



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE HAPPY EASTER!

Special Parksville Edition Prices Effective • March 28 - April 3, 2024



**SPECIAL PRICE**

Choices' Own  
Fresh Whole  
Turkey  
100% Vegetable  
Fed, Raised without  
Antibiotics, Free Range,  
\$11.00/KG

**LOCAL**

**\$4.99 / LB**

YOU SAVE **27%**

**SPECIAL PRICE**

Asparagus  
from Mexico,  
\$4.37/KG

**\$1.98 / LB**

**LOCAL**

**SPECIAL PRICE**

Russet  
Potatoes  
from Fraserland  
Organics, BC  
2.27kg Bag

**\$5.48**



**Bunched Tulips**  
Assorted Colours, 5 Stems per Bunch

3 FOR **\$12.00**



**Choices Easter Stuffed Chicken Entrée**  
Assorted Varieties, 460g

**\$14.99 / EA**

## FEATURED CHOICE



**Choices Artisan  
Fruit Pies**  
8 Inch

**\$8.99**



**Rabbit River Farms  
Free Range Eggs**  
Large, One Dozen

**\$6.49**



**49th Parallel  
Organic  
Coffee**  
340g

**\$12.99**

YOU SAVE  
**\$7.00**



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

**25% OFF**



**Oneka  
Shampoo &  
Conditioner**  
Assorted Varieties,  
500ml

BUY 1 GET 1 **FREE**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Carrots**  
from Mexico,  
Sold by the  
Bunch

**\$2<sup>98</sup>**



**Organic Lemons**  
from USA ,  
907g Bag

**\$5<sup>98</sup>**



**Gourmet Bouquets**

**\$24<sup>98</sup>**

**Organic Ambrosia Apples**  
from BC,  
1.36kg Bag

**\$4<sup>98</sup>**



**Organic Tomatoes on the Vine**  
from Mexico,  
\$8.77/KG

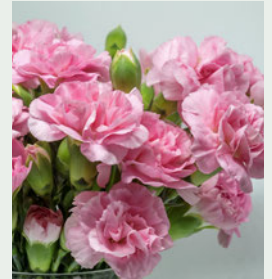
**\$3<sup>98</sup> / LB**



**Mini Carnations**

Assorted Colours,  
10 Stems per Bunch

**\$7<sup>98</sup>**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**Pork Butt Roast or Steaks**

Fresh, Raised without Antibiotics, \$11.00/KG

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



**Fresh Split Chicken Wings**

Raised without  
Antibiotics, 100%  
Vegetable Fed,  
\$13.21/KG

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



**Spades Bacon**

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

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



**Rosstown Chicken Breast Kabobs**

Raised without Antibiotics, 100% Vegetable Fed,  
Select Varieties, 400g

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



**Duso's Stuffed Pasta**

250g - 300g

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



**Pork, Chicken or Turkey Schnitzels**

Raised without Antibiotics, Made in Store,  
Varieties may vary by location

**30% OFF**



**Stapleton's Sausages**

Select Varieties, Frozen

**15% OFF**



**Fresh Steelhead Fillets**

Value Pack, Ocean Wise

**\$3<sup>49</sup> / 100G**



**Fresh Halibut Fillets**

Ocean Wise, First of the Season

**\$5<sup>49</sup> / 100G**





**Cows Creamery Butter**  
250g

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



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

**\$22<sup>99</sup>**

YOU SAVE  
**\$13<sup>00</sup>**



**Nuts to You Organic Almond Hazelnut Butter**  
365g

**\$10<sup>99</sup>**



**Liberté Méditerranée Yogurt**  
500g

**\$4<sup>49</sup>**



**Holy Crap Organic Cereal**  
320g

**\$7<sup>99</sup>**

LOCAL



**Organic Meadow Organic Milk**  
2L

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



**The Greek Gods Greek Style Yogurt**  
500g

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



**Yumi Overnight Oats**  
250g

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



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

**\$5<sup>49</sup>**  
plus deposit & eco fee

LOCAL

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



**Only Goodness Organic Peanut Butter**  
500g

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



**Only Goodness Organic Blueberries**  
or Strawberries, Frozen, 1.5kg

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



**Traditional Medicinals Organic Tea**  
16 Bags

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



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

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



**Only Goodness Organic Beans**  
398ml

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



**Dairyland Organic Cream**  
Half & Half, 946ml

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



**Nuts for Cheese Organic & Dairy-Free Cheese Alternative**  
120g

**\$8<sup>49</sup>**

PLANT  
BASED



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

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



**Happy Planet Organic Juice**  
Select Varieties, 1.75L

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



**La Cocina  
Tortilla Chips**  
Assorted Sizes

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



**Dairyland  
Egg Nog**  
946ml

\$2<sup>99</sup>  
plus deposit & eco fee



**Tofino Organic  
Kombucha**  
355ml



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



**Santa Cruz  
Organic  
Lemonade**  
Also Limeade,  
946ml

2 FOR \$9<sup>00</sup>  
plus deposit & eco fee



**Old Dutch  
Potato Chips**  
Regular or Ridgies,  
200g & 235g

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



**Guayaki  
Organic Yerba  
Mate Tea**  
473ml

\$2<sup>99</sup>  
plus deposit & eco fee



**Lesley Stowe  
Artisan Crisps**  
150g

\$6<sup>49</sup>



**Fever-Tree  
Tonic Water**  
Also Ginger Beer,  
4 Pack

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



**Fiji Natural  
Artesian Water**  
1L

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

## NOURISHING LIFESTYLES SINCE 1990



**Enjoy Life  
Chocolate  
Baking Chips**  
225g - 283g

\$5<sup>99</sup>



**Spectrum  
Organic Extra  
Virgin Olive Oil**  
750ml

\$18<sup>99</sup>



**Farmer's Market  
Organic Pumpkin  
Purée**  
Also Butternut Squash,  
Assorted Sizes

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



**Bubbies  
Pickles**  
Also Sauerkraut,  
750ml & 1L

\$9<sup>99</sup>



**Imagine  
Organic  
Broths**  
1L

\$4<sup>99</sup>



**Stahlbush  
Island Farms  
Sustainable Fruit**  
Select Varieties,  
Frozen, 283g - 300g

\$4<sup>99</sup>



**Wholly Veggie!  
Products**  
Frozen,  
Assorted Sizes

\$5<sup>99</sup>



**Chapman's  
Specialty  
Ice Cream**  
500ml

\$5<sup>99</sup>



**Organic Meadow  
Ice Cream**  
946ml

\$7<sup>99</sup>



# DELI

PREPARED FRESH



**Choices Easter Festive Side Dishes**

**\$1.99** /100g



**Summer Fresh Dips & Hummus**  
227g

**\$3.99**



**Italian Sliced Prosciutto & Salami**  
70g ~ 120g

**\$8.99**



**Olives**  
Assorted Varieties,  
200g

**20% OFF**



**Choices Paté & Salami**  
All Natural

**\$4.49** /100g



**La Panzanella Crackers**  
170g

**2 FOR \$10.00**



**Alexis de Portneuf Camembert Cheese**  
Also Brie Cheese, 300g

**\$9.99**



**Bella Casara Burrata Cheese**  
250g

**\$13.99**



**Swiss Emmental Cheese**  
Imported

**\$3.99** /100g



**Nicli Artisan Pizza**  
Assorted Varieties,  
12 Inch

**\$14.99**

# BAKERY

FRESH BAKED • WHOLESOME



**Choices Focaccia**  
Red Onion & Rosemary or Sundried Tomato & Olive, 315g

**\$4.49**



**Choices Hot Cross Buns**  
6 Pack

**\$4.99**



**Choices Baguette**  
Sourdough, Multigrain or Cheese,  
250g ~ 300g

**\$3.29**



**Choices Scones**  
Cheese, Roasted Garlic and Sundried Tomato, Blueberry or Cranberry Chocolate,  
2 Pack

**\$4.29**



**Choices Party Cakes**  
Assorted Varieties Including Vegan Chocolate,  
540g ~ 600g

**\$14.99**



**Choices Easter Cookies**  
35g ~ 45g

**\$2.29** / EA



**Choices Easter Shortbread Chicks**  
Chocolate Dipped,  
8 Pack

**\$5.99**



**Wendel's Apple or Strawberry Rhubarb Pie**  
675g

**\$10.99**



**Silver Hills Organic Sprouted Power Tortillas**  
12 Pack

**\$4.99**

# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Gratitude  
Canned Salmon**  
Boneless Skinless,  
Select Varieties,  
150g

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



**Pacific Foods  
Organic Soup**  
946ml & 1L

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



**Garofalo  
Pasta**  
500g

**\$2<sup>99</sup>**



**Rao's Pasta  
Sauce**  
660ml

**\$10<sup>99</sup>**



**Mary's  
Organic  
Crackers**  
Also Cookies, 184g

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



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

**\$3<sup>99</sup>**



**Smart Sweets  
Gummies**  
Low Sugar,  
50g

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



**Granny's  
Laundry  
Detergent**  
Liquid, 3.78L

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

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

**FROM \$37<sup>99</sup>**



**Vega Sport  
Protein**  
Assorted Varieties,  
801g - 837g

**\$44<sup>99</sup>**



**withinUs  
TruMarine  
Collagen**  
Collagen, Creamers &  
ReHydrate, Assorted  
Varieties & Sizes

**20% OFF**



**Organic  
Traditions  
Herbals**  
Assorted Varieties  
& Sizes

**20% OFF**



**Nature's  
Way Herbal  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Ener-C  
Effervescent  
Drink Mix**  
Assorted Varieties,  
24 - 30 Pack

**\$15<sup>49</sup>**



**AOR  
Magnesium  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Smart Solutions  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Enerex  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**A. Vogel  
Echinaforce  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Thinksport  
Suncare**  
Assorted Varieties  
& Sizes

**20% OFF**



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

**20% OFF**

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**Pure** INTEGRATIVE PHARMACY

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

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