



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • May 30 ~ June 5, 2024



SPECIAL PRICE

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

\$12⁹⁹ / LB

YOU SAVE **18%**

SPECIAL PRICE

Cherries
Grown in USA,
\$15.39/KG

\$6⁹⁸ / LB

FIRST OF THE SEASON



Choices Ready to Eat Artisan Salads

FROM **\$8⁹⁹**

YOU SAVE **\$1⁰⁰**



Choices Cake Slices
Assorted Varieties,
120g

\$3⁹⁹

YOU SAVE **20%**



Earth's Choice Organic Peanut Butter
500g

\$5⁴⁹

YOU SAVE **35%**



Earth's Choice Organic Canned Beans
Select Varieties, 398ml

2 FOR \$5⁰⁰

YOU SAVE **44%**



Ecoideas Superfoods Organic Chia Seeds
Black or White,
227g or 454g

BUY 1 GET 1 **FREE**



Organic Green Grapes
Grown in USA, \$13.18/KG

\$5⁹⁸ / LB

YOU SAVE **\$2⁰⁰**

ALL ITEMS
ON SALE



Natural Factors Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



All Suncare
Select Varieties,
Assorted Sizes

20% OFF

FEATURED CHOICE

Earth's Choice Organic Coffee
Rainforest Alliance,
340g

\$7⁹⁹

YOU SAVE **55%**



PRODUCE FRESH • LOCAL • ORGANIC



\$5.98 / EA

Organic Lemons
Grown in USA, 907g Bag



LOCAL

\$3.98 / EA

Organic Long English Cucumber
From Origin O, BC



Cauliflower
Grown in USA

\$3.98 / EA

Warba Nugget Potatoes

Grown in BC,
\$4.37/KG

\$1.98 / LB



LOCAL

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



LOCAL

\$4.89 / LB

Fresh Chicken Thighs
Raised without Antibiotics, Value Pack, \$10.78/KG



WESTERN CANADIAN

\$6.49 / LB

Fresh Pork Tenderloin
Raised without Antibiotics, \$14.31/KG



LOCAL

\$3.99 / LB

Choices' Own Whole Frying Chicken
Fresh, Raised without Antibiotics, \$8.80/KG



WILD CAUGHT

\$3.49 / 100G

Fresh Steelhead Fillets
Value Pack, Ocean Wise



WILD CAUGHT

\$3.99 / EA

Ahi Tuna Steaks
Frozen or Previously Frozen, Ocean Wise



Stapleton Sausages
Select Varieties,
Frozen

15% OFF

Fresh Ground Chicken

Breast or Leg,
Raised without
Antibiotics

20% OFF



LOCAL



Covered Bridge Potato Chips

Assorted Varieties
170g

2 FOR \$6.00



Black River Juice

Assorted Varieties,
1L

30% OFF
plus dep & eco fees



Rise Organic Kombucha

1L

30% OFF
plus dep & eco fees



Terra Vegetable Chips

141g

BUY 1 GET 1 FREE



Fentimans Craft Sodas

Assorted Varieties,
4 x 275ml

\$8.79
plus dep & eco fees



Santa Cruz Organic Lemonade

946ml

2 FOR \$8.00
plus dep & eco fees



McVitie's Cookies

198g

\$4.49



Vita Coco Coconut Water

Assorted Varieties,
500ml

2 FOR \$4.00
plus dep & eco fees



Whistler Glacier Spring Water

1L

2 FOR \$3.00
plus dep & eco fees

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



Happy Planet Organic Juice & Smoothie

Assorted Varieties,
1.75L

\$4.99
plus dep & eco fees



Elias Honey

Liquid, Squeeze
Bottle, 500g

\$8.99



Numi Organic Tea

Fairtrade, Assorted
Varieties & Sizes

\$5.99



Happy Planet Organic Grass Fed Milk

Assorted Varieties &
Sizes

\$6.99
plus dep & eco fees



Elmhurst Milked Nuts Beverage

946ml

\$6.99
plus dep & eco fees



Maple Hill Farms Free Range Eggs

Large, 12 Pack

\$5.99



Organic Meadow Organic Lightly Salted Butter

250g

\$6.99



Blue Diamond Almond Breeze Beverage

1.89L

2 FOR \$9.00
plus dep & eco fees



The Greek Gods Yogurt

Assorted Varieties,
500g

\$6.49



**Caulipower
Cauliflower
Pizza**
Assorted Varieties &
Sizes, Frozen

\$8.49



**Stahlbush Island
Farms Sustainable
Vegetables**
Assorted Varieties &
Sizes, Frozen

2 FOR \$6.00



**Sprague Organic
Canned Soup**
Assorted Varieties,
398ml

2 FOR \$6.00



**Saputo
Feta Cheese**
200g

\$4.29



**Arla Organic
Cream Cheese**
Assorted Varieties,
200g

\$4.29



**Eve's
Crackers**
108g

\$5.99



**GoGo Quinoa
Organic
Products**
Assorted Varieties &
Sizes

30% OFF



Italpasta Traditional Pasta
Assorted Varieties & Sizes

2 FOR \$8.00



**Mutti Italian
Canned
Tomatoes**
Assorted Varieties &
Sizes

2 FOR \$7.00

NOURISHING LIFESTYLES SINCE 1990



**Lundberg
Organic Rice**
Assorted Varieties,
907g

\$10.49



**Fody
"Gut Friendly"
Pasta Sauce**
Assorted Varieties
& Sizes

\$6.99



**Bella Sun Luci
Sun Dried
Tomatoes**
Assorted Varieties
& Sizes

\$4.49



**Spice Works
Spice Blends**
Assorted Varieties &
Sizes

2 FOR \$7.00



**Nutiva Organic
Coconut Oil**
Assorted Varieties
& Sizes

30% OFF



**Acropolis
Organics Extra
Virgin Olive Oil**
Assorted Varieties
& Sizes

30% OFF



**Nellie's Laundry
& Dishwashing
Products**
Assorted Varieties &
Sizes

30% OFF



**Caboo Bamboo
Sustainable
Bath Tissue**
Assorted Varieties &
Sizes

30% OFF



**The Unscented
Company**
Assorted Varieties &
Sizes

2 FOR \$8.00

DELI

PREPARED FRESH



**Rosstown
Roasted Half
Chickens**

\$6.99



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

FROM **\$5.99**



**Choices Ready
to Eat Wraps**

\$9.99



**Choices
Veggie Cakes**
140g

2 FOR \$6.00



**Choices Roasted
Turkey Breast**
Raised without
Antibiotics

\$4.49 /100g



**Vitale
Sliced Italian
Prosciutto**
Also Salami, 100g

\$10.99



**Shepherd's
Gourmet Sheep
& Cow Feta**
200g

\$7.99



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

\$3.99 /100g



**Tre Stelle
Bocconcini**
200g

\$6.99

BAKERY

FRESH BAKED • WHOLESOME



**Choices
Artisan Feta &
Kalamata Olive
Bread**
500g

\$5.99



**Choices Wholesome
Country Sourdough**
Also Sourdough Multiseed,
575g - 600g

\$4.99



**Choices
Lemon Bars**
& Wheat Free,
106g

2 FOR \$7.00



**Choices
Tiramisu
Cake**
600g

\$19.99



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

\$5.99

**Bakestone Brothers
Organic Tortillas**
Including Gluten Free, 300g - 344g



\$4.49



**Carbonaut
Low Carb Bread**
544g - 550g

FROM **\$6.99**

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)



GROCERY

LOCAL • ORGANIC • SPECIALTY

BUILD YOUR OWN TRAIL MIX

Bulk Fruit, Nuts & Seeds
Assorted Varieties & Sizes, Bins & Prepackaged



20% OFF



Theo Organic Chocolate Bars
Fair Trade, 85g

2 FOR \$9.00



Only Goodness Organic Tomato Sauce
No Salt Added, 398ml

2 FOR \$6.00



Only Goodness 1 to 1 Blend Flour
1.65kg

\$15.99

GLUTEN FREE



Organic Meadow Organic Ice Cream
946ml

\$7.99



Patience Organic Baking Fruit
Assorted Varieties & Sizes

BUY 1 GET 1 FREE



Only Goodness Organic Apple Cider Vinegar
473ml

2 FOR \$5.00



Only Goodness Organic Buckwheat Groats
473g

\$8.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Prairie Naturals Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Salus Floradix & Floravit Supplements
Assorted Varieties & Sizes

20% OFF



AOR Advanced B Complex
90 Capsules

\$39.99



Oneka Hair & Body Care
Assorted Varieties & Sizes

25% OFF



Renew Life Probiotics
Assorted Varieties & Sizes

20% OFF



Vega Protein and Greens
586g - 618g

\$36.99



New Roots Vitamin E8
Also Ultra B Complex, Vitamin C, Assorted Varieties & Sizes

20% OFF



Sunkin Botanicals Natural Face & Hair Care
Assorted Sizes

25% OFF



St. Francis Herb Farm Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Theracurmin Supplements
Assorted Varieties & Sizes

20% OFF



Organic Traditions Greens Superfoods
Assorted Varieties & Sizes

20% OFF



Mountain Sky Natural Body Bar Soap
Assorted Scents, 135g

\$4.99



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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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