



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE BLACK FRIDAY SAVINGS!

Special Parksville Edition Prices Effective • November 23 - 29, 2023

**LOCAL**

**SPECIAL PRICE**

**Boneless Skinless Chicken Breast**  
Value Pack, 13.21/kg

**\$5.99 / LB**

**YOU SAVE 34%**

**SPECIAL PRICE**

**Organic Bunched Carrots**  
Orange & Rainbow,  
From USA

**\$2.98**

**YOU SAVE \$2.00**

**Choices Signature Christmas Stollen NOW AVAILABLE**

**WESTERN CANADIAN**

**\$6.99 / LB**

**Boneless Pork Loin Chops**  
Raised without Antibiotics, 15.41/kg

**YOU SAVE 40%**

**LOCAL**

**\$5.98**

**YOU SAVE \$1.00**

**Organic Gala & Fuji Apples**  
From Blossom River Organics, BC, 1.36kg Bag

**Natural Factors Vitamins & Supplements**  
Assorted Sizes & Varieties

**20% OFF**



**Choices Country Pot Pies**  
Chicken, Beef or Turkey

**\$5.99**

**Earthbound Farm Organic Frozen Fruit**  
300g

**2 FOR \$8.00**

**YOU SAVE \$6.58 FOR 2**



**Choices Artisan Fruit Pies**  
8 inch

**\$10.99**

**WEDNESDAY, NOVEMBER 29**

**ONE DAY ONLY**

**15% OFF\***

**YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.**

\*Excluding Lotto and Pharmacy prescriptions.

**FEATURED CHOICE**

**Amy's Organic Canned Soup**  
398ml

**3 FOR \$11.49**

**YOU SAVE \$6.48 FOR 3**



# CHOICES MARKET



ENJOY THIS  
**LIMITED TIME  
OFFER**  
JUST FOR YOU!

**WEDNESDAY, NOVEMBER 29 ONLY**

**15%**  
**OFF\***

**YOUR IN-STORE PURCHASE, INCLUDING ITEMS  
ON SALE THROUGHOUT THE ENTIRE STORE.**

\*Excluding Lotto, Gift Cards and Pharmacy prescriptions. Sale not available online.



# PRODUCE FRESH • LOCAL • ORGANIC



## Organic Carrots

From Fountainview Farm, BC, 907g Bag

**\$3.98**



## Green Asparagus

From Mexico, 13.18/kg

**\$5.98 / LB**



## Pink Lady Apples

From BC, 5.47/kg

**\$2.48 / LB**

## Hot House Mini Cucumbers

From Canada, 454g Pkg.

**\$2.98**



# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



## Striploin Grilling Steaks or Roast

Grass Fed, Raised without Antibiotics, Value Pack, 22.02/kg

**\$9.99 / LB**



## Rockfish Fillets

Ocean Wise

**\$1.99 / 100G**



## Beef Marrow Bones

Canadian, 6.59/kg

**\$2.99 / LB**



## Choices' Own Pork Sausages

Raised without Antibiotics, 15.41/kg

**\$6.99 / LB**



## Crusted Cod Fillets

Ocean Wise, Frozen

**\$4.99**



## Legends Haul Marinated Spatchcock Chickens

3 lb

**\$14.99**



**Country Golden Yolks  
Organic Eggs**  
Free Range, Large, One Dozen



**\$7<sup>29</sup>**



**Anita's Mill  
Organic Pancake  
& Waffle Mix**  
Also Oats, Flour  
Assorted Sizes

**35% OFF**



**Canadian Heritage  
Organics 100% Pure  
Organic Maple Syrup**  
500ml

**\$12<sup>99</sup>**



**Earth's Choice  
Organic Peanut  
Butter**  
500g

**\$6<sup>49</sup>**



**Crofter's Organic  
Fruit Spreads**  
235ml

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



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

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



**Crank Coffee  
Organic Whole  
Bean Coffee**  
340g

**\$11<sup>99</sup>**



**Stash  
Tea**  
18 Bags & 20 Bags

**\$4<sup>49</sup>**



**iÖGO Nano  
Drinkable Yogurt**  
6 Pack

**\$4<sup>49</sup>**  
plus deposit & eco fee

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



**Yoggu!  
Plant-Based  
Coconut Yogurt**  
450g

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



**Donia Farms  
Grass Fed Yogurt**  
650g

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



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

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



**Holy Napoli  
Frozen Pizza**  
Assorted Sizes

**\$8<sup>69</sup>**



**Stahlbush Island  
Farms Frozen  
Fruit**  
Certified Sustainable,  
283g ~ 300g

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



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

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



**Blue Diamond  
Almond Breeze  
Beverages**  
1.89L

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

plus deposit & eco fee



**Spread'Em  
Cashew Cheeze  
Blocks**  
200g

**\$7<sup>99</sup>**



**Faith Farms  
Cheese**  
360g & 380g

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





**La Cocina  
Tortilla Chips**  
Assorted Sizes

2 FOR \$8.00



**Prana Organic  
Snacks**  
Assorted Sizes

35% OFF



**Hot-Kid  
Rice Crisps &  
Crisps**  
100g

2 FOR \$5.00



**Galerie Au  
Chocolat Bars**  
80g - 100g

\$4.99



**Love Good Fats  
Keto Friendly  
Bars**  
39g - 40g

2 FOR \$4.50



**Seasnax  
Seaweed Snack**  
5g

2 FOR \$3.00



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

GLUTEN  
FREE

2 FOR \$8.00



**PÜR Gums**  
9 Pack

3 FOR \$4.00



**Breyers  
Creamery Style  
Ice Cream**  
1.66L

\$5.99

## NOURISHING LIFESTYLES SINCE 1990



**Avalon Dairy  
Egg Nog**  
1L

\$6.69



**Premium  
Non-Alcoholic  
Clever Mocktails**  
355ml

3 FOR \$6.00  
plus deposit & eco fee



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

\$9.49  
plus deposit & eco fee



**Rise Organic  
Kombucha**  
414ml

2 FOR \$7.00  
plus deposit & eco fee



**Organic  
Traditions  
Products**  
Assorted Sizes

20% OFF



**Enjoy Life  
Baking Chocolate  
Chips**  
225g - 283g

\$5.99  
GLUTEN  
FREE



**Now Better  
Stevia**  
Also Xylitol Products,  
Assorted Sizes

35% OFF



**GoBio! Organic  
Bouillon Cubes**  
54g - 66g

3 FOR \$9.00



**Dairyland  
Cottage Cheese**  
500g

\$3.99



# CHOICES MARKET

## Discover Choices' Own Artisan Bakery

*Want to know what makes our Bakery so good?*

*It starts with **simple, clean ingredients**. We only use real Canadian butter and whipped cream and make it a point to use organic sugar and flour where possible.*

*While **baking this fresh goodness daily**, we avoid artificial flavours and stabilizers to ensure our baked goods are crafted with only natural ingredients. And for those looking to indulge in different flavours, try our **specialty baked items**, thoughtfully created using alternative and specialty flours.*

**Wholesome and delicious. It's that simple!**

**From November 23rd - 29th, enjoy these holiday treats:**

**Choices Artisan  
Fruit Pies**  
8 Inch

**\$8<sup>99</sup>**



**Choices Signature Artisan  
Christmas Stollen**

Small-Medium-Large

**\$7<sup>99</sup>/\$12<sup>99</sup>/\$25<sup>99</sup>**



**Uprising  
Bread**  
Assorted Varieties  
and Sizes

**2\$8  
FOR**



**Choices Seasonal  
Signature  
Shortbread Cookies**  
6 - 9 Pack

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



**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



# DELI

PREPARED FRESH



2 FOR \$7.00

**Choices Wild Salmon Cakes**

130g



\$11.99

**Italian Sliced Prosciutto or Salami**

Vitale, 100g



2 FOR \$5.00

**Baked Vegetable Samosas**

Spinach or Masala, 115g



**Turkey Breast**

Cooked or Smoked,  
Antibiotic Free

\$4.49 / 100G



**Fontina  
Cheese**

\$4.99 / 100G



**Vancouver  
Soup Company**  
700ml

\$7.99



**Grated  
Parmesan  
Cheese**

\$4.99 / 100G



**La Panzanella Crackers**

170g

\$5.99



**Castello Blue Cheese**

20% OFF

# BAKERY

FRESH BAKED • WHOLESOME



\$4.99

**Choices Cinnamon Raisin Bread**

or Cranberry Walnut, 420g ~ 580g



**Choices Vegan  
Cookies**

Almond Crunch,  
Chocolate Crunch  
6 Pack

\$6.99



**Choices  
Brownies**

Salted Caramel, Walnut  
Date or Indulgence,  
150g ~ 170g

\$5.99



**Olivier's  
Peasant Bread**  
800g

\$5.99



**Bakestone  
Brothers Roti or  
Naan Bread**

472g ~ 500g

\$4.49

**STAR OF THE  
SEASON**

**NOVEMBER 15 - DECEMBER 24**

Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley, Vancouver Island and the Okanagan.

Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

FOR MORE DETAILS ON EACH NEIGHBOURHOOD HOUSE, PLEASE VISIT OUR WEBSITE: CHOICES.MARKET





# 3 DAY BLACK FRIDAY SALE

## GROCERY

LOCAL • ORGANIC • SPECIALTY



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

3 FOR \$6<sup>00</sup>



**Hornby Organic Energy Bars**  
80g

4 FOR \$10<sup>00</sup>



**Earth's Choice Organic Coffee**  
Rainforest Alliance, Whole Bean, 340g

2 FOR \$20<sup>00</sup>



**Ritter Sport Chocolate Bars**  
100g

3 FOR \$8<sup>50</sup>



**GT's Organic Raw Kombucha**  
1.4L

2 FOR \$15<sup>00</sup>  
plus deposit & eco fee



**Elmhurst Plant-Based Beverages**  
946ml

2 FOR \$12<sup>00</sup>  
plus deposit & eco fee



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

2 FOR \$10<sup>00</sup>



**Daiya Plant-Based Cheese Block**  
Also Slices, Shreds Assorted Sizes

2 FOR \$7<sup>50</sup>



**Only Goodness Organic Canned Beans**  
398ml

4 FOR \$9<sup>00</sup>

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Ener-C Effervescent Vitamin C Drink Mix**  
Assorted Varieties, 30 Pack

\$10<sup>99</sup>



**Prairie Naturals Vitamin D3**  
2500 IU, 500 Soft Gels + 50 Bonus Bottle or 1000 IU, 15ml

BUY 1 GET 1 FREE



**Dr. Bronner's Toothpaste**  
Assorted Varieties, 140g

BUY 1 GET 1 FREE



# FRIDAY NOV. 24<sup>TH</sup> - SUN. NOV. 26<sup>TH</sup>

## MEAT & SEAFOOD

RESPONSIBLY RAISED • PREMIUM QUALITY



YOU SAVE  
**59%**

**\$2<sup>99</sup> / LB**

**Whole Frying Chickens**  
6.59/kg



YOU SAVE  
**56%**

**\$7<sup>99</sup> / LB**

**Top Sirloin Roast**  
17.61/kg



YOU SAVE  
**\$8<sup>00</sup>**

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

**7 Seas White Prawns**  
Raw or Cooked, Frozen, Ocean Wise, 340g

## DELI

PREPARED FRESH



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

**\$8<sup>99</sup>**

**Rosstown Roasted Chickens**



**2 FOR \$7<sup>00</sup>**

**Zorba's Spanakopita**  
Also Mushroom & Parmesan Pies



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

**\$8<sup>99</sup>**

**Choices Ready to Eat Wraps**

## PRODUCE

FRESH • LOCAL • ORGANIC



YOU SAVE  
**\$3<sup>00</sup>**  
per Bag

**\$3<sup>98</sup>**

**Organic Hass Avocados**  
From Mexico, 3 Pack Bag



**LOCAL**

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

**\$5<sup>98</sup>**

**Organic Gold Potatoes**  
From Fraserland Organics, BC, 2.27kg Bag

## BAKERY

FRESH BAKED • WHOLESOME



YOU SAVE  
**43%**

**\$7<sup>99</sup>**

**GluteNull Bars & Cookies**  
Gluten-Free, 240g - 320g



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Nina's Frozen Pierogies**  
400g - 550g

FROM **\$7<sup>99</sup>**



**Safe Catch Wild Yellowfin Tuna**  
Also Wild Pink Salmon, 142g

**\$3<sup>99</sup>**



**Lightlife Plant-Based Meat Alternatives**  
Assorted Sizes

FROM **\$3<sup>49</sup>**



**Bragg Organic Apple Cider Vinegar**  
473ml

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



**Carbone Premium Pasta Sauce**  
660ml

**\$9<sup>99</sup>**



**Eden Organic Beans**  
398ml

**30% OFF**



**Earth's Choice Organic Olive Oil**  
Extra Virgin, 1L

**\$18<sup>99</sup>**



**The Unscented Company Dish Soap**  
Also Laundry Detergent, Assorted Sizes

FROM **\$3<sup>69</sup>**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**MegaFood Blood Builder**  
Also Magnesium & Zinc Supplements, Assorted Sizes

**25% OFF**



**Host Defense Medicinal Mushroom Supplements**  
Assorted Sizes

**20% OFF**



**Organic Traditions Superfoods**  
Assorted Sizes

**20% OFF**



**Smart Solutions Vitamins & Supplements**  
Assorted Sizes

**20% OFF**



**Renew Life Probiotics**  
Assorted Sizes

**20% OFF**



**Sisu Vitamins & Supplements**  
Assorted Sizes

**20% OFF**



**Now Vitamins & Supplements**  
Assorted Sizes

**20% OFF**



**Suro Organic Elderberry Syrup**  
Also Breathe & iSleep Assorted Sizes

**20% OFF**



**Aqua Omega-3 Fish Oil Supplements**  
Assorted Varieties

**30% OFF**



**AOR Vitamin B Complex**  
90 Capsules or 180 Capsules

FROM **\$39<sup>99</sup>**



**Mad Hippie Facial Care**  
Assorted Sizes

**20% OFF**



**Desert Essence Organics Oral Care Products**  
Also Body Care, Assorted Sizes

**20% OFF**

Shop online at [ChoicesMarket](https://ChoicesMarket.com)

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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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