



CHOICES MARKET

Supporting local communities since 1990

WEEKLY SAVINGS!

Prices Effective • January 22 - January 28, 2026



PRODUCT OF CANADA

SPECIAL PRICE

Whole Frying Chicken
100% Veggie Fed, Raised Without Antibiotics, \$11.00/KG

\$4.99 / LB **YOU SAVE 17%**

SPECIAL PRICE

Honeyglow Pineapples
Costa Rica Grown

\$5.98 / EA **YOU SAVE \$3.00**



PRODUCT OF CANADA

\$7.99 / EA

Choices Pot Pies
Chicken, Turkey or Beef,
245g - 285g

YOU SAVE 20%



\$1.98 / LB

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

YOU SAVE 33%



MADE IN CANADA

Portofino Artisan Loaf
Assorted Varieties,
585g - 630g

\$5.99 **YOU SAVE 20%**



CANADIAN OWNED

Natural Factors Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



MADE IN CANADA

49th Parallel Organic Whole Coffee Beans
Select Varieties,
340g

\$16.99 **YOU SAVE 32%**



CANADIAN OWNED

Chasers 100% Cold Pressed Juice
Select Varieties,
1L

\$12.99 **YOU SAVE 18%**
plus deposit & eco fees

WEDNESDAY, JANUARY 28 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.

FEATURED CANADIAN CHOICE



Canadian Heritage Organics 100% Pure Organic Maple Syrup
500ml

\$12.99

PRODUCT OF CANADA **YOU SAVE 31%**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Carrots
From Fountainview
Farm, BC Grown,
907g Bag

\$5.98 / EA



Organic Heirloom Tomatoes
Mexico Grown,
\$10.98/KG

\$4.98 / LB



Sweet Leaf or Red Leaf Lettuce
From Avery Family
Farms, BC Grown,
280g - 300g Pkg.

2 FOR \$7.00

Organic Kiwi Fruit
USA Grown,
454g Pkg.

\$6.98 / EA



Orange, Red or Yellow Peppers
Mexico Grown,
\$8.77/KG

\$3.98 / LB



Cauliflower
USA Grown

\$3.98 / EA



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

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Lean Ground Beef

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

\$8.99 / LB



Chicken Breasts

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

\$7.99 / LB



Pork Back Ribs

Fresh, Raised Without Antibiotics,
\$19.82/KG

\$8.99 / LB



Thomas Reid Organic Thighs

Local, Free Range,
Non-GMO, Air
Chilled, Fraser Valley
Raised, \$19.82/KG

\$8.99 / LB



Rockfish Fillets

Ocean Wise,
Fresh

\$1.99 / 100 G



Grimms Thick Sliced Bacon

Raised Without
Antibiotics or
Traditional,
No Sugar Added,
500g

25% OFF

Shorba Bone Broth

Locally Made,
Frozen, 750ml

\$13.99 / EA



Stuffed Sockeye Salmon Pinwheel

Ocean Wise

\$5.99 / EA



Duso's Pasta

Select Varieties,
250g - 300g

\$6.49 / EA





Nature's Path Organic Cereal
Includes Envirokidz Cereal,
650g ~ 907g

\$9.99



Nature's Path Organic Granola
312g

GLUTEN FREE

\$6.99



Nature's Path Organic Cereal
Includes Envirokidz Cereal, Boxed,
Select Varieties,
283g ~ 400g

\$5.99



The Original Oat-ly! Oat Drink
946ml

\$3.99
plus deposit & eco fees



Traditional Medicinals Organic Tea
16 Bags

\$5.49



Bonne Maman Jam & Jelly
Includes Less Sugar Spread, Select Varieties,
250ml & 290ml

\$6.49



Olympic Organic Yogurt
Select Varieties,
650g

\$5.49



Dairyland Lactose Free Milk
1.89L

\$5.99
plus deposit & eco fees



RXBAR Protein Bar
52g & 55g

2 FOR \$5.00

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



Kettle Brand Potato Chips
(198g), Also Air Fried (156g)

2 FOR \$7.00



Blue Monkey Organic Coconut Water
1L

\$4.49
plus deposit & eco fees



Lundberg Organic Brown Rice Cakes
Includes Stackers & Minis,
142g ~ 269g

\$5.99



Made Good Organic Granola Bars
Includes Minis, Drizzled Bars & Soft Mini Cookies,
5 Pack

\$4.29



Eve's Crackers
108g

\$6.99



Gimme Organic Roasted Seaweed Snacks
6 Pack

\$6.99



Eco Max Natural Laundry Wash
3L

\$16.99



Nature Clean Automatic Dishwasher Pacs
60 Pack

\$19.99



If You Care Environmentally Friendly Household Items
Includes Aluminum Foil, Coffee Filters & Trash Bags,
Select Varieties

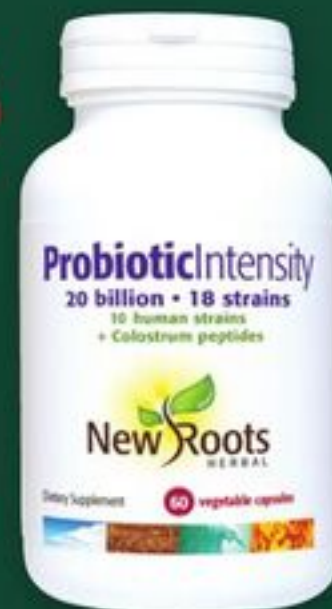
20% OFF

NOURISHING CHOICES FOR GUT HEALTH



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

20% OFF



**New Roots
Probiotics**
Assorted Varieties
& Sizes

20% OFF



**Aidan's
Fermented
Sourdough
Bread, Baguette
or Bagels**

20% OFF



**GT'S Synergy
Raw Kombucha**
Select Varieties,
480ml

\$3.99
plus deposit & eco fees



**Karthain's
Organic
Sauerkraut**
Select Varieties,
375ml

\$6.49



**The Cultured Coconut
Nature's Finest
Probiotic Organic
Coconut Milk**
Dairy Free, 460ml

\$16.99



**Organic
Fuji Apples**
BC Grown,
\$4.37/KG

\$1.98 / LB



Organic Leeks
Mexico or USA
Grown, \$8.77/KG

\$3.98 / LB



**Green Onions
Bunched**
Mexico Grown

\$1.78 / EA



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

\$4.99



**Stahlbush Island
Farms Sustainably
Farmed Vegetables**
Select Varieties,
198g - 397g

\$3.49



**Amy's
Organic Soups**
Includes Low-Sodium
Varieties, 398ml

\$4.49



Annie's Pasta
(149g - 170g),
Includes
Gluten Free Mac
& Cheese Cup (57g),
Select Varieties

\$3.49



**Eden
Organic Beans**
398ml

\$2.99



**Maison Orphée
Extra Virgin
Olive Oil**
Includes Classic
& Delicate, Select
Varieties, 750ml

\$19.99



**Armstrong
Cheese**
600g

\$9.99



**Soyganic
Organic Tofu**
Includes Organic
Pressed & Firm Tofu,
Select Varieties,
400g & 500g

\$3.49



**Violife Cheese
Alternative**
Dairy-Free, 200g

\$5.99

PRODUCE FRESH • LOCAL • ORGANIC



Red Grape Tomatoes
Mexico Grown,
Dry Pint

\$2.98 / EA



Celery
USA Grown,
\$4.37/KG

\$1.98 / LB



Bunched Tulips
Assorted, 5 Stems

\$4.98 / EA



Organic Mandarins
USA Grown,
\$7.67/KG

\$3.48 / LB



Bartlett Pears
USA Grown,
\$5.47/KG

\$2.48 / LB



Gourmet Bouquet

\$24.98 / EA

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

DELI PREPARED FRESH



Choices Ready to Bake Pizza
12 Inch

\$12.99 / EA



Choices Artisan Turkey Sandwiches
Also Roast Beef or Ham

\$9.99 / EA



Choices Hot Turkey Chili
Also Beef, 500ml

\$5.99 / EA



Summer Fresh Hummus Toppers
255g

\$5.49 / EA



Casalinga Italian Inspired Soup
700ml

\$7.99 / EA



Choices Cooked Turkey Breast
Also Smoked, Antibiotic-Free

\$5.49 / 100G



Choices Organic Cheese

15% OFF



Choices Medium Cheese
Also Marble, Old Cheddar or Mozzarella,
250g - 350g

\$8.00 / EA



Grand'Or Cheese Slices
Imported from Netherlands,
160g

\$5.99 / EA

**WEDNESDAY,
JANUARY 28 ONLY**

**CHOICES NORTH
VANCOUVER ONLY**

ONE DAY SALE 15% OFF*

IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.

*Excluding Lotto and Gift Card purchases. One Day sale offer valid at the North Vancouver location only. Sale not available online.

BAKERY FRESH BAKED • WHOLESOME



**Choices
Sourdough
Buns**
Also Multigrain,
4 Pack

\$3.49 / EA



**Choices
Sourdough
Cheese Bread**
380g

\$4.99 / EA



**Choices
Artisan
Fruit Pies**
8 Inch

\$10.99 / EA

BULK FOODS



**Organic
Popcorn**
Bulk Bins Only,
Select Varieties

20% OFF



**Choices
Banana Loaf**
Also Orange
Cranberry,
300g - 454g

\$6.99 / EA



**Bakestone
Brothers
Organic
Bagels**
6 Pack

\$5.99 / EA



**Queen Street
Bakery
Superfood
Bagels**
5-Pack

\$6.99 / EA



**Earthling
Protein
Cake Cups**
190g

\$5.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

20% OFF



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

20% OFF



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

20% OFF



**Sproos
Collagen
Supplements**
Assorted Varieties
& Sizes

25% OFF



**MegaFood
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Gandolf
Hawaiian
Spirulina**
Assorted Varieties
& Sizes

20% OFF



**Magic Scoop
All-in-One
Greens**
Assorted Varieties
& Sizes

20% OFF



**Ener-Life
Effervescent
Vitamin B, C &
D Drink Mix**
Assorted Varieties,
24-30 Pack

\$15.99



**Platinum
Naturals
Oregano-8**
Also Vitamin D3
Supplements,
Assorted Varieties
& Sizes

20% OFF



**Natural Calm
Magnesium**
Assorted Varieties
& Sizes

25% OFF



**NOW Vitamins
& Supplements**
Assorted Varieties
& Sizes

20% OFF



**Natracare
Natural Feminine
Hygiene Products**
Assorted Varieties
& Sizes

20% 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

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.