



# CHOICES MARKET

100% BC OWNED AND OPERATED

# PARKSVILLE GRAND OPENING

Prices Effective • August 31 ~ September 6, 2023



## Striploin Grilling Steak

100% Grass Fed  
Value pack, 19.82/kg

**\$8.99 / LB**

**SPECIAL PRICE**



Choices' Own  
Signature Salads

**20% OFF**

**AUGUST 31<sup>ST</sup> 2023**

## PARKSVILLE GRAND OPENING

Join us and discover your local, organic  
and specialty choices as we open our doors to the  
incredible Parksville community!

THE FIRST 200 CUSTOMERS  
WILL RECEIVE A

**FREE**

**\$10 GIFT CARD**

**FEELING LUCKY?**

WE'VE HIDDEN FIVE \$250 GIFT CARDS IN THE MIX!



**LOCAL**

**2 for \$5**

**Organic Black,  
Green and Red Kale**  
From Myers Organic Farms

YOU SAVE  
**28%**



**LOCAL**

**\$5.98**

**Organic Nectarines**  
From BC, 907g Bag

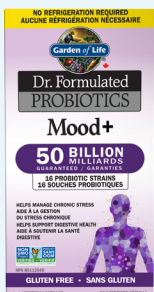
YOU SAVE  
**40%**



**\$10.99**

**Rosstown  
Roasted Chickens**

YOU SAVE  
**\$3.00**



**Garden of Life  
Dr. Formulated  
Probiotics & myKind  
Supplements**  
Assorted Sizes

**20% OFF**



YOU SAVE  
UP TO  
**\$7.20**

**Nuts To You  
Almond Butter  
& Peanut Butter**  
Select Varieties and  
Sizes

**40% OFF**



YOU SAVE  
**\$3.00**

**LOCAL**

**Chasers Cold  
Pressed Fresh  
Juice**  
1L

**\$11.99**

plus deposit & eco fee



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Hass Avocados**  
From Mexico

**\$1.98**



**Organic Yellow Potatoes**  
From Fraserland Organics, BC,  
2.27 kg Bag

**\$5.98**



**Cantaloupe Melons**  
From the Okanagan,  
BC, 2.16/kg

**.98 / LB**

**Green and Red Seedless Grapes**  
From California  
6.57/kg



**\$2.98 / LB**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**SPECIAL PRICE**  
**\$2.99 / 100g**

**Previously Frozen Sockeye Salmon**



**LOCAL**

**SPECIAL PRICE**  
**\$8.99 / LB**

**Chicken Kabobs**  
Assorted Varieties, 19.82/kg



**SPECIAL PRICE**  
**\$2.29 / 100g**

**Fresh Sable Fillet Fish**



**\$6.99 / LB**

**Choices' Own BBQ Sausages**  
15.41/kg



**\$14.99**

**Belmont Beef Burgers**  
Assorted Varieties, 852g



**WILD CAUGHT**

**\$7.49**

**Grimm's Sizzlin Smokies**  
or Pillow Pack Smokies 450g



**Nature's Farm Organic  
Omega-3 Large Eggs**

1 dozen



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



**Nature's  
Path Organic  
Frozen Waffles**  
210g

**2/\$8<sup>00</sup>**



**Made Good  
Organic Granola  
Bars, Cereals  
and Granola**  
Assorted Sizes



**35% OFF**



**Shady Maple  
Farms Organic  
Maple Syrup**  
500ml

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



**Terra Bread  
Premium Granola**  
800g-850g

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



**Peace River  
Organic Raw  
Clover Honey**  
500g

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



**Earth's Choice  
Organic  
Peanut Butter**  
500g

**\$5<sup>99</sup>**



**Yoggu! Plant-Based  
Coconut Yogurt**  
450g

**\$5<sup>99</sup>**



**Only Goodness  
Organic Blueberries  
& Sliced  
Strawberries**  
1.5kg

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



**Sigg's Skyr  
Yogurt**  
650g & 750g

**\$5<sup>99</sup>**

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



**Liberte Multi  
Pack Greek  
Yogurts**  
4pk

**2/\$8<sup>00</sup>**

**LOCAL**



**Salt Spring Island  
Organic Fair Trade  
Coffee**  
400g

**\$12<sup>49</sup>**



**Stash Tea**  
18-20 bags

**2/\$6<sup>00</sup>**



**Evive Smoothie  
Cubes**  
405g

**\$8<sup>49</sup>**



**Elmhurst Plant  
Based Beverage**  
946ml

**\$6<sup>99</sup>**

plus deposit & eco fee



**Happy Planet Grass  
Fed Organic Milk**  
750ml & 1.5L

**FROM \$6<sup>99</sup>**

plus deposit & eco fee



**Cove Kombucha**  
355 ml

**2/\$5<sup>00</sup>**

plus deposit & eco fee



**Zevia Energy  
Drinks & Tea**  
6 Pack

**\$5<sup>99</sup>**

plus deposit & eco fee



**Kiju Organic  
Juice**  
4 Pack

**3/\$8<sup>00</sup>**

plus deposit & eco fee

LOCAL



**Hardbite  
Potato Chips**  
128g-150g

2/\$6<sup>00</sup>



**Barbara's  
Gluten-Free  
Cheez Puffs**  
155g & 198g

2/\$6<sup>00</sup>



**Dandies  
Gluten-Free Vegan  
Marshmallows**  
283g

2/\$8<sup>00</sup>



**Galerie Au Chocolat  
Chocolate Bars**  
100g

2/\$9<sup>00</sup>



**Love Good Fats  
Keto Friendly Bars**  
39g & 40g

2/\$4<sup>00</sup>



**Kind  
Energy Bars**  
40g

\$1<sup>69</sup>



**RW Garcia  
Gluten-Free  
Crackers**  
155g & 180g

\$5<sup>49</sup>



**Violife Plant  
Based Cheese**  
Assorted Sizes

33% OFF

YOU SAVE  
UP TO  
\$3<sup>49</sup>



**Sunflower  
Kitchen Hummus**  
227g

\$3<sup>49</sup>

NOURISHING LIFESTYLES SINCE 1990



**Amy's Organic  
Frozen Burritos**  
170g

2/\$7<sup>00</sup>



**Wholly Veggie  
Frozen Products**  
Assorted Sizes

30% OFF



**Lightlife Vegan  
Meat Alternatives**  
Assorted Sizes

30% OFF



**Raincoast Wild  
SkipJack Tuna**  
142g

2/\$6<sup>00</sup>



**Amy's Frozen  
Meals, Bowls and  
Entrees**  
Select Varieties and Sizes

30% OFF

YOU SAVE  
UP TO  
\$2<sup>70</sup>



**Imagine  
Organic Soup**  
1L

\$5<sup>49</sup>



**Daiya Frozen Pizza  
and Flatbread**  
Select Varieties  
and Sizes

\$7<sup>49</sup>



**Armstrong Cheese**  
600g

\$11<sup>49</sup>



**Annie's  
Pasta & Cheese**  
Assorted Sizes

30% OFF



# DELI PREPARED FRESH



**\$4.99**

**Habibi's Dips & Hummus**

200g-240g



**Choices Wild Salmon Lox Bagels**

**\$8.99**



**Zorbas Spinach & Feta Spanakopita or Mushroom & Parmesan Phyllo Pies**

**2/\$10.00**



**\$2.49 / 100g**

**Old Fashioned Ham**

Assorted Varieties



**Choices' Own Wild Salmon Cakes**

**4/\$15.00**



**Burrata Cheese**  
250g

**\$13.99**



**Natural Pastures or Little Qualicum Cheese Works Cheeses**

**25% OFF**



**Tre Stelle Feta Cheese**  
200g

**\$6.99**

# BAKERY FRESH BAKED • WHOLESOME



**Choices' Own Artisan Fruit Pies**

8 inch

**\$10.99**



**Choices' Own Carrot Cake Slices**

**\$3.99**



**Choices White or Whole Wheat Hamburger or Hot Dog Buns**

380g

**2/\$8.00**



**Dempster's Bagels**

5-6 pack

**2/\$9.00**



**Bakestone Brothers Pita Bread**

6 pack

**2/\$5.00**



**Brioche Hamburger & Hot Dog Buns**

6-8 pack

**\$6.99**



**Choices Assorted Nanaimo Bars**

Assorted Varieties

**FROM \$3.49**

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

**PARKSVILLE, BC**

319 Island Highway East, Parksville  
Doors Open at 7am



**CHOICES MARKET**

THE FIRST 200 CUSTOMERS WILL RECEIVE A

**FREE \$10 GIFT CARD**

**FEELING LUCKY? WE'VE HIDDEN FIVE \$250 GIFT CARDS IN THE MIX!**

**Pure** INTEGRATIVE PHARMACY

NOW AT CHOICES MARKET! | Pure offers a modern pharmacy with prescription compounding and professional grade natural remedies for your optimal health solutions.



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Lundberg Organic Rice**  
Jasmine & Basmati  
907g

**\$9.99**



**Nutiva Organic Virgin Coconut Oil & Coconut Secret Aminos**  
Assorted Sizes

**40% OFF**



**Garofalo Pasta**  
500g

**2/\$6.00**



**Ben & Jerry's Ice Cream**  
473ml & 500ml

**\$5.99**



**Primal Kitchen Dressings, Sauces & Condiments**  
Assorted Sizes

**30% OFF**



**Muir Glen Organic Fire Roasted Tomatoes**  
796ml

**\$4.99**



**Seventh Generation Natural Dish Liquid**  
562ml

**2/\$6.00**



**Echoclean Biodegradable Liquid Laundry Detergent**  
Select Varieties and Sizes

**30% OFF**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Vega One All-in-One Nutritional Shakes**  
827g-876g

**\$53.99**



**MegaFood Vitamins and Supplements**  
Assorted Sizes

**25% OFF**



**BioSil, Medi-C, Sealicious and Vegiday Supplements**  
Assorted Sizes, Assorted Varieties

**20% OFF**



**Innovite Vitamins and Supplements**  
Assorted Sizes

**20% OFF**



**Sisu Multivitamins**  
Assorted Sizes, Select Varieties

**20% OFF**



**NutraVege Omega-3 Plant DHA & EPA**  
Assorted Sizes

**20% OFF**



**Natural Factors Stress and Sleep Supplements**  
Assorted Sizes, Select Varieties

**20% OFF**



**Ener-C Effervescent Vitamin C Drink Mix**  
Assorted Varieties, 30pk

**\$15.99**



**Nuun Hydration Electrolytes ~ Sport, Boost, Immunity And Vitamin Tablets**  
10 Tabs

**\$8.99**



**Purica Vitamins and Supplements**  
Assorted Sizes, from Duncan, BC

**20% OFF**



**Salus Floradix & Floravit and Herbal Supplements**  
Assorted Sizes

**20% OFF**



**Kiss My Face Toothpaste & Bar Soap**  
127g-230g

**FROM \$5.49**



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



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**CHOICES MARKET™**

**Parksville** - 319 Island Hwy East, Vancouver Island  
**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

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