



100% BC Owned and Operated

B.C.'s Finest Choice

Farm Folk/City Folk Feast of Fields, Sunday, August 29, 1-5pm, Wellbrook Winery, Delta
Tickets available at Metro Vancouver Choices Markets while supplies last or on-line at www.feastoffields.com.



Dairyland Organic Milk
skim, 1, 2 or 3.25%
2/5.00
1 L • product of B.C.



Salt Spring Organic Fair Trade Coffee
assorted varieties
9.99
400g • product of B.C.

Sun-Rype 100% Fruit Juice



assorted varieties
3/4.98
1 L • product of B.C.
+ deposit + eco fee

Nature's Path Eco Pack Organic Cereals

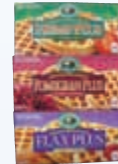


assorted varieties
from 5.49
750 or 907g • product of B.C.



Olympic Yogurts
assorted varieties
2/6.00
650g • product of B.C.

Nature's Path Organic Frozen Waffles



assorted varieties
2.69 210g

Happy Planet Fresh



Fruit Smoothies
assorted varieties
3/5.49
325ml • product of Canada
+ deposit + eco fee

Yves Veggie Cuisine Veggie Bistro Burgers



assorted varieties
4.99
352g • product of Canada



Uncle Luke's #1 Medium Maple Syrup
5.99
375ml • product of Canada

Earth's Choice Tortilla Chips

made with organic corn
assorted varieties

from 2/5.00 454g • product of Canada

Armstrong Cheeses

assorted varieties
from 8.99 500-600g • product of B.C.

Earth's Choice Organic Salsa

assorted varieties
2/7.00 500ml

Bulk Department

Conventional Whole Raw Almonds
prepacked or bins

20% off regular retail price

From Our Wellness Centre

Sisu Supreme Multivitamin



Bonus Size
19.99 150 caps

These vegetarian capsules are enhanced with vitamin K and boron for strong bones, 500mcg of pure lutein for healthy eyes, 125mg Ester-C® and 100mg of citrus bioflavonoids.

Omega Nutrition Organic Virgin Coconut Oil



14.99 454g

A certified organic and kosher oil extracted from fresh coconuts that are full of flavour and aroma.

Mountain Sky Love Thy Lips Lip Balms



2.79 4.25g

A super creamy lip protector made with all-natural ingredients to protect your sensitive lips and can even be used to moisturize dry skin spots.

Enerex Serrapeptase Rx 90,000 I.U.



29.99 60 tab
49.99 120 Tab

A natural anti-inflammatory enzyme that helps to reduce inflammation, water retention and alleviates pain.

choicesmarkets.com

Kitsilano

2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie

3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale

1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown

1202 Richards St.
Vancouver
604.633.2392

Choices in the Park

6855 Station Hill Dr.
Burnaby
604.522.6441

Rice Bakery

2595 W. 16th Ave.
Vancouver
604.736.0301

South Surrey

3248 King George Blvd.
South Surrey
604.541.3902

Choices at the Crest

8683 10th Ave.
Burnaby
604.522.0936

Kelowna

1937 Harvey Ave.
Kelowna
250.862.4864
Note Area Code

Prices Effective July 29 to August 4, 2010. While quantities last.

From the Meat Department

Sovereign Five Star
Double Loin Lamb Chops



**9.99lb/
22.02kg**



Choices' Own Gourmet
Butter Chicken Sausages
7.99lb/17.61kg

Choices' Own Turkey



Breakfast Sausages
5.99lb/13.21kg

Wild Sockeye Salmon Fillets



value pack
8.99lb/19.82kg

Choices' Own Gourmet
Beef Burgers Patties



**8.99lb/
19.82kg**

Paradise Valley Pork
Back Ribs *never frozen*



7.99lb/17.61kg

Grocery Specials

Mountain Pride
Premium Ice Cream



assorted varieties

5.49

1.89 L • product of B.C.

Energy Max
Organic Energy Drink



assorted varieties

2/3.00

250ml • product of B.C.
+ deposit + eco fee

Old Dutch Potato Chips
Ripple or Regular varieties

2/5.00 235g • product of B.C.

Earth's Choice Glacier Spring Water

.99 1.5 L • product of B.C. + deposit + eco fee

Gardein Vegetarian Products
assorted varieties

from 2/5.00 200-285g

Dalla Terra Antipasto and Pepper Spreads
assorted varieties

2/5.00 375-500ml

Cadbury Chocolate Bars
assorted varieties

2/4.00 100g

V.I.P. 2X Liquid
Laundry Detergents



three varieties

6.99

1.5 L • product of B.C.

Fraser Valley Butter



Salted & Unsalted

4.49

454g • product of B.C.

Silver Hills Squirrely Bread

2/7.00 600g • product of B.C.

Earth's Choice Organic Peanut Butter
assorted varieties

3.99 500g

Earth's Choice Organic Rice Cakes
assorted varieties

2.49 185g

Olympic Organic Cream Cheese

2.99 250ml • product of B.C.

Pet Chef Premium Dry Dog & Cat Food
assorted varieties

from 14.99 3.63 - 13Kg

EchoClean Natural Dish Detergents
green apple or tangerine

2.99 740ml • product of Canada

From Our Bakery



Organic Country
French Bread *White Only*

2.99 500g



Hearty Scandinavian Bread

2.99 550g



Oatmeal Chocolate Chip
Walnut Cookies

4.99 package of 12



Lemon Poppy
Pineapple Pudding Cakes

5.49 454g

Produce

All produce items weather permitting



Hand Tied Bouquets
B.C. Grown

19.99 each

Red, Green and Rainbow Bunch Chard
from Myers Organic Farm



B.C. Grown,
Certified Organic

3/3.99



Blueberries

B.C. Grown, Certified Organic

3.98 1lb/454g Clamshell Pkg

Green Beans from Fraserland Farm

B.C. Grown, Certified Organic



1.98lb/4.37kg

Gold Plums from Heartachers Farms



B.C. Grown, Certified Organic

3.98 2lb/908g Clamshell Pkg

Red Grape Tomatoes from Windset Farms



B.C. Grown.

1.98 227g pkg

From the Deli

Specialty Roasted Chickens



assorted flavours

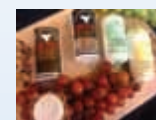
2.00 off

regular retail price

Choices' Own Dijon Potato Salad



.99/100g reg 1.69



Happy Days Goat Cheese
Goat Feta

1.49/100g reg 2.49

Goat Mozzarella **2.79/100g** reg 3.99

Okanagan Goat Cheeses

*in herbs and oils, regular or lemon pepper,
Okanagan Deluxe - plain or olive oil & herb*

save 2.00 off

regular retail prices • 100g to 150g

Rice Bakery

Rice Lemon Poppy Pudding Cakes



4.49 300g



Rice Hamburger Buns

3.99 package of 4

Available in the frozen food department
at Choices Markets Kelowna.



printed on 100% post consumer recycled paper

Not all items available at all stores.
We reserve the right to correct printing errors.