

# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE HEALTHY START AT CHOICES!

Prices Effective • January 4 - 10, 2024

### SPECIAL PRICE

**Organic Grapefruit**  
Grown in Mexico,  
1.81 kg Bag

**\$8<sup>98</sup>**

YOU SAVE  
**\$3**

### SPECIAL PRICE

**Blue Jay Label  
Large Navel  
Oranges**

USA Grown, 4.37/kg

**\$1<sup>98</sup> / LB**

YOU SAVE  
**40%**



**Organic Broccoli**  
USA Grown, 6.57/kg

**\$2<sup>98</sup> / LB**

YOU SAVE  
**\$1/LB**



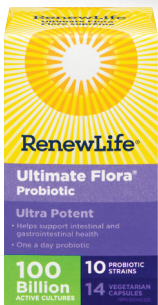
**Organic Rainbow  
or Red Chard**  
USA Grown

**2 FOR \$5<sup>00</sup>**



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

**\$13<sup>99</sup>**



**RenewLife  
Probiotics**  
Assorted Varieties  
& Sizes

**25% OFF**



**withinUs  
TruMarine  
Collagen**  
Assorted Varieties  
& Sizes

**25% OFF**



**MegaFood  
Vitamins and  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**Botanica Perfect  
Protein or Perfect  
Protein Elevated**  
Assorted Varieties,  
629g-840g

**\$55<sup>99</sup>**

## FEATURED CHOICE



**Progressive  
Vitamins  
& Supplements**  
Assorted Varieties & Sizes

**35% OFF**



# PRODUCE FRESH • LOCAL • ORGANIC



**\$1.98 / LB**

**Ambrosia Apples**  
BC Grown, 4.37/kg



**2 FOR \$3.00**

**Green Onions**  
Grown in Mexico

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$10.99 / LB**

**Ribeye Grilling Steak**  
Raised Without Antibiotics, 100% Grassfed,  
Value Pack, 24.23/kg



**\$3.69 / 100g**

**Steelhead Fillet**  
Fresh, Ocean Wise, Value Pack



**\$4.99 / LB**

**Pork Sirloin Chops**  
Boneless, Raised Without Antibiotics,  
100% Western Canadian, 11.00/kg



**\$12.99 / LB**

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



**Ground Chicken Breast**  
Raised Without Antibiotics, Local,  
26.43/kg

**\$11.99 / LB**

**Soup Etc**  
Select Varieties,  
700ml, local

**2 FOR \$12.00**



**Sirloin Tip Oven Roast**  
Raised Without Antibiotics, 100% Grassfed, 18.72/kg,

**\$8.49 / LB**

**Greenfield Bacon**  
Raised Without Antibiotics, 375g

**\$8.99**







**Country Golden Yolk Large Eggs**  
1 Dozen

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



**Nut's To You Organic Hazelnut Butter**  
365g

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



**Drizzle Premium Honey**  
White or Golden, 500g

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



**Bonne Maman Jam, Jelly & Spreads**  
250ml

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



**One Degree Organic Granola**  
312g

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



**Yoggu! Coconut Yogurt**  
450g

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



**Liberté Greek Yogurt**  
1kg

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



**Holy Crap Organic Cereal & Superseed Blend**  
Made in BC, 225g & 320g

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



**Dairyland Organic Milk**  
4L

**\$9<sup>49</sup>**  
plus deposit & eco fee

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



**49th Parallel Organic Coffee**  
340g

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



**Yogi Tea**  
16 Tea Bags

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



**Blue Diamond Almond Breeze**  
946ml

**2 FOR \$5<sup>00</sup>**  
plus deposit & eco fee



**Greenhouse Organic Cold-Pressed Boosters**  
60ml

**2 FOR \$7<sup>00</sup>**  
plus deposit & eco fee



**Chasers Fresh Cold Pressed Juice**  
1L

**\$10<sup>99</sup>**  
plus deposit & eco fee



**Rise Kombucha**  
1L

**\$6<sup>99</sup>**  
plus deposit & eco fee



**Remedy Kombucha**  
4pk

**\$5<sup>99</sup>**  
plus deposit & eco fee



**FreeYumm Bars and Cookies**  
135g/154g

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



**Nora Seaweed Snacks**  
32g & 45g

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



**Whittaker's  
Chocolate Bars**  
200g & 220g

**\$3.79**



**Simply Protein  
Bars & Keto Bites**  
Assorted Sizes

**2 FOR \$5.00**



**Bliss Balls  
Gluten-Free  
Snacks**  
150g

**\$5.99**



**Sigdal Bakeri  
Crispbread**  
190g - 235g

**\$5.69**



**La Cocina  
Tortilla Chips**  
Assorted Sizes

**2 FOR \$8.00**



**Gimme  
Organic Roasted  
Seaweed Snack**  
6 pack

**\$5.99**



**Edward & Sons  
Brown Rice Snaps**  
100g

**\$3.99**



**Wedderspoon  
Organic  
Manuka Drops**  
120g

**\$6.99**



**Enlightened  
Keto Frozen  
Dessert & Bars**  
473ml & 4 Pack

**\$6.99**

## NOURISHING LIFESTYLES SINCE 1990



**Dairyland  
Cottage Cheese**  
500g

**2 FOR \$8.00**



**Armstrong  
Cheese Slices**  
220g & 240g

**\$5.49**



**Armstrong Cheese**  
200g

**\$4.49**



**Only Goodness  
Organic  
Macaroni & Cheese**  
170g

**3 FOR \$8.00**



**Only Goodness  
Organic Unfiltered  
Extra Virgin  
Olive Oil**  
750ml

**\$14.49**



**Only Goodness  
Organic Beans**  
398ml

**2 FOR \$6.00**



**Only Goodness  
Organic  
Peanut Butter**  
500g

**\$5.99**



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

**2 FOR \$7.00**



**Only Goodness  
Organic  
Popping Corn**  
700g

**\$5.99**



# DELI

PREPARED FRESH



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

**Farmcrest Specialty  
Roasted Chickens**



**FROM \$7<sup>49</sup>**

**Choices Ready to Eat  
Artisan Salads**  
220g-440g



**\$2<sup>39</sup>/100g**

**Choices Wild Rice with  
Candied Walnuts or  
Curry Paneer Chickpea Salads**

**NEW**



**Choices Wild  
Salmon Lox Bagels**

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



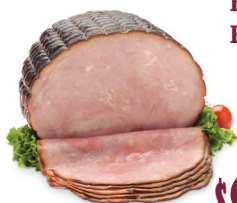
**Choices  
Ready To  
Eat Wraps**

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



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

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



**Black  
Forest Ham**

**\$2<sup>49</sup>/100g**



**Choices' Own  
Organic  
Cheese**

**20% OFF**



**Grana Padano  
Cheese**

**\$4<sup>99</sup>/100g**



**Tre Stelle  
Feta Cheese**  
200g

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

# BAKERY

FRESH BAKED • WHOLESOME



**NEW**

**Choices Traditional  
Sourdough Rye or  
Feta & Kalamata  
Sourdough Bread**  
500g-760g

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



**Choices Vegan  
Chocolate Crunch  
or Almond  
Crunch Cookies**  
6 pack

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



**Choices Vegan  
Morning Glory  
Muffins**  
4 pack

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

**Choices Banana or  
Orange Cranberry Bread**  
300g-454g



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

**Choices Keto Strawberry  
Raspberry or Peanut Butter  
Pudding**  
150g



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



**Uprising 100%  
Whole Wheat  
or Buttermilk  
Honey Bread**  
650g

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



**Little Northern  
Bakehouse Bread,  
Loaf and Buns**  
Gluten-Free Select  
Varieties, 260g - 494g

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



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Sunrise Soyganic Tofu**  
Assorted Sizes

**\$3.49**



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

**\$5.99**



**Amy's Organic Frozen Burritos**  
Select Varieties

**\$3.99**



**Bar Harbor Chowders & Bisque**  
284ml & 398ml

**2 FOR \$9.00**



**Better Than Pasta Organic Konjac Noodles**  
385g

**\$4.69**



**Eat Wholesome Organic Canned Tomatoes**  
796ml

**2 FOR \$9.00**



**Primal Kitchen Sauces, Dressings & Condiments**  
Assorted Sizes

**30% OFF**



**Bragg Organic Apple Cider Vinegar**  
946ml

**\$7.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**AquaOmega Omega-3 Fish Oil Supplements**  
Assorted Varieties & Sizes

**30% OFF**



**LeanFit Whey, Whey Isolate & Organic Plant Based Proteins**  
Assorted Varieties & Sizes

**30% OFF**



**BioSil, Medi-C, Sealicious and Vegiday Supplements**  
Assorted Sizes & Varieties

**20% OFF**



**Everyone For Every Body 3 in 1 Soap**  
946ml, Assorted Varieties

**\$14.99**



**AOR Vitamins & Supplements**  
Assorted Sizes & Varieties

**20% OFF**



**Bach Flower Remedies and Rescue Remedy**  
Assorted Varieties & Sizes

**25% OFF**



**Total Body Collagen Supplements**  
135g-500g or 180 tabs

**\$47.99**



**Gabriel Natural Cosmetics**  
Assorted Varieties & Sizes

**20% OFF**



**NutraVege Plant-Based Omega-3 DHA & EPA**  
Assorted Sizes & Varieties

**20% OFF**



**Newco Natural Skin Care, Oral Care and Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**St. Francis Herb Farm Herbal Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Natracare Natural Feminine Hygiene Products**  
Assorted Varieties & Sizes

**20% OFF**



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**Pure INTEGRATIVE PHARMACY**

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Saturday 9 am - 5 pm | Sunday 10 am - 4 pm

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