



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE FATHER'S DAY CHOICES!

Special Parksville Edition Prices Effective • June 13 - 19, 2024



SPECIAL PRICE

Organic Red
Seedless
Watermelon
Grown in Mexico

\$8.98 / EA

SPECIAL PRICE

Striploin Steaks
100% Grass Fed,
Raised without Antibiotics,
Value Pack, Imported

BUY 1 GET 1 FREE



YOU SAVE
\$3.00 / EA

CHOICES  MARKET

FATHER'S DAY SALE



**1 DAY SPECIAL,
JUNE 16TH ONLY!**

*Excluding Lotto, Gift Card purchases & Pharmacy prescriptions.
Sale not available online.

Trevor Linden,
NHL Icon



Prairie Naturals Vitamins
& Supplements

Assorted Varieties
& Sizes

20% OFF



Rosstown
Roasted Chickens

\$11.99 / EA



Whiskey Ganache
Cupcakes

All Varieties Included,
Pack of 4

\$5.99 / EA



Covered Bridge
Potato Chips

142g

2 FOR \$6.00

FEATURED CHOICE



Northern Glacier
Black Tiger Prawns

Ocean Wise, Frozen,
340g

\$8.99 / EA





MORE CHOICES. MORE VALUE.

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

Discover **new lower prices** on thousands of food and wellness items throughout your local Choices, and we will keep working to **maximize savings** on all our local, organic and specialty choices and household staples.

Find a lower price somewhere else? Just bring proof of their current in-market pricing, and **we will be happy to match***.

*See Customer Service for details



CHOICES  MARKET

PRODUCE FRESH • LOCAL • ORGANIC



Organic Cherries
Grown in USA,
\$19.80/KG

\$8.98 / LB



Only Goodness White Stuffers Organic Mushrooms
Grown in BC,
454g Pkg.

\$5.98 / EA



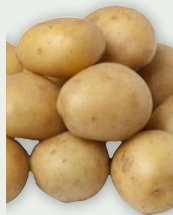
Romaine Lettuce
Grown in Canada

\$1.98 / EA



Black and Red Plums
Grown in USA,
\$8.77/KG

\$3.98 / LB



Organic Yukon Nugget Potatoes
Grown in USA,
\$6.57/KG

\$2.98 / LB



Gourmet Bouquet

\$24.98 / EA



Gerbera
5 Stems
per Bunch

\$8.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$5.99 / LB

Boneless Pork Chops or Roast
Center Cut, Raised without Antibiotics,
Fresh, \$13.21/kg



20% OFF

Choices Own BBQ Sausages
Raised without Antibiotics, Pork, Chicken
or Turkey, Select Varieties



\$8.99 / LB

Boneless Skinless Chicken Thighs
Raised without Antibiotics, Fresh,
\$19.82/kg



\$3.99 / 100G

Ling Cod Fillets
Fresh, Ocean Wise



\$7.99 / EA

Greenfield Bacon
Raised without Antibiotics, 375g



Rosdown Marinated Chicken Breast Kabobs
Raised without Antibiotics, Fresh,
400g
\$9.99 / EA

Freybe European Wieners

Original or Cheddar,
375g

\$6.99 / EA





**Rise Organic
Kombucha**
414ml

2 FOR \$7.00
plus dep & eco fee



**Bremner's
100% Juice**
946ml

\$12.99
plus dep & eco fee



**Guayaki
Organic Yerba
Mate Tea**
458ml

2 FOR \$5.00
plus dep & eco fee



**Earth's Own
Almond
Beverage**
1.89L

\$3.99
plus dep & eco fee



**Harmless Harvest
Organic Coconut
Smoothie**
296ml

\$4.49
plus dep & eco fee



**Phillips
Sparkmouth
Soda**
355ml

2 FOR \$3.00
plus dep & eco fee



**Organic
Traditions
Seeds & Nuts**
Assorted Varieties
& Sizes

25% OFF



**Urban Remedy
Plant Powered
Protein Bar**
28g

2 FOR \$4.00



**Seasnax
Seaweed
Snacks**
Assorted Varieties
& Sizes

30% OFF

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

**Island Gold Organic
Free Range Eggs**
Large, 1 Dozen



\$7.49



**Savör
Grass Fed
Butter**
250g

\$5.99



**Avalon
Organic
Milk**
1.89L

\$6.99
plus dep & eco fee



**Anita's
Organic
Pancake Mix**
Assorted Varieties
& Sizes

\$6.49



**Canadian
Heritage
Organics
Maple Syrup**
1L

\$23.99



**Earth's Choice
Organic Coffee**
Rainforest Alliance
Certified, 340g

\$9.99



**Elias
Honey Bear**
Squeeze Bottle,
375g



\$6.99



**Bonne
Maman Jams**
Also Jelly,
Imported from
France, 250ml

\$4.79



**Earth's Choice
Organic
Peanut Butter**
500g

\$5.99



**Siggi's
Icelandic
Skyr Yogurt**
400g

\$3.99



**Riviera
Yogurt**
Assorted Varieties
& Sizes

30% OFF



**Evive
Smoothie
Cubes**
No Sugar
Added, 405g

\$9.99



**Haribo
Gummies**
Assorted
Varieties & Sizes

2 FOR \$7.00



**Alter Eco Organic
Chocolate Bars**
Assorted Varieties &
Sizes

2 FOR \$6.00



**Righteous
Gelato &
Sorbetto**
473ml

\$6.99



**Saputo Shredded
Cheddar Cheese**
Assorted Varieties &
Sizes

\$6.49



**Violife Cheese
Alternatives**
Assorted Varieties
& Sizes

\$5.49



**Tre Stelle
Mozzarella
Ball**
340g

\$5.49

NOURISHING LIFESTYLES SINCE 1990



**Pacific Foods
Organic Soup**
Assorted Varieties
& Sizes

\$4.99



**Anita's Mill
Organic Flour**
Assorted Varieties
& Sizes

25% OFF



**Earth's Choice
Organic No Salt
Canned Beans**
398ml

2 FOR \$5.00



**Western
Rice Mills
Organic
Rice**
907g

\$9.99



**Bioitalia
Organic
Pasta**
500g

2 FOR \$6.00



**Maison Orphée
Organic Extra
Virgin Olive
Oil**
750ml

\$19.99



**Only
Goodness
Organic
BBQ Sauce**
350ml

\$5.49



**Wildbrine
Organic
Sauerkraut**
Assorted
Varieties & Sizes

\$6.99



**Simply
Organic
Spices**
Assorted Sizes

30% OFF



**Earth's Choice
Organic
Coconut**
Assorted Varieties
& Sizes

\$4.99



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

2 FOR \$7.00

DELI

PREPARED FRESH



Choices Salads

Homestyle or Dijon
Potato, Traditional
Macaroni or
Coleslaw

\$1.69 /100G



Choices Family Size Salads

Caesar or Rainbow
Kale, 350g ~ 410g

\$10.99 /EA



Choices Quiche

Family Size,
8 Inch

\$12.99 /EA



Summerfresh Dips

Also Hummus,
Assorted
Varieties, 227g

\$4.49 /EA



Italian Sliced Prosciutto

Also Salami,
70g ~ 120g

\$8.99 /EA



Smoked Turkey Breast

\$3.99 /100G



Bella Casara Burrata Cheese

250g

\$14.99 /EA



Castello Aged Cheese Wedges

Gouda, Cheddar or
Havarti, 200g

\$8.99 /EA

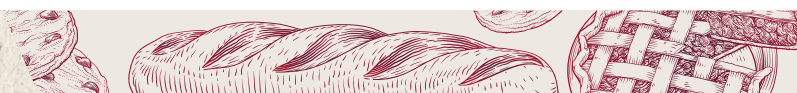


Emmental Cheese

\$4.99 /100G

BAKERY

FRESH BAKED • WHOLESOME



Dempster's Hamburger Buns

Also Hot Dog Buns, 8 ~ 12 Packs

2 FOR \$7.00

Choices Garlic Bread

Made with Roasted Garlic, 320g



\$4.99 /EA

Choices Cheese Baguette

Also Sourdough,
250g



\$3.29 /EA

Choices Party Cakes

Assorted Varieties, 540g ~ 600g



\$14.99 /EA

Choices Artisan Cookies

Assorted Varieties, 220g



\$6.99 /EA

Carbonaut Hamburger Buns

Also Hot Dog
Buns, 5's or 6's



\$6.99 /EA

Dreamin of Chocolate Cake

Also Cravin Cookies &
Cream, 454g ~ 456g



\$14.99 /EA

MORE CHOICES. MORE VALUE.

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

**PRICE
DROP**

**VISIT CHOICES
PARKVILLE TODAY.**

GROCERY

LOCAL • ORGANIC • SPECIALTY



Dyana's Aji Hot Sauce
Assorted Varieties & Sizes

\$6.99



Mochi Coconut Ice Desserts
450g

\$8.99



Only Goodness Bathroom Cleaner
710ml

\$3.99



Only Goodness Organic Popping Corn
700g

\$5.99



Caboo Bamboo Paper Products
Assorted Varieties & Sizes

30% OFF



Eco Max Laundry & Cleaning Products
Assorted Varieties & Sizes

30% OFF



Only Goodness Bread Crumbs
454g

\$7.49



Only Goodness Organic Mustard
325ml

\$3.29

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Natural Factors Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



AOR Advanced B Complex
90's or 180's

FROM \$39.99



IronVegan Sprouted Protein
Also Athlete's Blend Protein, Assorted Varieties, 1 kg

\$59.99



Every Man Jack BodyCare
Assorted Varieties & Sizes

30% OFF



A. Vogel Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Manitoba Harvest Hemp Hearts
Also Hemp Yeah! Proteins, Assorted Varieties & Sizes

25% OFF



Genuine Health Probiotics
Assorted Varieties & Sizes

20% OFF



Pure Creations Facial Care
Assorted Varieties & Sizes

20% OFF



New Chapter Vitamins & Supplements
Assorted Varieties & Sizes

15% OFF



New Roots Wild Omega 3 Supplements
Assorted Varieties & Sizes

20% OFF



Vitality Power Iron Supplements
Also Magnesium, Assorted Varieties & Sizes

20% OFF



Oneka Hair & Body Care
Assorted Varieties & Sizes

25% OFF

Shop online at [ChoicesMarket](https://ChoicesMarket.com)

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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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