



# CHOICES MARKET

100% BC OWNED AND OPERATED

# PARKSVILLE - BUY ONE GET ONE FREE!

Special Parksville Edition Prices Effective • January 11 - 17, 2024

**WILD CAUGHT**

**SPECIAL PRICE**

**Wild Sockeye Salmon**  
Ocean Wise, Value Pack,  
Frozen or Previously Frozen

**YOU SAVE 50%**

**BUY 1 GET 1 FREE**

**SPECIAL PRICE**

**SPECIAL PRICE**

**Bunched Organic Kale**  
Black, Green, Red  
USA Grown

**YOU SAVE 50%**

**BUY 1 GET 1 FREE**

**BUY 1 GET 1 FREE**

**Arla Cheese Slices**  
125g - 175g

**BUY 1 GET 1 FREE**

**Choices Wholesome Country Sourdough Bread**  
575g

**WESTERN CANADIAN**

**BUY 1 GET 1 FREE**

**Fresh Pork Back Ribs**  
Raised without Antibiotics

**YOU SAVE 50%**



**Dr. Bronner's Toothpaste**  
Assorted Varieties and Sizes

**BUY 1 GET 1 FREE**



**Ecoideas Superfoods**  
Chia, Maca and Moringa,  
Assorted Varieties and Sizes

**BUY 1 GET 1 FREE**



**Natur-a Organic Soy Beverages**  
Also Almond & Oat,  
946ml

**BUY 1 GET 1 FREE**  
plus deposit & eco fee



**Traditional Medicinals Organic Teas**  
16 Bags

**BUY 1 GET 1 FREE**



**Nuts to You Organic Peanut Butter**  
750g

**BUY 1 GET 1 FREE**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Lemons**  
Mexico Grown, 907g Bag

**\$5.98**



**Organic Avocados**  
Mexico Grown,  
Bag of 3

**\$5.98**



**Blood Oranges**  
USA Grown,  
6.57/kg

**\$2.98 / LB**

**Organic Celery**  
Mexico Grown,  
4.37/kg

**\$1.98 / LB**



**Romaine Hearts**  
USA Grown,  
Bag of 3

**\$4.98**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**SPECIAL PRICE**

**\$9.99 / LB**

**Top Sirloin Steaks or Roast**  
100% Grass Fed, Raised without Antibiotics,  
Value Pack, Australian, 22.02/kg



**LOCAL**

**SPECIAL PRICE**

**\$4.99 / LB**

**Fresh Chicken Thighs**  
Raised without Antibiotics, Value Pack, 11.00/kg



**WILD  
CAUGHT**

**BUY 1 GET 1 FREE**

**Ahi Tuna Steaks**  
Ocean Wise, Frozen, 6oz.



**\$8.99 / LB**

**Beef Stew Meat**  
100% Grass Fed, Raised without Antibiotics,  
Value Pack, Australian, 19.82/kg



**Harvest Bacon**  
Select Varieties,  
500g

**\$13.99**

**Duso's Stuffed Pasta**

Select Varieties,  
250g - 300g

**\$5.99**







**Wildbrine  
Sauerkraut &  
Kimchi**

500ml & 500g

BUY 1 GET 1 **FREE**



**Safe Catch Ahi  
Wild Yellowfin  
Tuna**

Also Wild Pink  
Salmon, 142g

BUY 1 GET 1 **FREE**



**Caulipower  
Frozen Pizza**

Cauliflower Based,  
310g & 320g

BUY 1 GET 1 **FREE**



**Bremner's Black  
Cherry Juice**

946ml

BUY 1 GET 1 **FREE**  
plus deposit & eco fee



**O'Doughs  
Frozen Bagels**

Also Bagel Thins,  
O'Dippers & Hamburger  
Buns, Assorted Sizes

BUY 1 GET 1 **FREE**



**Honey Stinger  
Organic Waffles**

30g

BUY 1 GET 1 **FREE**



**Amano Organic  
Tamari Sauce**

250ml

BUY 1 GET 1 **FREE**



**Only Goodness  
Organic Apple  
Cider Vinegar**

473ml

BUY 1 GET 1 **FREE**



**Aspen Clean  
Cleaners**

Select Varieties,  
650ml

BUY 1 GET 1 **FREE**

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



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

One Dozen

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



**Anita's Organic  
Pancake & Waffle  
Mix**

900g - 1kg

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



**Canadian Heritage  
Organics Organic  
Maple Syrup**

500ml

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



**Elias Organic  
Creamed Honey**

375g

**\$11<sup>49</sup>**



**Bob's Red Mill  
Granola**

312g

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

GLUTEN  
FREE



**Danone  
Activia Yogurt**

650g

**\$4<sup>29</sup>**



**Riviera Petit Pot  
Organic Yogurt**

4 Pack

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



**Salt Spring  
Organic Coffee**

Whole Bean,  
400g

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

FAIR  
TRADE



**Kicking Horse  
Organic Coffee**

Ground,  
284g

**\$10<sup>49</sup>**

FAIR  
TRADE



**Siete  
Tortilla Chips**  
Also Churro Strips  
142g

**\$5.99**



**Lesser Evil  
Organic Popcorn**  
142g

**2 FOR \$9.00**



**Eve's  
Crackers**  
108g

**\$5.99**

GLUTEN  
FREE



**Lundberg Organic  
Rice Cake Minis**  
Also Organic Rice Cakes,  
Organic Thin Stackers  
Assorted Sizes

**\$4.99**



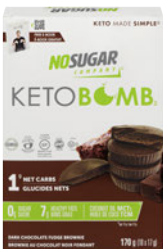
**Healthy Hippo  
Low Sugar  
Gummies**  
50g

**2 FOR \$6.00**



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

**2 FOR \$6.00**



**No Sugar  
Keto Bombs**  
10 Pack

**\$9.99**



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

**2 FOR \$4.00**



**Organic Traditions  
Superfoods  
Products**  
Assorted Sizes

**20% OFF**

**NOURISHING LIFESTYLES SINCE 1990**



**Only Goodness  
Organic Quick  
Oats**  
Also Rolled Oats,  
1kg

**\$4.49**



**Only Goodness  
Organic  
Sunflower Butter**  
500g

**\$5.79**



**Only Goodness  
Hemp Hearts**  
454g

**\$7.99**



**Only Goodness  
Organic Brown  
Flaxseed**  
500g

**\$6.99**



**Only Goodness  
Organic Broths**  
Select Varieties,  
946ml

**\$2.79**



**Only Goodness  
Bone Broths**  
Select Varieties,  
946ml

**\$5.49**



**Dairyland  
Lactose-Free  
Milk**  
1.89L

**\$5.49**  
plus deposit & eco fee



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

**\$6.99**



**L'Ancêtre  
Organic Cheese**  
Select Varieties,  
Assorted Sizes

**\$6.99**



# DELI

PREPARED FRESH



**Summer Fresh  
Hummus  
Toppers**  
255g

**\$4.99**



**Baked Samosas**  
Spinach Vegetable or  
Masala, 115g

**2 FOR \$4.00**



**Rosemary Ham**

**\$2.99 / 100g**



**Vancouver  
Soup Company  
Soup**  
700ml

**\$7.99**



**Choices Artisan  
Sandwiches**

Turkey, Ham or  
Roast Beef

**\$8.99**



**Curry Entrees**

Ready to Eat,  
Assorted Varieties

**FROM \$7.99**



**Choices  
Pot Pies**  
245g - 320g

**\$6.99**



**Parmesan  
Cheese**

Grated or Shredded

**\$3.99 / 100g**



**Gouda  
Cheese**

**\$3.99 / 100g**

# BAKERY

FRESH BAKED • WHOLESOME



**Choices  
Alternative  
Flour Muffins**  
Apple Cinnamon or  
Blueberry Lemon,  
Pack of 4

**\$5.99**



**Silver Hills  
Sprouted Power  
Bread**

Assorted Varieties,  
430g - 630g

**2 FOR \$8.00**



**Alkeme  
Sourdough  
Bread**

725g

**\$8.99**



**Bakestone  
Brothers  
Organic Tortillas**  
300g - 344g

**\$3.99**



**GluteNull  
Bars**

Also Squares,  
240g - 320g

**\$8.99**



**Uprising Breads  
Bakery Jumbo  
Gingersnap  
Cookies**

Pack of 6

**2 FOR \$8.00**

# GROCERY

LOCAL • ORGANIC • SPECIALTY



**GT'S  
Organic Raw  
Kombucha**  
480ml

**2 FOR \$7.50**  
plus deposit & eco fee



**Chosen Foods  
Dressings**  
Made with  
Avocado Oil,  
237ml

**\$6.49**



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

**2 FOR \$9.00**



**Sol Cuisine  
Burgers**  
Also Wings,  
Bites & Tenders,  
255g - 300g

**\$5.49**



**Once Upon A  
Farm Organic  
Baby Food**  
Cold Pressed, 85ml

**2 FOR \$5.00**



**Sambazon  
Organic Fruit  
Purée**  
Frozen, 400g

**\$7.99**



**Filippo Berio  
Olive Oil**  
Extra Virgin,  
750ml

**\$24.99**



**Holy Napoli  
Frozen Pizza**  
Assorted Sizes

**\$8.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Calm  
Magnesium**  
Assorted Varieties  
and Sizes

**30% OFF**



**Garden of Life  
Proteins & Sport  
Nutrition Products**  
Assorted Varieties  
and Sizes

**20% OFF**



**Purica Recovery  
& Curcumin  
Supplements**  
Assorted Varieties  
and Sizes

**20% OFF**



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

**20% OFF**

ALL ITEMS  
ON SALE



**Nuun Hydration  
Electrolytes**  
Sport, Boost,  
Immunity and  
Vitamins  
10 Tabs

**\$8.99**



**Genuine Health  
Vitamins &  
Supplements**  
Assorted Varieties  
and Sizes

**20% OFF**



**Herbaland  
Gummy  
Vitamins &  
Supplements**  
Assorted Varieties  
and Sizes

**20% OFF**



**The Green Beaver  
Body Care**  
Also Face Care,  
Suncare, Assorted  
Varieties and Sizes

**25% OFF**



**Prairie  
Doctor Herbal  
Tinctures**  
Assorted Varieties  
and Sizes

**25% OFF**



**New Roots  
Probiotics**  
Assorted Varieties  
and Sizes

**20% OFF**



**A.Vogel  
Echinaforce  
Supplements**  
Assorted Sizes  
and Sizes

**20% OFF**



**Routine.  
Natural  
Deodorant**  
Assorted Varieties  
and Sizes

**\$24.99**

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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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