



CHOICES MARKET

Supporting local communities since 1990

FAMILY CHOICES!

STAR OF THE SEASON

\$85,700 RAISED

See website for details.

Prices Effective • February 12 - February 18, 2026



SPECIAL PRICE

Striploin Grilling Steaks
100% Grass Fed, Pasture Raised, Value Pack, Imported from Australia, or Roast, \$33.05/KG

\$14.99 / LB

YOU SAVE **45%**

SPECIAL PRICE

Strawberries
Mexico Grown, 454g Pkg.

\$4.98 / EA

YOU SAVE **\$2.00 / PKG**

MADE IN CANADA



Choices Family Size Quiche
8 Inch

YOU SAVE **\$5.00**

\$11.99 / EA

MADE IN CANADA



Choices Wholesome Country Sourdough Bread
575g

YOU SAVE **\$1.98 for 2**

2 FOR \$10.00



SPECIAL PRICE

\$8.99 / EA

Northern Glacier
Raw or Cooked Shrimp
Ocean Wise, Frozen, 340g, 31 to 40 Count, 41 to 50 Count

YOU SAVE **40%**

PRODUCT OF CANADA



SPECIAL PRICE

\$4.98 / EA

Ambrosia Apples
BC Grown, 1.36kg Bag

YOU SAVE **\$2.00 / BAG**

MADE IN CANADA



Terra Granola Original Granola
Also Pure Crunch & Pistachio, 800g & 850g

YOU SAVE **25%**

\$14.99

MADE IN CANADA



Righteous Mixed Berry Sorbetto
Choices Market 35th Anniversary, This Flavour Only, 473ml

YOU SAVE **22%**

\$6.99

WHILE SUPPLIES LAST.

MADE IN CANADA



New Roots Vitamins & Supplements
Assorted Varieties & Sizes

ALL ITEMS ON SALE

20% OFF

FEATURED CANADIAN CHOICE

Covered Bridge Potato Chips
Also Lela's Chickpea Chips, Selected Varieties, 120g ~ 170g

\$2.99

GLUTEN FREE

YOU SAVE **40%**

MADE IN CANADA



PRODUCE FRESH • LOCAL • ORGANIC



Organic Bunched Carrots
Mexico Grown

\$2.98 / EA



Organic Mango
Grown in Peru

\$2.98 / EA



Hot House Long English Cucumber
Canada Grown

\$2.48 / EA

Organic Bunched Red Beets
Mexico Grown



\$2.48 / EA

Organic Broccoli
USA Grown,
\$8.77/KG



\$3.98 / LB

Tomatoes On the Vine
Mexico Grown,
\$6.57/KG



\$2.98 / LB

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

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Beef Tenderloin Steaks
100% Grass Fed, Pasture Raised, Value Pack,
Imported from Australia, \$59.50/KG

\$26.99 / LB



Pork Loin Roast or Chops
Fresh, Center Cut, Boneless,
Raised Without Antibiotics, \$15.41/KG

\$6.99 / LB



Chicken Thighs
Fresh, 100% Veggie Fed, Raised Without
Antibiotics, Value Pack, \$13.21/KG

\$5.99 / LB



Pork Back Ribs
Fresh, Raised
Without Antibiotics,
\$19.82/KG

\$8.99 / LB



Thomas Reid Organic Whole Chicken
Free Range, Non- GMO, Air Chilled, Fraser Valley
Raised, \$15.41/KG

\$6.99 / LB



Ahi Tuna Steaks
Ocean Wise, Frozen
or Previously
Frozen, 6 oz.



\$4.99 / EA

Greenfield Bacon
Raised Without
Antibiotics, 375g



\$7.99 / EA

Crab Cakes
Ocean Wise,
Previously Frozen,
2 Pieces per Package



\$4.99 / EA



**Level Ground
Organic Coffee
Beans**
300g

\$14.99



**Dairyland
Organic Half
& Half Cream**
10% M.F., 946ml

\$4.49



**Taylors of
Harrogate
Tea**
Selected Varieties,
20 Bags

\$7.99



**Simply
Orange Juice**
1.54L

\$5.99
plus deposit & eco fees



**Bob's Red Mill
Pancake & Waffle
Mix**
Includes Buckwheat,
Gluten Free &
Paleo Varieties,
368g & 680g

25% OFF



**Canadian
Heritage Organics
Organic 100% Pure
Maple Syrup**
1L

\$29.99



**Olympic Greek
2% Plain Yogurt**
1.75kg

\$14.99



**Mid-Day
Squares**
33g

\$2.29



**Dairyland
Organic Milk**
4L

\$9.99
plus deposit & eco fees

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



**Barbara's Cheez
Puffs & Curls**
155g & 198g

2 FOR \$7.00



**Humble Organic
Potato Chips**
Also Organic Rumbles
Potato Chips,
Selected Varieties,
135g

\$3.99



**Que Pasa Organic
Rolled Tortilla
Chips**
184g

\$5.49



**Gerolsteiner
Carbonated
Natural
Mineral Water**
750ml

2 FOR \$8.00
plus deposit & eco fees



**Freemum
Crackers**
120g

\$3.49



**Rise Organic
Kombucha**
414ml

\$3.49
plus deposit & eco fees



**Seasnax
Roasted Organic
Seaweed Snacks**
5g

2 FOR \$4.00



**Katz
Donut Holes**
Glazed, Chocolate
& Cinnamon, 170g

\$4.99



Pür Gum
(9 Pack), Also
Gum Pouches &
Tinned Mints
(30g - 77g)

25% OFF

PERFECT FOR VALENTINE



Zazubean Organic Chocolate Bars
80g & 85g

\$5.99



Galerie au Chocolat Assorted Chocolates with Crisped Rice
100g
WHILE SUPPLIES LAST.

\$12.99



Chocxo Organic Dark Chocolate Cups
98g

\$6.99



Ben & Jerry's Ice Cream
Selected Varieties,
473ml

\$5.99



Tate's White Chocolate Raspberry Cookies
184g
WHILE SUPPLIES LAST.

\$9.99



Red Crown Organic Pomegranate Juice
1L

\$8.99

plus deposit & eco fees

NOURISHING LIFESTYLES SINCE 1990



Armstrong Cheese
600g

\$9.99



Woolwich Chevreai Goat Cheese
Also Crumbles,
113g

\$4.99



Armstrong Sliced Cheese
220g & 240g

\$5.49



Daiya Dairy-Free Pizza
Frozen, 322g ~ 550g

\$8.99



Acropolis Organics Organic Extra Virgin Olive Oil
1L

\$39.99



Legends Haul Woozas Pizza
Frozen, 500g & 625g

\$16.99



Yo Mama's Tomato Sauce
710ml

\$10.99



Spectrum Organic Canola Oil
750ml

\$16.99



Raincoast Global Wild Skipjack Tuna
Selected Varieties,
142g

2 FOR \$7.00



Rizopia Organic Brown Rice Pasta
454g

25% OFF



Kikkoman Soy Sauce
Includes Cooking Sauces
(148ml ~ 591ml) & Panko
Bread Crumbs (227g)

20% OFF



Marukan Organic Rice Vinegar
Also Ponzu Soy
Dressing, 355ml

25% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Blackberries
USA or Mexico
Grown, 170g Pkg.

2 FOR \$7.00



Mini Sweet Peppers
Mexico Grown,
454g Bag

\$4.98 / EA



Roses
6 Stems

\$25.98 / EA



Organic Green or Red Anjou Pears
USA Grown,
907g Bag

\$5.98 / EA



Organic Heirloom Navel Oranges
USA Grown,
1.36kg Bag

\$9.98 / EA



Euro Bouquet

\$34.98 / EA

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DELI PREPARED FRESH



Rosstown Roasted Chickens

\$12.99 / EA



Choices Pasta Salads

\$2.19 / 100G



Choices Wild Salmon Cakes
130g

2 FOR \$10.00



Summer Fresh Dips
Also Hummus,
200g - 227g

\$3.99 / EA



La Panzanella Crackers
170g

\$6.99 / EA



Chicken & Vegetable Gyoza
Also Pork,
10 Pack

\$4.00 / EA



Greek House Dips, Rice Pilaf or Potatoes
227g - 500g

20% OFF



Little Qualicum Cheeseworks Cheeses

\$4.99 / 100G



Alexis De Portneuf Capriny Soft Goat Cheese
100g

2 FOR \$10.00



Sliced Prosciutto
Also Salami,
Italy, 70g - 120g

\$8.99 / EA

DISCOVER THOUSANDS OF CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are. From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.



100% BC OWNED



CHOICES.MARKET

BAKERY FRESH BAKED • WHOLESOME



Choices
Valentine's
Ganache Filled
Heart Cookie
100g

\$2.49 / EA



Valentine's
Tic-Tac-Toe
Cookie
160g

\$3.99 / EA



Choices
Brownie
Valentine's
Heart Cake
270g

\$5.99 / EA



Choices
Signature
Muffins
4 Pack

\$5.99 / EA



Golden West
English
Muffins
6 Pack

2 FOR \$6.00



Choices Hot
Cross Buns
350g

\$6.49 / EA



Lilu's Truffle
Chocolate
Cake Slice
Also Arabella's
Vanilla Walnut
Cake Slice, 160g

\$6.99 / EA



Organic
Pumpkin Seeds
Also Organic Dried
Fruit, Nuts & Candy,
Select Varieties,
Bulk Bins Only

20% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Nordic Naturals
Fish Oil
Supplements
Assorted Varieties
& Sizes

20% OFF



Purica
Mushroom
Supplements
Assorted Varieties
& Sizes

20% OFF



A.Vogel
Echinaforce
Supplements
Assorted Varieties
& Sizes

20% OFF



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

20% OFF



Genestra
Vitamins &
Supplements
Assorted Varieties
& Sizes

10% OFF



Herbatint
Natural
Permanent
Hair Colour
Assorted Varieties,
1 Kit

\$17.99



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

\$26.99



Mrs. Meyer's
Hand Soap
Assorted Varieties,
370ml

BUY 1 GET 1 FREE

PERFECT FOR
VALENTINE



Andalou
Naturals
Hair Care, Body
& Face Care
Assorted Varieties
& Sizes

25% OFF



Mountain Sky
Natural Body
Bar Soap
Assorted Varieties,
135g

\$5.79



The Kelowna
Candle Factory
Beeswax &
Soy Candles
Assorted Varieties
& Sizes

20% OFF



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

30% 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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