



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE VALENTINE'S DAY SAVINGS!

Special Parksville Edition Prices Effective • February 8 - February 14, 2024



SPECIAL PRICE

**Striploin
Grilling Steaks**

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

\$9.99 / LB

YOU SAVE
63%

SPECIAL PRICE

Raspberries
Imported, in a Heart
Shaped Clamshell, 227g

\$9.98



**Red Roses
Bouquet**
6 Stem, From
Burnaby Lake

\$24.98

Orchid Plant
From Burnaby
Lake

\$25.98



**Choices
Valentine's Cookie
Decorating Kit**
420g

- Cookies, 4 big and 4 small
- Sprinkles, 3 kinds • Royal Icing Powder
- 1 drop Red Food Colouring
- 1 Piping Bag

\$12.99



\$8.99

Italian Sliced Prosciutto

Also Salami, 70g - 120g



\$16.98

Long Stem Strawberries

Grown in USA, 454g Pkg.

FEATURED CHOICE

**Terra Bread
Premium Granola**
800g & 850g

\$11.99



**The Kelowna
Candle Factory
Beeswax & Soy
Candles**

Assorted Varieties
& Sizes

20% OFF



**Divine Essence
Essential Oils
and Body Care
Products**

Assorted Varieties
& Sizes

BUY 1 GET 1 **FREE**

CHOICES MARKET

Extra CHOICES for the Island

Enjoy these Specials February 8th - 14th, 2024



**Gold Seal
Wild Pink
Salmon**
213g

3 FOR \$10⁰⁰



**Earth's Choice
Organic Diced
Tomatoes**
796 mL

2 FOR \$6⁰⁰



**Stefano
Pasta Sauce**
648 mL

\$5⁹⁹



**Pacific Foods
Organic Broth**
946 mL or 1 Litre

2 FOR \$8⁰⁰



**Casa Bonita
Organic Tortilla
Chips**
300g

2 FOR \$9⁰⁰



**Old Dutch
Arriba Tortilla
Chips**
245g

2 FOR \$7⁰⁰



**Sundhed
Himalayan Salt
Lamps & Bath Salts**
Assorted Sizes
& Varieties

25% OFF



**Choices
Pizza**
12 Inch
Made in Store

\$8⁹⁹



**Choices
Sourdough Bread**
530g
Baked in Store

\$3⁹⁹



**Bulk Organic
Beans, Grains
or Rice**

30% OFF
per 100g



**Fort Hardy
Pork Back Ribs**
Fully Cooked
568g

\$9⁹⁹



**Long English
Cucumbers**

2 FOR \$5⁰⁰

Pure
INTEGRATIVE
PHARMACY

NOW AT CHOICES MARKET

Phone: 250-947-8001

Pharmacy Hours: Monday - Friday 9am - 6pm

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

PARKSVILLE, BC 319 Island Highway East
Open 8am to 9pm every day



CHOICES.MARKET



DiscoverChoicesMarket



ChoicesMarket



ChoicesMarket

PRODUCE FRESH • LOCAL • ORGANIC



\$16⁹⁸

Gold Nugget Mandarin Oranges

Grown in USA, From Johnston Farm, 1.81kg Pkg.



\$3⁴⁸ / LB

Organic Broccoli Bunch

Imported, 7.67/kg



Organic Asparagus

Grown in Mexico, 19.80/kg

\$8⁹⁸ / LB

Organic Ambrosia Apples

Grown in BC, 5.47/kg

\$2⁴⁸ / LB



LOCAL

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$26⁹⁹ / LB

Lamb Racks or Rib Chops

Raised without Antibiotics, 100% Grass Fed, New Zealand, 59.50/kg



LOCAL

\$4⁹⁹ / LB

Fresh Chicken Thighs

Raised without Antibiotics, Value Pack, 11.00/kg



WESTERN CANADIAN

\$4⁹⁹ / LB

Pork Sirloin Chops

Raised without Antibiotics, 11.00/kg



\$8⁹⁹ / LB

Top Sirloin Roast

100% Grass Fed, Raised without Antibiotics, Imported, 19.82/kg



\$4⁹⁹

Crab Cakes

Ocean Wise, 2 Pack, Previously Frozen



Harvest Bacon

500g

\$13⁹⁹

Ahi Tuna

Ocean Wise, Frozen, 6 oz

\$4⁹⁹



WILD CAUGHT



**Nature's Farm
Free Range
Omega-3 Eggs**

Large & Extra Large,
Dozen

\$6⁶⁹



**GoldEgg
Free Run Liquid
Egg Whites**

500g

\$3⁹⁹



**Nature's Path
Organic
Waffles**

Frozen, 210g

GLUTEN
FREE

2 FOR \$8⁰⁰



**Nuts to You Organic
Almond Butters &
Fairtrade Tahini**

Select Varieties,
365g & 500g

\$7⁶⁹



**Nature's Path
Love Crunch
Organic Granola**

700g

\$9⁴⁹



**Food For Life
Organic Golden
Flax Cereal**

Select Varieties,
454g

\$9⁹⁹



**Bob's Red Mill
Oats**

680g ~ 907g

GLUTEN
FREE

\$8⁹⁹



**Olympic Greek &
Crema Yogurt**

Also Including Organic,
650g

\$5⁴⁹

LOCAL



**Tree Island
Grass Fed Cream
Top Yogurt**

1.5kg

\$9⁴⁹

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



**Ethical Bean
Organic Fair
Trade Coffee**

340g

\$13⁴⁹



**Celestial Seasonings
Organic Herbal Tea**

Select Varieties,
18-20 Bags

2 FOR \$7⁵⁰



**Donia Farms
Grass Fed Milk**

2% & 3.25%, 2L

\$5⁹⁹

plus deposit & eco fee



**Earth's Own
Oat Barista
Blend**

946ml

\$4⁹⁹

plus deposit & eco fee



**Loop Cold Pressed
Upcycled Juice &
Smoothies**

1L

\$7⁹⁹

plus deposit & eco fee



**Blue Monkey
Sparkling Juice**

330ml

2 FOR \$3⁵⁰

plus deposit & eco fee



**Patience Organic
Pure Blueberry
Juice**

946ml

\$10⁹⁹

plus deposit & eco fee



La Croix Sparkling Water

8 Pack

\$5⁴⁹

plus deposit & eco fee



**Prana Organic
Trail Mix**

150g

\$4⁴⁹



**Humble Organic
Potato Chips**
135g

2 FOR \$6.00



**Barbara's
Cheez Puffs**
155g & 198g

GLUTEN
FREE

2 FOR \$6.00



**NoochPop!
Nutritional Yeast
Popcorn**
120g

PLANT
BASED

LOCAL

2 FOR \$8.00



**Laiki Rice
Crackers**
100g

\$3.99



RJ's Licorice
180g

2 FOR \$5.00



**Le Pain Des Fleurs
Organic Crackers**
150g

\$5.99



**Green & Black's
Organic Fair Trade
Chocolate Bars**
90g

2 FOR \$9.00



Probar Protein Bars
70g - 85g

\$2.99



**The Ginger
People Ginger
Chews**
84g & 100g

2 FOR \$6.00

NOURISHING LIFESTYLES SINCE 1990



**Nina's Frozen
Pierogies**
400g - 550g

GLUTEN
FREE

\$9.49



**House of Yee
Premium
Dumplings**
15 Pack

GLUTEN
FREE

\$10.99



**Amy's
Frozen Pizzas**
340g - 397g

\$10.99



**Save da Sea
Salmon & Tuna
Salad**
100g

PLANT
BASED

LOCAL

\$6.99



**Karthain's
Organic
Sauerkraut**
750ml

\$9.99



**Rizopia Brown
Rice Pasta**
454g

GLUTEN
FREE

2 FOR \$5.00



**Chickapea
Organic Pasta**
227g

PLANT
BASED

\$4.49



**Felicetti
Organic Pasta**
340g

GLUTEN
FREE

2 FOR \$6.50



**Mutti Finely
Chopped
Tomatoes**
398ml

2 FOR \$6.00

DELI

PREPARED FRESH



**Choices Noodle
or Rice Stir Fry
Dishes**
Assorted Varieties

\$179 / 100g



**Vegetable
Gyoza**
Also Chicken or Pork

12 FOR \$480



**Rosstown
Roasted Half
Chickens**

\$699



**Choices Asian
Inspired
Protein Dishes**

25% OFF



**Choices
Hot Chili**
500ml

\$599



**Choices
Chicken
Wings**
Red Hot or Salt &
Pepper, 1lb

\$1299



**La
Panzanella
Crackers**
170g

\$599



**Jarlsberg
Cheese** Regular
or Light

\$449 / 100g



**ILE De France
Brie Cheese**

\$449 / 100g



**Fromalp
Cheese Fondue**
Product of
Switzerland,
450g

\$1499

BAKERY

FRESH BAKED • WHOLESOME

Choices Scones
Assorted Varieties,
2 Pack



\$399

**Choices Chocolate Dipped
Shortbread Hearts**
8 Pack



\$599

**Choices
Beer Bread**
350g



\$499

Choices Hamburger Buns
White or Whole Wheat, 6 Pack



\$499

**Choices
Party Cakes**
540g ~ 600g



\$1499

**Choices Valentines Cookie
Sandwich**



\$299

**English
Muffins**
6 Pack



2 FOR \$400



Schär Bread
Also Buns, Baguettes,
Select Varieties,
200g ~ 400g

\$899

GLUTEN
FREE

Let us help you
**navigate
nutrition**



**WITH A FREE,
PERSONALIZED
STORE TOUR**

CHOICES  MARKET

REGISTER HERE OR
VISIT US ONLINE AT
 CHOICES.MARKET



GROCERY

LOCAL • ORGANIC • SPECIALTY



Divina Stuffed Olives
Garlic or Red Pepper, 375ml

\$5.99



Daiya Shreds
Also Blocks, Cheese Slices, Assorted Sizes

\$4.49



Dairyland Cottage Cheese
500g

2 FOR \$8.00



Breyers Creamery Style Ice Cream
1.66L

\$7.49

Spread'Em Cashew Cheeze
200g



\$7.99



L'Ancêtre Organic Cheese
Select Varieties, 190g - 200g

\$6.99



Dairyland Creamo
Includes Organic, 473ml

\$2.49



Echoclean Liquid Laundry
2.95L

\$13.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



New Roots Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Purica Recovery & Curcumin Supplements
Assorted Varieties & Sizes

20% OFF



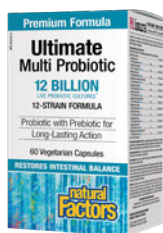
AOR Vitamin B Complex
90's

\$39.99



Mineral Fusion Natural Cosmetics
Assorted Varieties & Sizes

30% OFF



Natural Factors Probiotics
Assorted Varieties & Sizes

20% OFF



Flora Udo's Choice 3.6.9 Blend & DHA Oil Blend
Assorted Varieties & Sizes

20% OFF



Jason Body Care Hair Care & Oral Care
Assorted Varieties & Sizes

25% OFF



Mad Hippie Facial Care
Assorted Varieties & Sizes

20% OFF



Botanica Organic Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Cold And Flu
Assorted Varieties & Sizes

20% OFF



La Luna The Journey Home or Inner Journey Candles
Assorted Varieties & Sizes

20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties, 1 Kit

\$16.99



Shop online at [@ChoicesMarket](http://Choices.Market)



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@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

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