



CHOICES MARKET

Supporting local communities since 1990

WEEKLY SAVINGS!

Prices Effective • March 5 - March 11, 2026

SPECIAL PRICE

Top Sirloin Steaks or Roast
100% Grass Fed, Pasture Raised, Value Pack, Imported from Australia, \$28.64/KG

\$12.99 / LB

YOU SAVE 21%

SPECIAL PRICE

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

\$2.48 / LB

YOU SAVE \$1.00 / LB

PRODUCT OF CANADA

MADE IN CANADA

\$6.49

Choices Half Artisan Fruit Pies
280g

YOU SAVE \$1.50 / EA

MADE IN CANADA

\$9.99

Choices Healthy Ready to Eat Salad Bowls
250g - 403g

YOU SAVE 23%

MADE IN CANADA

withinUs TruMarine Collagen
PREMIUM-SELECT GRADE QUALITE PREMIUM SELECT

30% OFF

withinUs TruMarine Collagen
280g

WOMEN OWNED

SPECIAL PRICE

\$5.98 / EA

Organic Blueberries or Blackberries
Mexico or Peru Grown, 170g Pkg,

YOU SAVE \$1.00 / PKG.

Amy's Organic Soups
398ml

\$3.99

YOU SAVE 33%

WOMEN OWNED

PRODUCT OF CANADA

Smart Sweets
Selected Varieties, 45g & 50g

\$3.49

YOU SAVE 30%

WOMEN OWNED

FEATURED CANADIAN CHOICE

PRODUCT OF CANADA

YOU SAVE 33%

Rosdown Roasted Chickens
2 FOR \$20.00

PRODUCE FRESH • LOCAL • ORGANIC



PRODUCT OF CANADA

\$2.48 / LB

Organic Ambrosia Apples
BC Grown, \$5.47/KG



Organic Hass Avocados
Mexico Grown,
Bag of 3

\$5.98 / EA

PRODUCT OF CANADA



Hot House Mini Cucumbers
Canada Grown,
454g Pkg.

\$4.98 / EA

Organic Bunched Broccoli

Mexico or USA Grown,
\$8.77/KG

\$3.98 / LB



Hot House Tomatoes

Mexico Grown,
\$5.47/KG

\$2.48 / 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



PRODUCT OF CANADA

\$4.99 / LB

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



WILD CAUGHT

\$4.99 / 100G

Sockeye Salmon Fillets
Ocean Wise, Previously Frozen or Frozen, Value Pack



PRODUCT OF CANADA

\$6.99 / LB

Organic Chicken Drumsticks
Local, Free Range, Non- GMO, Air Chilled, Fraser Valley Raised, \$15.41/KG



PRODUCT OF CANADA

Pork Belly
Fresh, Raised Without Antibiotics, Whole or Sliced, \$17.61/KG

\$7.99 / LB



PRODUCT OF CANADA

\$5.99 / LB

Pork Shoulder Butt Roast
Fresh, Boneless, Raised Without Antibiotics, or Steak, \$13.21/KG



PRODUCT OF CANADA

Maple Leaf Natural Bacon
Made with Natural Ingredients, 375g, Also Ready Crisp Bacon & Bacon Bits

\$6.99 / EA

Taste Republic Fresh Pasta
Selected Varieties, 250g - 340g



15% OFF



\$8.99 / LB

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

Northern Glacier Hand Peeled Cooked Shrimp
Ocean Wise, Frozen, 340g



\$9.99 / EA



Greenhouse Organic Booster Shot
60ml

2 FOR \$8.00

plus deposit & eco fees



Rise Organic Kombucha
1L

\$7.99

plus deposit & eco fees



Genuine Organic Tea
15 Bags

\$7.99



Earth's Own Oat Beverage
Selected Varieties,
1.75L

\$4.99

plus deposit & eco fees



Edensoy Unsweetened Organic Soy Beverage
946ml

\$4.99

plus deposit & eco fees



Dairyland Organic Milk
4L

\$10.99

plus deposit & eco fees



Just Egg Scramble
500g

\$7.99



Riviera Petit Pot Yogurt
Selected Varieties,
4 Pack

\$5.99



Nuts to You Peanut Butter
750g

\$7.99

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



NuGo Protein Bar
50g

\$1.79



Love Child Organic Fruit & Vegetable Purée
128ml, Also Organic Oaty Chomps & Organic Sea Friends Cookies,
138g & 140g

25% OFF



Larabar Fruit and Nut Energy Bar
Selected Varieties,
45g & 48g

2 FOR \$4.00



Hardbite Handcrafted Style Potato Chips
128g & 150g

2 FOR \$7.00



Fentimans Botanically Brewed Tonic Water
4 Pack

\$10.99

plus deposit & eco fees



Cedar Valley Pita Chips
180g

\$4.99



Camino Organic Chocolate Bar
80g - 100g

\$5.99



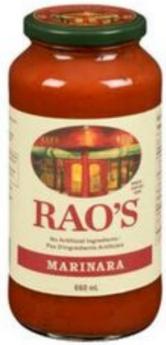
Panda Licorice
170g

2 FOR \$7.00



Chapman's Ice Cream
Selected Varieties,
500ml

\$3.99



Rao's Pasta Sauce
660ml

\$9.99



Caulipower Pizza
Selected Varieties,
Frozen, 310g &
312g

\$9.99



La Tourangelle Organic Extra Virgin Olive Oil
750ml

\$26.99



Tre Stelle Shredded Cheese
170g & 200g

\$6.99



Dairyland Cottage Cheese
500g

\$4.49



Carr's Table Water Crackers
(125g), Also
Cheese Melt
Crackers (150g)

2 FOR \$7.00



Granny's Gone Natural! Ultra Liquid Laundry Detergent
3.78L

\$8.99



Big Mountain Veggie Links
300g

\$6.99



Kettle & Fire Bone Broth
454ml

\$9.99

CELEBRATE INTERNATIONAL WOMEN'S DAY MARCH 8



Mogiana Single Origin Whole Coffee Beans
340g

\$17.99



Yoggu! Coconut Yogurt
450g

\$7.99



Tonica Organic Kombucha
355ml

BUY 1 GET 1 FREE
plus deposit & eco fees



Hornby Organic Energy Bar
80g

2 FOR \$5.00



Eat Dabble Protein Donuts
2-Pack

\$11.99



Zorba's Spanakopita
185g

\$4.99



Birch Babe Facial Care
Assorted Varieties & Sizes

25% OFF



Sheka Shea Butter Body Care & Baobab Oil
Assorted Varieties & Sizes

20% OFF



Rebel Green Hand Soap
Assorted Varieties,
355ml

\$7.49

PRODUCE FRESH • LOCAL • ORGANIC



Mandarin Oranges
USA Grown,
907g Bag

\$6.98 / EA



Organic Grape Tomatoes
Mexico Grown,
1 Dry Pint

\$3.98 / EA



Organic Rainbow or Red Chard
USA Grown, Sold by the Bunch

\$2.98 / EA



Organic Navel Oranges
USA Grown,
\$6.57/KG

\$2.98 / LB



\$10.98 / EA

Spring Bulb Bouquet

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

DELI PREPARED FRESH



Choices Quinoa Salads
Including New Winter Quinoa

\$1.99 / 100G



Greek House Cooked Rice Pilaf
454g, Also Potatoes, 500g

\$4.99 / EA



Choices Croissant Sandwiches
Assorted Varieties,
200g - 240g

\$8.99 / EA



Choice Ready to Eat Fresh Rolls
148g - 245g

\$6.99 / EA



Black Forest Ham

\$2.99 / 100G



Habibi's Hummus & Dips
200g - 240g

2 FOR \$8.00



Natural Pastures Cheese

15% OFF



Goat Feta Cheese

\$3.49 / 100G



Grand'Or Cheese Slices
Netherlands, 160g

2 FOR \$12.00

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.

BAKERY

FRESH BAKED • WHOLESOME

MADE IN CANADA

Choices Signature Seasonal Hot Cross Buns
350g

\$6.49 / EA

MADE IN CANADA **NEW**

Choices Nutella Twist Bread
520g

\$5.99 / EA

MADE IN CANADA

Bakestone Brothers Handstretched Naan
Also Roti,
472g - 500g

\$4.49 / EA

BULK FOODS

Organic Pumpkin Seeds
Includes Organic Flax & Chia Seeds,
Bulk Bins Only,
Select Varieties

20% OFF

MADE IN CANADA **NEW**

Choices Protein Almond Cookie
Also Pistachio Almond, 5 Pack

\$5.99 / EA

MADE IN CANADA

Choices Tres Leche Tray Bake
Also Carrot Cake,
Keto Chocolate Mousse,
210g - 270g

\$8.99 / EA

MADE IN CANADA

Portofino Artisan Loaves
585g - 630g

\$6.99 / EA

MADE IN CANADA

Carbonaut Bagels
5 Pack

GLUTEN FREE

\$8.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

MADE IN CANADA

New Roots Vitamin C8 Supplements
Assorted Varieties & Sizes

20% OFF

Host Defense Mushroom Supplements
Assorted Varieties & Sizes

20% OFF

CANADIAN OWNED

Natural Factors Stress & Sleep Supplements
Assorted Varieties & Sizes

15% OFF

MADE IN CANADA

Vega Sport Protein
Assorted Varieties,
801g - 837g

\$45.99

NOW Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

CANADIAN OWNED

Natural Factors Vitamin B, C, D, E, & K Supplements
Assorted Varieties & Sizes

15% OFF

Nuun Hydration Electrolytes
Immunity Boost,
Hydration & Vitamin Tabs,
Assorted Varieties,
10 Tabs

\$9.99

Womensense Supplements
Assorted Varieties & Sizes

20% OFF

MADE IN CANADA

Prairie Naturals Digestive Enzymes
Assorted Varieties & Sizes

25% OFF

Garden of Life Dr Formulated Probiotics
Assorted Varieties & Sizes

20% OFF

Newco Natural Technology Facial Care & Body Care
Assorted Varieties & Sizes

25% OFF

MADE IN CANADA

Soapworks Bar Soap
Assorted Varieties,
90g - 110g

2 FOR \$5.00

 ChoicesMarket
  @ChoicesMarket
  /DiscoverChoicesMarket
  Shop online at Instacart.ca



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.