



# CHOICES MARKET

100% BC OWNED AND OPERATED

# PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • February 29 - March 6, 2024

## FEATURED CHOICE

### Top Sirloin Steak or Roast

Raised without Antibiotics,  
100% Grass Fed, Value Pack,  
Imported, 17.61/kg

**\$7.99 / LB**

YOU SAVE  
**50%**

## SPECIAL PRICE

**7 Seas Prawns**  
Raw or Cooked,  
Frozen, 340g

**\$9.99**



**\$6.49**

**Rosdown Roasted Half Chickens**



## SPECIAL PRICE

**\$4.99 / 100G**

**Parmigiano Reggiano Cheese**



**\$4.99**

**Choices Signature Hot Cross Buns**  
Pack of 6



**LOCAL**

**\$2.98 / LB**

### Organic Nugget Potatoes

Yellow and Red, From Fraserland Organics, BC,  
6.57/kg



**\$1.98 / EA**

### Hass Avocados

Imported



**Happy Planet  
Organic Valencia  
Orange Juice**  
Including Smoothie Blends,  
900ml & 1.75L

**\$5.99**

plus deposit & eco fee



**Organika  
Collagen  
Supplements**  
Assorted Varieties  
& Sizes

**30% OFF**



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

**30% OFF**



**Sprague Organic  
Soup & Baked  
Beans**  
Select Varieties,  
398ml

**2 FOR \$7.00**



# PRODUCE FRESH • LOCAL • ORGANIC



## Organic Chard

Red and Rainbow, Grown in USA,  
Sold by the Bunch

2 FOR \$5.00



## Mandarin Oranges

From Wonderful Halo,  
USA, 907g Bag

\$6.98



## Roma Tomatoes

Imported,  
5.47/kg

\$2.48 / LB

## Large Navel Oranges

Blue Jay Label,  
From Johnston Farm,  
USA, 4.37/kg

\$1.98 / LB



# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



## Fresh Chicken Legs

Island Farm Poultry, 4.39/kg

\$1.99 / LB



## Fresh Pork Tenderloin

Raised without Antibiotics

BUY 1 GET 1 FREE



## Fresh Beef Stew

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

\$8.99 / LB



## Hills Foods Sausages

Also Appetizers, Grinds, Burgers  
Frozen, Assorted Sizes

25% OFF



## Sockeye Salmon Fillets

Previously Frozen or Frozen,  
Ocean Wise, Value Pack

\$3.49 / 100g



## Duso's Stuffed Pasta

Select Varieties, 250g - 300g

\$6.49



**Country Golden Yolks  
Free Range Large Eggs**  
1 Dozen



**\$6<sup>49</sup>**

**Canadian Heritage  
Organics 100% Pure  
Organic Maple Syrup**  
500ml



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



**Silk  
Dairy-Free  
Beverages**  
1.89L

**\$4<sup>99</sup>**  
plus deposit & eco fee



**Earth's Choice  
Organic Peanut  
Butter**  
Assorted Varieties,  
500g

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



**Bonne Maman  
Jam & Jelly**  
Imported from France,  
250ml

**\$4<sup>79</sup>**



**We Love Van  
Honey**  
Select Varieties,  
500g

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



**Tree Island  
Natural  
Grass-Fed Yogurt**  
1.5kg

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



**Dairyland  
Organic Milk**  
1.89L

**\$4<sup>99</sup>**  
plus deposit & eco fee



**Yoggu!  
Coconut Yogurt**  
450g

**\$6<sup>49</sup>**

**PLANT  
BASED**

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



**Genuine  
Organic Tea**  
15 Tea Bags

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



**Fiji Natural  
Artisan Water**  
1L

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



**Black River  
Juice**  
Also Lemonade, 1L

**\$4<sup>99</sup>**  
plus deposit & eco fee



**Mogiana  
Coffee**  
340g

**\$11<sup>99</sup>**

**LOCAL**



**Vita Coco  
Coconut Water**  
1L

**2 FOR \$8<sup>00</sup>**  
plus deposit & eco fee



**Kettle Brand  
Potato Chips**  
368g

**2 FOR \$9<sup>00</sup>**



**Tate's Bake Shop  
Cookies**  
198g

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



**Paqui  
Tortilla Chips**  
155g

**2 FOR \$8<sup>00</sup>**

**GLUTEN  
FREE**



**Rise Organic  
Kombucha**  
1L

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



**Primal Kitchen  
Avocado Oil  
Dressing**

237ml

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



**Only Goodness  
Organic Broth**

Select Varieties,  
946ml

**2 FOR \$6<sup>00</sup>**



**Only Goodness  
Organic  
Smoothie Blend**

Select Varieties,  
Frozen, 500g

**2 FOR \$9<sup>00</sup>**



**Bragg  
Organic Apple  
Cider Vinegar**

473ml

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



**Only Goodness  
Organic  
Vegetables**

Frozen, 500g

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



**Only Goodness  
All Purpose Cleaner**

Also Glass Cleaner,  
Select Varieties,  
710ml & 950ml

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



**Bubbies  
Pickles &  
Sauerkraut**

750ml & 1L

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



**Nora's  
Non-Dairy  
Frozen Dessert**

500ml

**\$6<sup>49</sup>**



**Gardein  
Meatless Products**

Frozen, Select Varieties,  
Assorted Sizes

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



**NOURISHING LIFESTYLES SINCE 1990**



**Bioitalia Organic  
Tomato Sauce**

Including Pesto,  
Assorted Varieties  
160ml & 660ml

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



**Garofalo  
Pasta**

500g

**2 FOR \$6<sup>00</sup>**



**Indian Life  
Indian Meals**

Frozen, Also Cooking  
Sauces, Select  
Varieties, Assorted  
Sizes

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



**Bar Harbor  
Chowders &  
Bisque**

284ml & 398ml

**2 FOR \$9<sup>00</sup>**



**Caulipower  
Cauliflower Pizza**

Frozen, 310g

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



**Lundberg  
Organic Jasmine  
Rice**

Also Basmati Rice,  
907g

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



**Konscious  
Sushi Products**

Frozen, 204g & 210g

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



**Nature Clean  
Dish Soap**

Also Multi Surface  
Cleaner, Select Varieties  
Liquid, 740ml

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



**Echoclean  
Liquid Laundry  
Detergent**

1.5L

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



# DELI

PREPARED FRESH



**Choices' Own Fresh  
Soup & Sandwich or  
Wrap Combo**  
Assorted Varieties & Sizes

**\$9.99**



**Choices' Own Coffee  
& Fresh Baked Muffin  
Combo**  
6 Pack

**\$2.99**



**Choices Curry  
Paneer Chickpea**  
Also Moroccan  
Chickpea Salad

**\$2.19 / 100g**



**Rosemary or  
Honey Ham**

**\$2.99 / 100g**



**Summer Fresh  
Hummus  
Toppers**  
255g

**\$5.49**



**Choices Lemon  
Herb Potatoes**  
Also Savoury  
Mexican Wedges

**\$1.39 / 100g**



**Provolone  
Cheese**

**\$3.49 / 100g**



**NEW**  
**Henri Willig  
Gouda Cheese**  
Mild, Medium or  
Aged, Imported

**\$3.99 / 100g**



**German  
Cambanzola  
Cheese**

**\$5.99 / 100g**



**Choices  
Quiche**  
4.5 Inch

**2 FOR \$12.00**

# BAKERY

FRESH BAKED • WHOLESOME



**Choices Bakers Crusty  
Loaf**  
450g

**\$3.49**



**NEW**  
**Choices  
Sourdough  
Seeded Rye  
Bread**  
760g

**\$5.99**



**Choices  
Red Velvet Cake**  
Also Vanilla Cream, 6 Inch

**\$19.99**



**Choices Apple  
Cinnamon Muffins**  
Also Blueberry Lemon,  
Wheat Free, 4 Pack

**\$5.99**



**Portofino  
Breads**  
Assorted Varieties  
& Sizes

**\$4.99**



**Choices  
Artisan Cookies**  
6 Pack

**\$6.99**



**Laughing Daughters  
Molasses Ginger Snap**  
Also Chocolate Coconut  
Shortbread, 308g & 422g

**\$9.99**

Let us help you  
**navigate  
nutrition**



**WITH A FREE,  
PERSONALIZED  
STORE TOUR**



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MARKET**

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# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Saputo Feta Cheese**  
Regular or Light,  
200g

**\$4.49**



**Lesley Stowe Artisan Crisps**  
150g

**\$6.49**



**Breyers Creamery Style Ice Cream**  
1.66L

**\$6.99**



**Smart Sweets Low Sugar Gummies**  
50g

**2 FOR \$7.00**



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

**\$6.99**



**Meadowvale Creamery Butter**  
454g

**\$4.99**

After Limit Price ... \$5.99



**FreeYumm Bars & Cookies**  
135g & 154g

**2 FOR \$8.00**

GLUTEN FREE



**Ritter Sport Chocolate Bars**  
Select Varieties,  
100g

**2 FOR \$7.00**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Whole Earth & Sea MultiVitamins**  
60's or 120's

**FROM \$37.99**



**Host Defense Medicinal Mushroom Supplements**  
Assorted Varieties & Sizes

**20% OFF**



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

**25% OFF**



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

**20% OFF**



**Aiya Matcha Green Tea**  
Culinary or Ceremonial Grade,  
30g & 100g

**FROM \$21.99**



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

**20% OFF**



**Vitality Vitamins & Supplements**  
Assorted Varieties

**20% OFF**



**Schmidt's Natural Deodorant**  
Assorted Varieties,  
75g

**\$9.99**



**Herbaria Wild-Crafted Herbal Tea**  
Assorted Varieties,  
25 Pack

**\$3.99**



**Natural Factors Magnesium Supplements**  
Select Varieties,  
Assorted Sizes

**20% OFF**



**Sisu Ester-C Supplements**  
Select Varieties,  
Assorted Sizes

**20% OFF**



**BUY 1 GET 1 FREE**



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**Pure** INTEGRATIVE PHARMACY

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Pharmacy Hours: Monday - Friday 9 am - 6 pm  
Saturday 9 am - 5 pm | Sunday 10 am - 4 pm

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