



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE PICNIC CHOICES!

Special Parksville Edition Prices Effective • July 18 ~ July 24, 2024

CANADIAN

SPECIAL PRICE

Choices Own BBQ Sausages
Made in Store, Raised without Antibiotics, Turkey, Pork, Chicken

30% OFF

SPECIAL PRICE

Organic Blueberries
Grown in BC, 2.27 kg Box

\$39⁹⁸ / EA

FIRST OF THE SEASON

YOU SAVE \$5⁰⁰ / EA

LOCAL

Prairie Naturals Superfoods
Assorted Varieties & Sizes

20% OFF

Prana Organic Trail Mix, Dried Seeds & Nuts
Select Varieties

SPECIAL PRICE

30% OFF

LOCAL

\$1⁴⁸ / EA

Long English Cucumber
Grown in BC

YOU SAVE \$1⁵⁰

\$1⁹⁹ / 100G

Choices Pasta Salads

YOU SAVE 20%

La Croix Sparkling Water
8 Pack

YOU SAVE 28%

\$5⁴⁹ / EA
plus deposit & eco fee

FEATURED CHOICE

YOU SAVE 20%

Choices Half Artisan Pies
280g

\$5⁹⁹

YOU SAVE 21%

Choices Rainbow Kale Salad
Also Caesar or House Green, Family Size

\$10⁹⁹

LOCAL

YOU SAVE 28%

Rosdown Roasted Chickens

\$9⁹⁹

PRODUCE FRESH • LOCAL • ORGANIC



Organic Romaine Hearts
Grown in USA

\$4.98 / EA



Peaches & Nectarines
Grown in USA,
\$9.88/KG

\$4.48 / LB



Gourmet Bouquet
\$24.98 / EA

Green Onions
From Olera Farms, BC
Sold by the bunch



\$1.98 / EA

LOCAL

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



\$1.48 / LB

LOCAL

Lisianthus

\$9.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$11.99 / LB

Striploin Grilling Steaks or Roast
100% Grass Fed, Raised without Antibiotics,
Pasture Raised, Value Pack, \$26.43/KG



LOCAL

\$12.99 / LB

Thomas Reid Organic Chicken Breast
Boneless, Skinless, Free Range, Non-GMO,
Air Chilled, Fraser Valley Raised, \$28.64/KG



\$10.99 / EA

Fort Hardy Pork Back Ribs
Fully Cooked, Frozen or Previously Frozen, 568g



WESTERN CANADIAN

\$4.99 / LB

Pork Butt Steaks or Roast
Fresh, Raised without Antibiotics, \$11.00/KG



LOCAL

\$6.99 / LB

Split Chicken Wings
Fresh, Raised without Antibiotics,
100% Veggie Fed, \$15.41/KG



30% OFF

Cod or Sole Fillets
Ocean Wise, Fresh



WILD CAUGHT

Ahi Tuna Steaks
Frozen or Previously Frozen, Ocean Wise,
6 oz.

\$3.99 / EA

Northern Glacier Black Tiger Prawns
Ocean Wise, Frozen,
340g

\$9.99 / EA



GoldEgg Free Run Eggs

Large, Brown, 1 Dozen



LOCAL

\$5.99

Terra Breads Granola

340g



LOCAL

\$5.99



Donia Farms Grass-Fed Yogurt

650g

LOCAL

\$4.99



Cows Creamery Butter

250g

\$7.49



Only Goodness Frozen Smoothie Blend

500g

BUY 1 GET 1 FREE



Greenhouse Organic Cold Pressed Juice

300ml

\$5.49

plus deposit & eco fee



Melt Organic Buttery Spread

Select Varieties

\$4.49



Mogiana Whole Bean Coffee

340g

\$12.99



Califia Farms Cold Brew Coffee

1.4L

\$5.49

plus deposit & eco fee

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



Traditional Medicinal Organic Tea

16 Bags

2 FOR \$9.00



Healthy Hooch Organic Kombucha

500ml

\$3.49

plus deposit & eco fee



Patience Organic Pure Cranberry Juice

946ml

\$8.99

plus deposit & eco fee



Roar Organic Coconut Infusions

532ml

2 FOR \$5.00

plus deposit & eco fee



Fiji Natural Artisan Water

1L

2 FOR \$6.00

plus deposit & eco fee



Gerolsteiner Carbonated Natural Mineral Water

750ml

2 FOR \$7.00

plus deposit & eco fee



Brüst Cold Brew Protein Coffee

330ml

2 FOR \$5.00

plus deposit & eco fee



Boylan Bottling Co Sugar Cane Soda

355ml

2 FOR \$5.00

plus deposit & eco fee



Athletic Brewing Non-Alcoholic Beer

6 Pack

\$10.99

plus deposit & eco fee



**Love Good
Fats Keto
Friendly
Bars**
Select Varieties

2 FOR \$4.00



**Probar
Protein Bars**
70g & 85g

2 FOR \$6.00



**Whittaker's
Chocolate Bars**
200g & 220g

\$4.99



**Savör
Crackers**
170g & 185g

2 FOR \$5.00



**Mary's Organic
Crackers**
Select Varieties
& Sizes

\$5.99

GLUTEN
FREE



**Leclerc
Cookies**
Celebration &
Praeventia,
210g & 240g

2 FOR \$8.00

GLUTEN
FREE



**Hippie
Snacks**
70g

\$4.49

LOCAL



**Hippies
Puffs**
113g

\$3.49

VEGAN



**Angie's
BoomChickaPop
Popcorn**
Select Varieties
& Sizes

\$4.99

GLUTEN
FREE

NOURISHING LIFESTYLES SINCE 1990



**Saputo
Mozzarellissima
Cheese**
340g

\$5.99



**Saputo
Feta Cheese**
200g

\$4.29



**Tre Stelle
Shredded
Cheese**
170g & 200g

\$5.99



**Woolwich
Chevrai
Goat Cheese**
113g

\$3.99



**Spread'Em
Cashew Dips**
Also Spreads,
185g

\$7.49

PLANT
BASED



**Field Roast
Sausages**
340g & 368g

\$7.49

PLANT
BASED



**Safe Catch
Wild Yellowfin
Tuna**
142g

\$4.49

GoGo Quinoa Organic Pasta
227g



\$3.49

GLUTEN
FREE



**Green Cuisine
Tempeh Burgers**
Select Varieties
& Sizes

\$3.99

DELI

PREPARED FRESH



Spanakopita

Also Mushroom & Parmesan Pie,
185g

2 FOR \$10.00



Habibi's Family Size Hummus

450g

\$7.99



Vitale Sliced Prosciutto

Also Salami,
100g

\$9.99



Choices Olives

Also Tapande & Marinated Artichokes,
150g - 200g

15% OFF



Choices Tofu Skewers

2 FOR \$7.00



Choices Turkey Breast

Cooked or Smoked

\$4.49 / 100g



Arla Cheese Slices

125g - 175g

\$6.99



Choices Own Organic Cheese

20% OFF



Woolwich Triple Crème Goat Brie Cheese

180g

\$11.99

BAKERY

FRESH BAKED • WHOLESOME



Choices Focaccia

Red Onion & Rosemary or Sundried Tomato & Olive, 315g

\$4.49



Choices Mezzo Bastone Loaf

Also Baker's Crust Loaf, 250g - 450g

\$2.79



Choices Cake Slices

120g - 150g

\$3.99



Portofino Brioche Buns

Hamburger or Hot Dog, 6 Pack

\$6.49



Uprising Loaf

Sourdough Light Rye or Finnish,
650g - 800g

2 FOR \$9.00



Laughing Daughters Chocolate Coconut Shortbread

Also Molasses Ginger Snaps, 12 Pack

\$8.99

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



Divina Organic Olives
Also Bruschetta,
Select Varieties
& Sizes

30% OFF



Bulk Organic Dried Fruit
Select Varieties
& Sizes

20% OFF



DeeBee's Organics Superfruit Freezie
10 Pack

\$5.99



Chapman's Specialty Ice Cream
500ml

\$5.49



Briannas Salad Dressings
355ml

\$5.49



Sundhed Himalayan Pure Salt
750g

\$5.99



Nora's Frozen Dessert
500ml

\$6.49



Sambazon Organic Açai Sorbet
473ml

\$8.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



AOR Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF



CanPrev Magnesium Supplements
Select Varieties
& Sizes

20% OFF



SUKU Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF



Bio-K Plus Probiotics
Dairy & Non Dairy
Assorted Varieties,
12 Pack

\$43.99



Living Alchemy Your Flora Series
Also Fermented
Activated Herbals,
Assorted Varieties
& Sizes

25% OFF



Purica Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF



Garden of Life Proteins
Also Sport Nutrition
Products, Assorted
Varieties & Sizes

20% OFF



Prairie Doctor Brand Herbal Tinctures
Assorted Varieties
& Sizes

20% OFF



Alba Botanica Body Care
Also Face Care &
Sun Care, Assorted
Varieties & Sizes

25% OFF



Nature's Aid Healing Gel
Also Hair & Body
Care Products,
Assorted Varieties
& Sizes

25% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties
& Sizes

20% OFF



Routine Natural Deodorant
Assorted Varieties,
50g - 58g

\$24.99

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

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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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