



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE LONG WEEKEND CHOICES!

Special Parksville Edition Prices Effective • August 1 - August 7, 2024

BUILD YOUR BURGER!

SPECIAL PRICE

Hot House Tomatoes
Grown in BC,
\$6.57/KG

\$2.98 / LB



SPECIAL PRICE

All Choices Own Ground Poultry
Breast or Leg Meat,
Raised without Antibiotics,
Chicken or Turkey,
100% Veggie Fed

25% OFF



Arla Cheese Slices
125g - 165g

2 FOR \$12.00

Organic Lettuce
Green Leaf, Red Leaf
or Romaine,
Grown in BC

YOU SAVE
\$1.00

\$3.98 / EA



SavÖr Organic Ketchup
375ml



\$3.99 / EA

YOU SAVE
\$2.10

Choices Hamburger or Hot Dog Buns
6 Pack

\$3.99 / EA



\$11.99 / EA

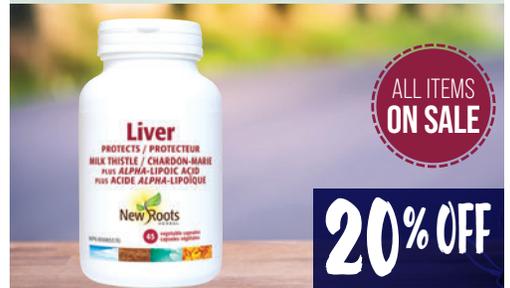
Rosstown Roasted Chickens



\$2.99 / EA

Covered Bridge Potato Chips
142g - 170g

YOU SAVE
36%



ALL ITEMS
ON SALE

20% OFF

New Roots Vitamins & Supplements
Assorted Varieties & Sizes



\$4.98 / EA

Strawberries
Grown in USA, 454g Pkg.

YOU SAVE
\$1.00

PRODUCE FRESH • LOCAL • ORGANIC



LOCAL

\$3.48 / EA

Organic Bunched Carrots
From Olera Farm, BC



Organic Nectarines & Peaches
Grown in USA,
907g Bag

\$9.98 / EA

Corn On the Cob
Grown in BC



LOCAL

4 FOR \$5.00



Gourmet Bouquet

\$24.98 / EA

Sunflower
3 Stems



\$4.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$11.99 / LB

Rib Eye Steaks
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported, \$26.43/KG



ISLAND LOCAL

\$2.99 / LB

Whole Chicken Legs
Fresh, Air Chilled, \$6.59/KG



\$7.99 / LB

Lean Ground Beef
100% Grass Fed, Raised without Antibiotics,
Pasture Raised, Value Pack. Imported, \$17.61/KG



WESTERN CANADIAN

\$7.99 / LB

Pork Back Ribs
Fresh, Raised without Antibiotics, \$17.61/KG



\$3.49 / 100G

Steelhead Fillets
Ocean Wise, Value Pack



Harvest Thick Sliced Bacon
500g

GLUTEN FREE

\$12.99 / EA



BUY 2 GET 1 FREE

Grimm's Smokies
Select Varieties, 450g

GLUTEN FREE

Northern Glacier Hand Peeled Shrimp
Ocean Wise, Frozen, 340g

\$9.99 / EA





DeeBee's Organic Superfruit Freezies
10 Pack

\$5.99



Zevia Stevia Sweetened Soda
6 Pack

\$5.99
plus deposit & eco fees



Cove Organic Kombucha
355ml

2 FOR \$5.00
plus deposit & eco fees



La Cocina Tortilla Chips
Assorted Varieties

\$3.79



Fever-Tree Tonic Water
4 Pack

\$5.99
plus deposit & eco fees



Flow Naturally Alkaline Spring Water
1L

2 FOR \$4.00
plus deposit & eco fees



Old Dutch Potato Chips
Regular & Ridgies,
200g & 235g

2 FOR \$6.50



Dream Pretzels
200g

2 FOR \$7.00



Tonica Organic Kombucha
355ml

\$2.99
plus deposit & eco fees

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



Café William Organic Whole Bean Coffee
340g

\$11.49



Mid-Day Super Food Squares
33g

2 FOR \$4.00



The Ginger People Ginger Chews
84g

\$3.49



Clif Bar Energy Bars
68g

3 FOR \$4.00

Simply Protein Snack Bars
40g



2 FOR \$4.00



RJ's Licorice
180g

\$3.49



Breyers Creamery Style Ice Cream
1.66L

\$5.99



So Delicious Frozen Desserts
500ml

\$6.99



Mochi Coconut Cream Frozen Dessert
450g

\$7.99

**Maple Hill
Organic Free Range Eggs**

Large, 1 Dozen



\$6.99



**Earth's Own
Oat Beverage**

1.75L

\$4.49

plus deposit & eco fees



**L'Ancêtre
Organic
Cheese Slices
& Bricks**
Select Varieties

25% OFF



**Olympic
Organic
Yogurt**

650g

\$4.49



**Happy Planet
Organic
Orange Juice**

1.75L

\$5.99

plus deposit & eco fees



**Rolling Meadow
Grass Fed
Butter**

250g

\$6.99



Only Oats

Oats & Oat Flour
1kg

\$8.69

GLUTEN FREE



**Uncle Luke's
Organic Maple
Syrup**

250ml

\$6.99



**We Love Van
Liquid Squeeze
Honey**

375g

\$6.49

NOURISHING LIFESTYLES SINCE 1990

YOU SAVE
\$4.00



**Filippo Berio
Extra Virgin
Olive Oil**

750ml

\$29.99



**Rao's All Natural
Homemade
Pasta Sauce**

660ml

\$10.99



**Cha's Organic
Coconut Milk**

Select Varieties

30% OFF



**Bragg
Organic Apple
Cider Vinegar**

946ml

\$8.99

Di Martino Pastificio Pasta

500g



\$3.29



**Yeshi
Nutritional
Yeast Salad
Dressings**

350ml

\$6.99



**Earth's Choice
Organic
Canned Beans**

398ml

2 FOR \$5.00



**Cape Herb & Spice,
Table Top Spice
Grinders**

Select Varieties

\$4.99



**Naked & Saucy
Organic Coconut
Cooking Sauces**

Select Varieties

\$6.99



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***.



CHOICES  MARKET

*Choices Parkville will price match if a competitor within our geographical trade area offers a lower advertised price than our current in-store price on any identical item (brand, size etc.) with the same price calculation basis (i.e. per item, by weight, etc.). Choices price match is not available for online purchases. Excludes mandatory 'multi-buys' (e.g.; \$1.69 each when you buy 3), 'spend x get x Free', reduce to clear, percentage discounts and discounts obtained through loyalty programs. We reserve the right to limit quantities. "Competitor" and "geographical trade area" are determined solely by us and are based on a number of factors which can change from time to time and store to store.

To match a competitor price, bring the ad to Customer Service at Choices Parkville. If the ad is online, show us the active ad on your phone that outlines the price, location and date the ad is valid for. We will match the competitor's price only during the effective date of the competitor's advertisement.

DELI PREPARED FRESH



Choices Signature Family Size Salads
Green House or Caesar,
400g - 550g



10⁹⁹



Choices Family Size Quiche
8 Inch

12⁹⁹



Choices Salads
Moroccan Chickpea,
Persian Garden
Couscous or Summer
Quinoa & Spinach

\$1⁹⁹ / 100g



Choices Prawn & Fish Cakes
55g

4 FOR \$6⁰⁰



Choices Fresh Rolls
148g - 245g

6⁴⁹



Summer Fresh Dips & Hummus
227g

2 FOR \$8⁰⁰



Italian Sliced Prosciutto
Also Salami,
70g - 85g

8⁹⁹



Bella Casara Burrata
250g

\$14⁹⁹



Saputo Sheep & Goat Feta Cheese
200g

\$6⁹⁹



Saputo Bocconcini
Also Mozza Fresca, 200g

\$6⁴⁹

BAKERY FRESH BAKED • WHOLESOME



Choices Artisan Fruit Pies
8 Inch



\$10⁹⁹



Choices Cake Slices
120g - 150g

2 FOR \$8⁰⁰



Choices Cookies
Almond Crunch or Vegan
Chocolate Crunch, 6 pack

\$6⁹⁹



Choices Millionaire Bar
100g

\$2⁹⁹



Uprising 100% Whole Wheat Bread
Also Buttermilk Honey, 650g

\$4⁹⁹



Wendel's Party Cakes
500g - 600g

\$14⁹⁹



Queen St. Superfood Bagels
5 Pack

\$6⁹⁹



Carbonaut Low Carb Buns
Hamburger or Hot Dog,
260g - 320g

\$6⁹⁹

MORE CHOICES. MORE VALUE.

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



VISIT CHOICES PARKSVILLE TODAY.

GROCERY

LOCAL • ORGANIC • SPECIALTY




**Bulk Foods
Nuts & Mixes**

20% OFF



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

\$5.49



**Sunrise
Medium
Tofu**
454g

2 FOR \$4.00



**Caboo
Bamboo
Bathroom
Tissue**
12 Rolls

\$9.99



**Only
Goodness
Organic
Peanut Butter**
500g

\$5.99



**Saputo
Feta
Cheese**
200g

\$4.99



**Wildbrine
Organic Raw
Saurkraut**
500ml

\$8.99



**Eco Max Ultra
Dish Washing
Liquid**
740ml

\$3.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



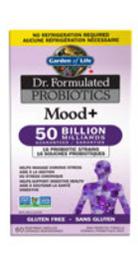
**Platinum
Naturals
Multivitamins**
Assorted Varieties
& Sizes

20% OFF



**Organika
Electrolytes**
Assorted Varieties
& Sizes

30% OFF



**Garden of Life
Dr. Formulated
Probiotics**
Assorted Varieties
& Sizes

20% OFF



**Iron Vegan
Sprouted
Protein**
Also Athlete's
Blend Protein, 1kg

\$59.99



**Preferred
Nutrition
Berberine &
Supplements**
Assorted
Varieties & Sizes

20% OFF



**Nordic Naturals
Supplements**
Omega-3, Cod Liver
or Fish Oil, Assorted
Varieties & Sizes

20% OFF



**Natural Factors
CoQ10 &
Ubiquinol
Supplements**
Assorted Varieties &
Sizes

20% OFF



**Nature's
Way Herbal
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Andalou
Naturals Face
Care Products**
Also Body Care,
Assorted Varieties
& Sizes

25% OFF



**Mineral
Fusion Natural
Cosmetics**
Assorted Varieties
& Sizes

25% OFF



**Phillip Adam
Hair Care &
Body Care**
Assorted Varieties
& Sizes

30% OFF



**Dr. Hauschka
Facial Care**
Assorted Varieties
& Sizes

25% 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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