



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • February 1 - February 7, 2024



FEATURED CHOICE

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

\$2.99 / 100g

YOU SAVE 44%

SPECIAL PRICE

Organic Mini Peeled Carrots
USA Grown, 454g Bag

\$2.98

YOU SAVE \$1.00



Farmcrest Specialty Roasted Chickens

\$12.99



Choices Artisan Fruit Half Pies
280g

\$6.49



LOCAL

25% OFF

Lean Ground Turkey Breast
or Dark Meat, Fresh, Raised without Antibiotics



\$2.48 / LB

Organic Navel Oranges
USA Grown, 5.47/kg

YOU SAVE \$1.00 / LB



30% OFF

La Tortilla Factory Tortillas
Assorted Sizes



Weleda Facial & Body Care
Assorted Varieties, Assorted Sizes

30% OFF



Maple Hill Farms Free Range Large Eggs
1 Dozen

\$5.99



RW Knudsen 100% Just Juice
Select Varieties, 946ml

\$9.69

plus deposit & eco fee

PRODUCE FRESH • LOCAL • ORGANIC



Lemons
USA Grown

4 FOR \$3.00



Large Grapefruit
Grown in California, from Johnston Farm

2 FOR \$5.00



Organic Green Onions
Grown in Mexico

\$1.98 / EA

Celery

USA Grown, 4.37/kg

\$1.98 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Organic Lean Ground Beef
100% Grassfed, Value Pack, 28.64/kg

SPECIAL PRICE

\$12.99 / LB



Fresh Boneless Pork Loin Chops

Centre Cut, Raised Without Antibiotics, Value Pack, 13.21/kg

SPECIAL PRICE

\$5.99 / LB



Fresh Boneless Leg of Lamb
Steak or Roast, 100% Grassfed, New Zealand,
Raised without Antibiotics, 26.43/kg

\$11.99 / LB



Fresh Cod Fillets
Ocean Wise

\$2.99 / 100g



duBreton Organic Bacon
250g

\$11.99

Aussie Pie Meat Guy Pies

175g

\$6.99



LOCAL



**Covered Bridge
Potato Chips**
170g

2 FOR \$6⁰⁰



**Terra
Vegetable Chips**
141g

\$5⁹⁹



**Only Goodness
Quinoa Chocolate
Chip Cookies**
165g

GLUTEN
FREE

2 FOR \$8⁰⁰



**Seasnax Organic
Seaweed Snacks**
15g

\$3⁶⁹



**FreeYumm
Crackers**
120g

GLUTEN
FREE

LOCAL

2 FOR \$7⁰⁰



Haribo Gummies
170g & 175g

2 FOR \$7⁰⁰



**Mid-Day
Functional
Chocolate Squares**
33g

2 FOR \$4⁰⁰



**Nature's Bakery
Fig Bars**
6 Pack

\$6⁶⁹



**Alter Eco Organic
Fair Trade
Chocolate Bars**
75g - 84g

2 FOR \$6⁰⁰

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



**Organic Meadow
Organic Milk**
4L

\$10⁴⁹
plus deposit & eco fee



**Earth's Own
Oat Beverages**
946ml

2 FOR \$7⁰⁰
plus deposit & eco fee



**Wedderspoon
Raw Manuka
Honey**
K-Factor 12 or 16,
250g & 500g

\$10⁰⁰ OFF



**Dairyland
Lactose-Free
Milk**
1.89L

\$5⁹⁹
plus deposit & eco fee



**Dairyland
Creamo**
Including Organic &
Lactose-Free Cream,
946ml

\$4⁴⁹



**Gerolsteiner
Carbonated Natural
Mineral Water**
750ml

2 FOR \$7⁰⁰
plus deposit & eco fee



**Rise Organic
Kombucha**
414ml

2 FOR \$6⁰⁰
plus deposit & eco fee



**Sober Carpenter
Non-Alcoholic
Craft Beer**
473ml

2 FOR \$5⁰⁰
plus deposit & eco fee



**So Delicious
Frozen Desserts**
500ml

\$5⁴⁹



**Di Martino
Pastificio Pasta**
Select Varieties,
500g

2 FOR \$6⁰⁰



**Fody
"Low FODMAP"
Pasta Sauces**
547ml

\$6⁴⁹



**Quesava Poppers,
Samosas &
Perogies**
425g

\$8⁹⁹

YOU SAVE
\$5⁰⁰



**Daiya
Dairy-Free
Pizza and
Flatbread**
Assorted Sizes

\$7⁴⁹



**Yves Veggie
Cuisine Meat
Alternatives**
Select Varieties,
155g - 275g

\$3⁴⁹

PLANT
BASED



**Raincoast
Trading Wild
Sockeye Salmon**
150g & 160g

\$7⁴⁹



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

2 FOR \$8⁰⁰



**Violife 100% Vegan
Cheese Alternative**
Including Blocks, Slices
and Shreds, 200g - 227g

\$6⁴⁹

PLANT
BASED



**Tre Stelle
Shredded Cheese**
170g & 200g

\$5²⁹

YOU SAVE
\$3⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**Lucky Foods
Spring Rolls**
Including Gluten-Free
Varieties, Frozen, 241g

\$4⁹⁹



**Pacific Foods
Organic Broths**
946ml & 1L

2 FOR \$9⁰⁰



**Imagine
Organic Soup**
1L

\$5⁹⁹



**Lotus Foods
Organic Pad Thai
Rice Noodles**
227g

\$4⁶⁹



**Lundberg
Nutra Farmed
Basmati Rice**
Also Jasmine Rice,
907g

\$7⁹⁹



**Kikkoman
Sauces**
Select Varieties,
Assorted Sizes

\$5⁹⁹



**Earth's Choice
Organic
Coconut Milk**
Also Cream, 400ml

2 FOR \$6⁰⁰



**Omega Nutrition
Organic Coconut Oil**
Also Organic Apple Cider
Vinegar, Assorted Sizes

35% OFF



**Acropolis
Organic Extra
Virgin Olive Oil**
500ml

\$19⁹⁹

DELI

PREPARED FRESH



**Happy Planet
Soup**
500ml - 650ml

\$7.99



**Spankopita
Parmesan Pies**
Also Musroom
Parmesan Pies, 185g

2 FOR \$9.00



**Old Fashioned
Ham**
Also Hot Capocola
Ham

\$2.99 / 100g



**Choices
Hot Soup**
16oz

\$5.99



**Choices Turkey,
Ham or Roast
Beef Sandwiches**

\$6.99



**Choices
Breakfast
Egg Bites**
80g - 90g

4 FOR \$6.00



**Choices
Coffee & Muffin**
12oz

\$3.99



**The Village Cheese Company
Artisan Cheese**



\$4.49 / 100g



Havarti Cheese

\$2.99 / 100g

BAKERY

FRESH BAKED • WHOLESOME



**Choices
Individual Bars**
Peanut Butter, Mocha
Coffee or Original
Nanaimo Bars, 70g - 85g

2 FOR \$6.00



**Black Sesame
Shortbread
Cookies**
Pack of 6

\$5.99



**Choices Valentines
Chocolate
Cupcakes**
Pack of 4

\$5.99



**Choices
Country French
Bread**
480g

\$4.99



**Choices
Mini Multigrain
Bread**
260g

\$3.99



**Carbonaut
Bagels**
Pack of 5



\$7.99

Let us help you
**navigate
nutrition**



**WITH A FREE,
PERSONALIZED
STORE TOUR**



**CHOICES
MARKET**

REGISTER HERE OR
VISIT US ONLINE AT
[CHOICES.MARKET](https://www.choices.market)



GROCERY

LOCAL • ORGANIC • SPECIALTY



Frog Friendly Organic Coffee Beans
340g

\$12⁹⁹



Taylors Tea
Including Organic Varieties, 20 Bags

\$6⁴⁹



Barney Butter Almond Butter
Including Chocolate, 284g

\$6⁹⁹



Bamboolia Bamboo Paper Towels
2 Roll Pkg., Also Bath Tissue, 4 Roll Pkg.

\$3⁹⁹



Jordans Morning Crisp Cereal
Including Muesli, 375g & 400g

\$6⁴⁹



Siggi's Skyr Yogurt
650g & 750g

\$6⁴⁹



Native Forest Organic Sliced Peaches
Also Organic Pineapple Chunks, 398ml

\$5⁹⁹



Eco-Max Dish Liquid
740ml

2 FOR \$9⁰⁰

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Nature's Way Sambucus & Zinc Supplements
Assorted Varieties & Sizes

20% OFF



Living Alchemy Your Flora Series Fermented Activated Herbals
Assorted Varieties & Sizes

25% OFF



Vega Sport Protein
Assorted Varieties, 801g - 837g

\$47⁹⁹



Flora Organic Flax Oil
Assorted Sizes

20% OFF



Sisu Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Bio-K Plus Probiotics
Dairy & Non Dairy, 12 Pack

\$43⁹⁹



Organika Bone Broths
Chicken, Beef or Veggie Original or Ginger, 300g

\$39⁹⁹



Dr. Hauschka Facial Care
Assorted Varieties & Sizes

30% OFF



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



Aura Cacia Foam Bath
Also Mineral Salt Bath, Assorted Varieties & Sizes

\$3⁴⁹



Acure Hair & Body Care
Assorted Varieties & Sizes

30% OFF



Naturtint Natural Permanent Hair Colour
Assorted Colours & Varieties, 1 Kit

\$15⁹⁹

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

@ChoicesMarket

/DiscoverChoicesMarket

@ChoicesMarket



PARKSVILLE, BC

319 Island Highway East, Parksville
Open 8:00am - 9:00pm 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

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.