



CHOICES MARKET

100% BC OWNED AND OPERATED

BUY ONE GET ONE FREE!

Prices Effective • January 9 - January 15, 2025

DISCOVER LOCAL

SPECIAL PRICE

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

BUY 1 GET 1 FREE



DISCOVER LOCAL

Organika Enhanced Collagen
500g

BUY 1 GET 1 FREE

Dr. Bronner's Toothpaste
Assorted Varieties, 140g



BUY 1 GET 1 FREE

WESTERN CANADIAN

BUY 1 GET 1 FREE

Pork Shoulder Butt Roast or Steaks
Raised Without Antibiotics, Fresh

DISCOVER LOCAL

BUY 1 GET 1 FREE

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



Tonica Organic Kombucha
355ml

BUY 1 GET 1 FREE
plus deposit & eco fee

BUY 1 GET 1 FREE

Choices Own Fresh Soups
650ml

BUY 1 GET 1 FREE

Choices Sourdough Multiseed Bread
600g

Only Goodness Smoothie Blend
Frozen, 500g & 600g



BUY 1 GET 1 FREE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Navel Oranges
Grown in USA,
1.81kg Bag

\$8.98 / EA



Organic Hass Avocados
Grown in Mexico

\$2.98 / EA



Organic Anjou Pears
Grown in USA,
\$7.67/KG

\$3.48 / LB

Halos Clementine Mandarin Oranges
Grown in USA,
907g Bag



\$6.98 / EA

Tomatoes On the Vine
Grown in Mexico,
\$6.57/KG



\$2.98 / LB

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$8.99 / LB

Sirloin Tip Roast or Steaks

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



DISCOVER LOCAL

\$8.99 / LB

Boneless Skinless Chicken Breast

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



DISCOVER LOCAL

15% OFF

All Ground Poultry

100% Veggie Fed, Turkey or Chicken, Raised Without Antibiotics or Organic, Fresh



Beef Stirfry
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, \$22.02/KG

\$9.99 / LB



BUY 1 GET 1 FREE

Northern Glacier Shrimp

Raw or Cooked, Ocean Wise, Frozen, 340g, 31- 40 Count, 41- 50 Count



GLUTEN FREE

Greenfield Bacon
Raised Without Antibiotics, Canadian Raised, 375g

\$7.99 / EA



Fresh Steelhead Fillets
Ocean Wise, Value Pack

\$3.99 / 100G

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

\$6.99 / EA





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

BUY 1 GET 1 **FREE**



Pacific Foods Organic Chili
468g

BUY 1 GET 1 **FREE**



If You Care Kitchen Products
Select Varieties

BUY 1 GET 1 **FREE**



Sunrise Tofu
Medium, 454g



BUY 1 GET 1 **FREE**



Nora Seaweed Snacks
32g & 45g

BUY 1 GET 1 **FREE**



Château Lightly Sparkling Water
355ml

BUY 1 GET 1 **FREE**
plus deposit & eco fee



Ryvita Crispbread
200g & 250g

BUY 1 GET 1 **FREE**



Allergy Smart Cookies
140g



BUY 1 GET 1 **FREE**



The Gluten Free Brothers Bites
113g



BUY 1 GET 1 **FREE**

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



Salt Spring Organic Coffee
Whole Bean,
400g



\$14.99



GT'S Synergy Kombucha
480ml

\$4.49

plus deposit & eco fee



Bremner's 100% Blueberry Juice
Also 100% Cranberry Juice, 946ml

\$12.99

plus deposit & eco fee



Yogi Organic Tea
16 Pack

\$5.99



Harmless Harvest Organic Coconut Water
946ml

\$9.99

plus deposit & eco fee



Organic Traditions Fruit, Seeds & Latte Mixes
Select Varieties

20% OFF



RXBAR Protein Bars
52g

2 FOR \$5.00



Bliss Balls
150g



\$6.99



Once Upon A Farm Organic Baby Food
85ml

2 FOR \$7.00



— DISCOVER —

THOUSANDS

OF LOCAL

CHOICES

CHOICES



MARKET



One Degree Organic Oats
Select Varieties,
680g

GLUTEN FREE

\$6.99



Elmhurst Milked Oats
946ml

\$7.99

plus deposit & eco fee



Dairyland Lactose Free Milk
1.89L

\$5.99

plus deposit & eco fee



Yoggu! Coconut Yogurt
Select Varieties,
450g

PLANT BASED

\$6.99



Siggi's Skyr Yogurt
Select Varieties,
650g & 750g

\$6.99



Liberté Greek Yogurt
Select Varieties, 4 Pack

\$4.49



Canadian Heritage Organic Maple Syrup
500ml

\$15.99



Elias Honey
500g

\$9.99



Earth's Choice Organic Peanut Butter
500g

\$6.99

NOURISHING LIFESTYLES SINCE 1990



Pheapolis Organics Extra Virgin Olive Oil
500ml

\$12.99



Mezzetta Pasta Sauce
709ml

\$6.99



Amy's Burritos
Select Varieties,
Frozen, 170g

\$3.99



Bar Harbor Clam Chowder & Bisque
398ml

\$5.49



Lundberg Organic Rice Cakes
142g - 269g

GLUTEN FREE

\$5.99



Annie's Pasta
Select Varieties,
149g - 170g

2 FOR \$5.50



Wildbrine Organic Kraut
500ml

\$8.99



Amano Organic Tamari
250ml

\$4.99



GimMe Organic Roasted Seaweed
6 Pack

\$6.99

DELI PREPARED FRESH



Choices
Snack Boxes
Assorted Varieties,
180g - 270g

\$7.49 / EA



Summer Fresh
Hummus
Toppers
Assorted Varieties,
255g

\$5.99 / EA



Choices
Croissant
Sandwiches

\$7.99 / EA



Ricotta & Feta
Twisters
or Spinach & Feta,
200g

2 FOR \$6.00



Choices Wild
Salmon Cakes
130g

2 FOR \$8.00



Choices
Pasta Entrées
Assorted Varieties,
405g - 550g

\$9.99 / EA



Tre Stelle
Parmigiano
Reggiano
Cheese Wedges
Also Romano or
Grana Padano, 200g

\$12.99 / EA



Provolone
Cheese
Regular or Smoked

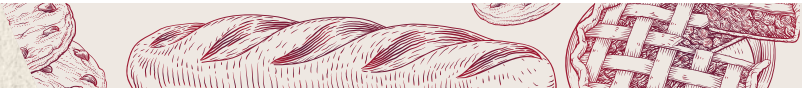
\$3.99 / 100G



Castello
Cheese Slices
Assorted Varieties,
125g - 165g

\$6.99 / EA

BAKERY FRESH BAKED • WHOLESOME



Silver Hills
Sprouted Power
Bread
Select Varieties,
510g - 680g

2 FOR \$9.00



Silver Hills
Sprouted Power
Organic Bagels
Select Varieties,
5 Pack

\$5.49 / EA



Choices
Signature
Cookies
Assorted Varieties,
12 Pack

\$5.99 / EA

Choices Wheat Free Muffins
Apple Cinnamon or Lemon Blueberry,
4 Pack



\$5.99

Choices Carrot Cake
or Tres Leche Tray Bake, 310g - 515g



\$8.99



Wendel's
Cookies
310g

\$8.99 / EA



Little Northern
Bakehouse
Loaves
Assorted Varieties,
454g - 567g

\$6.99 / EA



DISCOVER **THOUSANDS OF**
LOCAL CHOICES

Since 1990, we've supported local growers to strengthen communities and protect the environment. Visit Choices for thousands of local products, produce and proteins.

GROCERY

LOCAL • ORGANIC • SPECIALTY



Hardbite Hand Crafted Root Chips
150g

\$4.99

GLUTEN FREE



Zevia Zero Sugar Soda
6 Pack

\$5.99

plus deposit & eco fee



Arla Cream Cheese
200g

\$4.49



L'Ancêtre Organic Shredded Cheese
200g

\$6.99



Hippie Snacks Cauliflower Crisps
70g

\$4.99



Athletic Brewing Non-Alcoholic Beer
6 Pack

\$11.99

plus deposit & eco fee



Spread'em Creamy Cashew Cheese Dips
185g

\$7.99



Faith Farms Cheese
360g & 380g

\$6.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

ALL ITEMS ON SALE



Natural Factors Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

DISCOVER LOCAL



SierraSil Joint Supplements
Assorted Varieties & Sizes

20% OFF

DISCOVER LOCAL



AOR Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Pascoe Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

DISCOVER LOCAL



Ener-C Effervescent Vitamin C
or Vitamin D Drink Mix,
Assorted Varieties.
24's - 30's

\$15.99



Enzymedica Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Genestra Vitamins & Supplements
Select Varieties & Sizes

15% OFF



Now Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Natural Calm Magnesium
454g

\$42.99



AquaOmega Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

20% OFF



Garden of Life Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

Joni Organic Feminine Hygiene Products
Assorted Varieties & Sizes



\$5.49

DISCOVER LOCAL

Shop online at [ChoicesMarket](https://www.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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