

AUGUST 31ST 2023

CHOICES MARKET 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 THROWN FIVE \$250 GIFT CARDS IN THE MIX!

Featuring

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.



PARKSVILLE, BC 319 Island Highway East, Parksville | Doors Open at 7am

 CHOICES.MARKET  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

Prices Effective • August 24 - 30, 2023



LOCAL

Organic Peaches
From BC, 907g Bag

\$5.98 YOU SAVE \$2.00

SPECIAL PRICE

Pork Back Ribs
Certified Organic
Previously Frozen

BUY 1 GET 1 FREE

Regular Price 11.34/lb



4 / \$12.00

**Choices' Own
Chicken Skewers**
Ready to Eat

**YOU SAVE
25%**



4 / \$10.00

Baked Vegetable Samosas
Spinach, Masala or Vegetarian Herb

**YOU SAVE
28%**



LOCAL

\$4.98

Organic Grape Tomatoes
From Secrest Organics, BC, 284g Pkg

**YOU SAVE
\$1.00**



LOCAL

10 FOR \$7

Bi-Colour Corn on the Cob
From BC

**YOU SAVE
40%**



\$6.99

**Choices' Own
Fruit Pie Halves**
280g

**YOU SAVE
13%**



ALL NATURAL

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

20% OFF



**49th Parallel
Coffee**
340g

\$13.99

**YOU SAVE
\$6.00**



**Olympic
Natural Yogurt**
or Organic, 1.75 kg
Selected Varieties

FROM \$9.99

**YOU SAVE
UP TO
\$2.30**



**One Degree
Oats, Cereal
or Granola & Flour**
Assorted Sizes

35% OFF

**YOU SAVE
UP TO
\$5.07**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Cantaloupe Melon

From Secrest Organics, BC, 3.26/kg



Organic Green and Red Leaf Lettuce

From Myers Organic Farm, BC



Hot House 3-Colour Peppers

From BC, 907g Bag

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Top Sirloin Steak

Imported, Value Pack, 19.82/kg



Boneless, Skinless Chicken Breasts

Value Pack, 15.41/kg



Greenfield Bacon

Raised without Antibiotics, 375g



Sole Fillet or Pacific Cod Fillet

Fresh

**Rabbit River Farms
Organic Large Eggs**

1 Dozen



\$6.99



**Elias Cold Pressed
Honey**

375g

\$9.99



**Uncle Luke's
Organic 100% Pure
Maple Syrup**

250ml

\$6.49



**Only Goodness
Organic Oats**

1 kg

\$3.99



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

30% OFF



**Nature's Path
Organic Love
Crunch**

300g & 325g

\$5.49



**Barbara's
Puffins Cereal**

285g & 312g

\$3.99



**Dairyland
Organic Milk**

4L

\$9.49

plus deposit & eco fee



**Riviera Vegan
Yogurt**

Oat or Coconut Milk
500g & 650g

\$5.89

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



**Harmless Harvest
Organic Coconut
Smoothie**

296ml

2/\$8.50

plus deposit & eco fee



**Liberté
Organic
Kéfir**

1L

\$5.99



**Silk Beverages
& Creamers**

Select Varieties & Sizes

25% OFF

plus deposit & eco fee



**Brew Dr.
Kombucha**

414ml

2/\$5.50

plus deposit & eco fee



**Prana Organic
Dried Fruit**

Assorted Sizes

30% OFF



**Spread'Em
Cashew Dips &
Spreads**

183g

FROM \$5.99



**Perrier
Sparkling
Water**

1L

2/\$4.50

plus deposit & eco fee



**Mid-Day
Superfood
Squares**

33g

2/\$4.00



**Armstrong
Cheese Slices**

220g - 240g

\$5.49



**Sol Cuisine
Wings & Bites**
255g - 300g

\$5.49



**Vegetarian Gourmet
Bean Burgers**
400g

\$6.49



**Sunrise
Tofu**
180g - 500g

FROM \$1.49



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

30% OFF



**Gold Seal
Wild Pink Salmon**
213g

\$3.49



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

\$7.99



**Lundberg
Nutra-Farmed Rice**
Basmati or Jasmine
907g

\$7.49



**Di Martino
Pasta**
453g - 500g

FROM 2/ \$5.00



**Only Goodness
Organic Apple Cider
Vinegar**
473ml

2/ \$6.00

NOURISHING LIFESTYLES SINCE 1990



**Spectrum
Organic Oil**
or Mayonnaise
Assorted Sizes

40% OFF



**Suzie's Organic
Condiments**
Assorted Sizes

30% OFF



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

2/ \$7.00



**Briannas
Homestyle
Dressings**
355ml

\$5.49



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

\$6.49



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

2/ \$9.00



**Righteous
Gelato &
Sorbetto**
562ml

\$7.29



**Chapman's
Ice Cream**
500ml

\$5.49



**V.I.P. Natural
Cleaning Products**
or Echoclean
Assorted Sizes

30% OFF

DELI PREPARED FRESH



Choices' Own Wraps
Ready to Eat

\$9.99



Burrata Cheese
250g

\$14.99



Traditional Cow Feta Cheese

\$2.49 / 100g



Parmesan Petals
or Asiago Shreds Cheese

\$3.99 / 100g



Saputo Bocconcini Cheese
190g & 200g

2 / \$12.00



Choices' Own Salad Bowls
Ready to Eat

\$9.99



Summer Fresh Dips & Hummus
227g

\$4.49



Vitale Italian Prosciutto & Salami
Sliced, 100g

\$10.99

BAKERY FRESH BAKED • WHOLESOME



Choices' Own White Bread
or Whole Wheat, 500g & 530g

FROM \$3.99

Choices' Own Low Carb Cookies & Cream Cheesecake
or Chocolate Mousse, 60g - 90g



\$4.99



Choices' Own Signature Cookies
12 Pack

\$5.99



Uprising Raisin Bread
or Whole Wheat Assorted Sizes

FROM \$3.99



Bakestone Brothers Pita Bread
325g

From \$2.99

Little Northern Bakehouse Gluten-Free Breads
Assorted Sizes



FROM \$5.99



Brioche Buns
Hamburger or Hot Dog
6 - 8 Pack

\$6.99

**DISCOVER
YOUR
CHOICES**

OPENING AUGUST 31ST

PARKSVILLE, BC

319 Island Highway East, Parksville



**CHOICES
MARKET**

GROCERY

LOCAL • ORGANIC • SPECIALTY



Lundberg Organic Rice Cakes
or Stackers
Assorted Sizes

\$4.99



FreeYumm Bars & Cookies
135g - 154g

\$3.89



Zazubean Organic Fair Trade Chocolate Bars
80g - 85g

\$3.89



Larabar Energy Bars
45g & 48g

\$1.89



Lesser Evil Paleo Puffs
140g

\$4.69



Covered Bridge Potato Chips
142g & 170g

\$2.99



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

30% OFF



Only Goodness Organic Popping Corn
700g

\$5.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



AOR Vitamins & Supplements
Assorted Sizes

20% OFF



Garden of Life Proteins & Sport Nutrition Products
Assorted Sizes
Assorted Varieties

20% OFF



CoQ10 & Ubiquinol Supplements
Adult, Kids
Assorted Varieties

20% OFF



Andalou Naturals Face & Body Care Products
Assorted Sizes

25% OFF



Natural Factors Probiotic
Assorted Varieties

20% OFF



Organika Collagen Powder
Marine, 250g or Enhanced, 500g

32.99



Progressive Multi-Vitamins
Adult, Kids
Assorted Varieties

20% OFF



Herbatint Natural Permanent Hair Colour
1 kit

\$17.99



Sisu Kids Vitamins & Supplements
Assorted Sizes, Select Varieties

25% OFF



Nature's Way Herbal Supplements
Assorted Sizes

20% OFF



New Roots Ultra B Complex, Vitamin C & Magnesium Supplements
Assorted Sizes

20% OFF



Attitude Natural Care Body Care & Toothpaste
Assorted Sizes

30% OFF



Shop online at ChoicesMarket.com



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/DiscoverChoicesMarket



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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