



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • August 17-23, 2023



SPECIAL PRICE

LOCAL

Lean Ground Beef
Imported, Value Pack
15.41/kg

\$6.99 / LB

YOU SAVE 49%

SPECIAL PRICE

Organic Peaches
From BC, 8.77/kg

\$3.98 / LB

YOU SAVE \$2.00 / lb



\$6.99

**Rosstown Roasted
Chicken Halves**

**YOU SAVE
13%**



FROM \$7.99

Habibi's Dips
Family Size, 450g

**YOU SAVE
20%**



LOCAL

2 / \$5.00

**Rainbow & Red Organic
Chard**

From Myers Organic Farms, BC

**YOU SAVE
25%**



LOCAL

\$3.98 / LB

Nectarines

From BC, 8.77/kg

**YOU SAVE
\$1.00 / lb**



\$4.99

**Choices' Own
Sourdough Bread**
Levain, 530g

**YOU SAVE
17%**



LOCAL

**Maple Hill Farms
Organic Free Range
Large Eggs**
1 Dozen

\$6.99

**YOU SAVE
\$1.30**



LOCAL

**Olympic Organic
Greek Yogurt**
or Crema, Natural
500g ~ 650g

FROM \$4.49

**YOU SAVE
UP TO
\$1.30**



LOCAL

**Bremner's
Organic
Frozen Fruit**
300g & 600g

FROM \$4.69

**YOU SAVE
UP TO
\$4.00**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Medley Mix Tomatoes

From Lina's Garden, 1 Dry Pint



Organic Bunched Carrots

From Olera Farm, BC



Yellow Potatoes

From BC, 2.27 kg Bag

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Chicken Kabobs

Made in Store, Assorted Flavours, 15.41/kg



Pork Tenderloin

Raised Without Antibiotics, 17.61/kg



Lamb Leg Steak

Boneless, 33.05/kg



Coho Salmon

Fresh



**iÖGO Nano
Drinkable Yogurt**
6 Pack

\$4⁷⁹



**Mogiana
Coffee**
340g, Made in BC

\$12⁹⁹



**Only Goodness
Almond Butter**
Natural Smooth or
Crunchy, 340g

\$12⁴⁹



**Nuts to You
Almond Butter**
365g, Made in Canada

\$7⁴⁹



**Kicking Horse
Organic Fair Trade
Whole Bean Coffee**
454g, Made in BC

\$16⁴⁹



**Only Goodness
Organic Sunflower
Butter**
500g

\$5⁶⁹



**Blue Diamond
Almond Breeze
Beverages**
1.89L

\$5⁴⁹

plus deposit & eco fee



**Whistler Glacial
Spring Water**
1L - 1.5L,
Product of BC

40% OFF

plus deposit & eco fee



**Nanton
Water**
12 Pack

2 / \$5⁰⁰

plus deposit & eco fee

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



**Saputo
Shredded Cheese**
170g/320g

FROM \$4⁶⁹



**Daiya Plant-Based
Cheese Blocks**
or Slices, Shreds
Assorted Sizes, Made
in BC

\$4⁴⁹



**Only Goodness
Gluten-Free Pasta**
340g

\$3²⁹



**Woolwich
Goat Cheese**
Select Varieties
and Sizes

30% OFF



**L'Ancetre
Organic Cheese**
Select Sizes

30% OFF



**Only Goodness
Organic Tomato
Sauce**
398ml

\$3⁴⁹



**Filippo Berio
Organic Olive Oil**
Extra Virgin, 750ml

\$22⁹⁹



**Beyond Meat
Plant-Based
Burger**
226g

\$5⁹⁹



**Tofurky
Plant-Based
Products**
Select Varieties

35% OFF



**Skinny Pop
Popcorn**
125g & 150g

2/\$8.00



**Kettle Brand
Potato Chips**
368g

\$4.99



**Sigdal Bakeri
Crispbread**
190g & 220g

\$5.69



**Prana
Organic Snacks**
Assorted Sizes

30% OFF



**Dalla Terra
Antipasto &
Roasted Red Pepper**
375ml

\$3.99



**Kinnikinnick
Gluten-Free
Cookies & Crackers**
Select Sizes & Varieties

30% OFF



**Pamela's Gluten-Free
Pancake Mixes, Honey
Grahams & Fig Cookies**
Assorted Sizes

FROM \$6.49



**Clif Bar
Energy Bars**
68g

4/\$6.00



**Camino Organic
Fair Trade
Chocolate Bars**
80g & 100g

2/\$7.00

NOURISHING LIFESTYLES SINCE 1990



**Happy Pops
Frozen Ice Pops**
4 Pack

\$5.79



**DeeBee's Organics
Superfruit Freezies**
10 Pack

\$5.99



**Only Goodness
Organic Mustard**
Dijon, Stone Ground or
Yellow, 325ml

\$3.49



**Sno Dairy-Free
Frozen Dessert**
500ml & 3 Pack Bars

\$5.99



**So Delicious
Frozen Desserts**
Select Varieties
4 Pack & 8 Pack

FROM \$4.49



**Maison Orphée
Vinaigrette
Dressing**
240ml & 250ml

\$3.99



**KetoSkream
Ice Cream**
473ml

\$7.29



**Mochi
Coconut Cream
Frozen Dessert**
450g

\$7.99



**Caboo Bathroom
Tissue & Paper
Products**
Assorted Sizes

40% OFF

DELI

PREPARED FRESH



Choices' Own Salads

Mediterranean Herbed Barley, Pico Edamame or Tabouleh

\$1.89 / 100g



Choices' Own Mexican Fajitas, Burritos or Quesadillas

200g/375g

FROM **\$6.49**



Choices' Own Fresh Sushi Rolls

148g/245g

2 / **\$12.00**



Choices' Own Salami

Antibiotic Free

\$4.49 / 100g



Choices' Own Artisan Sandwiches

Turkey, Roast Beef or Ham

\$9.99



Choices' Own Poke Bowls

375g/465g

\$11.99



Honey Ham

\$2.49 / 100g



Castello Aged Cheese

Gouda, Cheddar, Havarti 200g

\$7.99



Tre Stelle Apetina Feta Cheese

in Oil, 100g

\$3.99



Tre Stelle Halloumi Grilling Cheese

200g

2 FOR **\$10.00**

BAKERY

FRESH BAKED • WHOLESOME



\$3.29

Choices' Own Sourdough Buns or Baguettes, 250g & 350g



Silver Hills Sprouted Power Bread

Assorted Sizes

2 / **\$8.00**



Choices' Own Keto Pudding Cups

Select Varieties, 150g

\$4.49



\$6.99

Choices' Own Artisan Cookies

6 Pack



Bakestone Brothers Organic Bagels

6 Pack

\$5.99



Keto Caveman Desserts

Assorted Sizes

20% OFF

DISCOVER
YOUR CHOICES

OPENING AUGUST 31ST

PARKSVILLE, BC

319 Island Highway East, Parksville



CHOICES MARKET



GROCERY

LOCAL • ORGANIC • SPECIALTY



Roar Organic Infusions
532ml

2/\$5.00

plus deposit & eco fee



Zevia Zero Calorie Soda
Stevia Sweetened
355ml / 6 Pack

\$5.89

plus deposit & eco fee



Phillips Sparkmouth Sodas
355ml / 4 Pack

\$6.49

plus deposit & eco fee



Rise Organic Kombucha
1L

\$6.99

plus deposit & eco fee



GT'S Organic Raw Kombucha
480ml

2/\$7.00

plus deposit & eco fee



Guayaki Organic Yerba Mate Tea
458ml

2/\$5.00

plus deposit & eco fee



Vita Coco Coconut Water
or Milk
500ml, 1L

40% OFF

plus deposit & eco fee



Station Organic Cold Brew Coffee
355ml

\$2.99

plus deposit & eco fee

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

Bio-K Plus Probiotics

Dairy or Non-Dairy
6 Pack



FROM **\$21.99**



Garden of Life mykind Organics Vitamins & Supplements
Assorted Sizes

20% OFF



CanPrev Beauty Supplements
Select Varieties

20% OFF



Purica Vitamins & Supplements
Assorted Sizes

20% OFF



Prairie Naturals Superfoods
Assorted Sizes & Varieties

20% OFF



Natural Factors Amino Acid Supplements
Assorted Sizes & Varieties

20% OFF



Genuine Health Advanced Gut Health Probiotics
Assorted Varieties

20% OFF



Vega One All-in-One Shake
827g - 876g

\$54.99



Jason Naturals
Hand Soap, 473ml
Body Wash,
887ml - 900ml

30% OFF



Weleda Facial & Body Care
Assorted Varieties

35% OFF



Desert Essence
Toothpaste, 176g
Hair Care,
237 ml

25% OFF



Dr. Hauschka Facial Care
Assorted Sizes

20% OFF



Shop online at [ChoicesMarket](http://ChoicesMarket.com)



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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

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.

Parksville - Opening August 31st • 319 Island Hwy East