

CHOICES MARKET

Discover Choices Parksville's Deli & Cafe

At Choices, we're always in season.

Try our seasonally-inspired fall favourites and enjoy new discoveries prepared fresh using chef-created recipes and quality ingredients.

While visiting, relax in our café area with freshly brewed coffee, blended smoothie or fresh juice choices. If you're in a hurry, our wholesome and locally-focused meals-to-go and hand-crafted sandwiches are ready to enjoy.

Check out these Deli Specials November 9th - 15th, 2023



**Rosstown
Roasted Chicken**
Whole **\$8⁹⁹**



**Choices
Wild Salmon Lox**
Bagel **\$6⁹⁹**



**Choices
Ready To Eat**
Wraps **\$7⁹⁹**



**Choices
Cinnamon Buns**
Baked In-Store **2\$⁶**
FOR



20% OFF
ALL COFFEES, SMOOTHIES AND FRESH JUICES

Pure
INTEGRATIVE
PHARMACY

NOW AT CHOICES MARKET

Phone: 250-947-8001

Pharmacy Hours: Monday - Friday 9am - 6pm

Saturday 9am - 5pm | Sunday 10am - 4pm

PARKSVILLE, BC 319 Island Highway East
Open 7am to 10pm every day



CHOICES.MARKET



/DiscoverChoicesMarket



@ChoicesMarket



@ChoicesMarket



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • November 9 - 15, 2023



SPECIAL PRICE

Ribeye Steaks
Value Pack or Roasts
Raised without Antibiotics,
100% Grass Fed,
26.43 /kg

\$11.99 / LB

YOU SAVE 59%

SPECIAL PRICE

POM Pomegranates
From USA

2 FOR \$5.00

YOU SAVE 30%



YOU SAVE FOR 2 \$3.98

2 FOR \$10.00

Choices Hot Soup Medium, Select Varieties



YOU SAVE \$4.00

\$9.99

Rosstown Roasted Chickens



YOU SAVE \$4.00

NEW INNOVATION FROM CHOICES' BAKERS

\$10.99

Choices Apple Crisp Pie 575g



WILD CAUGHT

\$3.49 / 100g

Sockeye Salmon Fillet Previously Frozen or Frozen, Value Pack, Ocean Wise

YOU SAVE 44%



\$4.98

Organic Lemons From USA, 907g Bag

YOU SAVE \$2.00

FEATURED CHOICE

Earth's Choice Organic Peanut Butter 500g

2 FOR \$10.00

YOU SAVE FOR 2 \$6.98



Sisu Vitamins & Supplements
Assorted Sizes

20% OFF



L'Ancêtre Organic Butter
250g

YOU SAVE \$2.20

\$5.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Fuji Apples

From Blossom River Organics, BC, 3.92/kg

\$1.78 / LB



Organic Potatoes

Pugly, Yellow, Red and Russet,
From Fraserland Organics, BC, 2.27kg Bag

\$3.98



Cauliflower

From USA

\$3.98

Green Zucchini

From Mexico,
2.16/kg

.98 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Bison Tip Steak or Roast

Raised without Antibiotics, 37.46 /kg

SPECIAL PRICE

\$16.99 / LB



Organic Chicken Breast

Boneless, Skinless, 33.05 /kg

SPECIAL PRICE

\$14.99 / LB



Stewing Beef

100% Grass Fed, Raised without Antibiotics,
Value Pack, 19.81/kg

\$8.99 / LB



Pork Back Ribs

Raised without Antibiotics, 13.21/kg

\$5.99 / LB



Harvest Bacon

500g

\$12.99

Smoked Sockeye Salmon Nuggets

Maple

\$5.99 / 100g





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

\$5⁶⁹

YOU SAVE
\$2³⁰



**Kicking Horse
Organic Whole Bean
Coffee**
Fairtrade, 454g

\$15⁹⁹

YOU SAVE
\$4⁰⁰



**Nature's Path
Organic Love
Crunch Granola**
700g

\$9⁴⁹



**Holos Organic
Overnight
Muesli**
90g or 200ml
Reusable Jar

\$3⁹⁹



**Only Oats
Gluten-Free
Rolled Oats**
Also Oat Flour, 1 kg

\$8⁴⁹



**Organic Traditions
Superfood Seeds**
Also Nuts, Grains & More,
Assorted Sizes

25% OFF



**Riviera Probiotic
Plant-Based Kéfir**
946ml Also Plant-Based
Greek & Goat
Yogurt, 500g

FROM **\$5⁹⁹**



**Earthbound Farm
Organic Frozen
Fruit**
300g

\$3⁹⁹



**Evive
Smoothie
Cubes**
405g

\$8⁹⁹

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



Stash Tea
18 Bags & 20 Bags

\$4⁴⁹



**Now Better
Stevia & Xylitol
Products**
Assorted Sizes

35% OFF



**Happy Planet
Creamery Grass
Fed Chocolate Milk**
750ml Also
Organic Milk, 1.5L

FROM **\$5⁹⁹**
plus deposit & eco fee



**Natur-A
Organic Soy
Beverages**
Also Almond, Oat
946ml & 3pk

2 FOR **\$6⁰⁰**
plus deposit & eco fee



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

\$3⁶⁹



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

\$9⁴⁹
plus deposit & eco fee



**Kiju
Organic Juice**
4 Pack & 1 L

2 FOR **\$6⁰⁰**
plus deposit & eco fee



**Zevia
Energy Drinks
& Tea**
355ml

2 FOR **\$4⁰⁰**
plus deposit & eco fee



**Libra
Non-Alcoholic
Craft Beer**
355ml

2 FOR **\$5⁰⁰**
plus deposit & eco fee



Garofalo Pasta
500g

2 FOR \$6.00



Carbone Premium Pasta Sauce
660ml

\$9.49



Bioitalia Organic Pasta Sauce
358ml

\$3.99



Lotus Organic Pad Thai Rice Noodles
227g

\$4.69



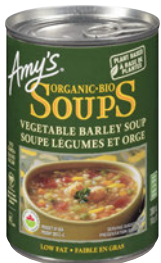
Karthain's Organic Sauerkraut & Kimchi
750ml

\$9.49



Eden Organic Beans
398ml

30% OFF



Amy's Organic Canned Soup
398ml

2 FOR \$8.00



Safe Catch Wild Yellowfin Tuna
or Wild Pink Salmon,
142g

\$3.99



Big Mountain Foods Meat Alternatives
300g - 400g

35% OFF

NOURISHING LIFESTYLES SINCE 1990



Briannas Dressings
355ml

\$5.99



Suzie's Organic Condiments & Sauces
Assorted Sizes

30% OFF



Enjoy Life Gluten-Free Baking Chips
225g - 283g

\$5.99



Violife Plant-Based Cheese
Select Varieties,
200g - 227g

\$5.49



Saputo Shredded Cheese
170g & 320g

FROM \$4.69



Spread'em Cashew Cheese Blocks
200g

\$7.99



Dairyland Cottage Cheese
500g

\$4.29



Bari Ricotta Cheese
500g

\$5.99



The Unscented Company Dish Detergent
or Laundry Detergent,
Assorted Sizes

FROM \$3.69

DELI PREPARED FRESH



Honey Ham

\$2.49 / 100g



Vegetable Herb Samosa
160g

2 FOR \$5.00



Beef Cabbage Roll Entrée
Pack of 3

\$10.99



Choices' Own Hearty Lentil Kofta Bowl
430g

\$7.99



Black Bean & Quinoa Salad

\$1.99 / 100g



Choices' Own Wild Salmon Cakes
130g

2 FOR \$7.00



Spinach & Feta or Ricotta & Feta Twisters

2 FOR \$7.00



Choices' Own Organic Cheese

20% OFF

BAKERY FRESH BAKED • WHOLESOME



Choices' Own Artisan Cookies
6 Pack

\$6.99

YOU SAVE \$1.00



Choices Own Baker's Crusty Loaf
or Ciabatta Loaf,
390g - 450g

\$3.49



Choices' Own Cake Slices
120g - 150g

\$3.99



Olivier's White Sourdough Bread
400g

\$4.49

YOU SAVE \$1.50



GluteNull Bars and Cookies
240g - 320g

\$9.99

YOU SAVE \$4.00



Mountain Wraps
Assorted Varieties,
200g

\$5.99

YOU SAVE \$2.00

LEST WE FORGET NOVEMBER 11TH

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave women and men who have served our country with distinction.

In recognition of, and to honour, the women and men of Canada who have sacrificed their lives to help protect the values and freedoms we as Canadians enjoy today, we will observe a moment of silence at 11am local time in our stores on Saturday, November 11.

Thank you to our veterans, service members and their families for their commitment to our country.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**La Cocina
Tortilla Chips**
300g - 400g

2 FOR \$8.00



**Hippie Snacks
Avocado
Crisps**
or Cauliflower
Crisps, 70g

2 FOR \$9.00



**Hippieas
Vegan
Puff Snacks**
113g

2 FOR \$7.00



**Kind Energy
Fruit & Nut Bars**
40g

3 FOR \$4.98



**Alter Eco
Organic
Chocolate Bars**
Fairtrade,
75g & 80g

2 FOR \$6.00



**FreeYumm
Bars and
Cookies**
135g - 154g

2 FOR \$8.00



**Smart Sweets
Low Sugar
Gummies**
50g

\$3.69



**Nora's
Plant-Based
Ice Cream**
500ml

\$6.49

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Botanica
Organic
Herbs**
Assorted Sizes

25% OFF



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

30% OFF



**Smart
Solutions
Vitamins &
Supplements**
Assorted Sizes

20% OFF



**Mad Hippie
Facial Care**
Assorted Sizes

20% OFF



**LeanFit
Whey Protein**
or Whey Isolate,
Organic
Plant-Based
Proteins

25% OFF



**Renew Life
Probiotics**
Assorted Sizes

20% OFF



**AOR
Vitamins &
Supplements**
Assorted Sizes

20% OFF



**Desert
Essence Oral
& Body Care
Products**
Assorted Sizes

20% OFF



**Herbaland
Vitamins &
Supplements**
Assorted Sizes

25% OFF



**Now
Vitamins &
Supplements**
Assorted Sizes

20% OFF



**Boiron
Homeopathic
Remedies**
Assorted Sizes

20% OFF



**Santevia
Alkaline
Water Pitchers**
Also Water Systems
and More

20% OFF

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PARKSVILLE, BC

319 Island Highway East, Parksville
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Pure INTEGRATIVE PHARMACY

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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.