



CHOICES MARKET

100% BC OWNED AND OPERATED

LOCAL CHOICES!

Prices Effective • August 10-16, 2023

LOCAL

SPECIAL PRICE

Chicken Breast

Boneless, Skinless,
Raised without Antibiotics
Value Pack, 17.61/kg

\$7⁹⁹ / LB

YOU SAVE
39%

SPECIAL PRICE



Organic
Corn on the Cob

From Secret Organics, BC

8 / \$10⁰⁰

YOU SAVE
35%



\$10⁹⁹

Choices' Own Caesar Salad

Or Rainbow Kale Salad,
Family Size, 350g - 400g

YOU SAVE
19%



4 / \$15⁰⁰

Choices' Own Salmon Cakes

YOU SAVE
22%

LOCAL

\$2⁹⁸ / LB

Organic Yellow Nugget Potatoes

From Fraserland Organics, BC, 6.57/kg

YOU SAVE
25%

LOCAL

2 / 7⁰⁰

Blueberries

From BC, 454g Clamshell

YOU SAVE
30%



\$10⁹⁹

Choices' Own Artisan Fruit Pies

8 Inch

YOU SAVE
15%



Organika Collagen Powder

Marine, 250g or
Enhanced, 500g

\$32⁹⁹

LOCAL

YOU SAVE
FROM
\$17⁰⁰

Maple Hill Farms Free Range Large Eggs

1 Dozen

\$5⁹⁹



LOCAL

YOU SAVE
\$1⁴⁰



49th Parallel Coffee

340g

\$13⁹⁹

LOCAL

YOU SAVE
\$6⁰⁰

PRODUCE FRESH • LOCAL • ORGANIC



Organic Bunched Green Onions

From Olera Farms, BC

4/\$7.00



Organic Red & Black Plums

From USA, 8.77/kg

\$3.98 / LB



Roma Tomatoes

From the Okanagan, BC, 3.26/kg

\$1.48 / LB

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Ribeye Steak

Imported, Value Pack, 33.05/kg

\$14.99 / LB



Fresh Pacific Cod Fillets

\$1.99 / 100g



Choices' Own BBQ Sausages

15.41/kg

\$6.99 / LB



Pork Loin Chops

Boneless, Value Pack, 13.21/kg

\$5.99 / LB

Country Golden Yolks Organic Large Eggs
1 Dozen



\$6⁹⁹

Bob's Red Mill Pancake & Waffle Mix, Muesli & Granola
Select Sizes & Varieties



30% OFF

Elias Cold Pressed Honey
375g



\$9⁹⁹

Saugeen Country Organic Yogurt & Kefir
908g



\$5⁴⁹

Liberté Organic Kéfir
1 L



\$5⁹⁹

Joyya Ultrafiltered Milk
1 L



\$4⁵⁹
plus deposit & eco fee

Frog Friendly Organic Coffee Beans
Rainforest Alliance Certified, 340g



\$12⁹⁹

Silk Creamers & Non-Dairy Beverages
Assorted Sizes



25% OFF
plus deposit & eco fee

Mid-Day Superfood Squares
33g/12 Pack



2 FOR \$4⁰⁰

DISCOVER GREAT VALUE FROM ONLY GOODNESS

Only Goodness Organic Peanut Butter
500g



\$5⁹⁹

Only Goodness Organic Oats
1kg



\$3⁹⁹

Only Goodness Organic Granola
325g



\$4⁴⁹

Only Goodness Organic Protein Pancake Mix
400g



\$9⁹⁹

Annie's Crackers, Cookies and Fruit Snacks
Select Varieties & Sizes



30% OFF

Whistler Organic Fair Trade Chocolate Bars
80g



\$3⁹⁹

Lärabar Energy Bars
45g-48g/16 Pack



\$1⁹⁹

FreeYumm Bars and Cookies
135g - 154g



\$3⁸⁹

Que Pasa Organic & Grain Free Tortilla Chips
142g - 156g



FROM 2 / \$6⁰⁰

Spudsy Sweet Potato Puffs & Fries
113g - 113.4g



2 / \$8⁵⁰



Brew Dr. Organic Kombucha

414 ml

2 / \$5.50

plus deposit & eco fee



Tonica Organic Kombucha

355ml

2 / \$5.00

plus deposit & eco fee



Fentimans Botanical Beverages

500ml / 4 Pack

\$10.99

plus deposit & eco fee



Fentimans Craft Beverages

275ml / 4 Pack

\$7.99

plus deposit & eco fee



San Pellegrino Beverages

6 Pack

\$7.49

plus deposit & eco fee



GoodDrink Teas & Organic Spritzers

355ml - 473ml

FROM \$1.69

plus deposit & eco fee



Gold Seal Pink Salmon

213g

\$3.49



Lundberg Nutra Farmed Basmati & Jasmine Rice

907g

\$7.49



Di Martino Pasta

453g - 500g

FROM 2 / \$5.00

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



Suzie's Organic Condiments

Assorted Sizes

30% OFF



Briannas Dressings

355ml

\$5.49



Spectrum Organic Olive or Coconut Oil & Mayonnaise

Assorted Sizes

40% OFF



Vegetarian Gourmet Bean Burgers

400g

\$6.49



Sol Cuisine Wings and Bites

Assorted Sizes

\$5.49



Sunrise Tofu

Assorted Sizes

FROM \$1.49



Tre Stelle Shredded Cheese

Assorted Sizes

\$5.49



Tre Stelle Feta Cheese Light or Regular

375g

\$8.99



Eco-Max Natural Dish Liquid & Household Cleaners

Assorted Sizes

\$3.99

DELI PREPARED FRESH



\$14.99

Farmcrest Specialty Roasted Chicken



Choices' Own Salsa

Fresh Roasted Corn,
Tomato or Mango
350g

FROM **\$5.99**

Choices' Own Sandwiches

Turkey, Ham or
Roast Beef



\$6.99



\$1.99 / 100g

Choices' Own Salads

Black Bean & Quinoa, Moroccan Chickpea or
Persian Garden Couscous



Parmesan Petals

Or Asiago
Cheese Shreds

FROM **\$4.49 / 100g**



Kalamata Olives

Pitted or Sundried
200g

FROM **\$4.49**



\$9.99

Choices' Own Salmon Bacon Garden

Entrée or Summer Potato Salad with Mild
Salmon Patty, 360g ~ 390g



\$2.99 / 100g

Havarti Cheese

Dofino



\$1.99 / 100g

Traditional Cow Feta Cheese

Krinos

BAKERY FRESH BAKED • WHOLESOME



\$4.99

Choices' Own Bread

Wholesome Country or Multiseed
Sourdough, 575g & 600g



Choices' Own Vegan Cookies

Pack of 6

\$6.99



GluteNull Gluten-Free Cookies & Bars

Assorted Sizes

\$9.99



Dempster's Bagels

Pack of 5 or 6

2 / \$8.00



Carbonaut Gluten-Free, Hot Dog Buns or Hamburger Pack of 6

\$6.99



Queen St. Gluten-Free Bread & Bagels

Assorted Sizes

\$5.99



Bakestone Brothers Organic Tortillas

300g ~ 344g

\$4.99

DISCOVER
YOUR CHOICES

OPENING AUGUST 31ST

PARKSVILLE, BC

319 Island Highway East, Parksville



CHOICES MARKET

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Righteous
Gelato &
Sorbetto**
562ml

\$7²⁹



**Cosmic Bliss
Organic
Plant-Based
Frozen Dessert**
473ml

\$6⁴⁹



**Chapman's
Ice Cream**
Super Premium
Plus, 500ml

\$5⁴⁹



**Natural Choice
Organic Frozen
Fruit Bars**
4 Pack

2/\$9⁰⁰



**Hot-Kid Rice Crisps
& Want Want Super Slims**
100g

FROM 2/\$5⁰⁰



**Black River
Juice**
1L

30% OFF
plus deposit & eco fee



**Whistler Glacier
Spring Water**
4L

2/\$7⁰⁰
plus deposit & eco fee

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Progressive
Multivitamins**
Adult & Kids
Assorted Varieties

25% OFF



**Preferred
Nutrition
Supplements**
& Women Sense
Assorted Sizes

20% OFF



**Genuine Health
Greens + &
Superfoods
Powders**
Assorted Sizes

20% OFF



**Andalou Naturals
Face & Body Care
Products**
Assorted Sizes

30% OFF



**AOR
Vitamin &
Supplements**
Assorted Sizes

20% OFF



**Natural Factors
Coenzyme Q10
& Ubiquinol
Supplements**
Assorted Sizes

20% OFF



**Garden of
Life Protein &
Sport Nutrition
Products**
Assorted Sizes

20% OFF



**Newco Natural
Skin Care,
Oral Care and
Supplements**
Assorted Sizes

20% OFF



**New Roots
UltraB Complex**
Or Vitamin C,
Magnesium
Supplements
Assorted Sizes

20% OFF



**Natural Calm
Magnesium**
226g/454g

\$28⁹⁹/\$48⁹⁹

**Sisu Ester-C
Energy
Boost**
30 Pack



\$17⁹⁹



**Think Sport,
Think Body
Care**
& Water Bottles
Assorted Sizes

20% OFF



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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