



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • January 18 - 24, 2024



SPECIAL PRICE

Striploin Grilling Steaks
Raised Without Antibiotics,
100% Grass Fed,
Value Pack, Australian,
22.02/kg

\$9⁹⁹ / LB

YOU SAVE **63%**

SPECIAL PRICE

Large Navel Oranges
USA Grown, Blue Jay Label,
4.37/kg

\$1⁹⁸ / LB

YOU SAVE **40%**



Rosstown Roasted Chickens

\$10⁹⁹



Choices Sourdough Multiseed Bread
Also Multigrain, 530g & 600g

\$4⁹⁹



Manitoba Harvest Hemp Hearts
Also Hemp Yeah! Proteins,
Assorted Varieties & Sizes

30% OFF



**V.I.P. Soap Products & EchoClean
Biodegradable Cleaners**
Assorted Varieties & Sizes

30% OFF



Pineapples
Grown in Costa Rica

\$5⁹⁸ / EA

YOU SAVE **\$1⁰⁰**

FEATURED CHOICE

Chicken Legs
Fresh, Value Pack,
5.05/kg

\$2²⁹ / LB

YOU SAVE **43%**

LOCAL



**NOW
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**49th Parallel
Organic Coffee**
340g

YOU SAVE **\$7⁰⁰**

\$12⁹⁹

PRODUCE FRESH • LOCAL • ORGANIC



\$5⁹⁸ / EA

Organic Cauliflower
USA Grown



\$3⁹⁸ / EA

Organic Mangos
Grown in Ecuador



Broccoli Crowns
Imported,
6.57/kg

\$2⁹⁸ / LB

Green Kiwi Fruit
Imported,
454g Package

\$5⁹⁸



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



WESTERN
CANADIAN

SPECIAL PRICE

\$4⁹⁹ / LB

Boneless Pork Butt Roast or Steaks
Raised Without Antibiotics, 11.00/kg



WILD
CAUGHT

SPECIAL PRICE

\$2⁹⁹ / 100g

Fresh Sable Fish Fillets
Ocean Wise



LOCAL

\$9⁹⁹

Rosstown Chicken Breast Kabobs
Raised Without Antibiotics, 400g



LOCAL

\$15⁹⁹

Marinated Butterflied Whole Chicken
Local, 1.36kg

Spades Nitrate Free Bacon
Free Range, All Natural, No Water Added,
400g



\$11⁹⁹

Smash'Ems Potatoes

Precooked, 1kg,
Select Varieties



\$9⁹⁹



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

\$13⁴⁹



**Shady Maple
Farms Organic
Maple Syrup**
500ml

\$13⁴⁹



**Capilano Manuka
MGO 30+
Bioactive Honey**
375g

\$8⁹⁹



**Yoggu!
Coconut Yogurt**
450g

\$5⁹⁹



**Nature's Nuts
Organic Peanut
Butter**
500g

\$7⁴⁹



**Liberté
Greek Yogurt**
750g

\$6⁹⁹



**Holy Crap
Superseed Blend**
Also Organic Cereal,
225g & 320g

\$6⁹⁹



**Anita's
Organic Oats**
1kg

\$7⁹⁹



**Prana Organic
Granolove**
300g

\$4⁶⁹

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



**Wholesome
Organic Fair
Trade Sugar**
Assorted Sizes

\$6⁹⁹



Yogi Teas
16 Tea Bags

2 FOR \$9⁰⁰



**Dairyland
Organic Milk**
1.89L

\$5⁹⁹

plus deposit & eco fee



**Ripple
Pea Beverage**
1.42L

\$5⁴⁹

plus deposit & eco fee



**Ceres 100%
Fruit Juice**
1L

2 FOR \$7⁰⁰

plus deposit & eco fee



**Thirsty Buddha
Coconut Water**
330ml

2 FOR \$3⁰⁰

plus deposit & eco fee



**Rise Organic
Kombucha**
1L

\$6⁹⁹

plus deposit & eco fee



**Rise
Better Soda**
4 Pack

\$9⁹⁹

plus deposit & eco fee



**Athletic Brewing Co.
Non-Alcoholic Beer**
6 Pack

\$9⁹⁹

plus deposit & eco fee



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

\$5⁶⁹



**Sunrise
Soyganic Tofu**
350g ~ 500g

\$3⁴⁹



**Sprague
Organic Soup**
Also Baked Beans,
398ml

2 FOR \$7⁰⁰



**Amy's Organic
Frozen Burritos**
170g

\$3⁹⁹



**Bioitalia
Organic Pasta**
500g

2 FOR \$6⁰⁰



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

2 FOR \$9⁰⁰



**Bragg Organic
Apple Cider
Vinegar**
946ml

\$7⁹⁹



**Nutiva Organic
Coconut Spread**
326g

\$6⁴⁹



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

\$6⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Only Goodness
Organic Long
Grain Rice**
907g

\$5⁹⁹



**Only Goodness
Organic Pesto
Sauce**
180ml

\$5⁹⁹



**Only Goodness
Gluten-Free
Pasta**
340g

2 FOR \$6⁰⁰



**Only Goodness
Organic Rice Cakes**
Whole Grain or
Multigrain, 140g

2 FOR \$7⁰⁰



**Only Goodness
Organic Coconut
Milk**
400ml

2 FOR \$6⁰⁰



**Only Goodness
Canned
Vegetables**
341ml & 398ml

2 FOR \$4⁰⁰



**Armstrong
Cheese**
200g

2 FOR \$9⁰⁰



**Spread'Em
Cashew Dips
& Spreads**
185g

\$7⁴⁹



**Saputo
Feta Cheese**
200g

\$3⁹⁹

DELI

PREPARED FRESH



2 FOR \$7⁰⁰

Choices Wild Salmon Cakes

130g



2 FOR \$8⁰⁰

Spankopita Pies

Also Mushroom & Parmesan Pies, 185g



\$7⁹⁹

Choices Asian Inspired Rice or Noodle Bowl

Assorted Varieties, 275g - 490g



Choices Fresh Soup

Assorted Varieties,
650ml

\$6⁹⁹



Habibi's Dips

Assorted Varieties,
450g

\$6⁹⁹



Turkey Breast Cooked or Smoked, Raised without Antibiotics

\$4⁴⁹ / 100g



Tre Stelle Grana Padano Cheese Wedges

Also Reggiano
or Romano, 200g

\$10⁹⁹



Tre Stelle Crumbled Feta Cheese

Assorted Varieties,
150g

2 FOR \$10⁰⁰



Happy Days Goat Cheese Marble, Gouda or Mozzarella

\$4⁴⁹ / 100g

BAKERY

FRESH BAKED • WHOLESOME



Choices Artisan Fruit Pies 8 Inch

\$10⁹⁹



Choices Cupcakes

Carrot or Chocolate,
Wheat Free
Pack of 4

\$5⁹⁹



Choices Keto Nanaimo Bars

Also Coconut Muffins,
80g & 140g

\$3⁹⁹



Choices Signature Cookies

Assorted Varieties,
Pack of 12

\$5⁹⁹



Silver Hills Organic Sprouted Power Bread

660g - 680g

2 FOR \$9⁰⁰



Carbonaut Low-Carb Bread

White, Seeded
or U.F. Oat,
355g - 544g

\$6⁴⁹



Bakestone Brothers Pita White or Whole Wheat, Pack of 6

2 FOR \$5⁰⁰

GROCERY

LOCAL • ORGANIC • SPECIALTY



Armstrong Cheese Snacks
10 Pack

\$5.49



Skinny Pop Ready to Eat Popcorn
125g & 150g

2 FOR \$8.00



Snyder's Gluten-Free Pretzels
220g

\$5.49



Theo Organic Chocolate Bars
85g



2 FOR \$8.00



Nora Seaweed Snacks
32g & 45g

2 FOR \$8.00



Plumm Good Organic Rice Thins
95g

\$2.69



Sigdal Bakeri Crispbread
190g & 220g

\$5.69



Simply Protein Bars
40g

2 FOR \$5.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



LeanFit Sport Whey Isolate
also Whey, Organic Plant-Based Proteins, Assorted Varieties & Sizes

25% OFF



St. Francis Herb Farm Herbal Supplements
Assorted Varieties & Sizes

25% OFF



AOR Vitamin D3
50ml & 100ml

30% OFF



withinUs TrueMarine Collagen
Assorted Varieties & Sizes

25% OFF



Vitality Vitamins & Supplements
Assorted Varieties & Sizes

30% OFF



Progressive Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



NutraSea Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

20% OFF



Vega Protein and Greens
Assorted Varieties, 586g - 618g

\$28.99



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

20% OFF



Bach Rescue Remedy
Also Flower Remedy Assorted Varieties & Sizes

25% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Everyone For Every Body 3 in 1 Soap
946ml

\$14.99

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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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