



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Prices Effective • April 4 - 10, 2024

SPECIAL PRICE

Top Sirloin Steak or Roast

Raised without Antibiotics,
100% Grass Fed,
Imported, Value Pack,
\$17.61/KG

\$7.99 / LB

YOU SAVE
50%

SPECIAL PRICE

Organic
Hass Avocados
Imported

YOU SAVE
\$1.50

\$1.98 / EA



WHILE SHOPPING, PLEASE SAMPLE OUR 2 NEW DELI & BAKERY ITEMS



YOU SAVE
25%

\$3.99



YOU SAVE
16%

2 FOR \$5.00

Choices Focaccia

Red Onion & Rosemary or
Sundried Tomato & Olive, 315g

NEW

Choices Veggie Patty

NEW



AquaOmega
Omega-3 Fish Oil
Supplements
Assorted Varieties &
Sizes

40% OFF



Alter Eco
Organic
Chocolate Bars

Fair Trade,
75g - 84g

2 FOR \$6.50

YOU SAVE
35%



Natural Factors
Vitamin D
Assorted Varieties &
Sizes

BUY 1 GET 1 FREE



Vega One
All-in-One
Nutritional Shakes

Assorted Varieties,
827g - 876g

\$44.99

YOU SAVE
30%

FEATURED CHOICE



Made Good Organic
Granola Bars

Also Granola Minis,
Crackers, Granola, Cookies
& Drizzled Oat Bites
100g - 121g

40% OFF

PRODUCE FRESH • LOCAL • ORGANIC



\$6.98 / EA

Organic Blackberries
Imported, 170g Pkg.



Organic Kale
Green, Red and Black
Imported, Sold by the
Bunch

2 FOR \$5.00

Organic Grape Tomatoes
Imported,
340g Pkg.

\$3.98 / EA



Large Cauliflower
from USA

\$3.98 / EA

Iceberg Lettuce
from USA

\$3.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Organic Lean Ground Beef
100% Grass Fed, Value Pack, \$28.64/KG



\$7.99 / LB

Fresh Chicken Thighs
Boneless, Skinless, Raised without Antibiotics,
\$17.61/KG



25% OFF

Fresh Ground Chicken
Breast or Leg Meat, Raised without Antibiotics



\$6.99 / LB

Fresh Pork Back Ribs
Raised without Antibiotics, \$15.41/KG



\$4.99 / 100G

Halibut Cheeks
Ocean Wise



\$8.99 / EA

Greenfield Bacon
Raised without Antibiotics, 375g



\$2.49 / 100G

Mahi Mahi Fillets
Previously Frozen, Ocean Wise



Hills Foods Sausages
Also Appetizers, Grinds, Burgers
Frozen, Assorted Sizes

Nature's Farm
Free Range Omega-3 Eggs
 Large or Extra Large, 1 Dozen



\$6.49

Meadowvale Creamery Butter
 454g



\$6.49

Uncle Luke's
Organic Maple
Syrup
 250ml



\$5.99



Crofter's Organic
Fruit Spreads
 383ml

\$5.99



Wedderspoon
Raw Manuka
Honey
 250g

\$17.99



Bob's Red Mill
Steel Cut Oats
 Also Scottish Oatmeal,
 Select Varieties
 Including Organic,
 567g - 680g

\$5.49



Nature's Path
Organic Hot
Cereals
 6 & 8 Packs

\$4.59



The Granola King
Gourmet Granola
 Including Hazelnut
 Hemp, 2kg

\$24.99



Donia Farms
Grass Fed Yogurt
 650g

\$4.99

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



Stash Tea
 18 & 20 Bags

2 FOR \$9.00



Silk Almond
Beverage
 Also Soy, Fresh,
 1.75L & 1.89L

\$5.29
 plus deposit & eco fees



Sapsucker Organic
Sparkling Tree
Water
 355ml

3 FOR \$5.00
 plus deposit & eco fees



Kicking Horse
Organic Coffee
 Whole Bean,
 Fair Trade, 454g

\$14.99



RW Knudsen
100% Just Juice
 Select Varieties, 946ml

\$9.99
 plus deposit & eco fees



Guayaki Organic
Yerba Mate Tea
 Including New
 Varieties - Peach
 & Berry Lemonade,
 458ml

2 FOR \$5.00
 plus deposit & eco fees



Riviera
Coconut Milk
Kéfir
 946ml

\$5.99
 plus deposit & eco fees



Flow Organic
Flavoured Spring
Water
 500ml

4 FOR \$5.00
 plus deposit & eco fees

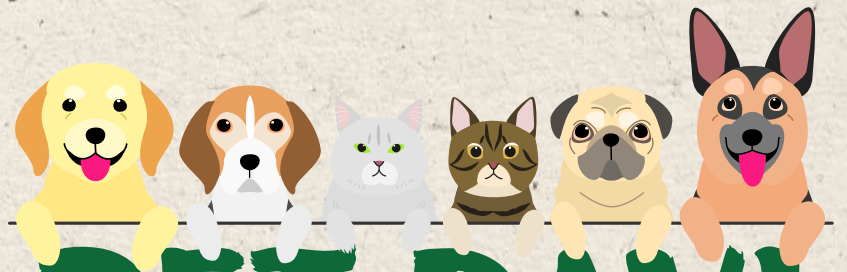


Remedy
Organic
Kombucha
 No Sugar, 4 Pack

\$6.49

CHOICES  MARKET

CELEBRATE
NATIONAL



PET DAY!



15%

OFF
ALL PET FOOD AND
WELLNESS PET SUPPLEMENTS!*

THURSDAY, APRIL 11

ONE DAY ONLY

*Sale not available online.

Check out Choices' Instagram for an exclusive
ONLINE GIVEAWAY to celebrate National Pet Day!

START HERE -->





Cape Herb & Spice Salt & Pepper

Select Varieties
& Sizes

\$8⁹⁹



Bragg Organic Apple Cider Vinegar

946ml

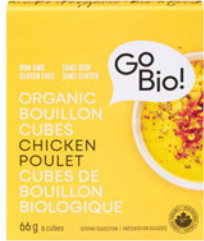
\$7⁹⁹



Mutti Baby Roma Tomatoes

398ml

2 FOR \$7⁰⁰



GoBio! Organic Bouillon Cubes

Also Organic Gravy
Cubes, 54g - 66g

\$3⁴⁹



Earth's Choice Organic Canned Beans

Select Varieties,
398ml

3 FOR \$7⁰⁰



Carbone Premium Pasta Sauce

660ml

\$9⁹⁹



Dairyland Sour Cream

450ml - 500ml

\$2⁹⁹



Maison Orphée Extra Virgin Olive Oil

750ml

\$16⁹⁹



Rustichella Traditional Italian Pasta

500g

\$5⁴⁹

NOURISHING LIFESTYLES SINCE 1990



Hardbite Root Chips

150g



2 FOR \$10⁰⁰



Laid Back Snacks

120g - 140g

\$5⁹⁹



Mid-Day Squares Functional Chocolate Squares

33g

2 FOR \$4⁰⁰



Barbara's Cheez Puffs

155g & 198g



2 FOR \$6⁰⁰



Hornby Organic Energy Bars

80g



2 FOR \$5⁰⁰



Caboo Bamboo Bathroom Tissue

12 Rolls

\$8⁹⁹



Lundberg Organic Rice Cakes

Also Organic Minis
& Thin Stackers,
Assorted Sizes

\$4⁹⁹



Healthy Hippo Low Sugar Gummies

50g

2 FOR \$6⁰⁰



V.I.P. Ultra Laundry Detergent

Liquid, 2.95L

BUY 1 GET 1 FREE

DELI

PREPARED FRESH




**Rosstown
Roasted
Chickens**

\$11.99



**Choices
Curry Entrées**
Assorted Varieties,
435g - 540g

\$8.99



**Spanakopita
Spinach Pies**
2 Pack

\$7.99

GLUTEN FREE



**Vancouver
Soup**
700ml

\$7.99



**Habibi's
Hummus**
Family Size,
450g

\$7.99



**Choices
Turkey Breast**
Cooked or Smoked,
Antibiotic Free

\$4.49 /100gr



**Dofino
Havarti
Cheese**
Assorted Varieties

\$2.99 /100gr



**Happy Days
Goat Cheese**

20% OFF

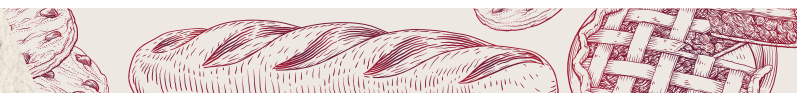


**Saputo
Mozzarella
Fresca Cheese**
200g

\$5.99

BAKERY

FRESH BAKED • WHOLESOME



**Choices Wholesome
Country Sourdough Bread**
575g



\$4.99

**Silver Hills
Sprouted Power
Organic Bagels**
400g



\$4.99

Uprising Bread
Cracked Wheat &
Sunflower or Whole
Wheat Raisin,
650g - 740g



\$4.99

**Uprising Jumbo
Gingersnap
Cookies**
300g



2 FOR \$8.00

**Little Northern
Bakehouse Loaf**
White, Whole Grain
or Sweet Hawaiian,
539g - 567g



\$6.99

GLUTEN FREE

**Choices
Dessert Cups**
Mocha, Strawberry
or Tuxedo, 150g



\$3.99

**Choices
Brownies**
Salted Caramel or
Indulgence,
150g - 170g



\$5.99

Choices Cake
Tuxedo or
Tre Citrus,
410g - 450g



\$12.99

CHOICES  MARKET

APRIL 5 - APRIL 7, 2024

WELLNESS SPECIAL
20% OFF*

3 DAYS ONLY

YOUR WELLNESS, VITAMINS AND
SUPPLEMENTS IN-STORE PURCHASE,
INCLUDING ITEMS ON SALE.

*Excluding Lotto and Gift Card purchases. Sale not available online.

GROCERY

LOCAL • ORGANIC • SPECIALTY

Armstrong Cheese

600g



\$9.99

Sunrise Tofu

Medium, Firm & Extra Firm,
Select Varieties & Sizes



2 FOR \$5.00

Nina's Pierogies

Includes
Gluten-Free
Varieties, Frozen
400g ~ 500g



\$9.49

Amy's Burritos

Select Varieties, Frozen,
170g



2 FOR \$8.00



Woolwich Chevrai Goat Cheese

113g

\$3.69



Bob's Red Mill Chocolate Cake Mix

Also Assorted
Flours, Select
Varieties & Sizes

\$5.99



Chapman's Frozen Yogurt

Assorted Varieties,
2L

\$5.99



Righteous Gelato & Sorbeto

473ml - 562ml

\$6.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Manitoba Harvest Hemp Hearts

Also Hemp Yeah!
Proteins, Assorted
Varieties & Sizes

20% OFF



Natural Calm Magnesium

226g

25.99



Vega Sport Products

Assorted Varieties
& Sizes

20% OFF



Derma-E Facial & Body Care

Assorted Varieties
& Sizes

30% OFF



Purica Vitamins & Supplements

Assorted Varieties
& Sizes

20% OFF



Natural Factors B12 Methylcobalamin

Bonus Size,
210 Caps

15.99

ALL BONUS
BOTTLES ON
SALE



Bio-K Plus Probiotics

Dairy &
Non-Dairy
Varieties

FROM \$21.99



Sukin Botanicals Natural Face & Hair Care

Assorted Varieties
& Sizes

25% OFF



Enzymedica Digestive Enzymes

Assorted Varieties
& Sizes

20% OFF



Sisu Vitamins & Supplements

Assorted Varieties
& Sizes

20% OFF



Boiron Homeopathic Remedies

Assorted Sizes
& Varieties

20% OFF

Natracare Natural Feminine Hygiene Products

Assorted Sizes



20% OFF

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319 Island Highway East, Parksville
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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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