



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE LONG WEEKEND SAVINGS!

Special Parksville Edition Prices Effective • August 29 - September 4, 2024

### FEATURED CHOICE

#### Striploin Grilling Steaks

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

**\$11.99 / LB**

YOU SAVE  
**51%**

### SPECIAL PRICE

Choices  
Garlic Bread  
Made with Roasted  
Garlic Butter, 320g

**\$5.99 / EA**

DISCOVER  
LOCAL

### ORGANIC CHOICES



DISCOVER  
LOCAL

YOU SAVE  
**\$2.00**

**Organic Gold Potato**  
B.C. Grown, 2.27kg Bag

**\$6.98 / EA**

DISCOVER  
LOCAL



YOU SAVE  
**30%**

**2 FOR \$3**

**Organic Corn  
on the Cob**  
B.C. Grown



DISCOVER  
LOCAL

**\$3.99 / LB**

#### Chicken Drumsticks

Raised Without Antibiotics,  
100% Veggie Fed, Fresh \$8.80/KG

YOU SAVE  
**45%**



DISCOVER  
LOCAL

Choices  
Ready to Eat  
Wraps

**\$9.99 / EA**

YOU SAVE  
**\$1.00**



**Purica  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**

DISCOVER  
LOCAL



DISCOVER  
LOCAL

Choices  
Ready to Eat  
Artisan Salad  
Bowls  
190g - 440g

**20% OFF**



DISCOVER  
LOCAL

**Que Pasa  
Organic  
Tortilla Chips  
& Salsa**  
300g & 350g

**30% OFF**

**Rise Organic  
Kombucha**  
1L

**30% OFF**  
plus deposit & eco fee





# PRODUCE FRESH • LOCAL • ORGANIC



Gourmet Bouquet

**\$24.98** / EA



Long English Cucumber

B.C. Grown



**\$1.48** / EA



Organic Cauliflower  
USA Grown

**\$5.98** / EA

Gladiolus

**\$5.98** / EA



**\$5.98** / EA

Organic Sunrise Apple  
B.C. Grown, 1.36 kg Bag



Organic Galia or Cantaloupe Melon

B.C. Grown,  
\$4.37/kg

**\$1.98** / LB



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$9.99** / LB

Boneless Skinless Chicken Breasts

Raised Without Antibiotics, 100% Veggie Fed,  
Fresh, \$22.02/KG



**\$4.99** / LB

Pork Sirloin Chops

Raised Without Antibiotics,  
Fresh, Also Roast, \$11.00/KG



**\$9.99** / EA

Rosstown Chicken Breast Kabobs

Raised Without Antibiotics, 100% Veggie Fed,  
Fresh



**\$12.99** / EA

Harvest Bacon  
500g



**\$3.49** / 100G

Fresh Steelhead Fillet  
Ocean Wise, Value Pack



**BUY 2 GET 1 FREE**

Grimm's Sizzlin' Smokies  
Select Varieties, 450g



Northern Glacier Black Tiger Prawns

Raw or Cooked,  
Ocean Wise,  
Frozen, 340g

**\$9.99** / EA

Duso's Pasta  
Select Varieties,  
250g - 300g

**\$5.99** / EA







**Maple Hill Organic  
Free Range Eggs**  
Medium, 1 Dozen



**\$6<sup>49</sup>**



**Happy Planet  
Creamery Organic  
Grass Fed Milk**  
Select Varieties, 1.5L



**\$6<sup>99</sup>**  
plus deposit & eco fees



**Olympic  
Organic  
Yogurt**  
Select Varieties,  
650ml

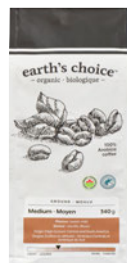


**\$3<sup>99</sup>**



**Traditional  
Medicinals Organic  
Herbal Tea**  
16 Bags

**2 FOR \$9<sup>00</sup>**



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

**\$9<sup>99</sup>**



**Olympic  
Organic  
Plain Yogurt**  
Select Varieties,  
1.75kg



**\$10<sup>49</sup>**



**Organic Bulk  
Candy & Snacks**  
Select Varieties, Loose &  
Pre-Packaged

**20% OFF**



**Alter Eco Organic  
Fair Trade  
Chocolate Bars**  
Select Varieties,  
75g - 84g

**2 FOR \$7<sup>00</sup>**



**Shady Maple  
Farms Organic  
Maple Syrup**  
500ml

**\$14<sup>99</sup>**

**DISCOVER ORGANIC CHOICES TO NOURISH YOUR BODY AND MIND**



**Guayaki Organic  
Yerba Mate**  
473ml

**2 FOR \$6<sup>00</sup>**  
plus deposit & eco fees



**Humble  
Organic  
Potato Chips**  
135g

**\$3<sup>49</sup>**

**GLUTEN  
FREE**



**Santa Cruz  
Organic Lemon  
Juice**  
Also Lime Juice,  
473ml

**\$6<sup>99</sup>**  
plus deposit & eco fees



**Lundberg  
Organic Rice**  
Select Varieties,  
907g

**\$10<sup>99</sup>**



**Imagine  
Organic Soup**  
1L

**\$5<sup>99</sup>**



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

**2 FOR \$5<sup>00</sup>**

**GLUTEN  
FREE**



**Suzie's Organic  
Condiments**  
Ketchup, Mustard &  
Mayo, Select Varieties,  
237ml - 592ml

**25% OFF**

**MADE IN  
CANADA**



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

**\$19<sup>99</sup>**



**Sunflower Kitchen  
Organic Hummus**  
227g

**\$3<sup>99</sup>**

**PLANT  
BASED**



**Terra Bread Granola**  
800g ~ 850g

**\$13<sup>99</sup>**



**Califia Farms Beverage**  
Oat & Almond  
Select Varieties, 1.4L

**2 FOR \$9<sup>00</sup>**  
plus deposit & eco fees



**Mogiana Single Origin Whole Bean Coffee**  
Hand Crafted, 340g

**\$12<sup>99</sup>**



**Yoggu! Coconut Yogurt**  
450g

**\$6<sup>99</sup>**



**Black River Pure Cranberry Juice**  
1L

**\$9<sup>99</sup>**  
plus deposit & eco fees



**Tofutti Cream Cheese**  
227g

**2 FOR \$8<sup>00</sup>**



**Armstrong Cheese**  
Assorted Varieties, 600g

**\$8<sup>99</sup>**



**Saputo Mozzarellissima Cheese**  
340g

**\$5<sup>99</sup>**

## NOURISHING LIFESTYLES SINCE 1990



**BioSteel Electrolyte Sports Drink**  
500ml

**2 FOR \$6<sup>00</sup>**  
plus deposit & eco fees



**Vita Coco Coconut Water**  
1L

**2 FOR \$7<sup>00</sup>**  
plus deposit & eco fees



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

**\$2<sup>99</sup>**  
plus deposit & eco fees



**Barbara's Cheez Puffs**  
155g ~ 198g

**\$3<sup>29</sup>**



**Angie's Boomchickapop Popcorn**  
Also Puffs,  
Select Varieties,  
125g ~ 198g

**\$4<sup>79</sup>**



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

**2 FOR \$7<sup>00</sup>**



**Healthy Hippo Low Sugar Gummies**  
50g

**2 FOR \$6<sup>00</sup>**



**Love Good Fat Bars**  
39g ~ 40g

**2 FOR \$4<sup>00</sup>**



**Hippie Snacks**  
70g

**\$4<sup>49</sup>**







# 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



# DELI

PREPARED FRESH



Rossdown Roasted Chickens

**\$12<sup>99</sup> / EA**



Emmental or Gruyere Cheese

**20% OFF**



Choices Breakfast Sandwiches or Parfaits



**\$1 OFF**  
regular retail



Choices Wild Salmon Lox Bagels



**\$8<sup>99</sup> / EA**



Choices Veggie Cakes  
140g



**2 FOR \$6<sup>00</sup>**



Nicli Artisan Pizza  
12 Inch



**\$16<sup>99</sup> / EA**



Gouda Cheese

**\$4<sup>49</sup> / 100G**



Edam Cheese

**\$3<sup>99</sup> / 100G**

# BAKERY

FRESH BAKED • WHOLESOME



Choices Hamburger or Hot Dog Buns  
Including the new Porridge Bread Buns,  
6 Pack



**\$3<sup>99</sup> / EA**



Choices Party Cakes  
540g - 600g



**\$14<sup>99</sup> / EA**



Choices Artisan Cookies  
6 Pack



**\$6<sup>99</sup> / EA**



Choices Scones  
2 Pack



**\$3<sup>99</sup> / EA**



Choices Keto Pudding  
Strawberry or Peanut Butter, 150g



**\$4<sup>49</sup> / EA**



Dempster's Bagels  
5 - 6 Pack



**2 FOR \$8<sup>00</sup>**



Silver Hills Sprouted Power Bread  
Ancient Grain, Heritage or Omegazing,  
510 - 600g



**\$4<sup>99</sup> / EA**



Alkeme Country Sourdough Bread  
725g



**\$9<sup>99</sup> / EA**



Wendel's Cookies  
12 Pack



**\$8<sup>99</sup> / EA**





# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Holy Napoli Pizza**  
Frozen,  
365g - 425g

**\$9.99**



**O'Doughs Bagels**  
Also Thins,  
Frozen,  
210g & 300g

**\$4.49**



**Garofalo Pasta**  
500g

**\$2.99**



**Naam Miso Gravy**  
350ml

**\$6.49**



**Gardein Meat Alternatives**  
Select Varieties  
& Sizes

**\$5.99**



**XO Baking Co. Bread Mix**  
250g - 498g

**\$9.99**



**Mutti Solo Pomodoro Italian Puree Tomatoes**  
680ml

**\$4.99**



**Sonoma Creamery Cheese Crisps**  
64g

**\$4.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Vega One & Vega Sport Products**  
Assorted Varieties  
& Sizes

**20% OFF**



**Enerex Vitamins & Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



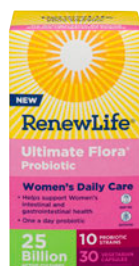
**Smart Solutions Vitamins & Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**AquaOmega Omega-3 Fish Oil Supplements**  
Assorted Varieties  
& Sizes

**30% OFF**



**Renew Life Probiotics**  
Assorted Varieties  
& Sizes

**20% OFF**



**Prairie Doctor Herbal Tinctures**  
Assorted Varieties  
& Sizes

**20% OFF**



**New Chapter Vitamins & Supplements**  
Assorted Varieties  
& Sizes

**15% OFF**

**Newco Natural Skin Care**  
Assorted Varieties & Sizes



**20% OFF**



**Oneka Shampoo or Conditioner**  
Assorted Varieties,  
500ml

**\$12.49**



**Attitude Natural Care Toothpaste**  
Also Bodycare,  
Assorted Varieties  
& Sizes

**25% OFF**



**Everyone For Every Body 3 in 1 Soap**  
Assorted Varieties,  
946ml

**\$15.99**



**Acure Face, Hair & Body Care**  
Assorted Varieties  
& Sizes

**30% OFF**

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Saturday 9 am - 5 pm | Sunday 10 am - 4 pm

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