



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE NOW OPEN!

Prices Effective • September 7 - September 13, 2023



SPECIAL PRICE

Lean Ground Beef
100% Grass Fed, Raised Without Antibiotics, Imported, 11.00/kg

\$4.99 / LB

YOU SAVE \$3.00 /lb

SPECIAL PRICE

Organic Hass Avocados
from Mexico, 3 pack

\$4.98 / PACK

YOU SAVE \$2.00 per pack



25% OFF

Choices' Own
Antibiotic Free Deli Meats



2 FOR \$10.00

Arla Cheese Slices
Assorted Sizes



LOCAL

\$2.98 / LB

Organic Coronation Grapes
From BC, 6.57/kg

YOU SAVE
\$2.00
/lb



SPECIAL PRICE

\$6.98

Organic Valencia Oranges
From USA, 1.81 kg bag

YOU SAVE
\$3.00
/bag



\$3.99

Choices' Own Multigrain Bread
530g

YOU SAVE
\$3.00



Natural Factors
Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Amy's Organic Canned Soup
398ml

2 / \$8.00

YOU SAVE
\$1.99



Patience Organic Dried Fruit
Assorted Sizes

30% OFF



GoGo Quinoa
Gluten-Free Organic Pasta
Assorted Sizes

40% OFF

PRODUCE FRESH • LOCAL • ORGANIC



\$1.98 / LB

Organic Celery

From 2EE's Farm, BC, 4.37/kg



\$3.98

Russet Potatoes

From BC, 2.27 kg Bag



4 FOR \$7.00

Long English Cucumbers

From BC

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



SPECIAL PRICE

\$7.99 / LB

Boneless Skinless Chicken Thighs

Value Pack, 17.61/kg



SPECIAL PRICE

\$6.99

Rhineland Bacon

375g



\$1.99 / 100g

Fresh Rockfish



\$6.99

Harvest Wieners

450g



\$6.49 / LB

Boneless Pork Loin Chops

Raised without Antibiotics, 14.31/kg



**GoldEgg Free
Run Large
Brown Eggs**
1 dozen

\$5⁹⁹

YOU SAVE
\$1⁷⁰



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

\$22⁹⁹

YOU SAVE
\$13⁹⁹



**Elias
Honey**
Liquid,
Squeeze Bottle
500g

\$7⁹⁹



**Barney Butter
Almond Butter**
102g & 284g

FROM **\$3⁶⁹**



**Organic Meadow
Organic Butter**
454g

\$12⁹⁹



**SunButter
Sunflower Seed
Spread**
454g

\$6⁹⁹



**Ethical Bean
Organic Coffee**
Ground, 227g or
Whole Bean, 340g

FROM **\$9⁹⁹**



**Earth's Own Oat
Creamer & Oat
Café Edition**
473ml

2 / \$7⁰⁰



**Donia Farms
Grass Fed Milk**
2% & 3.25%
2L

\$5⁹⁹

plus deposit & eco fee

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



**Prana Organic Chia
Seed & Organic
Granolove**
Assorted Sizes

30% OFF



**The Granola King
Hazelnut Hemp
Granola**
2kg

\$24⁹⁹

YOU SAVE
\$16³⁰



**Holos Organic
Overnight
Muesli**
90g

\$3⁷⁹



**Only Oats
Gluten-Free Oat
Flour & Oats**
1kg

\$7⁹⁹



**Earth's Own
Organic Naked
Oat Beverage**
1.75L

\$4⁹⁹



plus deposit & eco fee



**Greenhouse
Organic Cold
Pressed Juice**
300ml

\$5⁶⁹

plus deposit & eco fee



**Riviera Petit Style
Organic & Goat
Yogurt**
4 pack

\$6⁴⁹



**Avalon Organic
Probiotic Yogurt**
650g

\$4⁹⁹



**Liberté Organic
Classic Yogurt**
900g

\$6⁴⁹



**Bobo's
Gluten-Free
Oat Bars**
Assorted Sizes

40% OFF



**Hornby Organic
Bars & O' Snacks**
45g & 80g, Made in BC

FROM **\$1.49**



**Glutino
Gluten-Free
Pretzels, Cookies
& Crackers**
Assorted Sizes

30% OFF



**Hippie Snacks
Avocado &
Cauliflower Crisps**
70g

2/\$8.00



**gimMe Organic
Roasted Seaweed
Snack**
6 pack

\$5.49



**McVitie's
Cookies**
300g & 400g

2/\$8.00



**Theo Organic Fair
Trade Chocolate
Bars**
85g

2/\$8.00



**Blue Diamond
Nut-Thins**
120g

\$4.79



**Thirsty Buddha
Coconut Water &
Beverages**
Select Sizes

FROM **\$1.79**
plus deposit & eco fee

NOURISHING LIFESTYLES SINCE 1990



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

2/\$6.50



**Only Goodness
Organic Tomato
Sauce**
398ml

2/\$7.00



**Only Goodness
Organic Pesto
Basil**
180ml

\$5.49



**L'Ancetre
Organic Cheese**
Select Sizes

30% OFF



**Saputo
Shredded Cheese**
170g & 320g

FROM **\$4.49**



**Nuts For Cheese
Plant-Based
Cheese**
120g

\$8.49 **YOU SAVE \$4.50**



**Favuzzi
Pasta & Pasta
Sauce**
Assorted Sizes

35% OFF



**Pheapolis
Organics
Extra Virgin Olive Oil**
Select Sizes

FROM **\$5.99**



**Stellas
Gluten-Free
Perogies**
520g

\$7.49

DELI

PREPARED FRESH



Choices' Own Quiche

4 1/4", Assorted Varieties

2/\$10⁰⁰



Choices' Own Ready to Eat Wraps

Assorted Varieties

\$9⁹⁹



Choices Ready to Eat Artisan Salad Bowls

250g ~ 440g

FROM \$8⁴⁹



Summer Fresh Hummus Toppers

255g

\$5⁴⁹



Choices' Own Egg Bites

80g

4/\$6⁰⁰



Rosssdown Roasted Half Chickens

Assorted Sizes

6⁹⁹

YOU SAVE 20%



Choices Organic Cheese

20% OFF



Dofino Havarti Cheese

\$2⁹⁹ /100g

BAKERY

FRESH BAKED • WHOLESOME



Bakestone Brothers Organic Tortillas

Assorted Sizes

\$4⁴⁹



Silver Hills Sprouted Power Organic Bagels

400g

\$4⁹⁹



Choices' Own Vegan Cookies

Almond or Chocolate Crunch, 6 pack

\$6⁹⁹



Carbonaut Low Carb Gluten-Free Bread or Bagels

Assorted Sizes

\$7⁹⁹



Ozery One Bun, Snacking Rounds or Morning Rounds

Assorted Sizes

\$4⁴⁹



GluteNull Gluten-Free Cookies

Assorted Sizes

\$9⁹⁹



Choices' Own Luscious Lemon or Young Coconut Pie

6 inch

\$7⁹⁹

NOW OPEN

PARKSVILLE, BC

319 Island Highway East, Parksville

Open 7:00am - 10:00pm Daily | Phone: 250-947-8000

Come Visit and Discover your Local, Organic & Specialty Choices



CHOICES MARKET

Pure INTEGRATIVE PHARMACY

NOW AT CHOICES MARKET! Phone: 250-947-7140 Pharmacy Hours: Monday - Friday 9 am - 6 pm Saturday 9 am - 5 pm | Sunday 10 am - 4 pm
Pure offers a modern pharmacy with prescription compounding and professional grade natural remedies for your optimal health solutions.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Partake
Non-Alcoholic
Beer**
4 pack

\$7.69
plus deposit & eco fee



**Earth's Choice
Organic
Canned Beans**
398ml - excludes
no salt

2/\$4.50



**Konscious
Plant-Based
Sushi Products**
Frozen,
204g & 210g

FROM \$5.99



**Eco Max
Laundry
Wash & Fabric
Softener**
Assorted Sizes

40% OFF



**RW Knudsen
Organic Just
Juice**
946ml, Select
Varieties

\$7.49
plus deposit & eco fee



**Safe Catch
Wild Tuna
& Wild Pink
Salmon**
142g

30% OFF



**Indian Life
Products**
Assorted Sizes

30% OFF



**Nature Clean
Liquid Laundry
Detergent**
3L

\$11.99
YOU SAVE \$7.30

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Bach Flower
Remedies and
Rescue Remedy**
Assorted Sizes

30% OFF



**Renew Life
Probiotics**
Assorted Sizes

20% OFF



**Nordic Naturals
Omega-3, Cod Liver
Oil and Children's
Fish Oil Supplements**
Assorted Sizes & Varieties

20% OFF



**The Green
Beaver Face &
Body Care and
Suncare**
Assorted Sizes

20% OFF



**Iron Vegan
Proteins and
Sport
Supplements**
Assorted Sizes

20% OFF



**Enerex
Vitamins and
Supplements**
Assorted Sizes

20% OFF



**Animal Parade
Children's
Vitamins and
Supplements**
Assorted Sizes

20% OFF



**Divine Essence
Essential Oils
and Body Care
Products**
Assorted Varieties

30% OFF



**AOR
Vitamins &
Supplements**
Assorted Sizes

20% OFF



**Manitoba
Harvest Hemp
Hearts & Hemp
Yeah! Proteins**
Assorted Varieties

20% OFF



**Ecoideas
Superfoods Chia,
Maca and Moringa**
Assorted Sizes &
Varieties

20% OFF



**Mineral
Fusion Natural
Cosmetics & Nail
Polish**
Assorted Varieties

25% OFF



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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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