



# CHOICES MARKET

100% BC OWNED AND OPERATED

# WEEKLY CHOICES!

Prices Effective • February 27 - March 5, 2025

**SPECIAL PRICE**

**Top Sirloin Steaks**  
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Australian, or Roast, \$22.02/KG

**\$9.99 / LB** **YOU SAVE 17%**

**SPECIAL PRICE**

**Organic Peppers**  
Orange, Red & Yellow, Mexico Grown, \$10.98/KG

**\$4.98 / LB** **YOU SAVE \$1.00 / LB**

**MADE IN CANADA**

**Dempster's Bagels**  
Pack of 5 or 6

**\$3.99 / EA** **YOU SAVE 41%**

**CANADIAN OWNED**

**Terra Premium Granola**  
800g & 850g

**\$15.99 / EA** **YOU SAVE 27%**

**PRODUCT OF CANADA**

**YOU SAVE 39%**

**\$7.99 / LB**

**Boneless Skinless Chicken Breasts**  
Raised Without Antibiotics, 100% Veggie Fed, Fresh, Value Pack, \$17.61/KG

**SPECIAL PRICE**

**\$5.98 / EA** **YOU SAVE 29%**

**Honeyglow Pineapple**  
Costa Rica Grown

**NutraSea Omega-3 Fish Oil Supplements**  
Assorted Varieties & Sizes

**25% OFF**

## FEATURED CHOICE

**PRODUCT OF CANADA**

**YOU SAVE \$1.00**

**\$6.99**

**Rosstown Roasted Half Chickens**



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

**YOU SAVE 41%**

**3 FOR \$6.99**

**Oneka Shampoo or Conditioner**  
Assorted Varieties, 500ml

**BUY 1 GET 1 FREE** **MADE IN CANADA**

# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Asparagus**  
Mexico Grown,  
\$15.39/KG

**\$6.98 / LB**



**Organic Navel Oranges**  
USA Grown, 1.81 kg Bag

**\$7.98 / EA**



**Organic Green or Red Grapes**  
Grown in South Africa,  
\$17.59/KG

**\$7.98 / LB**

**Mandarin Oranges**  
Mexico Grown,  
907g Bag



**\$5.98 / EA**

**Cauliflower**  
USA Grown



**\$4.98 / EA**

**Gourmet Bouquet**



**\$24.98 / EA**

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$7.99 / LB**



**\$7.99 / LB**



**\$4.99 / LB**

## Eye of Round Roast

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Australian, or Steak,  
\$17.61/KG

## Split Chicken Wings

Raised Without Antibiotics, 100% Veggie Fed,  
Fresh, Value Pack, \$17.61/KG

## Boneless Pork Sirloin Roast or Chops

Raised Without Antibiotics,  
Fresh, \$11.00/KG



**\$8.99 / LB**



**\$3.99 / 100G**



**Smash'Em's Potatoes**  
Fresh, Select  
Varieties, 1kg

**\$9.99**

## Beef Stir Fry

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Australian, \$19.82/KG



**\$7.99 / LB**

## Pork Schnitzels

Fresh Made in Store, Raised Without Antibiotics,  
\$17.61/KG

## Steelhead Fillets

Ocean Wise, Fresh, Value Pack

## Northern Glacier Shrimp

Raw or Cooked,  
51/60 Count,  
Frozen, 200g

**\$4.99 / EA**





**Rise Organic Kombucha**  
1L

**\$7.99**

plus deposit & eco fees



**Commercial Drive Organic Coffee**  
300g

**\$12.99**



**Yogi Organic Herbal Tea**  
16 Bags

**\$5.99**



**Camino Organic Chocolate Bars**  
80g & 100g

**\$5.99**



**Lärabar Fruit & Nut Energy Bars**  
45g & 48g

**2 FOR \$4.00**



**Simply Protein Bars**  
40g

**2 FOR \$5.00**



**Kettle Brand Potato Chips**  
Party Size,  
368g

**\$5.99**



**Glutino Pretzels**  
400g

**\$7.99**



**Left Coast Naturals Organic Dried Fruit**  
Loose Bulk Food,  
Select Varieties

**20% OFF**

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



**Silk Almond Beverage**  
Also Soy, Coconut & Oat, Select Varieties,  
1.89L & 1.75L

**\$5.49**

plus deposit & eco fees



**Organic Meadow Organic Milk**  
2L

**\$6.49**

plus deposit & eco fees



**Dairyland Protein Milk**  
1.89L

**\$5.99**

plus deposit & eco fees



**Canadian Heritage Organics 100% Pure Organic Maple Syrup**  
500ml

**\$15.99**



**Nature's Nuts Organic Peanut Butter**  
500g

**\$8.99**



**Bonne Maman Jam**  
Select Varieties,  
250ml

**\$5.99**



**Riviera Oat Milk Yogurt**  
Select Varieties,  
500g & 650g

**\$5.99**



**Bob's Red Mill Instant Hot Oatmeal Cups**  
51g - 71g

**2 FOR \$5.00**



**Kind Breakfast Bar**  
200g

**\$4.99**

# Shop CANADIAN

**Look for these symbols throughout Choices Market to make it easier to shop Canadian:**

## **Product of CANADA**

At least 98% of the total direct costs of producing or manufacturing the good have been incurred in Canada.

## **Made in CANADA**

At least 51% of the total direct costs of producing or manufacturing the good have been incurred in Canada.



**Caulipower Pizza**  
Selected Varieties, 310g  
Also Pizza Crust, 312g,  
Frozen

**\$9<sup>99</sup>**



**Carbone Pizza Sauce**  
397ml

**\$6<sup>99</sup>**



**Golden Home Ultra Thin Protein Pizza Crust**  
7 Inch, 126g

**\$8<sup>99</sup>**



**Garofalo Pasta**  
500g

**2 FOR \$7<sup>00</sup>**



**Lundberg Organic Rice**  
Select Varieties,  
907g

**\$12<sup>99</sup>**



**Earth's Choice Organic Beans**  
398ml

**2 FOR \$5<sup>00</sup>**



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

**\$3<sup>99</sup>**



**Earth's Choice Organic Virgin Coconut Oil**  
350ml

**\$9<sup>99</sup>**

**NOURISHING LIFESTYLES SINCE 1990**



**Chef Woo Ramen Noodle Soup Cups**  
71g

**2 FOR \$5<sup>00</sup>**



**Eat Wholesome Organic Soup**  
398ml

**2 FOR \$7<sup>00</sup>**



**La Tourangelle Organic Extra Virgin Olive Oil**  
750ml

**\$24<sup>99</sup>**



**Raincoast Global Wild Skipjack Tuna**  
Select Varieties,  
142g

**2 FOR \$7<sup>00</sup>**



**Primal Kitchen Avocado Oil Salad Dressings**  
237ml

**\$10<sup>99</sup>**



**Lis's Polish Pickles**  
750ml  
Also Sauerkraut,  
900ml

**\$5<sup>99</sup>**



**Balderson Cheddar Cheese**  
Aged 3 Years  
280g

**\$10<sup>99</sup>**



**Saputo Feta Cheese**  
200g

**\$4<sup>99</sup>**



**Earth Balance Traditional Spread**  
Also Baking Sticks,  
Select Varieties,  
425g & 454g

**\$6<sup>99</sup>**

# DELI PREPARED FRESH



**Choices Pot Pies**  
Country Chicken or Beef, 245g - 285g

**\$7.99 / EA**



**Habibi's Hummus & Dips**  
200g - 240g

**\$4.99 / EA**



**Indianlife Naan or Tortilla**  
250g - 500g

**\$6.99 / EA**



**Vancouver Soup Company Soups**  
700ml

**\$8.99 / EA**



**Honey Ham**

**\$2.49 / 100G**



**Choices Veggie Cakes**  
140g

**2 FOR \$5.00**



**Imported Swiss Emmental Cheese**

**\$5.49 / 100G**



**Castello Cheese Slices**  
125g - 165g

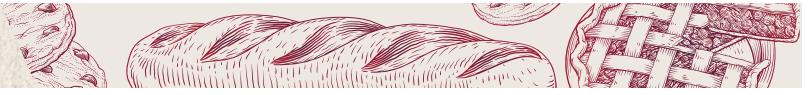
**\$7.99 / EA**



**Fresh Cut Parmesan Reggiano Cheese**

**\$4.99 / 100G**

# BAKERY FRESH BAKED • WHOLESOME



**Choices Seeded Sourdough Rye**  
760g

**\$5.99 / EA**



**Choices Feta & Kalamata Olive Artisan Bread**  
500g

**\$5.99 / EA**



**Choices Cake Slices**  
120g - 150g

**2 FOR \$8.00**



**Choices Artisan Cookies**  
6 Pack

**\$6.99 / EA**



**Choices Tiramisu Cake**  
6 Inch

**\$19.99 / EA**



**Carbonaut Low Carb Bagels**  
5 Pack

**\$8.99 / EA**

GLUTEN FREE



**Alkeme Country Sourdough Bread**  
Also Ancient Grain Sourdough, 725g

**\$9.99 / EA**

GLUTEN FREE

# STAR OF THE SEASON

Thanks to your generosity,  
we were able to raise

# \$56,000

for local neighbourhood houses!  
FOR MORE DETAILS PLEASE VISIT OUR WEBSITE: CHOICES.MARKET

# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Pür Gum**  
77g

**\$3.99**



**Efruti Fruit Juice Bears & Berries**  
100g

**2 FOR \$5.00**



**Nora's Non-Dairy Frozen Desert**  
500ml

**\$7.99**



**Echoclean High Efficiency Liquid Laundry Detergent**  
1.5L

**\$10.99**



**Panda Licorice**  
170g

**2 FOR \$7.00**



**Dandies Vegan Marshmallows**  
283g

**\$5.99**



**Christie Triscuit Crackers**  
200g

**2 FOR \$8.00**



**Nature Clean 98% Natural Dish Soap**  
740ml

**\$4.99**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Genuine Health Vitamins & Supplements**  
Assorted Varieties & Size

**25% OFF**



**BioSil Hair, Skin, Nails**  
Assorted Varieties & Sizes

**25% OFF**



**Whole Earth & Sea Multivitamins**  
Mens & Womens, Regular and 50+, 60 Tabs

**\$37.99**



**Prairie Naturals Vitamin D3**  
1000IU & 2500IU, Liquid and Softgels, Assorted Sizes

**BUY 1 GET 1 FREE**



**Progressive Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



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

**20% OFF**



**Flora Udo's Choice 3-6-9 Blend**  
Also DHA Oil Blend, Assorted Varieties & Sizes

**20% OFF**



**Weleda Facial Care & Body Care**  
Assorted Varieties & Sizes

**30% OFF**



**St. Francis Herb Farm Herbal Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Natural Factors Magnesium Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**Lily of the Desert Aloe Vera Juice or Gel**  
Assorted Varieties & Sizes

**20% OFF**



**Santevia Alkaline Water Pitchers**  
Also Water Systems & More, Assorted Varieties & Sizes

**20% OFF**

Shop online at [ChoicesMarket](https://www.choices.market) @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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