



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE SPRING CHOICES!

Special Parksville Edition Prices Effective • March 21 - 27, 2024



**SPECIAL PRICE**

**Organic Whole  
Frying Chicken**  
Fresh, Free Range,  
Non-GMO, 13.21/kg

**\$5.99 / LB**

**LOCAL**

**SPECIAL PRICE**

**Organic  
Blueberries**  
from USA, 1 Dry Pint

**\$5.98 / EA**



**\$5.99 / LB**

**Freybe's Holiday Ham**  
13.21/kg



**LOCAL**

**\$1.78 / EA**

**Long English Cucumbers**  
from BC



**Choices Wild  
Salmon Cakes**  
130g

**2 FOR \$8.00**



**Choices  
Mexican Fajitas**  
Also Quesadillas or  
Burritos, 200g - 375g

**FROM \$5.99**



**Genuine Health  
Vitamins &  
Supplements**  
Assorted Varieties &  
Sizes

**25% OFF**



**BIOITALIA SPECIAL BOGO OFFER**

Buy 1 jar of Bioitalia Organic  
Pasta Sauce 660ml and receive  
1 package of 500g Bioitalia  
Organic Spaghetti for Free

CHOICES  MARKET

**WEDNESDAY, MARCH 27**

**ONE DAY ONLY**

**15%  
OFF\***

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE  
THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.

\*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.

**FEATURED CHOICE**



**YOU SAVE  
\$4.50**

**Island Farms  
Ice Cream**  
1.65L

**\$5.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Celery**  
from Mexico,  
3.26/kg

**\$1.48 / LB**



**Tomatoes On the Vine**  
from Mexico,  
5.47/kg

**\$2.48 / LB**



**Everyday Floral Bouquet**

**\$14.98**

May not be exactly as shown.

**Organic Pears**

Bartlett, Bosc & d'Anjou, Imported,  
7.67/kg

**\$3.48 / LB**



**Cantaloupe Melon**

Imported

**\$4.98 / EA**



**Gerbera Daisies**

Assorted Colours,  
5 Stem Bunch

**\$9.98**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$5.99 / LB**

**Pork Centre Cut or Rib Chops**

Value Pack or Pork Roasts, Raised without Antibiotics, 13.21/kg



**\$10.99 / LB**

**Boneless Leg of Lamb Roast or Steaks**

Raised without Antibiotics, Free Range, New Zealand, 24.23/kg



**\$5.99 / LB**

**Lean Ground Beef**

Raised without Antibiotics, Grass Fed, Imported, 13.21/kg



**\$11.99**

**Harvest Bacon**

Naturally Smoked, No MSG Added, 500g



**\$3.29 / 100g**

**Sockeye Salmon Fillets**

Ocean Wise, Previously Frozen or Frozen



**\$3.99 / EA**

**Ahi Tuna Steaks**

Frozen or Previously Frozen, 6oz



**Maple Hill Farms Free Range Large Eggs**  
1 Dozen



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

**Tree Island Grass Fed Greek Yogurt**  
1.5kg



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

**Mogiana Whole Bean Coffee**  
340g



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

**Rabbit River Farms Egg Whites**  
Cage Free, 500g



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

**Bremner's Organic Fruit**  
Frozen, 600g



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

**Elias Raw Creamed Natural Honey**  
500g



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

**Terra Breads Granola**  
340g



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

**Olympic Crema Yogurt**  
650g



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

**Genuine Organic Tea**  
15 Tea Bags



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

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

**Brew Dr. Organic Kombucha**  
414ml



**2 FOR \$6<sup>00</sup>**  
plus deposit & eco fee

**Hardbite Potato Chips**  
128g - 150g



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

**GoodDrink Natural Iced Tea**  
473ml



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

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



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

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



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

**Prana Organic Trail Mix**  
150g



**\$4<sup>69</sup>**

**YumEarth Organic Licorice**  
142g



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

**Camino Organic Baking Chocolate and Chocolate Chips**  
Fair Trade, Select Varieties, 200g - 225g



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

**Carr's Crackers**  
125g & 150g



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



**Rolling Meadow  
Grass Fed Milk**  
2L

**\$5.69**  
plus deposit & eco fee



**L'Anctère  
Organic  
Cheese**  
325g

**\$11.99**



**McVitie's  
Cookies**  
300g & 400g

**2 FOR \$9.00**



**Avalon  
Butter**  
454g

**\$8.99**



**Savör  
Crackers**  
170g & 185g

**2 FOR \$4.00**



**Arla  
Organic Cream  
Cheese**  
Assorted Flavours,  
200g

**2 FOR \$9.00**



**Olympic  
Organic  
Sour Cream**  
500ml

**\$4.69**



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

**\$5.49**



**Good to Go  
Keto Bar**  
40g

**2 FOR \$4.00**

## NOURISHING LIFESTYLES SINCE 1990



**Cape Herb &  
Spice Table Top  
Grinders**  
Assorted Sizes

**\$5.99**



**Lundberg  
Organic Jasmine  
Rice**  
Also Basmati Rice,  
907g

**\$9.99**



**Dream Pops  
Frozen Dessert**  
4 Pack

PLANT  
BASED

**\$4.99**



**Earth's Choice  
Organic Beans**  
Select Variety,  
No Salt Varieties,  
398ml

**2 FOR \$5.00**



**Bragg Organic  
Apple Cider  
Vinegar**  
473ml

**\$4.99**



**Amy's Organic  
Canned Soup**  
398ml

**2 FOR \$9.00**



**La Tourangelle  
Organic Extra  
Virgin Olive Oil**  
750ml

**\$14.99**



**Delverde  
Pasta**  
250g ~ 450g

**2 FOR \$5.00**



**Raincoast Global  
Wild Skipjack  
Tuna**  
142g

**2 FOR \$6.00**



# DELI

PREPARED FRESH



**Choices Fresh Sushi Rolls**  
Assorted Varieties, 155g - 245g

**\$6.49**



**Choices Turkey Breast**  
Cooked or Smoked

**\$3.99** /100g



**Choices Veggie Cakes**  
140g

**2 FOR \$5.00**



**Choices Hummus**  
250g

**\$4.49**



**Bothwell Cheese**

**20% OFF**



**Vitale Sliced Prosciutto**  
Also Salami, 100g

**\$9.99**



**Cows Creamery Cheddar Cheese**  
Extra Aged or Appletree Smoked

**\$4.99** /100g



**Tre Stelle Feta Cheese**  
200g

**\$6.99**

# BAKERY

FRESH BAKED • WHOLESOME



**Choices White Bread**  
500g

**\$3.99**



**Choices Multigrain Bread**  
530g

**\$5.99**



**Choices Signature Cookies**  
6 Pack

**\$5.99**



**Choices Keto Puddings**  
Strawberry or Peanut Butter, 150g

**\$4.29**



**Choices Mini Ganache Cupcakes**  
Also Carrot Cake, 4 Pack

**\$4.29**



**Choices Kalamansi Cake**  
Also Tiramisu, 6 Inch

**\$19.99**



**Rebel Foods Seed & Nut Bars**  
300g

**\$7.99**

Let us help you  
**navigate  
nutrition**



**WITH A FREE,  
PERSONALIZED  
STORE TOUR**



**CHOICES  
MARKET**

REGISTER HERE OR  
VISIT US ONLINE AT  
[CHOICES.MARKET](https://www.choices.market)



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Sol Cuisine Products**  
255g - 300g

**\$5.49**

PLANT  
BASED



**Tofurky Roast**  
with Stuffing,  
736g

**\$15.99**

PLANT  
BASED



**Only Goodness Bread Crumbs**  
454g

**\$7.49**

GLUTEN  
FREE



**Only Goodness Chocolate Chip Cookies**  
165g

**2 FOR \$8.00**



**Better Than Bouillon Base**

Select Varieties,  
227g

**5.99**



**Earthbound Farm Organic Vegetables**  
Frozen, 300g - 400g

**\$2.99**



**Only Goodness Organic Broths**  
Select Varieties,  
946ml

**3 FOR \$8.00**



**Only Goodness Laundry Detergent**  
2.95L

**\$15.49**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**MegaFood MultiVitamins**  
Assorted Varieties & Sizes

**25% OFF**



**CanPrev Beauty Supplements**  
Select Varieties,  
Assorted Sizes

**20% OFF**



**Vitality Vitamins & Supplements**  
Assorted Varieties & Sizes

**30% OFF**



**Renew Life Cleanses**  
Select Varieties,  
Assorted Sizes,

**25% OFF**



**Natural Factors Stress & Sleep Supplements**  
Select Varieties,  
Assorted Sizes

**20% OFF**



**Purica Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Sisu Ester-C Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Flora Probiotics**  
Assorted Varieties & Sizes

**20% OFF**



**Preferred Nutrition Berberine**  
Also Supplements,  
Assorted Varieties & Sizes

**20% OFF**



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

**20% OFF**

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



**20% OFF**

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



**20% OFF**

Shop online at [ChoicesMarket](https://ChoicesMarket.com)



@ChoicesMarket



/DiscoverChoicesMarket



@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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.