



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE VEGAN CHOICES!

Special Parksville Edition Prices Effective • June 6 - 12, 2024

**SPECIAL PRICE**

**Bulk Foods Rice, Beans & Grains**  
Select Varieties, Bulk or Packaged

**25% OFF**

**SPECIAL PRICE**

**Tomatoes On the Vine**  
Grown in BC, \$3.26/KG

**\$1.48 / LB**

**LOCAL**

**YOU SAVE \$2.50 / LB**

**Choices Traditional Hummus**  
Also Hemp, Ginger Boost or Pumpkin Seed, 250g

**YOU SAVE \$1.00**

**\$4.49 / EA**

**Choices Artisan Half Pies**  
280g

**YOU SAVE \$1.00**

**\$6.49 / EA**

**LOCAL**

**Grape Tomatoes**  
Grown in BC, 340g Pkg.

**YOU SAVE \$1.00**

**\$2.98 / EA**

**MADE GOOD**  
Granola Bars  
Chocolate Banana

**GLUTEN FREE**

**30% OFF**

**Made Good Snacks**  
Assorted Varieties & Sizes

**GLUTEN FREE**

**Laiki Rice Crackers**  
100g

**2 FOR \$7.00**

**YOU SAVE \$2.98 ON TWO**

**CanPrev Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**

**Smart Sweets Gummies**  
Low Sugar, 50g

**PLANT BASED**

**2 FOR \$7.00**

**YOU SAVE \$1.98 ON TWO**

**FEATURED CHOICE**

**LOCAL**

**Long English Cucumbers**  
Grown in BC

**YOU SAVE 58%**

**2 FOR \$2.00**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Cauliflower**  
Grown in USA

**\$5.48 /EA**



**Organic Nectarines**  
Grown in USA,  
\$15.39/KG

**\$6.98 /LB**

**Organic Broccolini**  
Grown in USA



**\$3.98 /EA**



**Lily Bouquet**  
3 Stems per  
Bouquet

**\$16.98 /EA**

**Peony**  
10 Stems per  
Bunch



**\$8.98 /EA**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**Sirloin Tip Steaks or Roast**

100% Grass Fed, Raised without Antibiotics,  
Imported, Value Pack, \$17.61/KG

**\$7.99 /LB**



**Beef Burgers**

Fresh, 100% Grass Fed, Raised without Antibiotics,  
Made in Store, Imported, \$22.02/KG

**\$9.99 /LB**



**Duso's Stuffed Pasta**

Select Varieties,  
250g ~ 300g

**\$6.49 /EA**



**Boneless Skinless Chicken Breasts**

Raised without Antibiotics, Fresh,  
\$22.02/KG

**\$9.99 /LB**



**Northern Glacier Black Tiger Prawns**

Ocean Wise, Frozen,  
41/50 Count, 340g

**\$10.99 /EA**



**Whole Frying Chickens**

Island Farm Poultry, Fresh, \$6.59/KG

**\$2.99 /LB**



**Rosstown Marinated Chicken Breasts**

Boneless, Skinless, Raised without Antibiotics,  
Fresh, \$30.84/KG

**\$13.99 /LB**



**Pork Back Ribs**

Raised without Antibiotics, Fresh

**BUY 1 GET 1 FREE**



**Lean Ground Pork**

Ground Fresh in Store, Raised without Antibiotics,  
\$11.00/KG

**\$4.99 /LB**



**Fresh Sockeye Salmon**

Copper River, Ocean Wise

**\$5.99 /100G**





### Kettle Brand Potato Chips

Family Size,  
368g

**\$4.99**



### Zevia Zero Sugar Soda

Stevia Sweetened,  
6 Pack

**\$4.99**

plus deposit & eco fee



### Blue Monkey Coconut Water

Assorted Varieties  
& Sizes

**30% OFF**

plus deposit & eco fee



### Love Good Fats Bars

Select Varieties &  
Sizes

**2 FOR \$4.00**



### Sap Sucker Organic Sparkling Tree Water

355ml

**3 FOR \$5.00**

plus deposit & eco fee



### Flow Alkaline Spring Water

1L

**2 FOR \$4.00**

plus deposit & eco fee

### Stahlbush Island Farms Sustainable Frozen Fruit

Select Varieties & Sizes



**\$4.99**



### GT's Organic Raw Kombucha

480ml

**2 FOR \$7.00**

plus deposit & eco fee



### Just Egg Egg Alternative

500g

**\$7.99**

PLANT  
BASED

## DISCOVER PLANT-BASED CHOICES



### Ezekiel Organic Food for Life Bread

Select Varieties &  
Sizes

**\$7.49**



### Salt Spring Organic Coffee

Fair Trade, 400g

**\$12.99**



### Plumm Good Organic Rice Cakes

95g

**\$2.79**



### Indianlife Vegan & Vegetarian Meals

342g - 400g

**\$5.69**



### Allergy Smart Cookies

140g

**\$4.49**



### Mid-Day Super-Food Squares

33g

**2 FOR \$4.00**



### Love Child Organics Purée

128ml

**2 FOR \$5.00**



### Frankie's Organic Puffs

113g - 140g

**\$2.79**

PLANT  
BASED



### Dandies Vegan Marshmallows

283g

**2 FOR \$8.00**



**Donia Farms  
Grass Fed  
Butter**

Sea Salted, 250g

**\$9<sup>49</sup>**

**Rabbit River Farms  
Free Run Eggs**

Vegetarian Fed, Large, 1 Dozen



**6<sup>49</sup>**



**Kate's Real Food  
Protein Bars**

62g

**2 FOR \$5<sup>00</sup>**



**L'Ancêtre  
Organic Cheese**

Select Varieties  
& Sizes

**\$6<sup>99</sup>**



**Dairyland  
Organic Milk**

1.89l

**\$5<sup>99</sup>**

plus deposit & eco fee



**Saugeen Country  
Organic Yogurt**

908g

**\$4<sup>99</sup>**



**Donia Farms  
Grass Fed  
Feta Cheese**

180g

**\$5<sup>49</sup>**



**Dairyland  
Milk 2 Go**

325ml & 473ml

**2 FOR \$4<sup>00</sup>**

plus deposit & eco fee



**Danone  
Activia  
Yogurt**

12 Pack

**\$8<sup>29</sup>**

**NOURISHING LIFESTYLES SINCE 1990**



**Authentica  
World Cuisine  
Pasta Sauce**

530ml

**2 FOR \$8<sup>00</sup>**



**Nature's Farm  
Organic Pasta**

454g

**\$3<sup>99</sup>**



**Peacock  
Brown Rice  
Pasta**

200g

**\$3<sup>79</sup>**



**Khazana Organic  
Simmer Sauces**

360ml

**\$6<sup>49</sup>**



**Spectrum  
Organic Oil**

Assorted Varieties  
& Sizes

**30% OFF**



**Raincoast  
Trading Sockeye  
Salmon**

Assorted Varieties &  
Sizes

**\$6<sup>99</sup>**



**Two Bears Original  
Oat Milk**

Also Latte or Flash Brew,  
270ml & 946ml

**2 FOR \$6<sup>00</sup>**  
plus deposit & eco fee



**Lotus Foods  
Organic Rice**

850g

**\$9<sup>99</sup>**



**Bar Harbour  
Chowders &  
Bisque**

Assorted Varieties &  
Sizes

**\$4<sup>69</sup>**



# DELI

PREPARED FRESH



## Choices Pasta Salads

Including Greek, Pesto Orzo, Italian Bow Tie with Chicken & Pesto Tortellini

**\$2.29** / 100g



## Farmcrest Specialty Roasted Chickens

**\$13.99** / EA



## Choices Fresh Rolls

148g - 195g

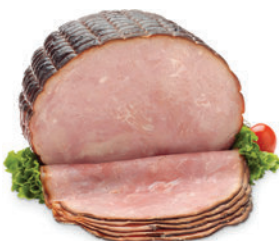
**\$6.49** / EA



## Choices Vegetable Quesadilla

Also Chicken, 200g ~ 220g

**\$5.99** / EA



## Choices Black Forest Ham

Also Honey Ham, Raised without Antibiotics

**\$3.49** / 100g



## Choices Quiche

Ready to Eat, 5 Inch

2 FOR **\$10.00**



## Bella Casara Burrata Cheese

250g

**\$14.99** / EA



LOCAL

## Happy Days Goat Milk Feta Cheese

**\$3.99** / 100g



## Henri Willig Mild or Honey Goat Gouda

**\$4.99** / 100g

# BAKERY

FRESH BAKED • WHOLESOME

## Choices Seeded Sourdough Rye Bread

760g



**\$5.99**



## Choices Multigrain Bread

530g

**\$5.99**

## Choices Vegan Almond Crunch Cookies

Also Chocolate, Pack of 6



**\$6.99**

## Choices Vegan Morning Glory Muffins

Pack of 4



**\$6.49**

## Brioche Hamburger Buns

Also Hot Dog Buns, Pack of 6 or 8



**\$6.49**



## Angel Food Cake Desert Shells

4 Pack

**\$5.49**



## Choices Signature Carrot Cake

600g

**\$14.99**



## Wendel's Apple Pie

Also Strawberry Rhubarb, 8 Inch

**\$10.99**

DISCOVER **THOUSANDS** OF **LOCAL CHOICES**

# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Island Farms  
Premium Ice  
Cream**

1.65L

**\$8.49**



**Paneriso  
Ice Cream  
Cones**

50g

GLUTEN  
FREE

**\$4.99**



**Only Goodness  
Organic  
Flaxseed Meal**

453g

**\$6.99**



**VIP Dish  
Detergent**

740ml

**2 FOR \$5.00**



**We Love Van  
Liquid Honey**

500g

**\$8.99**



**Navitas  
Organics  
Cacao**

227g & 454g

**30% OFF**



**Only Goodness  
Hemp Hearts**

454g

**\$7.99**



**Nature Clean  
Laundry  
Detergent**

3L

**\$11.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Progressive  
Whey Proteins**

Also Vegan &  
Vegessential,  
Assorted Varieties &  
Sizes

**20% OFF**



**NutraSea  
Omega-3 Fish  
Oil Supplements**

Assorted Varieties &  
Sizes

**25% OFF**



**New Roots  
Digestive  
Enzymes**

Assorted Varieties  
& Sizes

**20% OFF**



**Weleda  
Baby Care**

Assorted Varieties  
& Sizes

**25% OFF**



**AOR  
Ortho Sleep**

Also Zen  
Theanine & Gaba  
Supplements,  
Assorted Sizes

**20% OFF**



**Genuine  
Health  
Vitamins &  
Supplements**

Assorted Varieties  
& Sizes

**20% OFF**



**Bach Rescue  
Remedy**

Assorted Varieties  
& Sizes

**25% OFF**



**Naturtint  
Natural  
Permanent  
Hair Colour**

Assorted Colours,  
1 Kit

**\$16.99**



**Platinum  
Naturals  
Vitamins &  
Supplements**

Assorted Varieties  
& Sizes

**20% OFF**



**Boiron  
Homeopathic  
Remedies**

Assorted Varieties  
& Sizes

**20% OFF**



**Now  
Vitamins &  
Supplements**

Assorted Varieties  
& Sizes

**20% OFF**



**Santevia  
Alkaline Water  
Pitchers**

Also Water Systems  
& More, Assorted  
Varieties & Sizes

**20% 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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