



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE - BUY ONE GET ONE FREE!

Special Parksville Edition Prices Effective • May 2 - May 8, 2024



WILD CAUGHT

SPECIAL PRICE

Wild Sockeye Salmon
Ocean Wise, Value Pack,
Frozen or Previously Frozen

BUY 1 GET 1 FREE

SPECIAL PRICE

Organic Avocados
from Mexico

BUY 1 GET 1 FREE



BUY 1 GET 1 FREE

Country French Bread
480g



BUY 1 GET 1 FREE

Arla Cheese Slices
125g - 165g



BUY 1 GET 1 FREE

Mary's Organic Crackers & Kookies
Assorted Varieties

GLUTEN FREE



BUY 1 GET 1 FREE

Northern Glacier White Prawns
Raw or Cooked, Ocean Wise, Frozen, 340g



BUY 1 GET 1 FREE

Organic Bunched Carrots
Imported



Organika Organic Spirulina Powder
300g or 500g

BUY 1 GET 1 FREE



The Green Beaver Toothpaste
75ml - 100ml

BUY 1 GET 1 FREE

FEATURED CHOICE



Greenhouse Organic Cold-Pressed Juice & Boosters
Assorted Varieties

BUY 1 GET 1 FREE
plus deposit & eco fee

PRODUCE FRESH • LOCAL • ORGANIC



Organic Gala Apples
from USA,
1.36kg Bag

\$5.98 / EA



Mini Seedless Watermelon
Imported

\$5.98 / EA



Gourmet Bouquet

\$24.98 / EA

Blackberries
from USA,
170g Pkg.



\$3.98 / EA

Cherry Tomatoes
Cameo or Tango
1 Dry Pint



\$3.98 / EA

Asiatic Lily
Sold by the Bunch



\$9.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



LOCAL

SPECIAL PRICE

\$13.99 / LB

Organic Chicken Breast

Fresh, Boneless Skinless, \$30.84/KG



SPECIAL PRICE

BUY 1 GET 1 FREE

Ribeye Steaks

Raised Without Antibiotics, 100% Grass Fed, Value Pack



WESTERN CANADIAN

\$4.99 / LB

Pork Sirloin Chops

Fresh, Boneless, Raised Without Antibiotics, \$11.00/KG



LOCAL

\$3.99 / LB

Chicken Drumsticks

Raised Without Antibiotics, Value Pack, \$8.80/KG

GLUTEN FREE



Freybe's Rhineland Bacon

Double Smoked,
375g

\$7.99

Old Country Pastas

350g - 907g



20% OFF



Yves Wieners

Also Pepperoni, Ham & Bologna Slices, Assorted Sizes & Varieties

BUY 1 GET 1 **FREE**



Raincoast Global Wild Skipjack Tuna

Select Varieties, 142g

BUY 1 GET 1 **FREE**



Quesava Poppers

Also Samosas & Perogies, Assorted Sizes

BUY 1 GET 1 **FREE**



Casa Fiesta Canned Beans

Also Seasonings, Assorted Sizes

BUY 1 GET 1 **FREE**



Mezzetta Olives

Assorted Sizes

BUY 1 GET 1 **FREE**



Lily's Chocolate Bars

Sweetened with Stevia, 80g & 85g

BUY 1 GET 1 **FREE**



Cove Organic Kombucha

Also Soda, 355ml

BUY 1 GET 1 **FREE**
plus dep & eco fees



We Love Van Honey

375g

BUY 1 GET 1 **FREE**



Avafina Organic Quinoa

Select Varieties, 425g

BUY 1 GET 1 **FREE**

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



YOU SAVE
\$8.50

Acropolis Organic Extra Virgin Olive Oil

500ml

\$19.99



Rao's Premium Pasta Sauce

660ml

\$10.99

Delverde Pasta

450g



2 FOR **\$5.00**



Lundberg Nutra-Farmed Rice

907g

\$7.99



Pacific Foods Organic Broth

Select Varieties, 946ml - 1L

2 FOR **\$9.00**



Daiya Dairy-Free Pizza

Also Flatbread, Assorted Sizes, Select Varieties

\$7.49



Earthbound Farm Organic Vegetables

Frozen, Assorted Sizes

\$2.99



L'Ancêtre Organic Cheese

Select Varieties, 325g

\$10.99



Hardbite Natural Potato Chips

128g - 150g

\$2.99



La Croix Sparkling Water

8 Pack

\$5.99
plus dep & eco fees

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



\$5.99



**49th Parallel
Coffee**
340g

\$13.99



**Organic Meadow
Organic Milk**
4L

\$10.49
plus dep & eco fees



**Tre Stelle
Shredded
Cheese**
Select Varieties,
Assorted Sizes

2 FOR \$10



**Organic Meadow
Organic Butter**
Grass Fed,
Lightly Salted,
250g

\$8.99



**Blue Diamond
Almond Breeze**
Fresh, 1.89L

\$4.99
plus dep & eco fees



**Joyya
Ultrafiltered
Milk**
1L

\$4.79
plus dep & eco fees



**Yoggu!
Coconut
Yogurt**
450g

\$6.49



**Riviera Petite
Style Yogurt**
Select Varieties,
4 Pack

\$5.99



**Earth Balance
Buttery
Spread**
Select Varieties,
425g

\$5.99

NOURISHING LIFESTYLES SINCE 1990



**Casa Bonita Organic
Tortilla Chips**
Cantina Style
Select Varieties,
300g

\$4.79



**Mrs. Renfro's
Salsa**
473ml

\$5.49



**Cholula
Sauces**
150ml

\$5.99



**Sober Carpenter
Non-Alcoholic
Beverage**
Made in Canada,
473ml

2 FOR \$4.00
plus dep & eco fees



**Hobbs
Pickles**
Select Varieties, 1L
New York Taste -
West Coast Vibe

\$11.99



**Daiya
Cheese Slices**
Also Blocks & Shreds,
Select Varieties,
Assorted Sizes

\$4.29



**Nuts for Cheese
Organic Spreads**
Select Varieties,
210g

\$8.49



**Nature's
Bakery Whole
Wheat Fig
Bars**
6 Pack

\$6.99



**FreeYumm
Crackers**
GMO Free, 120g

\$3.99



**Chocolove
Premium
Chocolate
Bars**
88g - 90g

2 FOR \$7.00



**Dream Pops
Bites Frozen
Dessert**
Select Varieties,
118ml

\$5.99

PLANT
BASED

DELI

PREPARED FRESH



Vegetable Herb Samosa
160g

2 FOR \$6.00



Summer Fresh Hummus Toppers
Assorted Varieties,
255g

\$5.49



Choices Fajita
Vegetable or Chicken,
220g - 250g

BUY 1 GET 1 FREE



Choices Egg Bites
Broccoli Cheddar
or Spinach & Feta,
80g - 90g

4 FOR \$6.00



Choices Fresh Salsa
Mango, Corn or
Tomato, 350g

FROM \$5.99



Choices Wild Salmon Lox Bagels

\$8.99



Choices Ready to Eat Wraps

\$9.99



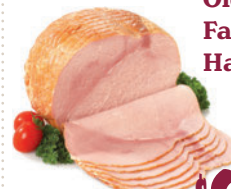
Choices Ready to Eat Artisan Salads
Assorted Sizes

FROM \$8.99



Henri Willig Gouda Cheese
Mild, Medium,
Aged or Spiced
Cumin

\$3.99 / 100gr



Old Fashioned Ham

\$2.99 / 100g

BAKERY

FRESH BAKED • WHOLESOME



Choices Artisan Loaf
Caramelized Onion
& Rosemary,
420g

\$5.99



Silver Hills Sprouted Power Organic Buns
Hamburger & Hot
Dog, 330g - 390g

\$4.99



Choices Dessert Cups
Mocha, Strawberry
or Tuxedo, 150g

\$4.49



Choices Cookies
Wheat-Free
Select Varieties
90g - 200g

\$5.99



Choices Banana Bread
Also Orange
Cranberry Loaf,
300g - 454g

\$7.99



Little Northern Bakehouse Bagels
Pack of 4

\$5.99



Alkeme Ancient Grains Sourdough Bread
725g

\$8.99



La Tortilla Factory Organic Tortillas
Select Varieties,
216g - 240g

BUY 1 GET 1 FREE

Let us help you
navigate
nutrition



WITH A FREE,
PERSONALIZED
STORE TOUR



CHOICES
MARKET

REGISTER HERE OR
VISIT US ONLINE AT
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TASTED THE GOOD NEWS YET? INTRODUCING ONLY GOODNESS



\$3⁴⁹

Only Goodness Organic Riced Cauliflower
Frozen, 340g



Only Goodness Compostable Food Waste Bags
10 Pack

\$5⁴⁹



Only Goodness Organic Honey
375g

\$5⁴⁹



Only Goodness Quinoa Cookies
165g

2 FOR \$8⁰⁰



Only Goodness Organic Bone Broth
946ml

2 FOR \$10⁰⁰



\$12⁹⁹

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

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Botanica Perfect Protein
Also Perfect Protein Elevated, Assorted Varieties, 629g-840g

\$55⁹⁹



Flora Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Living Alchemy Your Flora Series
Also Fermented Activated Herbs, Assorted Sizes & Varieties

25% OFF



Nordic Naturals Fish Oil Supplements
Assorted Sizes & Varieties

25% OFF



Natural Factors Vitamin A, D & K Supplements
Assorted Sizes & Select Varieties

20% OFF



AOR Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



WithinUs TruMarine Collagen
Also Creamers & Rehydrate, Assorted Sizes & Varieties

20% OFF



Nature's Way Herbal Supplements
Assorted Sizes & Varieties

20% OFF



Mad Hippie Facial Care
Assorted Sizes & Varieties

20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties

\$16⁹⁹



Mineral Fusion Natural Cosmetics
Assorted Sizes & Varieties

30% OFF



Jason Naturals Body & Hair Care
Assorted Sizes & Varieties

25% OFF

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CHOICES MARKET

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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