



CHOICES MARKET

100% BC OWNED AND OPERATED

**PARKSVILLE
LONG WEEKEND
SPECIALS!**

MAY
18 - 20
ONLY

**PLANT
SALE**

See last page
for details.

Special Parksville Edition Prices Effective • May 16 - 22, 2024



FEATURED CHOICE

T-Bone Steaks

100% Grass Fed,
Raised without Antibiotics,
Imported, Value Pack,
\$24.23/KG

\$10.99 / LB

YOU SAVE
61%

SPECIAL PRICE

Only Goodness Organic Button Mushrooms

Grown in BC, Select Varieties,
227g Pkg.

\$2.98 / EA



Asparagus

Grown in BC,
\$10.98/KG

\$4.98 / LB

YOU SAVE
\$2.00



WILD
CAUGHT

YOU SAVE
44%

\$2.99 / 100G

Sockeye Salmon Fillet

Ocean Wise, Previously Frozen or Frozen,
Value Pack



\$3.98 / EA

Strawberries

Grown in USA, 454g Pkg.

YOU SAVE
\$3.00



Rosstown Roasted Chickens

\$10.99 / EA



Choices Hamburger or Hot Dog Buns

Pack of 6

2 FOR \$7.00



Flora Vitamins & Supplements

Assorted Varieties
& Sizes

25% OFF



NEW



\$39.99 / EA

CHOICES' EXCLUSIVE

Organika Electrolytes Iced Tea

210g



Hardbite Potato Chips

128g - 150g



\$2.99



La Croix Sparkling Water

8 x 355ml

\$5.99

plus dep & eco fees



Breyers Creamery Style Ice Cream

1.66L

\$7.99

PRODUCE FRESH • LOCAL • ORGANIC

LOCAL



\$4.98 / EA

Organic Ambrosia Apples
Grown in BC, 1.36kg Bag



Nectarines
Grown in USA,
\$8.77/KG

\$3.98 / LB

Organic Kale

Green, Black and Red, Grown in USA,
Sold by the bunch

2 FOR \$5.00



Everyday Bouquet

\$14.98 / EA

Assorted Spray Mums

\$7.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$2.99 / LB

Fresh Chicken Legs

Island Farm Poultry, Value Pack, \$6.59/KG



Rossdown Farms Chicken Breast Kabobs

Raised without Antibiotics, Select Varieties, 400g

\$9.99 / EA



Choices Own BBQ Sausages

Raised Without Antibiotics, Pork, Chicken & Turkey Varieties

20% OFF



BUY 2 GET 1 FREE

Grimm's Sizzlin Smokies

Select Varieties, 450g



\$14.99 / EA

Belmont Beef Burgers

Frozen, 852g



\$7.99 / LB

Fresh Pork Back Ribs

Raised Without Antibiotics, \$17.61/KG



\$12.99 / EA

Harvest Bacon

Select Varieties, 500g



\$9.99 / EA

Northern Glacier Shrimp

Ocean Wise, Raw or Cooked, Frozen, 340g



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

\$6.49



**Nuts to You
Almond Butter**
Assorted Varieties,
365g

\$7.49



**49th Parallel
Coffee**
340g

\$12.99



**Happy Planet
Creamery
Organic Fine
Cultured Butter**
Grass Fed, 200g

\$8.99



**Siggi's
Skyr Yogurt**
Assorted
Varieties & Sizes

\$5.99



**Earth's Own
Oat Barista
Blend**
946ml

\$4.99



**The A2 Milk
Company
Milk**
2L

\$5.99
plus dep & eco fees



**Silk
Non-Dairy
Beverage**
Assorted
Varieties & Sizes

\$5.49
plus dep & eco fees



**Yoggu!
Coconut Yogurt**
Made With Dairy
Free Probiotic
Cultures, 450g

\$6.49

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



Leclerc Cookies
Célébration or
Praeventia, Assorted
Varieties & Sizes

\$4.49



**RW Knudsen
Just Juice**
946ml

\$11.99
plus dep & eco fees



**Fever-Tree
Tonic Water**
Also Sodas,
Assorted Varieties,
8 Pack

\$5.99
plus dep & eco fees



**Organic
Traditions
Dried Fruit**
Assorted Varieties
& Sizes

\$5.99



**Alkiss
Alkaline
Water**
4L

\$3.99
plus dep & eco fees



**Zevia Zero Sugar
Energy Drinks**
Naturally Sweetened,
Assorted Varieties,
355ml

3 FOR \$5.00
plus dep & eco fees



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

2 FOR \$6.50



**NoochPop !
Nutritional
Yeast Popcorn**
Plant-Based, 120g

2 FOR \$8.00



**The Good Crisp
Potato Chips**
160g

2 FOR \$7.00



**Favuzzi
Pasta Sauce**
Assorted
Varieties,
480ml

\$6⁹⁹

**Jovial Organics Einkorn
Whole Wheat Pasta**
Assorted Varieties & Sizes



\$4⁴⁹



**Earthbound
Farm
Vegetables**
Assorted Varieties &
Sizes, Frozen

2 FOR \$6⁰⁰



**Suzie's Organic
Condiments**
Assorted Varieties
& Sizes

30% OFF



**Maison Orphée
Unrefined Oil**
Sesame or Sunflower,
Assorted Varieties,
500ml & 750ml

\$12⁹⁹



**Naked & Saucy
Organic Coconut
Seasoning Sauces**
Assorted Varieties,
296ml

30% OFF



**Hornby Organic
Energy Bars**
Select Varieties,
80g

2 FOR \$5⁰⁰



**Camino
Fair Trade
Organic
Chocolate Bars**
80g & 100g

2 FOR \$7⁰⁰



**Laiki 100%
Whole Grain
Rice Crackers**
100g

2 FOR \$6⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**Holy Napoli
Frozen Pizza**
Assorted Varieties
& Sizes

\$5⁹⁹



**Armstrong
Cheese**
600g

\$8⁹⁹



**RW Garcia
Crackers**
155g - 180g

\$5⁹⁹



**Plumm Good
Organic Rice
Cakes**
185g

\$4⁴⁹



**Big Mountain
Foods Meat
Alternatives**
Assorted Varieties
& Sizes

\$5⁹⁹



**Sol Cuisine
Burgers**
Assorted Varieties
& Sizes

\$5⁹⁹



**Lucky Seoul
Kimchi**
Assorted Varieties
& Sizes

30% OFF



**Thai Kitchen
Curry Paste**
112g

2 FOR \$7⁰⁰



**Echoclean
Laundry
Detergent**
1.5L

\$8⁹⁹



**Made Good
Granola Bars**
Assorted Varieties
& Sizes

30% OFF



**Lakanto
Monkfruit
Sweeteners**
Assorted Sizes

50% OFF



**Lotus Foods
Organic Rice
Noodles**
Assorted Varieties
& Sizes

30% OFF

DELI

PREPARED FRESH



Choices
Sesame Ginger
or Golden Curry
Tofu Salad

\$2.49 / 100g



Choices Grilled
Broccoli Salad
or Persian Garden
Couscous Salad

\$2.29 / 100g

COME IN FOR A FREE SAMPLE



**Salt Spring
Gelato**

1 SCOOP **\$3.00**

2 SCOOP **\$5.00**



**Yucatan
Guacamole**
227g

\$6.99



**Spinach
& Feta or
Ricotta &
Feta Twisters**

2 FOR \$5.00



Choices
Veggie Cakes
140g

2 FOR \$6.00



**Arla
Cheese
Slices**
125g - 165g

\$5.99



Choices
Fresh Salsa
Tomato,
Roasted Corn or
Mango, 350g

FROM \$5.99



**Whiskey
Oak Smoked
Cheddar
Cheese**

\$4.99 / 100g



**Little
Qualicum
Cheese Works**
Assorted Varieties
& Sizes

15% OFF

BAKERY

FRESH BAKED • WHOLESOME



**Choices New York Style
Blueberry Cheesecake**
540g



\$16.99



Choices
Artisan Cookies
220g

\$6.99

Uprising Bread

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



FROM \$4.99



Wendel's Pie
Apple or
Strawberry
Rhubarb, 8 Inch

\$11.99



**Little Northern
Bakehouse
Breads & Loaves**
452g - 482g

\$6.49



**Pretzilla
Pretzel Buns**
Burger, Pack of 4
or Sausage, Pack
of 6

\$5.99

Choices Artisan Fruit Pies
8 Inch

\$9.99

FREE WELLNESS EVENT

HEALTHY AGING: ENZYMES FOR LIFE

MAY 22ND, 4:00PM - 5:30PM, CHOICES PARKSVILLE

Unlock the Secrets to Healthy Aging!

Discover the Healing Power of Enzymes at

**Choices Market. Reduce inflammation, improve
digestive health, balance pH, and more. Join Us!**

3 DAY PLANT SALE SATURDAY, MAY 18TH - MONDAY, MAY 20TH



Organic Assorted Vegetable Plants
Tried & True,
4 Inch Pot

\$3⁴⁹



Assorted Geranium Plants
4 Inch Pot

\$4⁹⁹



Organic Assorted Herb Plants
Tried & True,
4 Inch Pot

\$4²⁹



Premium Potting Soil
Leong's Nursery,
20 Litre Bag

\$12⁹⁹



Organic Assorted Tomato Plants
Tried & True,
4 Inch Pot

\$3⁴⁹



Organic Italian Genovese Basil Plant
Tried & True,
4 Inch Pot

\$4²⁹



Assorted Flowering Annuals
606 Pack

\$4⁴⁹



Ocean Plus Earth Mix
Cinnabar Valley Farms,
40 Litre Bag

\$17⁹⁹

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



MegaFood Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



Garden of Life Proteins & Sport Nutrition Products
Assorted Varieties & Sizes

20% OFF



Mineral Fusion Natural Cosmetics
Assorted Varieties & Sizes

25% OFF



The Green Beaver Face Care
Also Body Care & Sun Care, Assorted Varieties & Sizes

20% OFF



Enerex Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Healthology Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Dr. Hauschka Facial Care
Assorted Varieties & Sizes

20% OFF



Organyc Organic Feminine Hygiene
Assorted Varieties & Sizes

20% OFF



Prairie Naturals Enzymes
Assorted Varieties & Sizes

20% OFF



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

20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties,
1 Kit

16²⁹



JäsÖn Naturals Body Wash
Assorted Varieties,
871ml

\$15⁴⁹

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

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/DiscoverChoicesMarket

@ChoicesMarket



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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