



# CHOICES MARKET

Supporting local communities since 1990

# WEEKLY SPECIALS!

Prices Effective • April 16 - April 22, 2026

**PRODUCT OF CANADA**

**SPECIAL PRICE**

**Boneless Skinless Chicken Breast**  
Fresh, 100% Veggie Fed, Raised Without Antibiotics, Value Pack, \$19.82/KG

**\$8.99 / LB**

**YOU SAVE 31%**

**SPECIAL PRICE**

**Organic Hass Avocados**  
Mexico Grown, Bag of 3

**\$5.98 / EA**

**YOU SAVE \$1.00 / BAG**

**VITAMINS & SUPPLEMENTS**

**3 DAYS ONLY SALE**

**APRIL 17 - APRIL 19**  
FRIDAY TO SUNDAY

**20% OFF\***

**YOUR VITAMINS AND SUPPLEMENTS IN-STORE PURCHASE**

\*Sale not available online.

**MADE IN CANADA**

**2 FOR \$9.00**

**Choices Multiseed Sourdough Bread**  
600g

**YOU SAVE 25%**

**SPECIAL PRICE**

**2 FOR \$5.00**

**Organic Bunched Carrots**  
Mexico Grown

**YOU SAVE 37%**

**CANADIAN OWNED**

**Nature's Path Organic Cereal**  
650g - 907g

**YOU SAVE 23%**

**\$9.99**

**GLUTEN FREE**

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

**YOU SAVE 36%**

**\$2.99**

**FEATURED CANADIAN CHOICE**

**MADE IN CANADA**

**YOU SAVE 37%**

**Rosstown Roasted Chickens**

**2 FOR \$20.00**

# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Long English Cucumber**  
From OriginO, BC

**2 FOR \$9.00**



**Organic Mini Red Seedless Watermelon**  
Mexico Grown

**\$6.98 / EA**



**Organic Broccolini**  
USA Grown,

**\$3.98 / EA**

**Organic Lemons**  
USA Grown,  
907g Bag



**\$5.98 / EA**

**Mandarins**  
USA Grown,  
907g Bag



**\$5.98 / EA**

**Navel Oranges**  
USA Grown,  
\$3.26/KG



**\$1.48 / 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



**\$9.99 / LB**

**Lean Ground Beef**  
100% Grass Fed, Pasture Raised, Value Pack,  
Imported from Australia, \$22.02/KG



**\$5.99 / LB**

**Pork Sirloin Chops**  
Boneless, Raised Without Antibiotics,  
Fresh, or Roast, \$13.21/KG



**\$6.99 / LB**

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



**Beef Brisket**  
100% Grass Fed,  
Pasture Raised,  
Value Pack,  
Imported from  
Australia, \$17.61/KG

**\$7.99 / LB**



**\$4.99 / 100G**

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



**Rosdown Marinated Chicken Breast**  
Boneless Skinless,  
Raised Without  
Antibiotics, 350g

**\$9.99 / EA**

**Grimm's Thick Sliced Bacon**  
No Sugar Added,  
500g

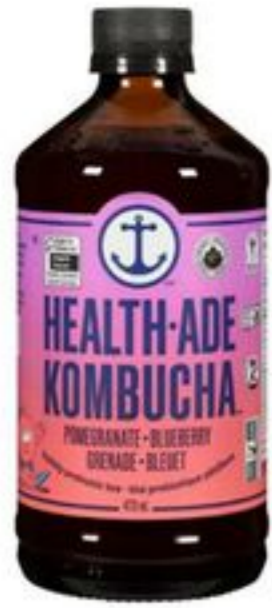


**\$13.99 / EA**

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



**\$9.99 / EA**



**Health-Ade Organic Kombucha**  
473ml

**\$3.99**

plus deposit & eco fees



**Traditional Medicinals Organic Tea**  
16 Bags

**\$5.49**



**Canada's Whistler Glacial Spring Water**  
1.5L

**2 FOR \$4.00**

plus deposit & eco fees



**Zazubean Organic Chocolate Bars**  
Selected Varieties,  
80g - 85g

**\$5.49**



**Good Drink Natural Iced Tea**  
Also Lemonade,  
473ml

**\$2.99**

plus deposit & eco fees



**Nature's Bakery Fig Bars**  
6 Pack

**\$6.99**



**Eve's Crackers**  
108g



**\$6.99**



**Nora Seaweed Snacks**  
28g - 45g

**\$4.99**



**Three Farmers Roasted & Seasoned Chick Peas**  
Also Fava Beans,  
120g & 140g

**2 FOR \$7.00**

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



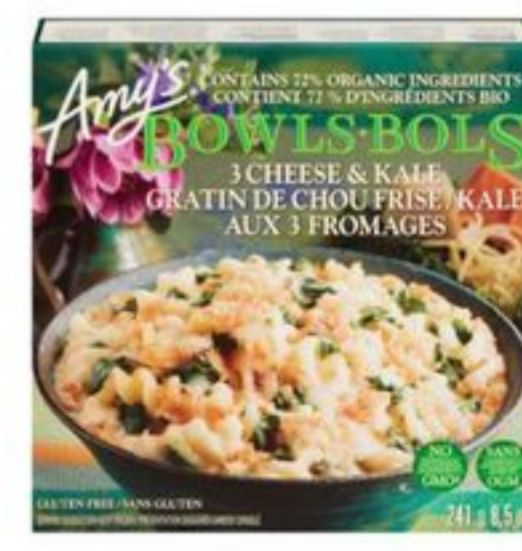
**Pacific Foods Organic Soup**  
946ml & 1L

**\$5.99**



**Rustichella d'Abruzzo Pasta**  
500g

**\$7.49**



**Amy's Meals & Bowls**  
Selected Varieties,  
Frozen, 234g - 284g

**\$7.99**



**Mutti Whole Peeled Tomatoes**  
Also Cherry Tomatoes,  
Selected Varieties  
398ml - 796ml

**20% OFF**



**Maison Orphée Extra Virgin Olive Oil**  
Selected Varieties,  
750ml

**\$19.99**



**Gathering Place Organic Spices**

**20% OFF**



**Bragg Organic Apple Cider Vinegar**  
473ml

**\$5.99**



**Big Mountain Veggie Crumbles**  
300g - 400g

**\$6.99**



**Nina's Pierogies**  
Selected Varieties,  
Frozen, 400g - 550g

**\$8.99**



**Danone Activia Yogurt**  
650g

**\$4.49**



**Tru Taste Café Waffles**  
450g

**\$6.99**



**Tree Island Cream Top Yogurt**  
Selected Varieties,  
500g

**\$4.99**



**Dairyland Organic Milk**  
4L

**\$10.99**

plus deposit & eco fees



**Only Goodness Organic Blueberries**  
Frozen, 1.5kg

**\$12.99**



**Blue Diamond Almond Breeze**  
946ml

**2 FOR \$5.00**

plus deposit & eco fees



**L'ancêtre Organic Cheese**  
Selected Varieties,  
200g

**\$7.99**



**Savör Grass Fed Butter**  
227g

**\$6.99**



**Dairyland Cottage Cheese**  
600g & 750g

**\$6.99**

## CELEBRATE EARTH DAY WITH SUSTAINABLE & ENVIRONMENTALLY CONSCIOUS CHOICES



**Café William Organic Coffee**  
300g

**\$12.99**



WIND POWERED SHIPPING IS INCORPORATED INTO THEIR SUPPLY CHAIN



**Gomacro Protein Bars**  
65g & 69g

**2 FOR \$8.00**

CERTIFIED CLEAN / CLIMATE CONSCIOUS BRANDING



**Flow Naturally Alkaline Spring Water**  
1L

**2 FOR \$5.00**

100% SUSTAINABLY SOURCED RENEWABLE PAPERBOARD

plus deposit & eco fees



**Humble Organic Potato Chips**  
135g

**2 FOR \$7.00**

USES COMPOSTABLE PACKAGING



**Made Good Organic Granola Bars**  
5 Pack

**2 FOR \$8.00**

GLUTEN FREE

B-CORPORATION ACCOUNTABILITY TO HIGH SOCIAL, ENVIRONMENTAL VALUES



**Raincoast Trading Sardines, Albacore Tuna & Sockeye Salmon**  
Selected Varieties,  
120g - 160g

**20% OFF**

SUPPORTS OCEAN WISE



**Good Juju Laundry Strips**  
30 Pack

**\$10.99**

CERTIFIED BIODEGRADABLE PVA



**Caboo Bamboo Bathroom Tissue**  
24 Rolls

**\$19.99**

BRC GLOBAL STANDARDS



**The Unscented Company Laundry Products**  
(750ml - 4L),  
Includes Dish Soap,  
& 2 New Refills (4L)

**20% OFF**

CORP CERTIFICATION

**PLANT** • GROW • NATURALLY



**Assorted Tomato Plants**  
Organic Edible Bedding Plants, 4 Inch Pot

**\$3.99** / EA



**Black Earth Soil**  
Cinnabar Valley Farms, 30 Liter Bag

2 FOR **\$21.00**



**Bunched Tulips**  
Assorted, 5 Stems

**\$4.98** / EA



**Assorted Vegetable Plants**  
Organic Edible Bedding Plants, 4 Inch Pot

**\$3.99** / EA



**Premium Organic Compost Mix**  
Pro-Cert  
Cinnabar Valley Farms, 10kg Bag

2 FOR **\$11.00**



**Gourmet Bouquet**

**\$24.98** / EA

**DELI** PREPARED FRESH



**Choices Pasta Salads**

**\$2.19** / 100G



**Choices Breakfast Bowls**  
3 Varieties, 340g - 400g

**\$8.99** / EA



**Choices Croissant Sandwiches**

**\$8.99** / EA



**Choices Veggie Cakes**  
Ready to Eat, 140g

**\$3.49** / EA



**Habibi's Hummus**  
450g

**\$7.99** / EA



**Choices Fresh Sliced Angus Roast Beef**  
Pepper, Garlic or Perfectly Plain

**\$4.49** / 100G



**Grand 'Or Cheese Slices**  
Netherlands, 160g

**\$5.99** / EA



**Little Qualicum Cheese**  
Selected Varieties

**\$4.99** / 100G



**Paysan Breton Le Brie Cheese**  
France

**\$4.99** / 100G

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**FRIDAY TO SUNDAY**

**20% OFF\***

**3 DAYS ONLY**  
YOUR VITAMINS AND  
SUPPLEMENTS IN-STORE  
PURCHASE

\*Sale not available online.

# BAKERY FRESH BAKED • WHOLESOME

# BULK FOODS



**Choices Almond Pistachio Protein Cookies**  
or Almond Protein Cookies, 6 Pack

**\$6.99 / EA**



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

**\$6.99 / EA**



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

**\$8.99 / EA**



**Organic Beans, Rice & Grains**  
Bulk Bins Only, Selected Varieties

**20% OFF**



**Choices Nanaimo Bars**  
3 Varieties, 70g - 85g

**2 FOR \$6.00**



**Pastry Box Chocolate Cloud Cake**  
Also Coconut, Limoncello or Strawberry, 540g - 600g

**\$14.99 / EA**



**Bakestone Brothers Pita Bread**  
6 Pack

**2 FOR \$5.00**



**Golden West English Muffins**  
6 Pack

**2 FOR \$5.00**

# WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Organic Traditions Superfoods**  
Assorted Varieties & Sizes

**20% OFF**



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

**15% OFF**



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

**15% OFF**



**Natural Factors CoQ10 & Ubiquinol Supplements**  
Selected Varieties & Sizes

**15% OFF**



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

**15% OFF**



**Ultimate Vitamins & Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**Botanica Organic Herbs & Supplements**  
Capsules Only, Assorted Sizes

**15% OFF**



**Prairie Naturals Superfoods**  
Assorted Varieties & Sizes

**20% OFF**



**Sisu Vitamins & Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**Organika Spirulina**  
Assorted Varieties & Sizes

**25% OFF**



**Dr. Bronner's Non-GMO Organic Pure-Castile Soap**  
Assorted Varieties, 946ml

**\$25.99**



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

**\$26.99**

Choices.Market  
 @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.