



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY CHOICES!

Prices Effective • January 23 - January 29, 2025

SPECIAL PRICE

Inside Round Roast or Steaks
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported, \$19.82/KG

\$8.99 / LB **YOU SAVE 25%**

SPECIAL PRICE

Large Navel Oranges
From Johnston Farm, USA, \$4.37/KG

\$1.98 / LB **YOU SAVE 43%**

WEDNESDAY, JANUARY 29 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

YOU SAVE 28%

2 FOR \$10.00

Choices Hot Soup
16oz, Medium

DISCOVER LOCAL

YOU SAVE 22%

\$6.99 / EA

Choices Banana Bread
454g

Nature's Path Organic Eco Pac Cereals
650g - 907g

\$8.99 **YOU SAVE 23%**

Traditional Medicinals Organic Tea
16 Bags

\$4.99 **YOU SAVE 28%**

DISCOVER LOCAL

Vega One All-in-One Nutritional Shakes
Assorted Varieties, 827g - 876g

\$49.99 **YOU SAVE 28%**

DISCOVER LOCAL

Natural Factors Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF

FEATURED CHOICE

ONLY GOODNESS ORGANIC blueberries

YOU SAVE 23%

Only Goodness Organic Fruit
Blueberries, Sliced Strawberries, Frozen, 1.5kg

\$12.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Cauliflower
USA Grown

\$4.98 / EA



Organic Green or Black Kale
Imported,
Sold by the Bunch

2 FOR \$5.00



Organic Orange or Rainbow Carrots
From Shuswap Organics,
BC, 907g Bag

\$7.98 / EA

DISCOVER LOCAL



Organic Blackberries
Imported,
170g Pkg.

\$6.98 / EA



Blueberries
Grown in Peru
170g Pkg.

2 FOR \$6.00



Organic Mini Sweet Peppers
Grown in Mexico,
454g Bag

\$5.98 / EA



Gourmet Bouquet

\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY




\$10.99 / LB

Top Sirloin Steaks
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported, \$24.23/KG



DISCOVER LOCAL

\$7.99 / LB

Boneless Skinless Chicken Thighs
Fresh, Value Pack, \$17.61/KG



CANADIAN

20% OFF

Choices Own Sausages
Raised Without Antibiotics, In Store Made,
Pork, Chicken or Turkey, Select Varieties



Pork Tenderloin
Raised Without Antibiotics,
Fresh, \$17.61/KG

\$7.99 / LB

WESTERN CANADIAN



Salmon Village Smoked Salmon Nuggets
Ocean Wise, 150g

\$9.99 / EA

Varieties May Vary By Store



WILD CAUGHT

\$3.29 / 100G

Sable Fish Fillets
Fresh, Ocean Wise



Maple Leaf Natural Bacon
Select Varieties,
Made with Natural Ingredients, 375g

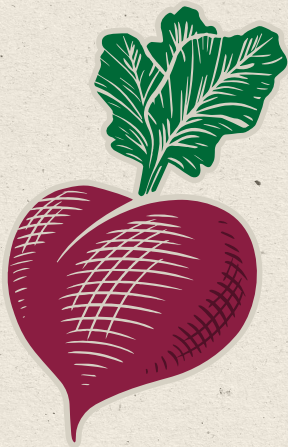
\$7.99 / EA

Pinty's Products
Frozen,
780g ~ 790g

20% OFF
Varieties May Vary By Store



JANUARY 29 ONLY!



**ONE
DAY SALE!**

AT OUR NORTH VANCOUVER LOCATION ONLY



***Excluding Lotto and Gift Card purchases.**

Sale not available online.

Sale offer valid at

North Vancouver location only.



Salt Spring Organic Whole Bean Coffee
400g



\$13.99



NEW TO CHOICES



Bob's Red Mill Protein Oats
907g

\$9.99



Kicking Horse Organic Ground Coffee
284g



\$10.99



Elmhurst Milked Oats
946ml

\$7.99

plus deposit & eco fees



Taylor's Yorkshire Red & Orange Pekoe Tea
Select Variety, 80 Bags

\$6.99



Theo Organic Chocolate Bars
85g



\$4.99



ProBar The Simply Real Bar
85g

\$3.99



Nuts To You Organic Peanut Butter
500g

\$6.99

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



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

2 FOR \$6.00



Bioitalia Organic Tomato Sauce
660ml

\$7.99



Sprague Organic Soup
398ml

\$3.99

Stahlbush Island Farms Sustainably Grown Vegetables
Select Varieties, Frozen, 198g - 397g



2 FOR \$6.00



Primal Kitchen Salad Dressing
Made with Avocado Oil, 237ml

\$9.99



Maison Orphée Extra Virgin Olive Oil
750ml

\$24.99



Earth's Choice Organic Coconut Milk & Cream
Guar Free, Select Varieties, 400ml

\$3.99



Eden Organic Beans
398ml

\$3.79



Beyond Meat Chicken Tenders
Also Breakfast Sausages & Burger, Select Varieties, 226g & 235g

\$6.99



**Nature's Farm
Organic Omega-3 Eggs**
1 Dozen **\$9.99**



**The Granola King
Gourmet Granola**
2kg **\$32.99** **DISCOVER LOCAL**



**Only Oats
Quick, Rolled
and Steel Cut
Oats**
Also Flour, 1kg **\$9.99** **GLUTEN FREE**



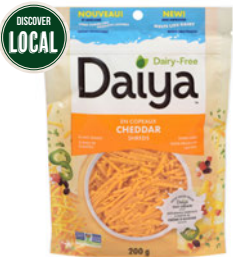
**Liberté
Greek Yogurt**
Select Varieties,
650g & 750g **\$7.29**



**Yoggu!
Coconut Yogurt**
450g **\$6.99** **DISCOVER LOCAL**



**Danone
Oikos
Greek Yogurt**
4 Pack **\$4.49**



**Daiya
Shredded,
Slices & Blocks**
Select Varieties,
185g - 220g **\$4.99** **GLUTEN FREE** **PLANT BASED**



**Armstrong
Cheese**
600g **\$9.99**



**Armstrong
Cheese
Snack Packs**
10 Pack **\$5.99**

NOURISHING LIFESTYLES SINCE 1990



**Chateau
Lightly Sparkling
Water**
750ml **\$3.99**
plus deposit & eco fees



**Kettle Brand
Potato Chips**
156g - 198g **\$3.29**



**Zevia
Zero Sugar
Soda**
6 Pack **\$5.99**
plus deposit & eco fees



**Health-Ade
Organic
Kombucha**
473ml **\$3.99**
plus deposit & eco fees



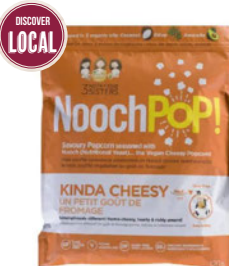
**Freyyumm
Oat Bars**
135g - 154g **\$4.49** **DISCOVER LOCAL**



**Black River
Juice**
Select Varieties,
1L **\$6.99**
plus deposit & eco fees



**Athletic
Brewing Co.
Non-Alcoholic
Beer**
6 Pack **\$10.99**
plus deposit & eco fees



**NoochPOP!
Savoury Popcorn**
Seasoned With
Nutritional Yeast,
120g **2 FOR \$9.00**



**Happy Planet
Organic
Valencia
Orange Juice**
1.75L **\$6.99**
plus deposit & eco fees

JANUARY 29 ONLY!



TAKE A SHOT FOR YOUR HEALTH: NEW YEAR, NEW YOU

AT CHOICES NORTH VANCOUVER

from 11:00am – 3:00pm

**Visit your local Choices to enjoy Pulp & Press shots
that support gut health and boost immunity!**

**Come by and share your New Year's resolution for
a chance to win a Choices Reusable Bag!**



DELI PREPARED FRESH



Choices Quiche
Assorted Varieties,
4.25 Inch

\$5.49 / EA



Rosdown Roasted Chickens
Half Chicken,
Roasted in Store

\$6.99 / EA



Choices Ready to Eat Sandwiches
Assorted Varieties,
130g - 200g

\$6.99 / EA



Choices Egg Bites
Broccoli & Cheddar
or Spinach & Feta,
80g - 90g

2 FOR \$4.00



Habibi's Hummus
Family Size,
450g

\$7.99 / EA



Choices Praga Ham
Raised Without
Antibiotics

\$3.49 / 100G



Castello Cheese Slices
125g - 165g

\$6.99 / EA



Choices Organic Cheese

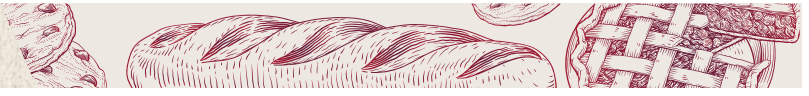
15% OFF



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

\$12.99 / EA

BAKERY FRESH BAKED • WHOLESOME



Choices Artisan Half Fruit Pies
280g

\$6.99

Choices Seeded Sourdough Bread
Also Olive Feta Sourdough,
500g - 760g



\$5.99

Choices Artisan Cookies
6 Pack



\$6.99

Choices Tiramisu Cake
600g



\$19.99



Uprising Breads Sourdough Light Rye
Also 100% Whole
Wheat Bread, 650g

\$4.99



Silver Hills Sprouted Power Organic Bagels
5 Pack

\$5.49



Alkeme Ancient Grain Sourdough Bread
725g

\$9.99

GLUTEN FREE



GluteNull Cookies & Bars
112g - 320g

15% OFF

GLUTEN FREE

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Visit your local Choices to enjoy Pulp & Press shots that support gut health and boost immunity!



GROCERY

LOCAL • ORGANIC • SPECIALTY



**Pür Gum
Mint Pouches**
80g

2 FOR \$8.00

DISCOVER LOCAL



**Benny
Energy Drink**
355ml

\$3.99

plus deposit & eco fees

DISCOVER LOCAL



**Karthein's
Organic
Sauerkraut**
375ml

\$6.99



**Eco Max
High Efficiency
Laundry Wash**
4X Concentrate,
1.5L

\$12.99



**Wedderspoon
Organic
Manuka
Honey Drops**
120g

\$9.99



**Drizzle
Raw Honey**
500g

\$12.99



**Gusta
Vegan Sausage**
350g

\$5.99



**Nature Clean
Dishwasher
Tabs**
24 Pack

\$9.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

DISCOVER LOCAL

**Ener-C
Effervescent Vitamin C**
Also Vitamin D Drink Mix,
Assorted Varieties, 24 - 30 Pack



\$16.99



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

20% OFF



**Nuun Hydration
Electrolytes**
Sport Boost, Immunity &
Vitamin Tabs, Assorted
Varieties, 10 Tabs

\$10.99



**AOR
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF

DISCOVER LOCAL



**Prairie Doctor
Brand
Herbal
Tinctures**
Assorted Varieties
& Sizes

20% OFF



**Manitoba
Harvest
Hemp Hearts**
Also Hemp Yeah!
Proteins, Assorted
Varieties & Sizes

25% OFF



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

20% OFF



**Everyone For
Every Body
3 in 1 Soap or
Lotion**
Assorted Varieties,
946ml

\$14.99



**Organic
Traditions
Superfoods**
Assorted Varieties
& Sizes

20% OFF



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

20% OFF



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

20% OFF



**Green Beaver
Face Care,
Body Care &
Oral Care**
Assorted Varieties
& Sizes

20% OFF

Shop online at [ChoicesMarket](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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