



# CHOICES MARKET

100% BC OWNED AND OPERATED

BC DAY  
LONG WEEKEND

# CHOICES!

Week 31 • Prices Effective • August 3 - 9, 2023



**LOCAL**

**Organic Hot House Tomatoes On the Vine**  
From Origin-O Farm, BC  
8.77/kg

**\$3.98 / LB**

**YOU SAVE 200¢/lb**

**SPECIAL PRICE**

**Fresh Sockeye Salmon Fillets**  
Value Pack

**\$2.99 / 100g**

**YOU SAVE 40%**



**\$11.99**

**Rossdown Roasted Chicken**

**YOU SAVE 14%**



**FROM \$1.79 / 100g**

**Choices' Own Salads**

Pasta, Macaroni or Potato

**YOU SAVE 17%**



**LOCAL**

**\$13.98**

**Blueberries**

From BC, 2.27 kg Box

**YOU SAVE 45%**



**LOCAL**

**\$2.98 / LB**

**Cherries**

From BC, 6.57/kg

**YOU SAVE 200¢/lb**



**\$4.49**

**Choices' Own Hamburger or Hot Dog Buns**

6 Pack

**YOU SAVE 10%**



**New Roots Vitamins & Supplements**  
Assorted Sizes  
Assorted Varieties

**ALL ITEMS ON SALE**

**20% OFF**



**Zevia Zero Calorie Soda**  
Stevia Sweetened  
355ml / 6 Pack

**YOU SAVE FROM 20%**

**.99 / \$5.89**



**Lesser Evil Organic Paleo Puffs**  
142g

**YOU SAVE 21%**

**\$4.69**



**Spread'em Cashew Dips & Spreads**  
183g

**YOU SAVE FROM 23%**

**FROM \$5.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**\$2<sup>98</sup>**

**Organic Gold and Red Bunched Beets**  
From Myers Organic Farms, BC



**\$4<sup>98</sup>** EACH

**Organic Cauliflower**  
From Lina's Garden, BC



**3 / \$6<sup>00</sup>**

**Bunched Spinach**  
From BC

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$12<sup>99</sup>** / LB

**Striploin Steaks**  
Value Pack, Imported, 28.64/kg



**\$3<sup>99</sup>** / LB

**Fresh Chicken Drumsticks**  
Raised without Antibiotics, Value Pack, 8.80/kg



**\$11<sup>99</sup>** / LB

**Certified Organic Lean Ground Beef**  
Grass Fed, Value Pack, 26.43/kg



**\$7<sup>99</sup>** / LB

**Fresh Pork Tenderloin**  
Raised without Antibiotics, 17.61/kg





**Honey Stinger  
Organic Waffles &  
Chews**

Assorted Sizes

**40% OFF**



**Uncle Luke's  
Organic #1 Maple  
Syrup**

250ml

**\$6<sup>49</sup>**



**Pamela's  
Gluten-Free  
Fig Cookies**

or Pancake Mixes, Honey  
Grahams, Assorted Sizes

**FROM \$6<sup>49</sup>**



**Nature's Farm  
Free Run Eggs**

Omega 3, Large  
12 Pack / 18 Pack

**FROM \$6<sup>49</sup>**



**Nuts to You  
Almond Butter**

365g

**\$7<sup>49</sup>**



**Olympic Organic  
Yogurt**

or Krema, Greek, Natural  
500g & 650g

**FROM \$4<sup>49</sup>**



**Dairyland  
Organic Milk**  
4L

**\$9<sup>49</sup>**  
plus deposit & eco fee



**Blue Diamond  
Almond Breeze**  
946ml

**2/\$5<sup>00</sup>**  
plus deposit & eco fee



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

**FROM \$4<sup>89</sup>**

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



**Nature's Path  
Organic Cereal &  
Envirokidz**  
Eco Pak, Assorted Sizes

**\$8<sup>99</sup>**



**Kicking Horse  
Organic Fair Trade  
Ground Coffee**

284g

**\$10<sup>99</sup>**



**Dairyland Cream  
& Whipping  
Cream**

946ml & 1L

**20% OFF**



**Rizopia  
Rice Pasta**  
340g - 454g

**FROM \$1<sup>99</sup>**



**Dalla Terra  
Antipasto  
& Roasted Red Pepper**  
375ml - 500ml

**FROM \$3<sup>99</sup>**



**Thai Kitchen  
Coconut Milk**  
or Noodles, Sauces  
Assorted Sizes

**30% OFF**



**Filippo Berio  
Extra Virgin Olive Oil**  
Non-Organic / Organic  
750 ml

**FROM \$18<sup>99</sup>**



**Wildbrine  
Sauerkraut &  
Kimchi**  
500ml & 500g

**\$7<sup>99</sup>**



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

**\$3<sup>99</sup>**



**Siete Grain Free  
Tortilla Chips and  
Churro Strips**

142g

**\$5.99**



**Covered  
Bridge  
Potato Chips**

142g & 170g

**\$3.19**



**Skinny Pop  
Popcorn**

125g & 150g

**2/\$8.00**



**Las Margaritas  
Salsa**

500ml

**\$5.99**



**Kettle Brand  
Potato Chips**

368g

**\$4.99**



**Lundberg  
Organic Rice  
Cakes & Stackers**

Assorted Sizes

**\$4.99**



**Theobroma  
Organic Chocolate  
Bars**

31g - 35g / 80g

**FROM 2/\$3.00**



**Prana Organic  
Dried Fruit**

Assorted Sizes

**30% OFF**



**Prana Organic  
Snacks**

Assorted Sizes

**30% OFF**

**NOURISHING LIFESTYLES SINCE 1990**



**Zazubean Organic  
Chocolate Bars**

80g - 85g

**\$3.89**



**Saputo  
Shredded Cheese**

170g - 320g

**FROM \$4.69**



**Armstrong  
Cheese**

600g

**\$10.99**



**Yves Veggie  
Meat  
Alternatives**

Assorted Sizes

**30% OFF**



**Saputo  
Mozzarellissima  
Cheese**

Lite, 454g

**\$7.99**



**L'Ancetre  
Organic  
Cheese**

Select Sizes

**30% OFF**



**Beyond Meat  
Plant Based Burger  
& Sausage**

226g - 340g

**\$6.49**



**Caboo Bamboo  
Bathroom Tissue  
And Paper  
Products**

Assorted Sizes

**40% OFF**



**Echoclean  
Liquid Laundry  
Detergent**

2.95L

**\$13.99**



## DELI PREPARED FRESH



**Summer Fresh Dips & Hummus**

227g

**\$4.49**



**Arla Cheese Slices**

Assorted Sizes

**2 / \$12.00**



**Ile de France Brie Cheese**

Soft Ripened

**\$4.99 / 100g**



**Dolmades**

**12 / \$4.99**



**Bella Casara Burrata Cheese**

250g

**\$14.99**



**Choices' Own**

**Salmon Lox Bagels**

**\$8.99**



**Italian Sliced Prosciutto or Salami**

70g ~ 120g

**FROM \$8.99**



**Choices' Own Turkey Breast**

Smoked or Cooked, Antibiotic Free

**\$4.99 / 100g**



**Choices' Own Pate**

Pepper, Apricot, Cranberry or Cognac

**\$4.99 / 100g**

## BAKERY FRESH BAKED • WHOLESOME



**La Tortilla Factory Tortillas**

Assorted Sizes

**20% OFF**



**Silver Hills Organic Sprouted Power Buns**

Hamburger or Hot Dog, 6 Pack

**\$4.99**



**Uprising Breads Laura's Vegan Cookie Bites**

Chocolate Chunks, 300g

**\$5.99**



**Choices' Own Carrot Cake**

Party Size, 600g

**\$14.99**



**No Wheat Blueberry Lemon Muffins**

or Apple Cinnamon Muffins, 4 Pack

**\$5.99**



**Schär Gluten-Free Buns**

Hamburger or Hot Dog 4 Pack

**\$8.99**

**DISCOVER  
YOUR  
CHOICES**

**OPENING AUGUST 31<sup>ST</sup>**

**PARKSVILLE, BC**

319 Island Highway East, Parksville



**CHOICES  
MARKET**





# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Phillips  
Sparkmouth  
Sodas**  
355ml / 4 Pack

FROM **\$1.69**  
plus deposit & eco fee



**Rise Organic  
Kombucha &  
Botanicals**  
414ml / 1L

FROM **\$3.29**  
plus deposit & eco fee



**BioSteel  
Sports Drink**  
500ml

2 / **\$4.00**  
plus deposit & eco fee



**Guayaki  
Organic  
Yerba Mate  
Tea**  
458ml / 12 Pack

2 / **\$5.00** / **\$28.99**  
plus deposit & eco fee



**Nanton  
Water**  
24 Pack

**\$4.99**  
plus deposit & eco fee



**Perrier  
Sparkling Water**  
1L

2 / **\$4.50**  
plus deposit & eco fee



**Flow Alkaline  
Spring Water**  
500ml / 1L

3 / **\$4.00**  
**\$1.89**  
plus deposit & eco fee

**So Delicious  
Dairy-Free, Gluten-Free  
Frozen Desserts**

500ml / 4 Pack / 8 Pack

FROM **\$4.49**



## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Mega Food Baby  
& Me and Gummie  
Supplements**  
Assorted Varieties &  
Sizes

**30% OFF**

**Vega  
Protein & Greens  
or Vega One**

586g - 618g / 834g - 876g

**\$35.99 / \$54.99**



**Bio-K Plus  
Probiotics**  
Dairy/Non Dairy  
6 Pack



**\$21.99 / \$23.99**



**Phillip Adam  
Hair Care &  
Body Care**  
Assorted Varieties

BUY 1 GET 1 **FREE**



**Platinum  
Naturals  
Multivitamins**  
Assorted Varieties

**20% OFF**



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

**20% OFF**



**Garden of Life  
mykind Organics  
Vitamins and  
Supplements**  
Assorted Sizes

**20% OFF**



**Weleda Facial  
Care and Body  
Care**  
Assorted Varieties

**30% OFF**



**Salus Floradix  
& Floravit  
Liquid Iron  
Supplements**  
Assorted Sizes

**20% OFF**



**Natural  
Factors  
Probiotics**  
Assorted Sizes

**20% OFF**



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

**20% OFF**

**Mountain Sky**  
Natural Body Bar Soap, 135g/  
Shampoo & Conditioner Bars,  
60g

FROM **\$4.49**



Shop online at [ChoicesMarket.com](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**