



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE NEW YEAR NEW CHOICES!

Prices Effective • December 28, 2023 - January 3, 2024



SPECIAL PRICE

Striploin Grilling Steaks

Raised Without Antibiotics,
100% Grass Fed, Value
Pack, 22.02/kg

\$8.99 / LB

YOU SAVE
66%

SPECIAL PRICE

Sockeye Salmon

Wild Caught, Prev Frozen
or Frozen, Ocean Wise

\$3.49 / 100g

YOU SAVE
42%



\$4.99

Choices Sourdough Bread
530g



\$9.99

Rosstown Roasted Chickens



\$4.79

Vega Sport Protein
Assorted Varieties, 801g-837g



20% OFF

Now Vitamins
and Supplements
Assorted Sizes



YOU SAVE
28%

2 FOR \$5.00

Hass Avocados
Organic, Grown in Mexico

FEATURED CHOICE

All Castello Cheese

40% OFF



Covered Bridge
Potato Chips
142g-170g

YOU SAVE
\$3.38

2 FOR \$6.00



Spread'em Cashew
Dips & Spreads
185g

YOU SAVE
\$3.00

\$6.99



Eve's
Gluten-Free
Crackers
108g

YOU SAVE
\$2.50

\$6.49

PRODUCE FRESH • LOCAL • ORGANIC



**Bartlett, Anjou
& Bosc Pears**
Organic USA Grown, 7.67/kg

\$3.48 / LB



**Green and
Red Grapes**
Grown In Peru,
10.98/Kg

\$4.98 / LB



**Bunched
Carrots**
Organic USA
Grown

\$3.98

**Lemons
or Limes**
Imported



4 FOR \$3.48

**Long English
Cucumbers**
Grown In Mexico



\$2.48

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$5.99 / LB

Pork Tenderloin

Western Canadian, Raised Without Antibiotics,
13.21/kg



\$12.99 / LB

Ground Lamb

Raised without Antibiotics, Grass Fed, New
Zealand, 28.64/kg



LOCAL

\$6.99 / LB

Fresh Split Chicken Wings

Locally Raised Without Antibiotics, Value Pack,
15.41/kg



LOCAL

15% OFF

Stapleton Sausages
Local, Select Varieties



Ahi Tuna Steak
6oz, Wild Caught,
Ocean Wise, Frozen

\$4.79



**Simply West
Coast Lox**
Frozen, 85g

\$6.99

**Raw White or
Cooked Prawns**
Ocean Wise, 340g



\$7.99

**Raw Bay
Scallops**
40/60 Count,
Ocean Wise, 454g



\$11.99



**Maple Hill
Organic Extra
Large Free
Range Eggs**
1 Dozen

\$6⁹⁹



**Nature's Path
Organic Frozen
Waffles**
210g

2 FOR \$9⁰⁰



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

\$23⁹⁹

YOU SAVE
\$12



**Organic Meadow
Organic Butter**
454g

\$11⁹⁹



St Dalfour Jam
225ml

\$5⁴⁹



**Nuts to You Organic
Fairtrade Tahini
& Almond Butter**
365g & 500g

\$7⁴⁹



**Peace River
Organic Raw
Clover Honey**
500g

\$9⁹⁹



**Olympic Organic,
Greek & Crema
Yogurt**
1.75kg

\$11⁴⁹



**Greek Gods
Organic Yogurt**
500ml

\$5⁴⁹

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



**One Degree
Organic Granola**
312g

\$4⁹⁹



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

\$7⁹⁹



**Dairyland
Organic Milk**
1.89L

\$5⁹⁹
plus deposit & eco fee



**Traditional
Medicinal
Organic Teas**
16 bags

2 FOR \$8⁰⁰



**49th Parallel
Organic Coffee**
340g

\$13⁹⁹



**Silk Dairy
Alternative
Beverages**
1.75L & 1.89L

\$5⁴⁹
plus deposit & eco fee



**Earth's Own Oat
Barista Blend**
946ml

\$4⁹⁹
plus deposit & eco fee



**Red Crown Organic
Pomegranate Juice**
1L

\$6⁹⁹
plus deposit & eco fee



**Fiji Natural
Artesian Water**
1L

2 FOR \$5⁰⁰
plus deposit & eco fee



**Le Pain Des
Fleurs Organic
Crackers**

150g

\$6⁹⁹



**Sensible Portions
Veggie Chips**

141g & 142g

\$3⁴⁹



**Whittaker's
Chocolate Bars**

Select Sizes & Varieties



**Seattle
Chocolate Bars**

Select Sizes & Varieties



**Ritter Sport
Chocolate Bars**

Select Sizes & Varieties

2 FOR \$8⁰⁰



**GoGo Quinoa
Gluten-Free
Organic Puffs**

113g

\$2⁴⁹



**Handfuel
Nut Snacks**

120g & 150g

\$5⁹⁹



**Sonoma
Creamery
Cheese Crisps**

64g

\$4⁹⁹



RJ's Licorice

180g

2 FOR \$5⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**L'Ancre
Organic Cheese**

325g

\$10⁹⁹



**Mezzetta
Olives & Peppers**

Assorted Sizes

30% OFF



**Maison Orphee
Organic Extra
Virgin Olive Oil**

750ml

\$15⁹⁹

**YOU SAVE
\$9⁰⁰**



**Rizopia
Rice Pasta**

340g & 454g

\$2⁷⁹



**Mutti Tomato
Puree & Sauces**

Select Varieties

25% OFF



Favuzzi Pasta

Assorted Sizes

\$4⁹⁹



**Nature Clean
Liquid Laundry
Detergent**

3L

\$13⁹⁹



**Lundberg
Organic Brown
Rice**

907g

\$7⁹⁹



**Eat Wholesome
Organic Canned
Tomatoes**

796ml

\$4⁹⁹

DELI

PREPARED FRESH



**Choices
Mini Assorted
Appetizers**
6 or 12 Pack

FROM **\$4.49**



**Summer Fresh
Dips & Hummus**
227g

\$3.99



**Vitale Italian
Sliced Prosciutto
& Salami**
100g

\$9.99



**Indianlife
Pakora**

\$2.99 /100g



**La Panzanella
Crackers**
170g

2 FOR **\$10.00**



**Indianlife Naan,
Tortilla or
Wraps**
250g-500g

FROM **\$6.99**



**Habibi's Dips
& Hummus**
200g-240g

\$3.99



**Choices Hot
Soup or Chili**
500 ml

SOUP **\$4.99**

CHILI **\$6.99**



**Grana Padano
Cheese**

\$3.99 /100g

BAKERY

FRESH BAKED • WHOLESOME



Choices Scones
2 Pack

2 FOR **\$7.00**



**Choices Party
Size Cakes**
540g-600g

\$14.99



**Ozery Morning,
Snacking or One
Bun Rounds**
312g-600g

2 FOR **\$8.00**



English Muffins
6 Pack

2 FOR **\$4.00**



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

\$4.99



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

\$9.99

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Fentiman's
Craft
Beverages**
4 Pack

\$9.99
plus deposit & eco fee



**Wholly
Veggie Frozen
Products**
Assorted Sizes

\$5.99



**Big Mountain Foods
Meat Alternatives**
300g

\$5.99



**Chapman's
Specialty
Ice Cream**
500ml

\$5.99



**BSA Craft
Beer Non-
Alcoholic**
473ml

2 FOR \$6.00
plus deposit & eco fee



**Sprague
Organic Soup
and Baked
Beans**
398ml

\$2.99



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

\$6.99



**So Delicious
Frozen
Desserts**
500ml

\$5.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**CanPrev
Magnesium
Supplements**
Select Varieties

20% OFF



**withinUs
TruMarine
Collagen,
Creamer,
Matcha Misto**
Assorted Sizes

20% OFF



**Harmonic Arts
Mushrooms
and Superfood
Elixirs**
Assorted Sizes

20% OFF



**Natural Factors
Immune Support
Supplements**
Assorted Sizes,
Select Varieties

20% OFF



**Natural
Factors All
Bonus Bottles**
Select Varieties

20% OFF



**Purica
Recovery and
Curcumin**
Assorted Sizes

20% OFF



**Platinum
Naturals
Vitamins and
Supplements**
Assorted Sizes

20% OFF



**New Roots
Vitamin C &
Wild Omega-3
Supplements**
Assorted Sizes

20% OFF



**Andalou
Naturals &
CannaCell
Shampoo &
Conditioner**
251ml-346ml

BUY 1 GET 1 FREE



**Weleda Facial
Care and Body
Care**
Select Varieties

25% OFF



**South of
France
Soaps Bars
or Liquids**
236ml or 170g

\$7.49



**Divine Essence
Essential Oils &
Body Care**
Assorted Varieties

30% 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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