



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE CANADIAN CHOICES!

Special Parksville Edition Prices Effective • June 27 - July 3, 2024

SPECIAL PRICE

Chicken Legs
Island Farm Poultry,
Fresh, Value Pack,
\$6.59/KG

\$2.99 / LB

YOU SAVE 25%

Organic Rainbow Chard
From Myers Organic Farms, BC

\$3.48 / EA

Only Goodness Organic White Mushrooms
Grown in BC, 227g

\$2.98 / EA

YOU SAVE 9%

NEW

Choices Artisan Quiche
Family Size, 8 inch

YOU SAVE 26%

\$10.99 / EA

Choices Kale, Caesar or Tossed Salads
Family Size,
350g ~ 400g

\$10.99 / EA

YOU SAVE \$2.00

Choices Hamburger or Hot Dog Buns
6 Packs

YOU SAVE 36%

2 FOR \$7.00

BUY 1 GET 1 FREE

Pork Sirloin Chops
Raised without Antibiotics, Fresh

YOU SAVE 50%

Organic Warba Nugget Potatoes
From Fraserland Organics, BC, \$6.57/KG

YOU SAVE \$1.00 / LB

\$2.98 / LB

FEATURED CHOICE

YOU SAVE 42%

Zevia Zero Sugar Soda
6 Pack

2 FOR \$10.00
plus deposit & eco fee

Humble Organic Potato Chips
Made in Canada,
Ontario,
135g

YOU SAVE \$3.98 ON 2

2 FOR \$6.00

Natural Factors Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

PRODUCE FRESH • LOCAL • ORGANIC



\$4.98 / LB

Organic Green or Red Seedless Grapes
Imported, \$10.98/KG



Large Pineapple
Grown in Costa Rica

\$5.98 / EA

Zucchini

Grown in BC,
\$4.37/KG

\$1.98 / LB



Gourmet Bouquet

\$24.98 / EA

Canada Day Carnations
12 Stems

\$9.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Ribeye Grilling Steaks

Raised without Antibiotics, 100% Grass Fed,
Imported, Value Pack, \$28.64/KG



Harvest Bacon

No MSG Added,
Naturally Smoked,
Thick Sliced, 500g

\$12.99 / EA



Greenfield Wieners or Smokies

Raised without
Antibiotics,
300g - 375g

\$7.99 / EA



\$12.99 / LB

Rosstown Marinated Chicken Breast

Fresh, Boneless, Skinless, Raised without
Antibiotics, \$28.64/Kg



\$15.99 / EA

Legends Haul Heat Back Ribs

Fully Cooked, Raised without Antibiotics,
Locally Produced, 680g



\$3.99 / EA

Ahi Tuna Steaks

Previously Frozen or Frozen, Ocean Wise, 6 oz



\$3.29 / 100G

Steelhead Fillets

Fresh, Ocean Wise, Value Pack



\$9.99 / EA

Northern Glacier Shrimp

Hand Peeled, Frozen, Ocean Wise, 340g

Maple Hill Farms Organic Free Range Eggs

Large, 1 Dozen



\$6⁹⁹

Happy Planet Creamery Organic Milk

Grass Fed
2% & 3.5%, 1.5L



\$6⁹⁹
plus deposit & eco fee



Café William Whole Bean Coffee

340g

\$11⁹⁹



Woolwich Chevrail Goat Cheese

113g

\$3⁷⁹



Earth's Own Almond Beverage

1.75L & 1.89L



\$3⁹⁹
plus deposit & eco fee



Canadian Heritage Organics Maple Syrup

1L

\$22⁹⁹



Armstrong Cheddar Snacks

10 Pack

\$5⁴⁹



Olympic Organic Yogurt

Also Krema, Select Varieties & Sizes



\$4⁴⁹



Riviera Oat Milk Yogurt

Also Coconut Milk, Select Varieties & Sizes

\$5⁹⁹



DISCOVER CANADIAN MADE CHOICES



Holy Napoli Pizza

Frozen, 365g - 425g

\$8⁹⁹



Four O'Clock Organic Fair Trade Tea

16 Bags

\$4⁹⁹



Flow Naturally Alkaline Spring Water

1L

2 FOR \$4⁰⁰



plus deposit & eco fee



Indian Life Frozen Meals

Also Cooking Sauces, Select Varieties & Sizes

\$5⁹⁹



Squamish Water Kefir

355ml

\$2⁷⁹
plus deposit & eco fee



Old Dutch Potato Chips

Regular & Ridgies, 200g & 235g

2 FOR \$7⁰⁰



Eve Smoothie Cubes

Frozen, 405g

\$7⁹⁹



Organic Meadow Organic Ice Cream

946ml

\$7⁹⁹



Patience Organic Baking & Snacking Dried Fruit

Assorted Sizes & Varieties

30% OFF





Only Goodness Beef Burgers

Frozen, 720g

\$13⁹⁹



Only Goodness Compostable Bowls

12oz., 15 Pack

\$2⁴⁹



Only Goodness Compostable Dinner Plates

10", 40 Pack

\$3⁹⁹



Only Goodness Mustard

Yellow, Dijon & Stone Gound, 325ml

\$3⁴⁹



Only Goodness Organic Canned Beans

398ml

2 FOR \$5⁰⁰



Only Goodness Organic Popcorn

700g

\$5⁹⁹



Only Goodness Organic BBQ Sauce

350ml

\$5⁴⁹



Only Goodness Organic Apple Cider Vinegar

473ml

\$4²⁹



Only Goodness Quinoa Cookies

Also Chocolate Chips Cookies, 165g

\$3⁷⁹



NOURISHING LIFESTYLES SINCE 1990



Cabana Natural Lemonade

591ml

2 FOR \$5⁰⁰

plus deposit & eco fee



Brew Dr. Organic Kombucha

414ml

2 FOR \$6⁰⁰

plus deposit & eco fee



Buderim Ginger Beer

Non Alcoholic, 4 Pack

\$5⁹⁹

plus deposit & eco fee



Guayaki Organic Yerba Mate

458ml

2 FOR \$4⁵⁰

plus deposit & eco fee



Tate's Bake Shop Cookies

198g

\$7⁴⁹



GimMe Organic Roasted Seaweed Snacks

6 Pack

\$6⁹⁹



Raincoast Trading Wild Pink Salmon

Select Varieties & Sizes



\$3⁹⁹



Saugeen Country Organic Yogurt

Also Kefir, 908g

\$4⁹⁹



Bob's Red Mill Muesli

Also Granola & Pancake Mix, Select Varieties & Sizes

30% OFF

DELI PREPARED FRESH



Choices Chicken Skewers
Ready to Eat, 55g

4 FOR \$12⁰⁰



Choices Paneer or Tofu Skewers

\$5⁹⁹

NEW



Choices Wild Salmon Cakes
130g

2 FOR \$8⁰⁰



Spinach & Feta Twisters
Also Ricotta & Feta

2 FOR \$6⁰⁰



Summer Fresh Dips

Also Hummus, Assorted Varieties, 227g

2 FOR \$8⁰⁰



Choices Croissant Sandwiches

\$6⁹⁹



Honey Ham

\$2⁹⁹ / 100G



Saputo Bocconcini Cheese
200g

\$6⁴⁹ / EA



Bella Casara Cheese
250g

\$14⁹⁹



German Butter Cheese

\$2⁹⁹ / 100G

BAKERY FRESH BAKED • WHOLESOME



Choices Artisan Fruit Pies
Assorted Varieties, 8 Inch

\$10⁹⁹ / EA



Choices Lemon Meringue Pie
Also Coconut Cream, 6 Inch

\$7⁹⁹



Choices New York Style Cheesecake
540g

\$16⁹⁹



Uprising Breads
Cracked Wheat & Sunflower or Whole Wheat Raisin, 650g & 740g

2 FOR \$9⁰⁰



Uprising Breads Jumbo Gingersnap Cookies
6 Pack

2 FOR \$9⁰⁰



Wendel's Pie
Strawberry Rhubarb or Apple, 8 Inch

\$10⁹⁹



Glutenull Bread
Also Buns, 425g - 750g

\$9⁹⁹

MORE CHOICES. MORE VALUE.

INTRODUCING THE CHOICES PRICE DROP ON THOUSANDS OF YOUR FAVOURITE ITEMS.



VISIT CHOICES PARKSVILLE TODAY.

GROCERY

LOCAL • ORGANIC • SPECIALTY



Naked & Saucy Organic Cooking Sauces

Select Varieties & Sizes

\$5.99



Suzie's Organic Condiments

Select Varieties & Sizes

30% OFF



Dandies Marshmallows
283g

2 FOR \$9.00



Organika Electrolytes
350g

35% OFF



Briannas Salad Dressing

355ml

\$5.99



Hobbs Pickles

1L

\$11.49



Mochi Coconut Ice Dessert

450g

\$7.49

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Prairie Naturals Vitamins & Supplements

Also Hair Care, Assorted Sizes & Varieties

20% OFF



Progressive Whey Proteins

Also Vegan & VegEssentials, Assorted Varieties & Sizes

20% OFF



St. Francis Herb Farm Herbal Supplements

Assorted Sizes & Varieties

20% OFF



CanPrev Vitamin B & C

Assorted Sizes & Varieties

20% OFF



RenewLife Probiotics

Assorted Sizes & Varieties

20% OFF



Manitoba Harvest Hemp Hearts

Also Hemp Proteins, Assorted Sizes & Varieties

25% OFF



Bach Rescue Remedy

Assorted Sizes & Varieties

20% OFF



New Chapter Vitamins

Also Supplements, Assorted Sizes & Varieties

15% OFF



All Good Suncare

Also Lotion, Assorted Sizes & Varieties

30% OFF



Mountain Sky Natural Body Bar Soap

Assorted Scents, 135g

\$5.49



Dr. Bronner's Non GMO Organic Pure-Castile Soap

Assorted Varieties, 473ml

\$12.99



Naturtint Natural Permanent Hair Color

Assorted Colours, 1 Kit

\$16.99



Shop online at Choices.Market



@ChoicesMarket



/DiscoverChoicesMarket



@ChoicesMarket



PARKSVILLE, BC

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



Phone: 250-947-8001

Pharmacy Hours: Monday - Friday 9 am - 6 pm
Saturday 9 am - 5 pm | Sunday 10 am - 4 pm

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.