# CHOICES MARKET

### PARKSVILLE WEEKLY SAVINGS!

100% BC OWNED AND OPERATED

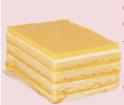
Special Parksville Edition Prices Effective • May 30 - June 5, 2024





**Choices** Ready to Eat **Artisan Salads** 





**Choices Cake Slices** Assorted Varieties,





**Earth's Choice Organic Peanut Butter** 

500g





**Earth's Choice Organic Canned Beans** 

Select Varieties, 398ml





(a) 254 9/ 16 cm

**Ecoideas Superfoods Organic Chia Seeds** 

Black or White, 227g or 454g

BUY 1 GET 1 - R



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





**Natural Factors** Vitamins & **Supplements** 

Assorted Varieties &

20% OFF







#### PRODUCE FRESH · LOCAL · ORGANIC



**Organic Lemons**Grown in USA, 907g Bag



**Organic Long English Cucumber** From Origin O, BC



LOCAL

Warba Nugget
Potatoes
Grown in BC,
\$4.37/KG

#### MEAT & SEAFOOD RESPONSIBLY RAISED - PREMIUM QUALITY







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



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



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



Fresh Steelhead Fillets Value Pack, Ocean Wise



**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





**Covered Bridge Potato Chips** Assorted Varieties

2 FOR \$600



**Black River** Juice

Assorted Varieties, 1L



#### **Rise Organic** Kombucha

plus dep & eco fees



**Terra** Vegetable **Chips** 141g

BUY 1 GET 1 FREE



**Fentimans Craft Sodas** 

Assorted Varieties,  $4 \times 275 ml$ 

plus dep & eco fees



**Santa Cruz Organic** Lemonade 946ml

plus dep & eco fees

**Mcvitie's Cookies** 

198g





Vita Coco **Coconut Water** 

Assorted Varieties, 500ml

2 FOR \$1100



**Whistler Glacier Spring Water** 

1L

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

plus dep & eco fees



**Elias Honey** 

Liquid, Squeeze Bottle, 500g



Numi **Organic Tea** 

Fairtrade, Assorted Varieties & Sizes



**Happy Planet Organic Grass Fed Milk** 

Assorted Varieties & Sizes

plus dep & eco fees



**Elmhurst Milked Nuts Beverage** 946ml

plus dep & eco fees



**Maple Hill Farms** Free Range Eggs

Large, 12 Pack





**Organic Meadow Organic Lightly Salted Butter** 250g



**Blue Diamond Almond Breeze Beverage** 1.89L

plus dep & eco fees



The Greek Gods **Yogurt** 

Assorted Varieties, 500g



Caulipower Cauliflower Pizza

Assorted Varieties & Sizes, Frozen







Stahlbush Island Farms Sustainable Vegetables

Assorted Varieties & Sizes, Frozen

2 FOR \$ 600



Sprague Organic Canned Soup

Assorted Varieties,

2 FOR \$600



Saputo Feta Cheese

200g



\$429



Arla Organic Cream Cheese

Assorted Varieties, 200g

\$429



Eve's Crackers 108g



\$599



GoGo Quinoa Organic Products

Assorted Varieties &

30% OFF



Assorted Varieties & Sizes



2 FOR \$ 800



Mutti Italian Canned Tomatoes

Assorted Varieties & Sizes

2 FOR \$700

#### **NOURISHING LIFESTYLES SINCE 1990**



Lundberg Organic Rice

Assorted Varieties, 907g

\$1049



Fody
"Gut Friendly"
Pasta Sauce

Assorted Varieties & Sizes

\$699



Bella Sun Luci Sun Dried Tomatoes

Assorted Varieties & Sizes

\$449



Spice Works Spice Blends

Assorted Varieties & Sizes

2 FOR \$700



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 \$800



Rossdown Roasted Half Chickens



Choices Fresh Salsa Mango, Corn or Tomato, 350g

FROM \$599



Choices Ready to Eat Wraps

\$999



Choices Veggie Cakes 140g

\$699



Choices Roasted Turkey Breast Raised without

Raised without Antibiotics

\$149 /100g



Vitale Sliced Italian Prosciutto Also Salami, 100g

\$**10**99



Shepherd's Gourmet Sheep & Cow Feta 200g

\$799



Henri Willig Gouda Cheese Mild, Medium, Aged

or Spiced Cumin

\$**3**99 /100g



Tre Stelle Bocconcini 200g

\$699

#### BAKERY

FRESH BAKED · WHOLESOME



Choices
Artisan Feta &
Kalamata Olive
Bread
500g

\$599



Choices Wholesome Country Sourdough Also Sourdough Multiseed,

\$1199



Choices
Lemon Bars
& Wheat Free.

2 FOR \$700



Choices Tiramisu Cake 600g

\$**19**99



Pretzilla Soft Pretzel Buns

Burger, Sausage or Mini Buns, Pack of 4 - 6

\$599

#### Bakestone Brothers Organic Tortillas

Including Gluten Free, 300g - 344g



\$449



Carbonaut Low Carb Bread 544g - 550g

106g

FROM \$ 699

navigate nutrition



## WITH A FREE, **PERSONALIZED** STORE TOUR



REGISTER HERE OR VISIT US ONLINE AT CHOICES.MARKET



#### BUILD YOUR OWN TRAIL MIX

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





**Theo Organic** Chocolate **Bars** 

Fair Trade, 85g

2 for \$900



**Only Goodness** Organic **Tomato Sauce** No Salt Added, 398ml



**Only Goodness** 1 to 1 Blend

Flour 1.65kg

GLUTEN



**Organic** Meadow **Organic Ice Cream** 946ml



**Patience** Organic **Baking Fruit Assorted Varieties** & Sizes

BUY 1 GET 1 FRFF



**Only Goodness Organic Apple Cider Vinegar** 473ml

2 for \$500



**Only Goodness Organic Buckwheat** Groats 473g

#### WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Prairie Naturals** Vitamins & **Supplements** 

Assorted Varieties &

**1)% ()FF** 



**Salus Floradix** & Floravit Supplements

Assorted Varieties & Sizes



**AOR Advanced B** Complex

90 Capsules



Oneka Hair & **Body Care** 

**Assorted Varieties** & Sizes

25% OFF



**Renew Life Probiotics** 

Assorted Varieties & Sizes

20% OFF



Vega Protein and Greens

586g - 618g



**New Roots** Vitamin E8

Also Ultra B Complex, Vitamin C, Assorted Varieties & Sizes



Sunkin **Botanicals Natural Face** & Hair Care

**Assorted Sizes** 



St. Francis Herb **Farm Herbal Supplements** Assorted Varieties &

1)% ()FF

Sizes



**Natural Factors Theracurmin Supplements** 

**Assorted Varieties** & Sizes



**Organic Traditions** Greens **Superfoods** 

Assorted Varieties & Sizes

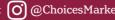


**Mountain Sky Natural Body Bar Soap** Assorted Scents,

135q



Shop online at Choices.Market (O) @ChoicesMarket









319 Island Highway East, Parksville Open 8:00am - 9:00pm Daily | Phone: 250-947-8000



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