



CHOICES MARKET

Supporting local communities since 1990

HOLIDAY SAVINGS!

Prices Effective • December 11 - December 17, 2025



PRODUCT OF CANADA

FEATURED CANADIAN CHOICE

Lawrence Meats Bone-In Ham
Crafted in Dawson Creek, BC, \$8.80/KG

\$3.99 / LB

YOU SAVE 50%

SPECIAL PRICE

Good Leaf Assorted Salad Mixes or Baby Greens
Canada Grown, 113g Pkg.

\$4.48 / EA

YOU SAVE 25%

Organic Blueberries
Grown in Peru, 170g Pkg.

\$5.98 / EA

YOU SAVE 33%

WEDNESDAY, DECEMBER 17 ONLY

NORTH VANCOUVER

ONE DAY SALE

15% OFF*

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.



PRODUCT OF CANADA

\$4.99 / LB

Choices Own Frying Chickens
Fresh, Raised Without Antibiotics, 100% Veggie Fed, \$11.00/KG

YOU SAVE 17%



MADE IN CANADA

\$5.49 / EA

Choices Shortbread Cookies
Assorted Varieties, 6 Pack

YOU SAVE 21%



PRODUCT OF CANADA

Roasted Chickens
Antibiotic Free

\$15.99 / EA

YOU SAVE 15%



PRODUCT OF CANADA

The Bathologist
Bath Soaks, Shower Steamers & More!
Assorted Varieties & Sizes

25% OFF



MADE IN CANADA

Clever Non-Alcoholic Premium Mocktails
Select Varieties, 355ml

2 FOR \$4.00

YOU SAVE 39%

plus deposit & eco fees



PRODUCT OF CANADA

Canadian Heritage Organics Maple Syrup
1L

\$24.99

YOU SAVE 30%

PRODUCE FRESH • LOCAL • ORGANIC



Organic Pink Lady Apples
BC Grown,
\$5.47/KG

\$2.48 / LB



Organic Grape Tomatoes
Canada Grown,
1 Dry Pint

\$4.98 / EA

Organic Chinese Mandarin Oranges

Grown in China,
1.81kg Box

\$8.98 / EA



Organic Kale

Green, Black or Red,
USA Grown,
Sold by the Bunch

\$4.98 / EA



\$1.98 / LB

Blue Jay Label Large Navel Oranges
From Johnston Farm, \$4.37/KG

Product appearance may differ from that shown in the flyer. Product availability is subject to variation across stores.

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$8.99 / LB

Sirloin Tip Roast or Steak

100% Grass Fed, Pasture Raised, Value Pack,
Imported from Australia, \$19.82/KG



\$7.99 / LB

Pork Tenderloin

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



\$9.99 / LB

Boneless Skinless Chicken Breasts

Fresh, Raised Without Antibiotics,
100% Veggie Fed, Value Pack, \$22.02/KG



Pork Riblets

Fresh, Raised
Without Antibiotic,
\$9.90/KG

\$4.49 / LB



\$4.29 / 100G

Steelhead Fillets

Fresh, Ocean Wise, Value Pack



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

2 FOR \$12.00

Rhineland Bacon
Double Smoked, 375g



\$8.99 / EA



\$2.99 / 100G

BBQ Smoked Salmon Tips

Ocean Wise, Previously Frozen,
Peppered or Original

Northern Glacier Black Tiger Prawn Ring with Cocktail Sauce

Ocean Wise,
Frozen, 312g

\$11.99 / EA





**Earth's Own
Oat Barista**
Also Oat Light &
Almond Barista,
946ml

\$4.99



**Earth's Choice
Organic &
Rainforest
Certified Alliance
Coffee**
340g

\$12.99



**Dairyland
Organic
Half & Half
10% Cream**
946ml

\$4.49



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

\$10.99



**Dairyland
Organic Milk**
4L

\$9.99

plus deposit & eco fees



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

\$6.99



**Nuts to You
Organic
Almond Butter**
365g

\$14.99



**The Granola
King Gourmet
Granola**
Also Blueberry
Orange & Hazelnut
Hemp, 750g

\$10.99



**Elias Gourmet
Liquid Honey**
Includes Wildflower,
Buckwheat &
Blackberry, 375g

\$9.99

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



**Rao's Pasta
Sauce**
660ml

\$9.99



**Rustichella
d'Abruzzo
Pasta**
500g

\$6.99



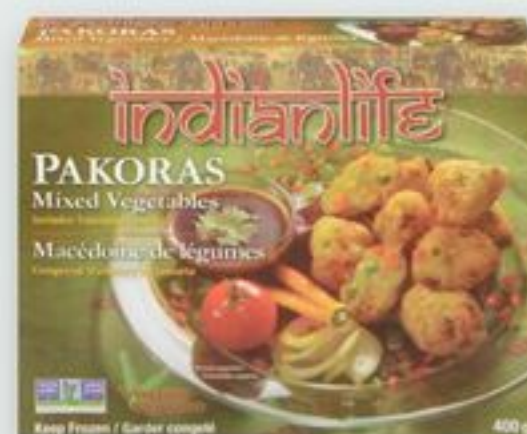
**Acropolis
Organic
Extra Virgin
Olive Oil**
1L

\$39.99



**Faith Farms
Cheese**
Select Varieties,
320g & 340g

\$5.99



**Indianlife Pakoras
& Samosas**
Also Papadums, Snacks,
Chutney & Sauces,
Select Varieties & Sizes

25% OFF



**L'Ancêtre
Organic Butter**
250g

\$7.99



**Lucky Foods
Seoul Kimchi**
396g

\$6.99



**Amano Organic
Tamari Sauce**
Select Varieties,
250ml - 500ml

20% OFF



**Hobbs
Pickles**
1L

\$12.99



**Greenhouse
Booster Shots**
60ml

SAVE
MORE ON A
4-PACK

2 FOR \$8.00

plus deposit & eco fees



**Lily's Chocolate
Style Bar**
80g & 85g

\$4.99



**Kiju Organic
Fruit Juice**
1L

2 FOR \$7.00

plus deposit & eco fees



**Organic Meadow
Organic
Ice Cream**
946ml

\$9.99



Panda Licorice
Made with Natural
Ingredients, 170g

2 FOR \$7.00



**Ben & Jerry's
Ice Cream**
Select Varieties,
473ml

\$6.49



**Hardbite
Root
Vegetable
Chips**
150g

\$4.99



**Boylan
Bottling Co.
Cane Sugar
Soda**
355ml

2 FOR \$5.00

plus deposit & eco fees



**Glutino
Pretzels**
400g

\$9.99

HOLIDAY SAVINGS



SEASONAL WHILE SUPPLIES LAST

**Celestial
Seasonings
Seasonal Tea**
Also Regular &
Organic Varieties,
20 Bags

\$4.49



**Walker's
All-Butter
Shortbread
Fingers**
150g

\$3.99



**Dairyland
Egg Nog**
2L

\$5.99

plus deposit & eco fees



**Arla Organic
Cream Cheese**
Also Regular &
Lactose Free
Cream Cheese,
200g

\$4.49



**Partners
Wisecracker
& Artisan
Crackers**
Select Varieties,
114g - 142g

\$4.99



**Schär
Crackers**
(210g), Also
Breadsticks (150g)

\$8.49



**Avafina Organic
Vegan Cheese**
200g

20% OFF



**Old Dutch
Potato Chips**
235g

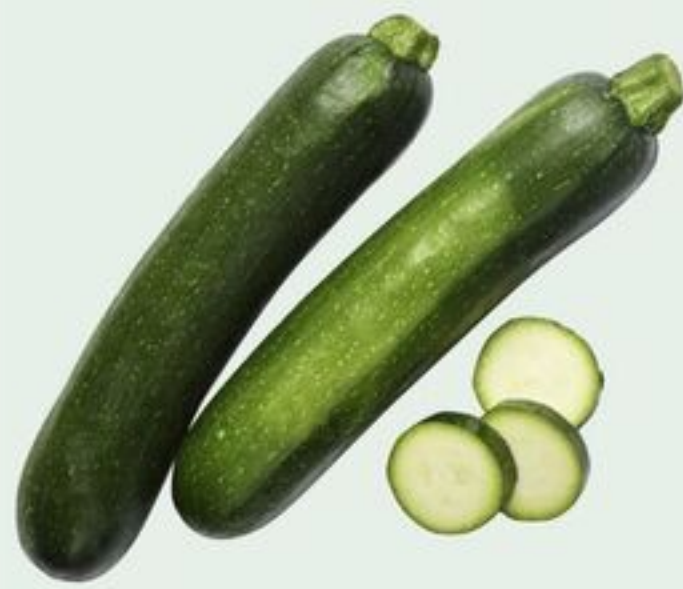
2 FOR \$7.00



**Mezzetta
Stuffed Olives**
Also Peperoncini &
Pepper Rings,
Select Varieties,
250ml - 398ml

20% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Organic Zucchini
Mexico Grown,
\$5.47/KG

\$2.48 / LB



Ataulfo Mango
Grown in Peru

\$2.98 / EA



Organic Broccolini
USA Grown

\$3.98 / EA



Bunched Carrots
USA Grown

2 FOR \$5.00



Poinsettia
6 Inch Pot

\$9.98 / EA

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DELI PREPARED FRESH



PIZZA NIGHT



Choices Sourdough Pizza Dough
300g **\$4.99 / EA**

Tomato Sauce
250g **\$4.99 / EA**

Pesto
120g **\$6.99 / EA**



Vegetable Pakora
Also Spinach

\$2.99 / 100G



Choices Tourtiere Pie
8 Inch or 740g

\$19.99 / EA



Greek House Restaurant Homous
Also Tzatziki,
227g

\$4.99 / EA



Saltspring Kitchen Jams & Spreads
250ml

\$10.99 / EA



Rustic Bakery Crackers & Flatbread
141g - 170g

\$9.99 / EA



Natural Pastures Cheese Company Cheese
Select Varieties

15% OFF



German Cambozola Cheese

\$5.99 / 100G



Ile De France Brie
Product of France

\$4.99 / 100G

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DECEMBER 17 ONLY**

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VANCOUVER ONLY**

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BAKERY FRESH BAKED • WHOLESOME



Choices
Cranberry
Walnut
Baguette
345g

\$3.99 / EA



Choices
Party Cakes
540g - 660g

\$12.99 / EA



Choices
Butter Tarts
6 Pack

\$7.99 / EA

BULK FOODS



Organic
Cashews
Roasted & Raw,
Bulk Bins Only,
Select Varieties

20% OFF



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

\$3.99 / EA



Choices
Christmas
Cookies
4 Pack

\$6.99 / EA



Choices
Pumpkin Pie
8 Inch

\$9.99 / EA



The Original
Cakerie
Dreamin of
Chocolate Cake
Also Cravin
Cookies & Cream,
454g - 456g

\$14.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Platinum
Naturals
Vitamins &
Supplements
Assorted Varieties
& Sizes

20% OFF



AlgaeCal
Plant Calcium
90 Caps

\$36.99



Bio-K Plus
Probiotics
Assorted Varieties,
6 Pack

\$22.99



Joy of the
Mountains
Oil of Oregano
Assorted Varieties
& Sizes

20% OFF



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

20% OFF



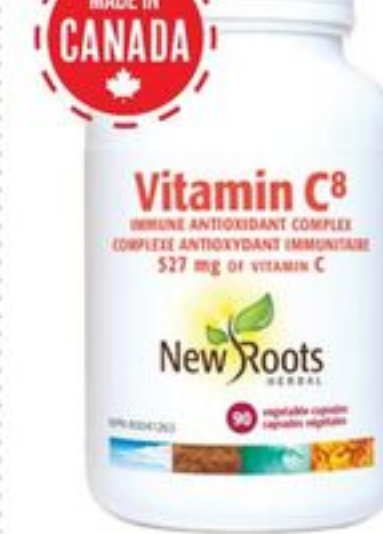
Natural Factors
CurcuminRich
Theracurmin
Supplements
Assorted Varieties
& Sizes

15% OFF



Smart
Solutions
Vitamins &
Supplements
Assorted Varieties
& Sizes

25% OFF



New Roots
Vitamin C8
Supplements
Assorted Varieties
& Sizes

20% OFF



Mad Hippie
Facial Care
Assorted Varieties
& Sizes

25% OFF



Mountain Sky
Natural Body
Bar Soap
Assorted Varieties,
135g

\$5.99



Derma-E
Face Care &
Body Care
Assorted Varieties
& Sizes

30% OFF



La Luna
Candles,
Diffusers
& More
Assorted Varieties
& Sizes

25% OFF



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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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