



CHOICES MARKET

Supporting local communities since 1990

MOTHER'S DAY CHOICES!

Prices Effective • May 7 - May 13, 2026



PRODUCT OF CANADA

SPECIAL PRICE

Chicken Thighs
100% Veggie Fed, Raised Without Antibiotics, Fresh or Marinated, Value Pack, \$11.00/KG

\$4.99 / LB

YOU SAVE 41%

3 DAYS ONLY

BODY CARE SALE

MAY 8 - MAY 10
FRIDAY TO SUNDAY

20% OFF*

YOUR BODY CARE IN-STORE PURCHASE
*Offer excludes Vitamins & Supplements. Sale not available online.



MADE IN CANADA

\$13.99 / EA

Rosdown Roasted Chickens

YOU SAVE \$2.00



SPECIAL PRICE

3 FOR \$6.00

Organic Hass Avocados
Mexico Grown

YOU SAVE 42%



MADE IN CANADA

Mother's Day Heart Brownie Cake
270g

\$4.99

YOU SAVE 28%



MADE IN CANADA

ALL ITEMS ON SALE

New Roots Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



MADE IN CANADA

Rise Organic Kombucha
1L

\$6.99

YOU SAVE 30%

plus deposit & eco fees



MADE IN CANADA

Wild Mountain Organic Chocolate Bars
80g & 85g

\$6.99

YOU SAVE 30%



2 FOR \$60.00

Spring Mix Hanging Basket
12 Inch Pot

YOU SAVE 36%

PRODUCE FRESH • LOCAL • ORGANIC



Organic Peppers
From Origin O, BC, Bag of 2

\$6.98 / EA



Organic Cantaloupe Melon
Mexico Grown

\$6.98 / EA



Long English Cucumbers
Canada Grown

2 FOR \$3.00

Organic Raspberries or Blackberries

USA Grown, 170g Pkg.

\$6.48 / EA



Organic Green, Black or Red Kale

USA Grown, Sold by the Bunch

2 FOR \$7.00



Tomatoes On the Vine
Canada 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



\$13.99 / LB

Top Sirloin Steaks or Roast

100% Grass Fed, Pasture Raised, Value Pack, Imported from Australia, \$30.84/KG



\$14.99 / LB

Organic Chicken Breast

Fresh, Boneless, Skinless, Free Range, Non-GMO, Air Chilled, Fraser Valley Raised, \$33.05/KG



\$8.99 / LB

Pork Tenderloin

Fresh, Raised without Antibiotics, \$19.82/KG



Harvest Bacon
500g



\$13.99 / EA



\$4.99 / EA

Ahi Tuna Steaks

Ocean Wise, Frozen or Previously Frozen, 6 oz



Legends Haul Burgers, Grinds & Sausages
Frozen

25% OFF

Crab Cakes or Prawn Cakes

Ocean Wise, Previously Frozen, 2 Pieces per Pkg.

\$4.99 / EA



Northern Glacier Cooked Pacific White Shrimp

Hand Peeled, Ocean Wise, Frozen, 340g

\$9.99 / EA





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

\$5.49



**Salt Spring
Organic Coffee**
Selected Varieties,
400g

\$19.99



**Canadian Heritage
Organics
Organic 100%
Pure Maple Syrup**
500ml

\$14.99



**Greenhouse
Organic
Booster Shots**
4 Pack

\$12.99

plus deposit & eco fees
works out to \$3.25 / shot



**Mid-Day
Squares**
Selected Varieties
33g

\$2.29



**Happy Planet
Smoothie**
Selected Varieties,
900ml

\$6.99

plus deposit & eco fees



**Glutino
Wafer Cookies,
Crème Cookies
& Pretzels**
130g - 400g

20% OFF



**Patience 100%
Pure Organic
Wild Blueberry
Juice**
946ml

\$12.99

plus deposit & eco fees



**Kinnikinnick
Animal Cookies,
Cake Mixes &
All Purpose Flour**
Selected Varieties,
180g - 500g

20% OFF

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



**Covered Bridge
Potato Chips**
Also Lela's
Chickpea Chips,
Selected Varieties,
142g - 170g

\$3.99



**Zevia
No Sugar Soda**
6 Pack

\$6.99

plus deposit & eco fees



**Poptastic
Popcorn**
130g

2 FOR \$7.00



**Deebee's Organics
Super Juice
Organic
Freezie Pops**
10 Pack

\$5.99



**Tili Super Greens
Juice Box**
4 Pack

\$5.49

plus deposit & eco fees



**Que Pasa
Organic Dippers**
170g

\$5.49



**Island Farms
Premium
Vanilla Plus
Ice Cream**
Selected Varieties,
1.65L

\$8.99



**Pur Gum
Pouches**
77g

\$3.99



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

\$5.99



Olympic Organic Yogurt
Selected Varieties,
1.75kg

\$12⁹⁹



Bob's Red Mill Rolled Oats
Selected Varieties,
794g & 907g

\$10⁹⁹



Thomakis Artisanal Greek Yogurt
Selected Varieties,
454g

\$10⁹⁹



Prana Organic Overnight Chia & Granolove Crunch Cereal
Selected Varieties,
250g - 750g

20% OFF



Rolling Meadow Grass Fed Yogurt
Selected Varieties,
500g

\$3⁹⁹



Elias Creamed Raw Natural Honey
500g

\$10⁹⁹



L'ancêtre Organic Cheese
Selected Varieties,
325g

\$12⁹⁹



Plumm Good Organic Brown Rice Thins
95g

2 FOR \$7⁰⁰



Armstrong Cheese Slices
220g & 240g

\$5⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Acropolis Organics Organic Extra Virgin Olive Oil
1L

\$39⁹⁹

YOU SAVE \$19⁰⁰



Favuzzi Italian Peeled Tomatoes
Also Diced,
Selected Varieties,
796ml

\$4⁹⁹



Amy's Pizza
Frozen,
340g - 397g

\$12⁹⁹



Bioitalia Organic Pasta
500g

\$2⁹⁹



Lundberg Family Farms Sustainably Grown Rice
Selected Varieties,
907g

\$8⁹⁹



Annie's Pasta
Selected Varieties,
149g - 170g

2 FOR \$6⁰⁰



Karthain's Organic Sauerkraut
375ml

\$6⁴⁹



Chosen Foods Avocado Oil Dressing
237ml

\$8⁹⁹



Soyganic Organic Ultra Firm Tofu
Also Organic Firm Tofu,
Selected Varieties,
400g & 500g

2 FOR \$7⁰⁰

PLANT • GROW • NATURALLY



Assorted Herb Plants
Organic Edible Bedding Plants, 4 Inch Pot

\$4.99 / EA



Black Earth Soil
Cinnabar Valley Farms, 30 Liter Bag

3 FOR \$21.00



Gourmet Bouquet

\$24.98 / EA



Assorted Tomato Plants
Organic Edible Bedding Plants, 4 Inch Pot

\$3.99 / EA



West Coast Gardener Potting Soil
From Cinnabar Valley Farms, 35 Liter Bag

2 FOR \$22.00



Assorted Vegetable Plants
Organic Edible Bedding Plants, 4 Inch Pot

\$3.99 / EA

DELI PREPARED FRESH



Choices Pasta Salads

\$2.19 / 100G



Choices Salmon Lox Bagels

\$8.99 / EA



Zorba's Spankopita
Also Mushroom & Parmesan Phyllo Pie, 185g

2 FOR \$10.00



Choices Quiche
8 Inch

\$13.99 / EA

YOU SAVE \$3.00



Choices Wild Salmon Cakes
130g

2 FOR \$9.00



Black Forest Ham

\$2.99 / 100G



Natural Pastures Cheese
170g - 200g

15% OFF



Swiss Emmental Cheese
Also Gruyere or Cave Aged Gruyere

20% OFF



Cambozola Cheese

\$6.49 / 100G

MAY 8 - MAY 10
FRIDAY TO SUNDAY

20% OFF*

3 DAYS ONLY
YOUR BODY CARE
IN-STORE PURCHASE

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Sale not available online.

BAKERY FRESH BAKED • WHOLESOME

BULK FOODS



Choices
Tiramisu Cake
Also Traditional,
London Fog or
Strawberry, 6 Inch

\$19.99 / EA



Choices
**Nutella Twist
Bread**
520g

\$6.99 / EA



Choices
**Cheese
Sourdough
Bread**
380g

\$5.99 / EA



**Organic
Rolled Oats**
Also Organic
Steel Cut Oats,
Bulk Bins Only,
Selected Varieties

20% OFF



**Brioche
Hamburger
Buns**
Also Hot Dog,
6 - 8 Pack

\$6.49 / EA



Choices
Scones
2 Pack

\$3.99 / EA



Uprising Breads
**Sourdough Light
Rye Bread**
Also 100% Whole
Wheat, 650g

2 FOR \$9.00



**Little
Northern
Bakehouse
Bagels**
400g

\$6.49 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Vega Sport
Protein
& Sports
Supplements**
Assorted Varieties
& Sizes

25% OFF



**A.Vogel
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Natural Factors
All Bonus
Bottles**
Assorted Varieties
& Sizes

15% OFF



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

20% OFF



**Vitality
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Nature's Way
Herbal
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Organika
Hyaluronic
Acid with
Vitamin C**
90 Caps or
100g Powder

\$46.99



**Martin &
Pleasance
Harmony
Women's
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Dr. Hauschka
Facial Care**
Assorted Varieties
& Sizes

15% OFF



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

15% OFF



**Aura Cacia
Essential Oils**
Assorted Varieties
& Sizes

20% OFF



**La Luna
Candles,
Diffusers
& More!**
Assorted Varieties
& Sizes

15% OFF



Choices.Market



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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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