



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • May 23 - May 29, 2024



ISLAND LOCAL

SPECIAL PRICE

Fresh Chicken Breasts
Island Farm Poultry
Boneless, Skinless,
Value Pack, \$15.41/KG

\$6.99 / LB

YOU SAVE **44%**

SPECIAL PRICE

Organic Broccoli
Grown in USA,
\$6.57/KG

\$2.98 / LB

YOU SAVE **\$1.00**



\$5.99 / EA

YOU SAVE **25%**

**Rossdown Roasted
Half Chickens**



\$5.98 / EA

YOU SAVE **\$2.00**

Organic Strawberries
454g Pkg.



Choices Sourdough Bread
Levain Style, 530g

YOU SAVE **33%**

\$3.99



**New Roots
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Rise Organic
Kombucha**
1L

YOU SAVE **30%**

\$6.99
plus deposit & eco fee



**Kettle Brand
Potato Chips**
156g & 198g

YOU SAVE **36%**

2 FOR \$6.00



YOU SAVE **25%**

**Café William
Whole Bean
Coffee**
300g & 340g

\$11.99



YOU SAVE **31%**

**Uncle Luke's
Organic
Maple Syrup**
500ml

\$12.99

CHOICES  MARKET

WEDNESDAY, MAY 29

ONE DAY ONLY

**15%
OFF***

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE
THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.

FEATURED CHOICE



Choices Homestyle Potato Salad
Also Dijon Potato, Traditional Macaroni,
Coleslaw

YOU SAVE **45%**

.99 / 100G

PRODUCE FRESH • LOCAL • ORGANIC



Organic Hass Avocados
Grown in Mexico,
Bag of 3

\$5.98 / EA



Hot House Mini Cucumbers
Grown in Canada,
454g Pkg.

\$2.98 / EA



Gourmet Bouquet

\$24.98 / EA

Peach
Grown in USA,
\$8.77/KG



\$3.98 / LB

Grape Tomatoes
Grown in BC,
907g Pkg.



LOCAL

\$5.98 / EA

Assorted Mini Carnations
10 Stems per bunch,
Sold by the Bunch



\$7.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$11.99 / LB

Ribeye Grilling Steaks or Roast
100% Grass Fed, Raised without Antibiotics,
Imported, Value Pack, \$26.43/KG



\$5.99 / LB

Boneless Pork Chops
Centre Cut or Rib, Raised without Antibiotics,
\$13.21/KG



\$10.99 / LB

Leg of Lamb Roast or Steaks
Boneless, Raised without Antibiotics, Free Range,
New Zealand, \$24.23/KG



\$5.99 / 100G

Fresh Halibut Fillets
Ocean Wise



\$3.99 / 100G

Fresh Ling Cod Fillets
Ocean Wise



Shorba Bone Broth
750ml

LOCAL

\$11.99 / EA

Greenfield Bacon
Raised without
Antibiotics, 375g



\$7.99 / EA



**La Chaudière
Organic Cheese**
340g

\$9.99



**Rabbit River Farms
Large Eggs**
Free Range, 1 Dozen



\$6.99



**Dairyland
Organic Milk**
1.89L



\$5.99
plus deposit & eco fee



**Armstrong
Cheese Slices**
Assorted Sizes



\$4.99



**Avalon
Chocolate Milk**
1L



\$4.49
plus deposit & eco fee



**Rise Organic
Oat Milk**
946ml

\$6.99
plus deposit & eco fee



**Spread'em
Cashew Dairy
Free Cheese**
200g

\$7.49



**Danone Oikos
Greek Yogurt**
4 Pack

2 FOR \$8.50



**Tree Island
Greek Style Yogurt**
Grass Fed,
325g & 350g



\$4.99

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



**Rao's All Natural
Premium Pasta
Sauce**
660ml

\$9.99



**Rizopia Organic
Brown Rice Pasta**
Assorted Varieties &
Sizes

40% OFF



**Imagine
Organic Broth**
1L

2 FOR \$8.00



**Primal
Dressings**
Assorted Varieties &
Sizes

\$8.99



**Chosen Foods
Extra Virgin
Avocado Oil**
750ml

\$15.99



**Bragg's Organic
Apple Cider
Vinegar**
473ml

\$4.99



**Kaslo
Fermentata
Pasta**
454g

\$8.99



**Mutti
Tomato
Puree**
680ml

\$4.99



**Earth's Choice
Organic
Coconut Cream**
400ml

\$2.99



**Bremner's
Blueberries**
Frozen,
600g



\$6⁹⁹



**Amy's
Frozen Pizza**
Assorted
Varieties & Sizes

\$10⁹⁹



**Field Roast
Sausages**
368g

\$6⁹⁹



**Ben & Jerry's
Ice Cream**
Assorted Varieties,
473ml

\$4⁹⁹



**Sunflower
Kitchen
Hummus**
Assorted Varieties,
227g

2 FOR \$7⁰⁰



**Karthain's
Organic
Sauerkraut**
750ml

\$9⁹⁹



**Let's Do
Organic Ice
Cream Cones**
12 Cones

\$4⁹⁹



**Sonoma
Creamery
Cheese Crisps**
64g

\$4⁹⁹



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

\$11⁹⁹

NOURISHING LIFESTYLES SINCE 1990



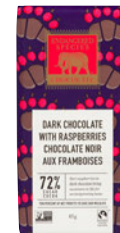
**Vortex 9.5
High Alkaline
Water**
1.5L

2 FOR \$5⁰⁰
plus deposit & eco fee



**Traditional
Medicinals Organic
Herbal Tea**
Assorted Varieties,
16 Bags

2 FOR \$9⁰⁰



**Endangered
Species
Chocolate Bars**
85g

\$3⁹⁹



**Loop
Cold-Pressed
Juice**
355ml

\$3⁹⁹
plus deposit & eco fee



**GoMacro
Organic
Protein Bar**
Assorted Varieties
& Sizes

2 FOR \$6⁰⁰



**RJ's
Licorice**
180g

2 FOR \$7⁰⁰



**Good Drink
Natural Iced
Teas**
473ml



2 FOR \$5⁰⁰
plus deposit & eco fee



**Kind Energy
Fruit & Nut
Bars**
40g

3 FOR \$6⁰⁰



**Patience Fruit &
Co. Sour Candy**
Made with Dried
Organic Cranberries,
60g

2 FOR \$5⁰⁰

DELI

PREPARED FRESH



Choices
Chicken Skewers
Assorted Varieties,
Ready to Eat, 55g

4 FOR **\$10.00**



Choices
Wraps
Ready to Eat

\$8.99



Kan's Gourmet
Foods Wheat
Free Fritters
Assorted Varieties

\$3.49 / 100g



Choices Artisan
Green Salad
Bowls

Ready to Eat,
275g - 400g

\$1 OFF



Rosemary
Ham

\$2.99 / 100g



Summer Fresh
Hummus
Toppers

Assorted Varieties,
255g

\$4.99



Dofino
Havarti Cheese
Assorted Varieties

\$3.49 / 100g



Halloumi
Grilling
Cheese
200g

\$6.99



Aged
Parmesan
Petals

Also Asiago Shreds

\$3.99 / 100g

BAKERY

FRESH BAKED • WHOLESOME

NEW VARIETY
WHEAT FREE
CRANBERRY
CHOCOLATE
COOKIES



Choices
Signature
Cookies
12 Pack

\$5.99



Choices Lemon
Meringue Pie
also Young Coconut
Cream Pie, 6 Inch

\$6.99



Choices Cake
Red Velvet or Vanilla
Cream, 6 Inch

\$17.99



Choices Keto
Coconut
Muffins
Also Mini Almond
Torte, 4 ~ 6 Pack

\$4.29



Queen St.
Bakery Bagels
Assorted Varieties,
5 Pack

\$6.99



Ozery Morning
Snacking or
One Bun
Assorted Varieties,
312g ~ 600g

25% OFF

CHOICES **MARKET**

MAY 29, 2024

15% OFF*

ONE DAY ONLY

YOUR IN-STORE PURCHASE, INCLUDING
ITEMS ON SALE THROUGHOUT
THE ENTIRE STORE AND PURE PHARMACY.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Athletic Brewing
Non-Alcoholic
Beverage**
355ml

2 FOR \$4.00

plus deposit & eco fee



**Purplesful
Snacking
Popcorn**
Ancient Grain, 136g

\$3.99



**Que Pasa
Organic Grain
Free Tortilla
Chips**
142g

2 FOR \$8.00



**Want Want Hot Kid
Rice Crisps**
100g

3 FOR \$7.00



**Wakewater
Sparkling
Water**
355ml

2 FOR \$4.00

plus deposit & eco fee



**Handfuel
Hand Roasted
Nuts**
Assorted Varieties
& Sizes

\$5.99



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

\$5.99



**Aspen Clean
Laundry &
Cleaning
Products**
Assorted Varieties
& Sizes

30% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**AOR
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Vega All-In-One
Shake & Vega
Sport**
Assorted Varieties
& Sizes

20% OFF



**Smart Solutions
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Organika
Enhanced
Collagen**
500g

\$44.49

**BioSil, Medi-C, Sealicious &
Vegiday Supplements**
Assorted Varieties & Sizes



25% OFF



**NutraSea
Omega-3
Fish Oil
Supplements**
Select Varieties &
Sizes

20% OFF



**Nature's
Way Herbal
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Vitality
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Mad Hippie
Facial Care**
Assorted Varieties
& Sizes

20% OFF



**Andalou
Naturals
Face Care**
Also Body Care,
Assorted Varieties
& Sizes

25% OFF



**Mrs. Meyer's
Hand Soap**
Assorted Varieties,
370ml

\$5.99



**Thinksport
Suncare**
Assorted Varieties
& Sizes

25% 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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