



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • March 7 - 13, 2024



SPECIAL PRICE

Organic Hass Avocados
Mexican Grown,
Bag of 3

\$5.98 / BAG

SPECIAL PRICE

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

\$12.99 / LB

YOU SAVE 18%

LOCAL



\$11.99

Farmcrest Roasted Specialty Chicken



\$2.99

Choices Ciabatta Loaf
390g



\$4.99

Choices Cupcakes
Assorted Varieties including Wheat Free, 4 Pack



LOCAL

YOU SAVE 37%

\$7.99 / LB

Fresh Chicken Breasts
Boneless Skinless, Raised without Antibiotics,
Value Pack, 17.61/kg



SPECIAL PRICE

\$1.98 / LB

Organic Broccoli
Imported, 4.37/kg



Maple Hill Farms Free Range Eggs
Medium, One Dozen

\$5.69



Hardbite Potato Chips
128g ~ 150g

LOCAL

GLUTEN FREE

2 FOR \$5.00



FEATURED CHOICE

Vega Sport Protein Drink Mix
Assorted Varieties & Sizes

\$43.99

PLANT BASED

PRODUCE FRESH • LOCAL • ORGANIC



Organic Grapefruit
USA Grown, 1.81kg Bag

\$8.98 / EA



Organic Mini Sweet Peppers
Mexico Grown, 454g Bag

\$5.98 / EA



LOCAL

Anjou Pears
BC Grown,
6.57/kg

\$2.98 / LB

Yellow Potatoes
BC Grown,
2.27kg Bag

\$4.98 / EA

LOCAL

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$9.99 / LB

Beef Striploin Steaks

Raised Without Antibiotics, Grass Fed, Value Pack, 22.02/kg



WESTERN CANADIAN

\$5.99 / LB

Boneless Pork Chops

Centre Cut, Raised without Antibiotics, 13.21/kg



LOCAL

\$2.99 / LB

Fresh Chicken Drumsticks

Raised without Antibiotics, Value Pack, 6.59/kg



WILD CAUGHT

\$3.29 / 100G

Wild Coho Salmon Fillets

Ocean Wise, Value Pack, Previously Frozen



Smash'em's Potatoes
1kg

\$9.99

Spades Bacon

No Nitrates, No Added Water,
All Natural Ingredients, 400g

\$11.99





**Rolling Meadow
Grass Fed Milk**
2L

\$5⁶⁹
plus deposit & eco fee



**Earth's Own
Organic Naked
Oat Beverage**
1.75L



\$4⁹⁹
plus deposit & eco fee



**Dairyland
Lactose-Free
Milk**
1.89L

\$5⁷⁹
plus deposit & eco fee



**49th Parallel
Organic Coffee**
340g

\$12⁹⁹



**Traditional
Medicinals
Organic Tea**
16 Bags

2 FOR \$7⁵⁰



**Elias
Creamed Honey**
500g Tub

\$7⁴⁹



**Uncle Luke's
Organic Maple
Syrup**
1L

\$23⁹⁹



**Cows Creamery
Butter**
250g

\$6⁹⁹



**Only Goodness
Almond Butter**
Smooth & Crunchy,
340g

\$5⁹⁹

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



**Danone
Activia Yogurt**
12 Pack

\$6⁹⁹



**Bremner's
Organic
Blueberries**
Also Berry Blend,
Frozen, 1.5kg

\$19⁹⁹



**Avalon Organic
Probiotic Yogurt**
Assorted Varieties,
650g

\$4⁹⁹



**Greenhouse
Organic
Cold-Pressed
Juices**
300ml

\$5⁹⁹
plus deposit & eco fee



**Terra Breads
Granola**
340g

\$5⁹⁹



**Armstrong
Cheese Snacks**
10 Pack

\$5⁴⁹



**Brew Dr. Organic
Kombucha**
414ml

2 FOR \$6⁰⁰
plus deposit & eco fee



**Prana Organic
Flavoured Nuts**
Select Varieties,
150g

\$5⁹⁹



**Tofino Organic
Kombucha**
355ml



2 FOR \$5⁵⁰
plus deposit & eco fee



Tofurky Sausages
397g



\$5⁹⁹



Raincoast Global Wild Skipjack Tuna
142g

2 FOR \$7⁰⁰



Nature's Farm Organic Pasta
454g

2 FOR \$8⁰⁰



Amy's Organic Canned Soup
398ml

\$3⁹⁹



Earthbound Farm Organic Vegetables
Frozen, 300g - 400g

\$2⁹⁹



Only Goodness Organic Macaroni & Cheese
170g

\$2⁷⁹



Imagine Organic Broths
1L

\$4⁹⁹



Only Goodness Organic White Quinoa
1.36kg

\$10⁹⁹



Lotus Foods Organic Rice
850g

\$8⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Enjoy Life Baking Chips
225g - 283g



\$5⁹⁹



Arla Cream Cheese
Including Organic & Lactose-Free Varieties,
200g

2 FOR \$9⁰⁰



Better Than Bouillon Base
Select Varieties,
227g

\$6⁴⁹



La Tourangelle Organic Extra Virgin Olive Oil
Select Variety,
750ml

\$14⁹⁹



L'Ancêtre Organic Cheese
325g

\$11⁹⁹



Patak's Indian Cooking Sauces
Also Paste,
284ml & 400ml

\$5⁹⁹



Love Child Organic Baby Food
128ml

2 FOR \$5⁰⁰



Only Goodness Dish Soap
532ml

\$2⁶⁹

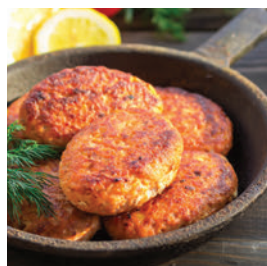


Granny's 2X HE Ultra Liquid Detergent
3.78L

\$7⁹⁹

DELI

PREPARED FRESH



**Choices
Salmon & Bacon
Patty**

\$3.89 / 100gr



**Spinach & Feta
Spanakopitas**
Including Ricotta & Feta

6 FOR \$3.99



Dolmades
12 Pack

\$3.99



**Choices
Artisan Salad**

Greek or
Potato & Salmon,
390g - 440g

\$9.99



**Choices
Artisan
Sandwich**

Roast Beef, Turkey
or Ham

\$7.99



**Choices
Wild Salmon
Lox Bagels**

\$7.99



**Bothwell
Edam Cheese**

\$3.99 / 100g



**Swiss
Emmental
Cheese**
Imported

\$4.99 / 100g



**Tre Stelle
Grana Padano
Cheese**
Wedge, 200g

\$10.99

BAKERY

FRESH BAKED • WHOLESOME



Choices Artisan Fruit Half Pies
280g

\$6.49



**Choices
Vegan Cookies**

Almond or
Chocolate Crunch,
6 Pack

\$6.99



**Choices Olive &
Feta Sourdough
Bread**

500g

\$5.99

NEW



**Choices New York
Style Blueberry
Cheesecake**

540g

\$17.99



**Uprising
Finnish Loaf**

or Uprising Sourdough
Light Rye Bread,
Assorted Sizes

2 FOR \$9

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**navigate
nutrition**



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PERSONALIZED
STORE TOUR**



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MARKET**

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GROCERY

LOCAL • ORGANIC • SPECIALTY



Fever-Tree Tonic Water
Also Ginger Beer,
4 Pack

\$5.99
plus deposit & eco fee



GoBio! Organic Fruit Gummies
Also Wine Gummies,
75g

PLANT
BASED

2 FOR \$7.00



Lily's Chocolate Bars
Sweetened with
Stevia,
80g & 85g

GLUTEN
FREE

2 FOR \$8.00



YumEarth Organic Licorice
142g

GLUTEN
FREE

\$6.99



La Cocina Tortilla Chips
300g - 400g

GLUTEN
FREE

2 FOR \$7.50



Savör Crackers
170g & 185g

2 FOR \$5.00



Guayaki Organic Yerba Mate Tea
473ml

2 FOR \$6.00
plus deposit & eco fee



Good to Go Keto Bar
40g

2 FOR \$4.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Purica Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF



withinUs TruMarine Collagen
Assorted Varieties
& Sizes

25% OFF



Genuine Health Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF



BioSil Hair, Skin, Nails
Assorted Varieties
& Sizes

25% OFF



Organic Traditions Herbals
Assorted Varieties
& Sizes

20% OFF



Santevia Alkaline Water Pitchers
Also Water Systems &
More, Assorted Varieties
& Sizes

20% OFF



Flora Probiotics
Assorted Varieties
& Sizes

20% OFF



MegaFood MultiVitamins
Assorted Varieties
& Sizes

25% OFF



Natural Factors Stress & Sleep Supplements
Select Varieties,
Assorted Sizes

20% OFF



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

14.99



Innotech Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF



Nature's Aid Hair & Body Care Products
Also Healing Gel,
Assorted Varieties
& Sizes

25% OFF

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CHOICES MARKET

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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