



CHOICES MARKET

100% BC OWNED AND OPERATED

FAMILY CHOICES!

Prices Effective • February 13 - February 19, 2025



SPECIAL PRICE

Striploin Grilling Steaks
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported

BUY 1 GET 1 FREE

Northern Glacier Raw or Cooked Shrimp

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

\$8.99/EA



MONDAY, FEBRUARY 17 ONLY

FAMILY DAY ONE DAY SALE

10% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.
*Excluding Lotto and Gift Card purchases. See page 5 for details. Sale not available online.



SPECIAL PRICE

\$5.98/EA

Strawberries
Mexico Grown, 454g

YOU SAVE **\$3.00**



SPECIAL PRICE

\$25.98/EA

Valentine Red Roses Bouquet
6 Stems

DISCOVER LOCAL

Choices Quiche
Assorted Varieties, 4.25 Inches



\$5.49

DISCOVER LOCAL

Choices Wholesome Country or Multiseed Sourdough
575g - 600g



\$4.99

DISCOVER LOCAL

Hardbite Handcrafted Style Potato Chips
Select Varieties, 150g



ALL DRESSED ASSAISONNÉES

2 FOR \$7.00

YOU SAVE **22%**

Rise Organic Kombucha
414ml



2 FOR \$7.00

YOU SAVE **26%**

plus deposit & eco fees

FEATURED CHOICE

Natural Factors CoQ10 100mg
120 Soft Gels



\$19.99

YOU SAVE **32%**

100% NATURAL
100 mg
120 Softgels
CARDIOVASCULAR HEALTH

PRODUCE FRESH • LOCAL • ORGANIC



Organic Broccoli
Imported,
\$7.67/KG

\$3.48 / LB



Organic Blood Oranges
USA Grown,
\$7.67/KG

\$3.48 / LB



Organic Lemons
USA Grown,
907g Bag

\$5.98 / EA



Long English Cucumber
Mexico Grown

\$1.98 / EA

Tomatoes On The Vine
Mexico Grown,
\$7.67/KG



\$3.48 / LB

Lily Rose Bouquet



\$19.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Chicken Thighs

Raised Without Antibiotics, 100% Veggie Fed, Fresh, \$12.10/KG

\$5.49 / LB



Organic Lean Ground Beef

Grass Fed, Grain Finished, \$30.84/KG

\$13.99 / LB



Lamb Leg Roast

Boneless, Raised Without Antibiotics, 100% Grass Fed, Free Range, New Zealand, Fresh, \$26.43/KG

\$11.99 / LB



Pork Butt Roast or Steaks

Raised Without Antibiotics, Fresh \$11.00/KG

\$4.99 / LB



Sockeye Salmon Fillets

Ocean Wise, Fresh, Value Pack

\$4.49 / 100G



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

\$6.99

Ahi Tuna Steaks

Ocean Wise, Frozen or Previously Frozen, 6oz

\$4.49 / EA



Freybe 1844 Salmi Chubs
175g

\$7.99 / EA

GLUTEN FREE



GLUTEN FREE



Bob's Red Mill Oats
794g & 907g

\$9.99



Bob's Red Mill Buttermilk Pancake Mix
680g

\$6.49



Native Forest Organic Sliced Peaches
Also Organic Pineapple Chunks, 398ml

\$5.99



Gay Lea Chocolate Whipped Cream
Also Real Whipped Cream & Coconut Whipped Cream, 225g

\$5.99



Canadian Heritage Organic Maple Syrup
1L

\$26.99

DISCOVER LOCAL



49th Parallel Whole Bean Coffee
340g

\$15.99

FAIR TRADE



Numi Organic Tea
16 & 18 Pack

\$6.49



Say When Organic Chai
946ml

\$5.99

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

FAIR TRADE



Camino Organic Chocolate Bars
80g & 100g

\$5.99



Gerolsteiner Carbonated Natural Mineral Water
750ml

2 FOR \$7.00

plus deposit & eco fees



Patience Organic Pure Cranberry Juice
946ml

\$9.99

plus deposit & eco fees

FAIR TRADE



Endangered Species Chocolate Bars
85g

\$4.99



Prana Organic Trail Mix
Select Varieties, 150g

\$4.99



Kind Bars
40g

2 FOR \$4.00



RJ's Licorice
180g

\$2.99



Justin's Organic Mini Chocolate Peanut Butter Cups
120g

\$6.99



Old Dutch Arriba Chips
235g & 245g

\$4.49




CHOICES  MARKET

FAMILY DAY SALE



MONDAY,
FEBRUARY 17TH
ONLY!

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.

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



Dairyland Organic Creamo
946ml

\$4.49



Avalon Organic Milk
Select Varieties, 1L

\$3.99
plus deposit & eco fees



Greenhouse Organic Oat Milk
Also Almond Milk, 946ml

\$5.99
plus deposit & eco fees



Donia Farms Grass Fed Butter
250g

\$9.99



Olympic Organic Yogurt
Select Varieties, 1.75kg

\$11.99



Danone Oikos Greek Yogurt
4 Pack

\$3.99



Woolwich Goat Cheddar Cheese
Also Goat Mozzarella, 200g

\$8.99



Armstrong Cheese
Select Varieties, 600g

\$9.99



Armstrong Cheese Slices
220g & 240g

\$5.99

NOURISHING LIFESTYLES SINCE 1990



Made Good Organic Star Puffed Crackers
121g

\$3.99



Le Pain des fleurs Organic Buckwheat Crispbread
Select Varieties, 150g

\$6.49



Sonoma Creamery Cheese Crisps
64g

\$4.99



Acropolis Organics Organic Extra Virgin Olive Oil
1L

\$39.99



Sprague Baked Beans
398ml

2 FOR \$7.00



Cha's Organics Organic Coconut Cream & Milk
Select Varieties, 400ml

\$3.99



Prasad Ayurveda Heritage Ghee
200g

\$14.99



Daiya Dairy-Free Pizza
Also Flatbread, Frozen, 322g - 550g

\$8.99



House Foods Premium Tofu
340g & 396g

2 FOR \$4.00

DELI PREPARED FRESH

DISCOVER LOCAL



**Rosstown
Roasted
Chickens**

\$12.99 / EA

DISCOVER LOCAL



**Spankopita
or Mushroom
& Parmesan
Phyllo Pie**
185g

2 FOR \$10.00

DISCOVER LOCAL



**Nicli
Artisan Pizza**
12 Inch

\$15.99 / EA



**Italian
Sliced Salami
or Prosciutto**
70g - 100g

\$8.99 / EA



**La Panzanella
Crackers**
170g

\$6.49



**Choices
Wild Salmon
Cakes**
130g

2 FOR \$8.00

DISCOVER LOCAL



**Little Qualicum
Cheese Works
Cheese**

\$4.99 / 100G



Burrata Cheese
250g

\$14.99 / EA



**Parmesan
Reggiano
Cheese**
Also Pecorino or
Asiago Mezzano

\$5.99 / 100G

BAKERY FRESH BAKED • WHOLESOME

DISCOVER LOCAL



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

\$6.99

DISCOVER LOCAL



**Choices
Carrot Cake
Tray Bake**
580g

\$13.99

DISCOVER LOCAL



**Choices
Tres Leches Cake
Tray Bake**
1210g

\$17.99

DISCOVER LOCAL



**Bakestone
Brothers
Organic Bagels**
6 Pack

\$5.99



**Silver Hills
Sprouted
Power Breads**
430g - 600g

\$4.99

DISCOVER LOCAL



**Saman Bakery
Artisan Crackers**
Assorted Varieties,
160g - 200g

\$7.99

DISCOVER LOCAL



**Saman Bakery
Macaroons
or Cookies**
240g - 250g

\$9.99

DISCOVER LOCAL



**Choices
Chocolate Dipped
Shortbread**
8 Pack

\$5.99

DISCOVER LOCAL



**GluteNull
Amaranth or
Buckwheat
Bread**
737g **GLUTEN FREE**

\$9.99

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FEBRUARY 17 ONLY
FAMILY DAY

ONE DAY SALE 10% OFF*

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GROCERY

LOCAL • ORGANIC • SPECIALTY



Righteous Gelato & Sorbetto
473ml

\$7.99



Breyers Creamery Style Ice Cream
1.41L or 1.66L

\$7.99



Kinnikinnick Baking Mixes & Flour
450g - 500g

\$6.99



Eco Max Ultra Dish Wash
740ml

\$4.99



Rosen's Cinnamon Buns
Frozen, 340g

\$8.99



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

\$8.99



Quesava Poppers, Samosas & Perogies
200g - 240g

\$6.99



Nature Clean Dishwasher Gel
1.8L

\$12.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Smart Solutions Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



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

25% OFF



Organika Bone Broths, Spiurlina & Immune Supplements
Assorted Varieties & Sizes

25% OFF



Vega Sport Protein
Assorted Varieties, 801g - 837g

\$49.99



Desert Essence Face & Body Care Products
Assorted Varieties & Sizes

20% OFF



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

20% OFF



Flora Probiotics
Assorted Varieties & Sizes

20% OFF



Nature's Way Sambucus & Zinc Supplements
Assorted Varieties & Sizes

20% OFF



Routine. Natural Deodorant
Assorted Varieties, 50g - 58g

\$24.99



Herbatint Permanent Hair Colour
Assorted Varieties, 1 Kit

\$17.99



Mad Hippie Facial Care
Assorted Varieties & Sizes

20% OFF



Aura Cacia Essential Oils, Body Oils & Bubble Bath
Assorted Varieties & Sizes

30% OFF

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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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