



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE - BUY ONE GET ONE FREE!

Special Parksville Edition Prices Effective • November 16 - 22, 2023

LOCAL

SPECIAL PRICE

Chicken Thighs
Raised Without Antibiotics,
Value Pack

BUY 1 GET 1 FREE

YOU SAVE 50%

Bunched Kale
Black, Green, Red
From USA

BUY 1 GET 1 FREE

SPECIAL PRICE

MONDAY, NOVEMBER 20 ONLY

FREE

HOT CHOCOLATE

SHOW YOUR PREFERRED SHOPPER CARD ON MONDAY,
NOVEMBER 20TH FOR A FREE HOT CHOCOLATE

CHOICES
PREFERRED
SHOPPER

BUY 1 GET 1 FREE

Choices' Own Sourdough Bread
Multiseed, 600g

BUY 1 GET 1 FREE

Choices' Own Chili
Beef, Turkey or Vegan
16 oz

WILD CAUGHT

SPECIAL PRICE

BUY 1 GET 1 FREE

Ahi Tuna Steaks
5oz, Ocean Wise

SPECIAL PRICE

BUY 1 GET 1 FREE

YOU SAVE 40%

Organic Hass Avocados
From Mexico

**Nuun Hydration
Electrolytes**
Tablets Sport, Boost,
Immunity, Vitamin
Pack of 10

BUY 1 GET 1 FREE



**Pukka
Organic Tea**
20 Pack

BUY 1 GET 1 FREE



**Raincoast
Global Wild
Skipjack
Tuna**
142g

BUY 1 GET 1 FREE

FEATURED CHOICE

Armstrong Cheese
600g

BUY 1 GET 1 FREE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Ambrosia Apples
Grown From Blossom River Organics, BC
1.36kg Bag

\$5.98



Organic Broccoli
From USA, 7.67/kg

\$3.48 / LB



Long English Cucumbers
From USA

\$2.48

Hot House Large Tomatoes
From USA, 5.03/kg

\$2.28 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



SPECIAL PRICE

\$6.99 / LB

Pork Belly
also Belly Chops, Raised without Antibiotics, 15.41/kg



SPECIAL PRICE

\$3.49 / 100g

Coho Fillets
Previously Frozen, Ocean Wise



\$8.49 / LB

Inside Round Roast
Raised without Antibiotics,
100% Grass Fed, 18.72/kg



\$5.99 / LB

Lean Ground Beef
Raised without Antibiotics, 100% Grass Fed,
13.21/kg



Greenfield Bacon
Raised without
Antibiotics, 375g

\$7.99

Duso's Stuffed Pasta

Select Varieties,
250g - 300g

\$6.99



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

1 Dozen



\$7.99



**Drizzle
Premium Honey**

White or Golden
375g & 500g

From **\$6.99**



**Nature's Nuts
Organic Peanut
Butter**

or Natural Almond
Butter, 500g

From **\$7.49**



**Earth Balance
Plant-Based
Spreads**

369g - 454g

\$5.99



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

250ml

\$5.99



**Tree Island
Grass-Fed
Yogurt**

325g & 350g

\$4.49



**Salt Spring
Organic Fair
Trade Coffee**

400g

\$12.69



**Olympic
Natural Yogurt**

or Organic,
Krema, Greek,
500g & 650g

From **\$4.29**



**Danone
Activia Yogurt**

650g

\$3.99

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



**Donia Farms
Grass Fed Milk**

2% & 3.25%
2L

\$5.99

plus deposit & eco fee



**Earth's Own
Organic Oat
Beverage**

1.75L

\$3.99

plus deposit & eco fee



**Tre Stelle
Shredded Cheese**

170g - 200g

\$4.99



**Bulk
Almonds**

Select Varieties

20% OFF



**Woolwich
Goat Cheese**

Select Varieties and
Sizes

30% OFF



**Nuts for Cheese
Organic
Plant-Based
Cheese**

120g

\$8.49



**Sapsucker
Organic Sparkling
Tree Water**

355ml

3 FOR \$5.00

plus deposit & eco fee



**Cove
Live & Organic
Kombucha**

355ml

BUY 1 GET 1 FREE

plus deposit & eco fee



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

250ml

\$4.49



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

2 FOR \$6⁰⁰



**Que Pasa
Grain Free Chips**
Select Varieties
142g & 156g

\$3⁹⁹



**Skinny Pop
Popcorn**
125g & 150g

2 FOR \$8⁰⁰



**Spudsy Sweet
Potato Puffs
& Fries**
113g - 113.4g

2 FOR \$9⁰⁰



**Lundberg
Organic Rice
Cakes & Stackers**
Assorted Sizes

\$4⁹⁹



**Tate's Bake Shop
Cookies**
198g

\$6⁹⁹



**Made Good Organic
Granola Bars,
Cookies & Crackers**
Assorted Sizes

\$3⁴⁹



**Theobroma
Organic
Chocolate Bars**
31g & 35g

2 FOR \$3⁰⁰



**Wedderspoon
Organic Manuka
Honey Lozenges**
120g

\$7⁴⁹

NOURISHING LIFESTYLES SINCE 1990



**Tofurky
Plant-Based
Products**
Assorted Varieties
and Sizes

35% OFF



**Sol Cuisine
Frozen
Appetizers**
Assorted Varieties
and Sizes

\$5⁴⁹



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

From \$4⁴⁹



**Bar Harbor
Chowder**
284ml & 398ml

\$4⁴⁹



**Casbah
Side Dishes**
198g & 340g

\$3⁴⁹



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

\$4⁹⁹



**Better than
Noodles Organic
Konjac Noodles**
385g

\$4⁶⁹



Italpasta Pasta
900g

2 FOR \$7⁰⁰



**Cucina Antica
Pasta Sauce**
670ml

\$7⁴⁹

DELI PREPARED FRESH



Choices Angus Roast Beef
Garlic or Pepper

\$3.99 / 100g



Choices Honey Garlic or Buffalo Chicken Wings

\$1.99 / 100g



Choices Fresh Salsa
Tomato, Corn or Mango
355g

\$5.99



Nicli Pizza
12 inch

\$14.99



Choices Seven Layer Dip
Large, Freshly Made in Store, 800g

\$9.99



Rosssdown Roasted Half Chickens

\$5.99



Black Forest or Old Fashioned Ham

1.99 / 100g



Bothwell Cheese

\$3.49 / 100g

BAKERY FRESH BAKED • WHOLESOME



Choices' Own Pecan Walnut Pie
8 inch

\$9.99



Choices' Own Keto Deserts
80g - 150g

\$3.99



Choices' Own Signature Assorted Shortbread Cookies
6 Pack

\$5.99



La Tortilla Factory Wraps
200g - 496g

30% OFF



Ozery Bakery Snacking Rounds
Morning, OneBun, Mini, 312g - 600g

25% OFF



Little Northern Bakehouse Bread
Gluten-Free, 239g - 567g

\$6.99

GLUTEN FREE

MONDAY, NOVEMBER 20

ONLY

FREE
HOT CHOCOLATE

SHOW YOUR PREFERRED SHOPPER CARD ON MONDAY,
NOVEMBER 20TH FOR A FREE HOT CHOCOLATE



GROCERY

LOCAL • ORGANIC • SPECIALTY



Lundberg
Nutra Farmed
Basmati &
Jasmine Rice
907g

\$7.99



San-J Organic
Tamari Sauces
296ml - 592ml

30% OFF



Lakanto
Monk Fruit
Sweeteners
Assorted Sizes

35% OFF



Caboo Bamboo
Bath Tissue &
Paper Products
Assorted Sizes

30% OFF



Khazana
Organic
Sauces and
Curry
Assorted Sizes

30% OFF



Spectrum
Organic Oils &
Mayonnaise
Assorted Sizes,
Select Varieties

30% OFF



Yes!
Nutritional
Yeast Dressing
350ml

\$7.49



Eco Max Laundry
Wash & Fabric
Softener
Assorted Sizes

35% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Prairie
Doctor Herbal
Tinctures
Assorted Sizes

25% OFF



Platinum
Naturals
MultiVitamins
Assorted Sizes

20% OFF



NutraSea
Omega-3 Fish Oil
Supplements
Assorted Sizes

25% OFF



The Green Beaver
Face, Body Care &
Sun Care
Assorted Sizes

25% OFF



Living Alchemy
Your Flora Series
Fermented
Activated Herbals
Assorted Sizes

25% OFF



Enzymedica
Digestive
Enzymes
Assorted Sizes

20% OFF



Flora
Vitamins and
Supplements
Assorted Sizes

20% OFF



Mountain Sky
Natural Body
Bar Soap
Assorted Scents
135g

\$4.99



Vega One
All-in-One
Nutritional Shakes
Assorted Varieties
827g - 876g

\$44.99



Natural Calm
Magnesium
226g - 454g

From **\$28.99**



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

\$42.99



Dr. Hauschka
Facial Care
Assorted Sizes

20% OFF



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PARKSVILLE, BC

319 Island Highway East, Parksville
Open 7:00am - 10:00pm Daily | Phone: 250-947-8000

Pure INTEGRATIVE PHARMACY

Phone: 250-947-8001
Pharmacy Hours: Monday - Friday 9 am - 6 pm
Saturday 9 am - 5 pm | Sunday 10 am - 4 pm

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