



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE SPRING CHOICES!

APRIL
13 & 14
ONLY

PLANT SALE

See last page
for details.

Special Parksville Edition Prices Effective • April 11 to 17, 2024



SPECIAL PRICE

Chicken Breast
Boneless, Skinless, Fresh,
Raised without Antibiotics,
Value Pack, \$17.61/KG

\$7⁹⁹ / LB

YOU SAVE **37%**

LOCAL

SPECIAL PRICE

Organic Long English Cucumbers
from Origin-O, BC

\$3⁴⁸ / EA

YOU SAVE **12%**

LOCAL

FIRST OF THE SEASON



Zevia
Zero Sugar Soda
Stevia Sweetened,
6 Pack

\$5⁹⁹
plus deposit & eco fee

YOU SAVE **30%**



Humble Organic
Potato Chips
135g

2 FOR \$6⁰⁰

YOU SAVE on 2 **\$4⁹⁸**



**Weleda Facial &
Body Care**
Assorted Varieties & Sizes

30% OFF



Herbatint Natural
Permanent Hair
Colour Kit
Assorted Varieties

\$14⁹⁹

YOU SAVE **31%**



YOU SAVE **56%**

\$7⁹⁹ / LB

Sirloin Tip Steaks or Roast

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



YOU SAVE **16%**

2 FOR \$5⁰⁰

Ataulfo Mangos

Imported



YOU SAVE **27%**

\$12⁹⁹ / EA

Farmcrest Specialty Roasted Chickens



YOU SAVE **30%**

2 FOR \$9⁰⁰

Silver Hills Sprouted Power Bread

430g - 625g

FEATURED CHOICE



ORGANIKA
ENHANCED
COLLAGEN
500g

BUY 1 GET 1 FREE

PRODUCE FRESH • LOCAL • ORGANIC



\$2.48 / LB

Organic Cosmic Crisp Apples
from USA, \$5.47/KG



\$4.98 / EA

Organic Broccolini
Imported, Sold by the Bunch



Honey Belle Pears
from Australia,
\$10.98/KG

\$4.98 / LB

Celery
Imported
\$3.26/KG



\$1.48 / LB

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$6.99 / LB

Fresh Pork Belly
Raised Without Antibiotics,
Whole or Sliced, \$15.41/KG



BUY 1 GET 1 FREE

Organic Pork Back Ribs
Frozen



\$15.99 / EA

Fresh Marinated Butterflied Chicken
Select Varieties



\$12.99

Harvest Bacon
No MSG Added, Naturally Smoked, 500g



\$3.49 / 100g

Steelhead Fillets
Fresh, Ocean Wise, Value Pack



\$3.99 / 100g

Ling Cod Fillets
Fresh, Ocean Wise

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



\$5⁹⁹



**Organic
Meadow
Butter**
454g

\$11⁹⁹



**Canadian Heritage
Organics Maple
Syrup**
100% Pure, 1L

\$22⁹⁹



**Tree Island
Cream Top
Yogurt**
500g



\$4⁴⁹



**Thomakis
Greek Yogurt**
454g

\$9⁹⁹



**Elias
Honey**
Liquid,
Squeeze Bottle,
500g

\$8⁹⁹



**Dairyland
Organic Milk**
4L

\$9⁴⁹

plus deposit & eco fee



**Four o'Clock
Organic Tea**
Fairtrade, 16 Bags

2 FOR \$9⁰⁰



**Ethical Bean
Organic
Ground Coffee**
Fairtrade, 227g

\$9⁴⁹

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



**Wholesome
Organic
Cane Sugar**
Fairtrade, 907g

\$6⁹⁹



**Earth's Own
Fresh Almond
Beverage**
1.89L

\$3⁶⁹

plus deposit & eco fee



**Organic
Meadow
Organic Milk**
2L

\$5⁴⁹

plus deposit & eco fee



**Harmless Harvest
Organic Coconut
Smoothie**
296ml

2 FOR \$8⁰⁰

plus deposit & eco fee



**Thirsty Buddha
Organic
Coconut Water**
1L

\$4⁹⁹

plus deposit & eco fee



**Karma
Probiotic Water**
532ml

2 FOR \$6⁰⁰

plus deposit & eco fee



**Rise
Organic
Kombucha**
414ml

2 FOR \$6⁰⁰

plus deposit & eco fee



**Clearly Canadian
Sparkling Water**
325ml

2 FOR \$4⁰⁰

plus deposit & eco fee



**Phillips
Craft Soda**
355ml

2 FOR \$3⁰⁰

plus deposit & eco fee



**Hippie Snacks
Crisps**
Including Avocado &
Cauliflower Varieties,
70g

\$3⁹⁹



**Only Goodness
Organic Rice
Cakes**
Wholegrain &
Multigrain, 140g

2 FOR \$7⁰⁰



**Plumm Good
Organic Rice
Thins**
95g

\$2⁶⁹



**Sigdal Bakeri
Crispbread**
190g & 220g

\$5⁶⁹



**gimMe Organic
Roasted
Seaweed Snacks**
6 Pack

\$6⁴⁹



**Love Good
Fats Keto
Friendly Bars**
39g - 40g

2 FOR \$4⁰⁰



**Galerie Au
Chocolat Organic
Chocolate Bars**
Fair Trade, 100g

\$4⁹⁹



**ProBar Protein
Bars**
70g

2 FOR \$5⁰⁰



**Haribo
Gummies**
170g & 175g

2 FOR \$7⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**Saputo
Shredded
Cheese**
320g

\$6⁹⁹



**Armstrong
Cheddar
Cheese Sticks
& Snacks**
10 Pack

\$4⁹⁹



**L'Ancêtre
Organic Cheese**
200g

\$6⁹⁹



Rizopia Pasta
Including Organic
Wild Rice & Quinoa,
340g - 454g

2 FOR \$6⁰⁰



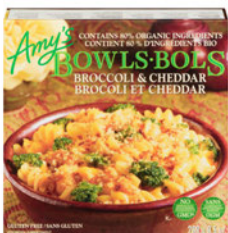
Italpasta Pasta
900g

\$3⁴⁹



**Eat Wholesome
Organic Canned
Tomatoes**
796ml

2 FOR \$9⁰⁰



**Amy's
Bowls**
Frozen, Also Meals
& Entrées, Select
Varieties & Sizes

\$6⁹⁹



**Holy Napoli
Frozen Pizza**
365g - 425g

\$9⁹⁹



**Safe Catch
Wild Yellowfin
& Albacore
Tuna**
Also Wild Pink
Salmon, 142g

\$4⁹⁹

DELI

PREPARED FRESH



**Choices
Traditional
Hummus**
Also Hemp, Ginger
Boost or Pumpkin
Seed, 250g

\$3.99



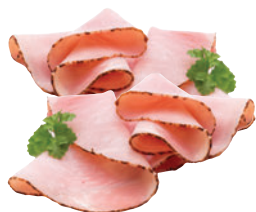
**Choices
Wild Salmon
Cakes**
130g

2 FOR \$8.00



**Quinoa
Vegetable
Samosas**
or Chicken, 140g

2 FOR \$6.00



**Choices
Sliced Ham**
Black Forest
or Honey

\$3.49 /100g



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

\$14.99



**Happy Planet
Soups**
500ml - 650ml

\$6.99



**Bothwell
Monterey Jack
Cheese**
Regular or Jalapeno

\$3.49 /100g



**Le Grand
Cheddar
Cheese**
Aged for 3 Years

\$3.79 /100g



**Smoked
Gruyere
Cheese**

\$3.49 /100g

BAKERY

FRESH BAKED • WHOLESOME



FROM \$3.49

Choices Buns

Sourdough, Multigrain or Italian
Cheese, 330g - 440g



**Choices
Mini Muffins**
Assorted Varieties,
130g

\$3.49



**Choices
Cookies**
Assorted Varieties,
6 Pack

\$6.99



**Choices
Apple Crisp
Pie**
575g

\$12.99



**Choices
Nanaimo Bars**
Also Peanut Butter,
Traditional or
Mocha, 70g - 85g

2 FOR \$6.00



**La Tortilla
Factory
Products**
200g - 496g

25% OFF



**GluteNull
Bread Loaves**
425g - 550g

\$9.99

**GLUTEN
FREE**

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)



WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Iron Vegan Proteins
Also Sport Supplements, Assorted Varieties & Sizes

20% OFF



Botanica Organic Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



CanPrev Heart Supplements
Assorted Varieties & Sizes

20% OFF



Renew Life Probiotics
Assorted Varieties & Sizes

20% OFF



Natural Factors Vitamin C Supplements
Assorted Varieties & Sizes

20% OFF



Organic Traditions Superfoods
Assorted Varieties & Sizes

20% OFF



AOR Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Lily of the Desert Aloe Vera Juice
Also Gel, Assorted Varieties & Sizes

20% OFF



Bach Rescue Remedy
and Flower Remedies, Assorted Varieties & Sizes

25% OFF

Dr. Bronner's Soap Bars
Assorted Varieties, 140g



\$5.49



Acure Face, Hair & Body Care
Assorted Varieties & Sizes

25% OFF

2 DAY PLANT SALE SATURDAY, APRIL 13TH & SUNDAY, APRIL 14TH



Organic Rosemary Herb Plant
Tried & True, 4 Inch Pot

\$4.29



Organic Thyme Herb Plant
Tried & True, 4 Inch Pot

\$4.29



Organic Sage Herb Plant
Tried & True, 4 Inch Pot

\$4.29



Ocean Plus Earth Mix
Cinnabar Valley Farm, 40 Litre Bag

\$17.99



Organic Lavender Bandera Purple Herb Plant
Tried & True, 4 Inch Pot

\$4.29



Organic Mint Mojito Herb Plant
Tried & True, 4 Inch Pot

\$4.29



West Coast Seeds
Assorted Varieties

10% OFF



Island's Finest Mushroom Manure
Cinnabar Valley Farm, 10 kg Bag

\$6.99

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

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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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