



# CHOICES MARKET

100% BC OWNED AND OPERATED

## BUY ONE GET ONE FREE!

Prices Effective • September 14-20, 2023



**SPECIAL PRICE**

### Chicken Thighs

Raised Without Antibiotics,  
Value Pack

BUY 1 GET 1 **FREE**

**LOCAL**

**SPECIAL PRICE**



### Organic Gala Apples

From Elam Organics, BC  
1.36kg bag

BUY 1 GET 1 **FREE**

**LOCAL**



BUY 1 GET 1 **FREE**

### Choices' Own

#### Levain Sourdough Bread

530g



BUY 1 GET 1 **FREE**

### Leclerc Celebration & Praeventia Cookies & Go Pure Fruit Oat Bars

Assorted Sizes & Varieties



BUY 1 GET 1 **FREE**

### Freybe Sausage Lunch Meats

175g, Select Varieties



BUY 1 GET 1 **FREE**

### Choices' Own Fresh Hot Soup

650ml



BUY 1 GET 1 **FREE**

### Tre Stelle Mozzarella Cheese Balls

340g



### Vega Sport Protein

801g ~ 837g,  
Assorted Varieties

BUY 1 GET 1 **FREE**



### Derma-E Facial Care & Body Care

Assorted Sizes

BUY 1 GET 1 **FREE**



### Granny's Liquid Laundry Detergent

3.78L

BUY 1 GET 1 **FREE**



# PRODUCE FRESH • LOCAL • ORGANIC



**\$4.98**

**organic girl Packaged Salads**  
From USA, 142g Clamshell

**LOCAL**



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

**\$3.98 / LB**

**Strawberries**

From USA  
454g pkg.

**\$4.98**



**LOCAL**



**Organic Romaine Lettuce**  
From Myers Organic Farms, BC

**\$2.98**

**Broccoli Crowns**

From USA, 5.47/kg

**\$2.48 / LB**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**7 Seas Frozen Prawns**

Peeled & Deveined, Raw or Cooked, 340g



**Beef Ribeye Steaks**

Imported, 100% Grass Fed, Value Pack, Raised without Antibiotics, 33.05/kg



**Fresh Steelhead Fillets**

Ocean Wise



**Boneless Pork Sirloin Chops**

Raised without Antibiotics, 9.90/kg



**Duso's Stuffed Pasta's**

Select Varieties 250g - 300g





**Nature's Farm  
Organic Omega-3  
Free Run Large Eggs**  
18 Pack

**\$12<sup>69</sup>**

YOU SAVE  
**\$2<sup>00</sup>**



**Canadian  
Heritage Grade A  
Maple Syrup**  
500ml

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



**Wedderspoon Raw  
Manuka Honey  
K-Factor 12-16**  
250g & 500g

**35% OFF**  
YOU SAVE  
**\$19<sup>60</sup>**



**Bonne Maman  
Jam, Jelly &  
Spreads**  
250ml

**\$5<sup>49</sup>**



**Nuts to You  
Organic Nut  
Butter**  
Assorted Varieties,  
Assorted Sizes

**30% OFF**  
YOU SAVE  
UP TO  
**\$6<sup>50</sup>**



**Yumi Organics  
Overnight  
Oats**  
250g & 330g

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



**OneCoffee  
Organic Fair Trade  
Coffee Pods**  
12 pack

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



**Salt Spring Island  
Organic Fair Trade  
Coffee**  
400g, Made on  
Vancouver Island

**\$12<sup>99</sup>**  
YOU SAVE  
**\$5<sup>00</sup>**



**Stash Tea**  
18-20 Bags

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

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



**Donia Farms  
Grass-Fed  
Yogurt**  
650g

**\$4<sup>99</sup>**



**Liberte  
Greek  
Yogurt**  
750g

**\$6<sup>89</sup>**



**Yoggu!  
Plant-Based  
Coconut Yogurt**  
450g, Made in BC

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



**Stahlbush Island  
Farms Sustainable  
Frozen Fruit**  
283g - 300g

**\$5<sup>29</sup>**



**Olympic  
Crema Yogurt**  
8 Pack,  
Made in BC

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



**Greenhouse  
Almond or  
Oat Milk**  
946ml

**\$6<sup>99</sup>** **YOU SAVE \$4<sup>00</sup>**  
plus deposit & eco fee



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

From **\$5<sup>69</sup>**  
plus deposit & eco fee



**Natur-a Organic  
Beverages**  
946ml & 3 Pack

**2 FOR \$6<sup>00</sup>**  
plus deposit & eco fee



**Silly Cow Farms  
Gluten-Free  
Hot Chocolate**  
480g

**\$7<sup>99</sup>** **YOU SAVE \$3<sup>00</sup>**



**Nature's Bakery  
Fig Bars**  
6 Pack

**\$5.99**



**Alter Eco  
Organic Fair Trade  
Chocolate Bars**  
75g & 80g

**2 FOR \$6.00**



**GoMacro  
Organic Bars**  
59g - 65g

**2 FOR \$6.00**



**Mary's Organic  
Crackers & Kookie  
Snacks**  
Assorted Sizes

**35% OFF**



**Eve's Gluten-Free  
Crackers**  
108g

**\$6.49**

**YOU SAVE  
\$3.00**



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

**2 FOR \$6.00**



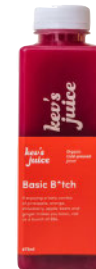
**Fresh is Best Salsa,  
Tortilla Chips &  
Dips**  
Assorted Sizes

**30% OFF**



**Cha's Organic  
Coconut Milk**  
400ml

**\$3.99**



**Kev's Juice  
Organic Juice**  
475ml

**\$8.49**

plus deposit & eco fee

**NOURISHING LIFESTYLES SINCE 1990**



**Daiya Plant-Based  
Cheese Blocks,  
Slices or Shreds**  
Assorted Sizes, Made in BC

**\$4.49**



**Armstrong  
Cheese**  
200g

**\$4.29**



**Arla Organic  
Cream Cheese**  
200g

**\$4.29**



**Earth's Choice  
Organic Lemon  
or Lime Juice**  
250ml

**\$3.99**



**Raincoast Trading  
Wild Sockeye or Pink  
Salmon**  
Or Yellowfin or Albacore Tuna  
142g - 160g

**30% OFF**



**San-J  
Soy & Cooking  
Sauces**  
296ml - 592ml

**30% OFF**



**Big Mountain Foods  
Meat Alternatives**  
300g - 400g

**\$5.99**

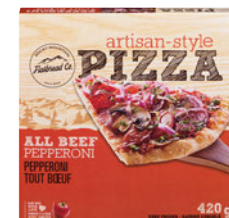
**YOU SAVE  
\$3.00**



**Amy's Frozen Meals,  
Bowls and Entrées**  
Assorted Varieties,  
Assorted Sizes

**30% OFF**

**YOU SAVE  
UP TO  
\$2.70**



**Rocky Mountain  
Frozen Pizza**  
405g - 430g

**\$7.99**



## DELI PREPARED FRESH



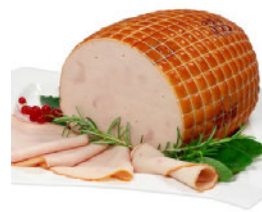
**Roasted Chickens**  
Farmcrest

**\$14.99**



**Krinos  
Spinach & Feta  
Twisters**  
or Ricotta & Feta

**2 FOR \$7.00**



**Sundried Tomato  
Turkey Breast**  
Also Dijon

**\$3.99 / 100g**



**Choices' Own Artisan Sandwiches**  
Turkey, Ham or Roast Beef

**\$9.99**



**Habibi's  
Hummus**  
450g

**\$7.99**



**Bothwell  
Cheese**

**\$3.49 / 100g**



**Choices' Own  
Potato Side  
Dishes**

**\$1.69 / 100g**



**Choices' Own  
Asian Inspired  
Rice or Noodle  
Bowls**  
350g - 490g

**FROM \$7.99**



**Swiss  
Emmental  
Cheese**

**\$4.99 / 100g**



**Happy Days  
Marble Goat  
Cheese**

**\$4.49 / 100g**

## BAKERY FRESH BAKED • WHOLESOME



**Choices  
Artisan Fruit  
Half Pies**

**\$6.99**



**Choices Banana  
Bread Loaf**  
or Orange Cranberry  
Loaf, 300g & 454g

**\$7.99**



**Choices Keto Low  
Carb Cookies &  
Cream Cheesecake**  
or Chocolate Mousse  
60g & 90g

**\$4.99**



**Silver Hills Organic  
Sprouted Power  
Bread**  
Assorted Sizes

**2 FOR \$8.00**



**Silver Hills  
Organic Sprouted  
Power Tortillas**  
255g

**\$4.99**



**Alkeme  
Gluten-Free  
Sourdough Bread**  
725g

**\$8.99**

**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



**Karine & Jeff  
Soup**  
780ml

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

YOU SAVE  
**\$600**



**Earth's Choice  
Organic  
Tomatoes**  
796ml

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

YOU SAVE  
**\$200**



**Kaslo  
Fermentata  
Pasta**  
227g & 454g

**25% OFF**



**Three Farmers  
Chickpeas,  
Lentils and  
Fava Beans**  
120g & 140g

**2 FOR \$6<sup>50</sup>**



**Imagine  
Organic Soup**  
1L

**\$5<sup>49</sup>**



**Mutti Italian  
Tomatoes,  
Paste & Sauces**  
Assorted Sizes

**30% OFF**



**Carbone  
Premium  
Pasta Sauce**  
660ml

**\$9<sup>49</sup>**

YOU SAVE  
**\$4<sup>50</sup>**



**Maison Orphée  
Organic Extra  
Virgin Olive Oil**  
750ml

**\$15<sup>99</sup>**

YOU SAVE  
**\$9<sup>00</sup>**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Factors  
Magnesium  
Citrate**  
210 caps

**\$19<sup>99</sup>**

All Bonus  
Bottles  
**20% OFF**



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

**20% OFF**



**Garden of Life  
Dr. Formulated  
Probiotics**  
Assorted Sizes

**20% OFF**



**KidStar Children's  
Vitamins &  
Supplements**  
Assorted Sizes

**20% OFF**



**Purica  
Vitamins &  
Supplements**  
Assorted Sizes

**20% OFF**



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

**20% OFF**



**HerbaLand  
Vitamins &  
Supplements**  
Assorted Sizes

**25% OFF**



**Mad Hippie  
Facial Care**  
Assorted Sizes

**20% OFF**



**Smart Solutions  
Hormone Support  
Supplements**  
Assorted Sizes,  
Assorted Varieties

**20% OFF**



**Harmony, Martin  
& Pleasant Ki  
Immune, Cold &  
Flu Supplements**  
Assorted Sizes,  
Assorted Varieties

**20% OFF**



**Prairie  
Doctor Herbal  
Tinctures**  
Assorted Sizes

**20% OFF**



**Acure  
Facial & Body  
Care**  
Assorted Sizes

**25% 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  
**Parksville** - 319 Island Hwy East, Parksville

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