



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY CHOICES!

Prices Effective • April 25 - May 1, 2024



WESTERN CANADIAN

FEATURED CHOICE

Pork Tenderloin
Raised without Antibiotics, Fresh

BUY 1 GET 1 FREE

YOU SAVE 50%



SPECIAL PRICE

Hot House 3 Colour Peppers
from BC, 907g Pkg.

\$5.98 / EA

YOU SAVE \$2.00

LOCAL



LOCAL

YOU SAVE \$1.50

\$2.28 / LB

Hot House Tomatoes
from BC, \$5.03/kg



YOU SAVE 22%

\$6.99

Choices Croissant Sandwiches
Ham & Swiss, Turkey Swiss, Egg Salad or Chicken Salad



20% OFF

Organic Traditions Superfoods Products
Assorted Varieties & Sizes



\$5.99
Plus dep & eco fees

Zevia Zero Sugar Soda
Stevia Sweetened, 6 Pack

YOU SAVE 30%



NEW

YOU SAVE 20%

\$3.99

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



Iron Vegan Sprouted Protein
or Athlete's Blend Protein, 1 kg

\$49.99



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



AOR Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF

PRODUCE FRESH • LOCAL • ORGANIC



2 FOR \$5.00

Organic Rainbow and Red Chard
Imported, Sold by the Bunch



LOCAL

\$3.98 / EA

Organic Bunched Spinach
from Olera Farm, BC



Organic Ataulfo Mangoes
from Mexico

2 FOR \$5.00

Organic Lemons
from USA, 907g Bag

\$5.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Organic Lean Ground Beef
Fresh, Canadian, Value Pack, \$28.64/KG



LOCAL

\$4.99 / LB

Choices' Own Frying Chickens
Fresh, Raised Without Antibiotics, \$11.00/KG



LOCAL

\$8.99 / LB

Organic Chicken Thighs
Fresh, Value Pack, \$19.82/KG



WILD CAUGHT

20% OFF

Cod or Sole Fillets
Fresh, Ocean Wise



WILD CAUGHT

\$3.29 / 100G

Coho Salmon Fillets
Previously Frozen, Ocean Wise



Duso's Stuffed Pasta
250g - 300g

\$5.99

Greenfield Bacon

Raised Without Antibiotics, 375g

\$7.99





Canadian Heritage Organics Maple Syrup

100% Pure, 1L

\$23⁹⁹



Maple Hill Farms Free Range Organic Eggs

Extra Large, 1 Dozen

\$7⁴⁹ / EA



Kicking Horse Organic Ground Coffee

Fairtrade, 284g

\$9⁹⁹ / EA



Olympic Organic Yogurt

Select Varieties, 650g

\$4⁴⁹



The Granola King Gourmet Granola

2kg

\$26⁹⁹



Silk Dairy-Free Beverages

1.75L ~ 1.89L

\$4⁹⁹
Plus dep & eco fees



Donia Farms Grass Fed Milk

2L

\$5⁹⁹
Plus dep & eco fees



One Degree Organic Sprouted Oats

Select Varieties, 680g

\$5⁹⁹ **GLUTEN FREE**



Celestial Seasonings Herbal Teas

Assorted Varieties, 20 Bags

2 FOR \$8⁰⁰

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



Rizopia Brown Rice Pasta

Select Varieties, 454g

2 FOR \$4⁰⁰



Mutti Canned Cherry Tomatoes

Select Varieties, 398ml

\$3²⁹



Safe Catch Wild Yellowfin Tuna

Also Solid White Tuna, Select Varieties, 142g

2 FOR \$7⁰⁰



Garofalo Pasta

Select Varieties, 500g

\$2⁹⁹



Omega Nutrition Organic Apple Cider Vinegar

Select Varieties, 946ml

\$5⁴⁹



Maille Mustard

Select Varieties, 200ml

\$5⁴⁹



Kikkoman Sauces

Assorted Sizes, Select Varieties

\$5⁴⁹



Yeshi Nutritional Yeast Dressings

Also Dips, 350ml

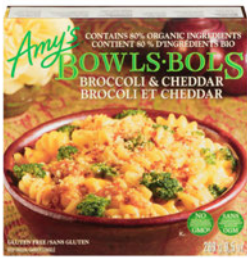
\$6⁴⁹



Lakanto Monk Fruit Sweetener

Select Varieties, 235g

\$6⁹⁹



Amy's Bowls

Also Meals & Entrées,
Assorted Sizes,
Frozen

\$6⁴⁹



Amy's Burritos

Select Varieties,
Frozen, 170g

\$3⁹⁹



Beyond Meat Alternative Sausage

Also Ground,
Select Varieties,
400g

\$7⁹⁹



Sunrise Medium Tofu

Select Varieties,
454g

2 FOR \$4⁰⁰



Wildbrine Organic Sauerkraut

Also Non GMO Kimchi,
500g & 500ml

\$7⁴⁹



Las Margaritas Fresh Salsa

500ml

\$5⁹⁹



Tre Stelle Mozzarella Cheese Ball

340g

\$5⁹⁹



Phoeapolis Organics Extra Virgin Olive Oil

750ml

\$16⁹⁹



Saputo Shredded Cheese

Select Varieties,
320g

\$6⁴⁹

NOURISHING LIFESTYLES SINCE 1990



Biotta Organic Vegetable Juice

500ml

\$5⁹⁹
Plus dep & eco fees



Whistler Glacial Spring Water

1L

2 FOR \$3⁰⁰
Plus dep & eco fees



Tonica Organic Kombucha

Low Sugar,
355ml

BUY 1 GET 1 FREE
Plus dep & eco fees



Two Bears Frothed Oat Lattes

Also Flash Brews,
207ml

2 FOR \$5⁰⁰
Plus dep & eco fees



Clif Bar Energy Bars

68g

3 FOR \$5⁰⁰



Chimes Ginger Chews

42.5g

3 FOR \$5⁰⁰



Whittaker's Chocolate Bars

200g & 220g

\$3⁹⁹



Island Farms Classic Ice Cream

Select Varieties,
1.65L

\$6⁴⁹



Echoclean Biodegradable Dish Soap

Select Varieties,
740ml

2 FOR \$7⁰⁰

DELI

PREPARED FRESH



**Choices
Fresh Rolls**
148g - 245g

\$6.49



**Farmcrest
Specialty Roasted
Chickens**

\$13.99



Choices Salad
Cranberry Broccoli
Coconut, Persian
Couscous or Pesto
Orzo with Spinach

\$2.19 /100G



Baked Samosas
Including Vegetable
Quinoa or Chicken,
140g

2 FOR \$6.00



**Choices Asian
Inspired Bowls**
Rice or Noodle,
350g - 415g

\$8.49



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

\$7.99



**Black
Forest Ham**

\$2.49 /100G



**Coastal Rugged
Cheddar Cheese**
200g

\$8.99



**Dofino
Havarti
Cheese**

\$2.99 /100G

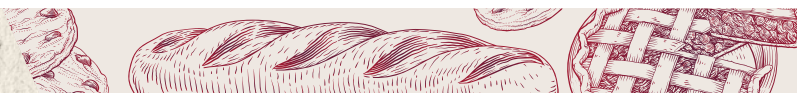


**Bothwell
Edam Cheese**
Also Mozzarella

\$3.79 /100G

BAKERY

FRESH BAKED • WHOLESOME



\$2.99

Choices Baker's Bastone
Also Crusty Loaf or Italian
Baguette, 250g - 450g



**Choices
Cake Slices**
Assorted
Varieties,
120g - 150g

\$3.99



**Choices
Signature
Cookies**
200g

\$5.99

**Choices Luscious Lemon
Cream Pie**
Also Young Coconut Pie, 250g



\$6.99



**Dempster's
Bagels**
5 & 6 Packs

2 FOR \$9.00



**GluteNull
Bars**
Also Cookies or
Squares,
210g - 320g

\$9.99



**Laughing Daughter's
Decadent Brownie**
Also Lemon Poppyseed
Cake Slice, 125g - 366g

FROM \$3.99

Let us help you
**navigate
nutrition**



**WITH A FREE,
PERSONALIZED
STORE TOUR**



**CHOICES
MARKET**

REGISTER HERE OR
VISIT US ONLINE AT
CHOICES.MARKET



GROCERY

LOCAL • ORGANIC • SPECIALTY



Angie's Boom Chicka Pop
Popcorn and Puffs,
Select Varieties &
Sizes

\$3.99



Made Good Crackers
Select Varieties,
121g

\$3.29



Sily Cow Farms Hot Chocolate
480g

\$7.99



Bag To Earth Waste Bags
10 Pack

\$5.99



Mid-Day Functional Chocolate Squares
33g

2 FOR \$4.00



GT's Organic Kombucha
1.46L

\$9.49
plus deposit & eco fee



Gay Lea Coconut Whipped Topping
225g

\$5.49

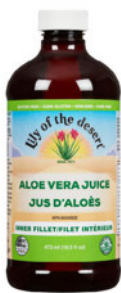


Eco Max Laundry Detergent
Liquid, 1.5L

\$9.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

30% OFF



NutraSea Omega-3 Fish Oil Supplements
Assorted Sizes &
Varieties

20% OFF



CanPrev Vitamins & Supplements
Assorted Sizes &
Varieties

20% OFF



Whole Earth & Sea Protein & Greens
Assorted Varieties,
390g - 438g

\$62.99



Organika Vitamins & Supplements
Assorted Sizes &
Varieties

25% OFF



Manitoba Harvest Hemp Hearts
Also Hemp Yeah!
Assorted Sizes &
Varieties

25% OFF



Natural Factors CoQ10
Also Ubiquinol
Supplements,
Assorted Sizes &
Varieties

20% OFF



Purica Vitamins & Supplements
Assorted Sizes &
Varieties

20% OFF



Weleda Body Care
Assorted Sizes &
Varieties

25% OFF



Earth Science Facial Care
Assorted Sizes &
Varieties

\$11.99



Alba Botanica Hair Care
Assorted Varieties,
355ml

\$8.99

Natracare Natural Feminine Hygiene Products
Assorted Sizes & Varieties



20% OFF

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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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