold Dubliner Cheese
Also Irish Blarney Castle or Reserve
Cheddar, 200g



\$8.99 / EA



Ile De France
Brie Cheese

\$4.99 / 100g

Italian Reggiano Parmesan
Cheese
Also Pecorino, Asiago Mezzano



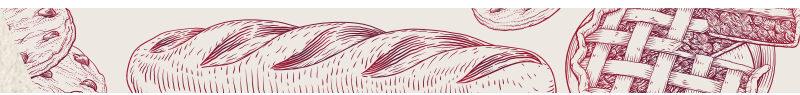
\$5.99 / 100g



Paris
Toasts
80g

2 FOR \$6.00

BAKERY FRESH BAKED • WHOLESOME



DISCOVER LOCAL
Choices Cranberry
Walnut Baguette
345g



\$3.99 / EA

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



\$4.49 / EA

DISCOVER LOCAL
Choices
Apple Crisp Pie
8 Inch



\$12.99 / EA

DISCOVER LOCAL
Choices
Pumpkin Pies
8 Inch **\$9.99** / EA



DISCOVER LOCAL
Choices Cupcakes
4 Pack



\$6.49 / EA

DISCOVER LOCAL
Choices Pecan Tarts
or Mincemeat, 6 Pack



\$9.99 / EA

DISCOVER LOCAL
Glutenull
Bread
355g - 544g



\$6.49 / EA

GLUTEN FREE

DISCOVER LOCAL
Carbonaut
Low Carb
Bread
550g



\$8.99 / EA

GLUTEN FREE

NOV 29 - DEC 1
FRIDAY, SATURDAY & SUNDAY

BODY CARE SPECIAL

15% OFF

3 DAYS ONLY
ALL BODY CARE FROM THE
WELLNESS DEPARTMENT,
INCLUDING ITEMS ON SALE

GROCERY

LOCAL • ORGANIC • SPECIALTY



Que Pasa Organic Tortilla Chips
300g & 350g

\$3.49



Gerolsteiner Carbonated Natural Mineral Water
750ml

2 FOR \$7.00

plus deposit & eco fees



Indian Life Frozen Meals, Samosas & Pakoras
Select Varieties,
342g & 400g

\$6.99



Echoclean Liquid Dish Wash
Also Spray Cleaners,
Select Varieties,
700ml - 740ml

2 FOR \$8.00



Partake Non-Alcoholic Beer
4 Pack

\$8.99

plus deposit & eco fees



Biosteel Sports Drink
500ml

2 FOR \$6.00

plus deposit & eco fees



Daiya Dairy-Free Pizza
Also Flatbread,
Select Varieties,
Frozen, 331g - 550g

\$8.99

GLUTEN FREE



Love Child Organics Baby Food
128ml

2 FOR \$5.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Platinum Naturals Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Sovereign Silver
Assorted Varieties & Sizes

20% OFF



Natural Factors Digestive Enzymes & Digestive Support
Assorted Sizes

20% OFF



Bio-K Plus Probiotics
Assorted Varieties & Sizes

20% OFF



New Chapter Vitamins and Supplements
Assorted Varieties & Sizes

15% OFF



New Roots UltraB Complex
Also Vitamin C & Chill Pills, Assorted Varieties & Sizes

20% OFF



Natural Factors Vitamin A, D & K Supplements
Assorted Varieties & Sizes

15% OFF



AlgaeCal Plant Calcium
90 Caps

\$35.99



Derma-E Face Care and Body Care
Assorted Varieties & Sizes

20% OFF



Natural Factors CurcuminRich Theracurmin Supplements
Assorted Varieties & Sizes

15% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Herbaria Wild-Crafted Herbal Tea
Assorted Varieties

\$4.79

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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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