



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SPECIALS!

Prices Effective • January 30 - February 5, 2025

DISCOVER LOCAL

SPECIAL PRICE

All Boneless Skinless Chicken Breast

Raised without Antibiotics, Conventional or Organic, Value Pack

30% OFF



DISCOVER LOCAL



\$13.99 / EA

Roasted Chickens
Raised Without Antibiotics

YOU SAVE **22%**



SPECIAL PRICE

\$5.98 / EA

Organic Hass Avocados
Mexico Grown, Bag of 3

YOU SAVE **\$1.00**

DISCOVER LOCAL



Choices Artisan Fruit Pies
8 Inch

YOU SAVE **\$2.00**

\$10.99

DISCOVER LOCAL



Prairie Naturals Vitamins, Supplements & Hair Care
Assorted Varieties & Sizes

20% OFF

DISCOVER LOCAL



49th Parallel Whole Bean Coffee
340g

YOU SAVE **20%**

\$15.99

FAIR TRADE



Camino Organic Chocolate Bars
80g & 100g

YOU SAVE **25%**

\$5.99

FEATURED CHOICE

Vega Sport Protein
Assorted Varieties,
801g - 837g

BUY 1 GET 1 FREE

DISCOVER LOCAL



SATURDAY, FEBRUARY 1 ONLY

COMMERCIAL DRIVE ANNIVERSARY SALE!



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

PRODUCE FRESH • LOCAL • ORGANIC



Organic Navel Oranges
USA Grown,
\$6.57/KG

\$2.98 / LB



Organic Cosmic Crisp Apples
USA Grown,
907g Bag

\$7.98 / EA



Organic Readycycle Medley Mix Tomatoes
Mexico Grown,
1 Dry Pint

\$5.98 / EA

Organic Yellow or Red Nugget Potatoes
BC Grown,
\$7.67/KG



\$3.48 / LB

Roma Tomatoes
Imported,
\$4.37/KG



\$1.98 / LB

Celery
USA Grown,
\$3.26/KG



\$1.48 / LB

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Lean Ground Beef
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported, \$17.61/KG

\$7.99 / LB



Pork Back Ribs
Raised Without Antibiotics,
Fresh, \$16.51/KG

\$7.49 / LB



Thomas Reid Organic Chicken Thighs
Free Range, Non-GMO, Air Chilled,
Fraser Valley Raised, \$17.61/KG

\$7.99 / LB



Beef Stew
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported, \$17.61/KG

\$7.99 / LB



Sockeye Salmon Fillets
Ocean Wise, Previously Frozen
or Frozen, Value Pack

\$4.49 / 100G



Harvest Bacon
500g



\$13.99 / EA



Cod Fillets
Fresh, Ocean Wise

\$3.29 / 100G

Georels Bone Broths
100% Grass Fed,
Beef or Chicken,
Locally Made,
700ml



\$13.99 / EA

COMMERCIAL DRIVE ANNIVERSARY SALE!

SATURDAY, FEBRUARY 1



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

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

Sale not available online.

**Anniversary sale offer valid at
Commercial Drive location only.**



Rise Organic Kombucha
414ml

2 FOR \$7.00

plus deposit & eco fees



Taylors Tea
20 Bags

\$6.99



Canadian Heritage Organics Maple Syrup
1L

\$26.99

GLUTEN FREE



Made Good Organic Crunchy Cookies
200g

\$4.99



Mid-Day Functional Chocolate Squares
12 Pack

\$23.99



Earth's Choice Organic Lemon Juice
1L

\$12.99



Kind Bars
40g

2 FOR \$4.00



Jordans Morning Crisp Cereal
375g & 400g

\$6.99

GLUTEN FREE



Bob's Red Mill Organic Rolled Oats
Select Varieties, 794g & 907g

\$10.99

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

DISCOVER LOCAL



Hardbite Handcrafted Potato Chips
Including Avocado Oil Chips, Select Varieties, 128g

2 FOR \$7.00

GLUTEN FREE

PLANT BASED



Frankie's Organic Puffs
113g - 140g

2 FOR \$7.00



Gerolsteiner Carbonated Natural Mineral Water
750ml

2 FOR \$7.00

plus deposit & eco fees

DISCOVER LOCAL



Que Pasa Organic Tortilla Chips
300g & 350g

\$3.99



Prana Organic Almonds
Also Cashews, Select Varieties, 150g

\$5.99

GLUTEN FREE



Freyyumm Crackers
120g

\$4.49

FAIR TRADE



Galerie au Chocolat Organic Chocolate Bars
100g

\$6.99



Healthy Hippo Gummies
50g

2 FOR \$7.00



Loacker Quadratini Cream Wafer
220g & 250g

\$5.99



**Earth's Own
Zero Sugar
Oat Beverage**
946ml

2 FOR \$7.00

plus deposit & eco fees



**Organic Meadow
Organic
2% Milk**
4L

\$9.99

plus deposit & eco fees



**Dairyland
Lactose Free
Milk**
1.89 L

\$5.99

plus deposit & eco fees



**Tree Island
Cream Top
Yogurt**
Select Varieties,
1.5kg

\$10.99



**The Cultured
Coconut
Probiotic**
Fermented Organic
Coconut Milk, 460ml

\$19.99



**Woolwich
Chevrai
Goat Cheese**
113g

\$4.99



**Nuts For Cheese
Organic
Fermented
Cashew Product**
120g

\$9.99



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

\$6.99



**Tre Stelle
Mozzarella
Cheese**
340g

\$7.99

NOURISHING LIFESTYLES SINCE 1990



**Acropolis
Organics
Extra Virgin
Olive Oil**
500ml

\$24.99



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

\$8.99



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

2 FOR \$7.00



**Kaslo
Sourdough's
Pasta**
Select Varieties,
454g

\$9.99



**San-J
Organic
Tamari Sauce**
Select Varieties,
296ml

\$7.99



**Raincoast Trading
Wild Sockeye
Salmon**
Select Varieties,
160g

\$6.99



**Sprague
Chili**
425g

\$3.99



**Pacific Foods
Organic
Chicken Broth**
Select Varieties,
946ml & 1L

\$4.99



**Muir Glen
Organic
Fire Roasted
Tomatoes**
796ml

\$5.49

FEBRUARY 1 ONLY!



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

AT CHOICES COMMERCIAL DRIVE

from 1:00pm – 5:00pm

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



- **Enjoy free coffee while you shop • Enter to win various prizes!**
- **Complimentary slice of anniversary cake from 1:00pm – 5:00pm**

DELI PREPARED FRESH



HAPPY LUNAR NEW YEAR



Happy Planet Soups
Assorted Varieties,
500ml - 650ml

\$7.99 / EA



Choices Rice or Noodle Bowls
Select Varieties,
335g - 490g

\$8.99 / EA



Vegetable, Chicken or Pork Gyoza

12 FOR \$6.00



Choices Chow Mein

\$2.29 / 100G



Choices Wild Salmon Lox Bagels

\$9.99 / EA



Yorkshire Valley Farms Organic Sliced Turkey Breast
Also Chicken Breast,
150g

\$9.99 / EA



Choices Organic Cheese

15% OFF



Fresh Cut Italian Reggiano Cheese

\$5.99 / 100G



Cathedral City Cheddar Cheese
Mature or Extra Mature,
200g

\$7.99 / EA

BAKERY FRESH BAKED • WHOLESOME



Choices Red Onion & Rosemary Focaccia
Also Sundried Tomato & Olive, 315g

\$4.49 / EA



Choices Specialty Iced Cakes
6 Inch

\$19.99 / EA



Choices Nanaimo Bars
Assorted Varieties,
70g - 85g

2 FOR \$6.00



Silver Hills Sprouted Power Organic Breads
510g - 680g

\$5.49



Uprising Breads Whole Wheat Raisin Bread
740g

\$5.49 / EA



Uprising Breads Jumbo Gingersnaps
6 Pack

2 FOR \$9.00



Carbonaut Low Carb Breads
544g

\$8.99 / EA

GLUTEN FREE

COMMERCIAL DRIVE ANNIVERSARY SALE & TAKE A SHOT FOR YOUR HEALTH DEMO

10% OFF ENTIRE STORE*
INCLUDING SALE ITEMS

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SATURDAY, FEBRUARY 1 ONLY

• Enjoy free coffee while you shop • Enter to win various prizes!
• Complimentary slice of anniversary cake from 1:00pm - 5:00pm

TAKE A SHOT FOR YOUR HEALTH DEMO

Join us from 1:00pm - 5:00pm and enjoy a variety of nutritious shots from Pulp & Press that are designed to support gut health and boost the immune system.



GROCERY

LOCAL • ORGANIC • SPECIALTY



Caboo Sustainable Bamboo Bathroom Tissue
9 Rolls
\$9.99



Food For Life Ezekiel 4:9 Organic Sprouted Bread
Select Varieties, 680g
\$8.99



Daiya Pizza
Also Flatbread, Dairy-Free, Gluten-Free
Select Varieties, Frozen, 322g - 550g
\$8.99



Righteous Gelato & Sorbetto
473ml
\$7.99



Biovert High Efficiency Laundry Detergent
1.4L
\$8.99



Nina's Pirogies
Select Varieties, Frozen, 400g - 550g
\$9.99



Mackellar Farms Edamame Pods
Frozen, 400g
\$4.99



Oat & Mill Vegan Non Dairy Frozen Dessert
500ml
\$8.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes
20% OFF



Organika Bone Broths Chicken or Beef
Original or Ginger, 300g
\$45.49



Nordic Naturals Omega-3, Cod Liver Oil
Also Children's Fish Oil Supplements, Assorted Varieties & Sizes
20% OFF



Bio-K Plus Probiotics
Dairy & Non-Dairy Assorted Varieties, 12 Pack
\$43.99



Mad Hippie Facial Care
Assorted Varieties & Sizes
20% OFF



Flora Vitamins & Supplements
Assorted Varieties & Sizes
20% OFF



Lily of the Desert Aloe Vera Juice or Gel
Assorted Varieties & Sizes
20% OFF



Living Alchemy Your Flora Series
Also Fermented Activated Herbals, Assorted Varieties & Sizes
25% OFF



NOW Essential Oils & Topical Body Oils
Assorted Varieties & Sizes
20% OFF



Derma-E Vitamin A Facial Care
Assorted Varieties & Sizes
30% OFF



Desert Essence Face and Body Care Products
Assorted Varieties & Sizes
20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties
\$17.99

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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.