



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE BBQ CHOICES!

Special Parksville Edition Prices Effective • July 11 - July 17, 2024

FEATURED CHOICE

Top Sirloin Steak or Roast

Raised without Antibiotics,
100% Grass Fed, Pasture
Raised, Value Pack,
Imported, \$19.82/KG

\$8.99 / LB

YOU SAVE
43%

SPECIAL PRICE

Organic Kale
Grown in BC,
Green & Black

\$2.98 / EA



LOCAL

YOU SAVE
11%

**Griller Broccoli &
Cauliflower, Fajita
Mix, Sweet Potato
Chunks**

with Butter Packs,
Assorted Sizes

\$8.98 / EA



Choices Deli Salads
Selected Varieties

20% OFF



**Rosstown
Half Roasted Chickens**

YOU SAVE
\$1.00

\$6.99 / EA



WILD
CAUGHT

\$4.99 / 100G

Sockeye Salmon Fillets
Fresh, Value Pack, Ocean Wise



YOU SAVE
15%



LOCAL

SPECIAL PRICE

\$5.98 / LB

Cherries
Grown in BC, \$13.18/KG

YOU SAVE
\$3.00 / lb



MADE WITH ROASTED GARLIC BUTTER

YOU SAVE
28%

\$4.99 / EA

Choices Garlic Bread
320g



**Ener-C Effervescent
Vitamin C or D Drink Mix**
Assorted Varieties, 24 - 30 Pack



YOU SAVE
\$7.00

\$13.99



**Primal Kitchen
BBQ Sauce**
Also Organic
Unsweetened Ketchup,
236ml & 300ml

\$7.49

YOU SAVE
37%



**Beyond Meat
Plant-Based
Burgers**
226g

YOU SAVE
27%

\$5.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Broccolini
Grown in USA

\$3.98 / EA



Blueberries
Grown in BC,
454g Pkg.

\$5.98 / EA

LOCAL

**Only Goodness
Organic White
Pearl Mushrooms**
Grown in BC,
227g Pkg.

\$2.98 / EA



LOCAL



**Gourmet
Bouquet**

\$24.98 / EA

Sunflowers
3 Stems

\$4.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



ISLAND
LOCAL

\$2.99 / LB

Island Farmhouse Whole Chickens
Air Chilled, \$6.59/KG



WESTERN
CANADIAN

\$6.99 / LB

Boneless Pork Chops
Centre Cut or Rib, Raised without Antibiotics,
Fresh, Also Roast, \$ 15.41/KG



LOCAL

\$5.99 / LB

Chicken Thighs
Fresh, Raised without Antibiotics, 100% Veggie Fed,
from Fraser Valley, Value Pack, \$13.21/KG



LOCAL

\$9.99 / EA

**Rosstown Farms
Chicken Breast Kabobs**
Raised without Antibiotics, 100% Veggie Fed, 400g



GLUTEN
FREE

\$7.99 / EA

Greenfield Bacon
Raised without Antibiotics,
100% Veggie Fed, Canadian, 375g



**Old Country
Pasta**
Select Varieties,
350g

LOCALLY
MADE

20% OFF

**Northern Glacier
Colossal Shrimp**
Ocean Wise,
Frozen, 228 g

\$14.99 / EA



**Island Gold
Free Run Eggs**
Medium, 1 Dozen



\$4.99



**Savör
Grass Fed
Butter**
250g

\$6.49



**Uncle Luke's
Organic
Maple Syrup**
500ml

\$13.99



**Crofter's
Just Fruit
Organic Jam**
235ml

\$4.49



**Nuts to You
Peanut Butter**
750g

\$6.99



**Capilano
Organic Pure
Honey**
375g

30% OFF



**Bremner's
Organic Frozen
Blueberries**
1.5kg

\$19.99



**Yoggu!
Coconut Yogurt**
450g

\$6.99



**Liberté
Classique Yogurt**
650g

\$3.99

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



**Kicking Horse
Organic Fair
Trade Ground
Coffee**
284g

\$9.99



**Earth's Own
Oat Barista
Blend**
946ml

\$4.99



**Ceres 100%
Fruit Juice**
1L

2 FOR \$8.00

plus deposit & eco fees



**Hornby
Organic
Energy Bars**
80g

2 FOR \$5.00



**Organic Traditions
Superfoods**
Fruits, Nuts, Seeds,
Coffee, & Tea, Assorted
Varieties & Sizes

20% OFF



**Blue Monkey
Coconut Water**
520ml

\$1.79

plus deposit & eco fees



**Camino
Fair Trade
Organic
Chocolate Bars**
Select Varieties,
80g & 100g

2 FOR \$8.00



**Made Good
Organic
Granola Minis**
100g & 121g

\$3.29



**GT's
Organic Raw
Kombucha**
1.4LT

\$9.79

plus deposit & eco fees



**Santa Cruz
Organic
Lemonade**
946ml

2 FOR \$9.00

plus deposit & eco fees



**BSA
Non-Alcoholic
Craft Beer**
473ml

\$2.99

plus deposit & eco fees



**Sapsucker
Organic Sparkling
Tree Water**
355ml

2 FOR \$4.00

plus deposit & eco fees



**Lesser Evil
Organic Popcorn**
142g

\$4.49



**Casa Bonita
Organic Tortilla
Chips**
300g

\$4.99



**Sigdal Bakeri
Crispbread**
190g & 220g

\$5.69



**Sunflower
Kitchen Organic
Hummus**
227g

\$3.79



**Balderson
Aged Cheddar**
1 Year, 2 Year, 3 Year
& Double Smoked,
250g & 280g

\$10.99



**Bari
Ricotta Cheese**
500g

\$6.49

NOURISHING LIFESTYLES SINCE 1990



**Raincoast Global
Yellowfin Tuna**
142g

2 FOR \$8.00



**Hobbs
Pickles**
1L

\$11.99



**San-J
Cooking Sauces**
Select Varieties,
296ml

\$5.99



**Berio
Extra Virgin
Olive Oil**
750ml

\$27.99



**Stahlbush Island
Farms Sustainable
Frozen Vegetables**
Selected Varieties &
Sizes

\$2.99



**Bragg
Liquid Soy
Seasoning**
946ml

\$9.99



**Spectrum
Organic
Coconut Oil**
Also Organic Soy
Mayonnaise,
414ml & 473ml

\$9.99



**Big Mountain
Lion's Mane
Mushroom
Crumble**
Also Bites, 300g & 340g

\$5.99



**Konscious
Frozen Sushi**
Also Onigiri,
204g & 210g

\$6.99



DELI

PREPARED FRESH



\$3.49 /100G

Black Forest Ham



Choices Wild
Salmon Cakes
130g

2 FOR **\$8.00**



Habibi's
Hummus
& Dips
200g - 240g

\$3.99



Choices
Fresh Salsa
Mango, Corn
or Tomato

\$6.49



Ready to Eat
BBQ Ribs

HALF **\$6.99**

WHOLE **\$12.99**



\$8.99

Choices Ready to Eat Wraps



Tre Stelle
Bocconcini
200g

\$6.99



Krino's
Traditional
Feta Cheese

\$2.49 / 100G

BAKERY

FRESH BAKED • WHOLESOME



\$10.99

Choices Picnic Size Pie
Lemon Meringue or Young Coconut
Cream, 6 Inch

Choices Caramelized Onion
& Rosemary Loaf 420g



\$5.99



Choices
Cheesecake
Bars
Also Mix Tray,
190g

\$7.99

Choices Hamburger Buns
Also Hot Dog, 6 Pack



\$3.99



Silver Hills
Organic
Sprouted
Tortillas
255g

\$4.99



Bakestone
Brother Pita
White or Whole
Wheat, 6 Pack

2 FOR **\$5.00**



Little Northern
Bakehouse
Millet Chia Buns
Also Hot Dog Buns,
6 Pack

\$6.99

MORE CHOICES. MORE VALUE.

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

PRICE
DROP

VISIT CHOICES
PARKSVILLE TODAY.

GROCERY

LOCAL • ORGANIC • SPECIALTY



Only Goodness Organic Rice Cakes
140g

2 FOR \$7.00



Only Goodness Organic Oats
1kg

\$4.99

Island Farms Classic Ice Cream
1.65L



LOCAL

\$5.49



Natrel Ice Cream
473ml

LOCAL

\$3.99



Only Goodness Organic Beans
398ml

\$2.79



Only Goodness Organic Hemp Hearts
454g

\$7.99



Gay Lea Whipped Cream
Also Coconut Whipped Cream,
225g

\$5.49



Oat & Mill Frozen Dessert
500ml

\$6.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



MegaFood Multi Vitamins
Assorted Varieties & Sizes

25% OFF



Natural Factors Digestive Enzymes
Also Digestive Support, Assorted Varieties & Sizes

20% OFF



Sisu Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



WithinUs TruMarine Matcha Misto, Creamers and ReHydrate
Assorted Varieties & Sizes

25% OFF



Natural Factors Stress & Sleep Supplements
Assorted Varieties & Sizes

20% OFF



Progressive Veggie Greens
Assorted Varieties & Sizes

25% OFF



Enzymedica Digestive Enzymes
Assorted Varieties & Sizes

20% OFF



Thinksport Suncare
Also Body Care, Assorted Varieties & Sizes

20% OFF



Seaweed Bath Co. Hair & Body Care
Assorted Varieties & Sizes

25% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties, 1 Kit

\$16.29



Earth Science Facial Care
Assorted Varieties & Sizes

\$11.99



Dr. Bronner's Non GMO Organic Pure-Castile Soap
237ml

BUY 1 GET 1 FREE



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CHOICES MARKET

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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