



# CHOICES MARKET

100% BC OWNED AND OPERATED

# PARKSVILLE SUMMER CHOICES!

Special Parksville Edition Prices Effective • August 15 - August 21, 2024



**WESTERN CANADIAN**

**SPECIAL PRICE**

**Organic White Potato**  
Grown in BC,  
\$3.48/KG

**YOU SAVE 36%**

**\$1.58 / LB**

**DISCOVER LOCAL**

**Pork Back Ribs**  
Fresh, Raised without Antibiotics

**BUY 1 GET 1 FREE**



**Andalou Naturals**  
**Face Care and Body Care Products**  
Assorted Varieties & Sizes

**25% OFF**



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

**20% OFF**



**YOU SAVE 33%**

**Flow Alkaline Spring Water**  
1L

**2 FOR \$4.00**  
plus deposit & eco fee



**DISCOVER LOCAL**

**YOU SAVE 45%**

**\$4.99 / LB**

**Chicken Thighs**  
Fresh, Raised without Antibiotics,  
100% Veggie Fed, Value Pack, \$11.00/KG



**\$6.98 / EA**

**Organic Strawberries**  
Grown in USA, 454g Pkg.

**YOU SAVE \$1.00 / LB**



**DISCOVER LOCAL**

**YOU SAVE \$1.00**

**\$6.99**

**Rosstown Roasted Half Chickens**



**DISCOVER LOCAL**

**YOU SAVE \$1.00**

**\$4.99**

**Choices Sourdough Bread**  
Levain Style,  
250g - 530g



**FEATURED CHOICE**

**Organic Bulk Foods**  
Excluding Packaged Items

**25% OFF**



# PRODUCE FRESH • LOCAL • ORGANIC

DISCOVER  
LOCAL

## Organic Green Onions Bunch

Grown in BC



**\$1.98** / EA

## Organic Celery

Grown in USA,  
\$3.48/KG

**\$1.58** / LB



## Organic Cauliflower

Grown in USA



**\$3.98** / EA

## Broccoli Crowns

Grown in BC,  
\$6.57/KG

**\$2.98** / LB



DISCOVER  
LOCAL

## Gourmet Bouquet



**\$24.98** / EA

## Gerbera

5 Stems Bunch

**\$7.98** / EA



# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$13.99** / LB

## Prime Rib Roast

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Imported, Also Boneless,  
\$30.84/KG



DISCOVER  
LOCAL

**\$7.99** / LB

## Island Farms Poultry

**Boneless Skinless Chicken Breasts**  
Air Chilled, Fresh, Value Pack, \$17.61/KG



WILD  
CAUGHT

**\$6.49** / 100G

## Halibut Fillets

Fresh, Ocean Wise



**\$9.99** / LB

## Beef Burgers

Fresh, 100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Made in Store, Imported, \$22.02/KG



**\$11.99** / LB

## Boneless Leg of Lamb Steaks

Fresh, Raised Without Antibiotics, New Zealand,  
Pasture Raised, Also Roasts, \$26.43/KG



## Freybe Rhineland Bacon

Double Smoked,  
375g

**\$7.99**

GLUTEN  
FREE



DISCOVER  
LOCAL

**\$12.99** / LB

## Rossdown Marinated Chicken Breasts

Boneless Skinless, Fresh, Raised Without  
Antibiotics, 100% Veggie Fed, \$28.64/KG

## Freybe European Wieners

Original or Cheddar,  
375g

GLUTEN  
FREE

BUY 1 GET 1 FREE







**DeeBee's  
Organics  
Fruit Freezies**  
Select Varieties

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



**Avalon Organic  
Ice Cream**  
946ml



**\$11<sup>99</sup>**



**So Delicious  
Frozen  
Dessert**  
500ml

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



**Brew Dr.  
Organic  
Kombucha**  
414ml

**\$2<sup>99</sup>**

plus deposit & eco fees



**Zevia  
Zero Sugar  
Soda**  
6 Pack

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

plus deposit & eco fees



**Whistler  
Glacial Spring  
Water**  
4L



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

plus deposit & eco fees



**Thirsty Buddha  
Organic Coconut  
Water**  
1L

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

plus deposit & eco fees



**Happy Planet  
Organic Orange  
Juice**  
1.75L



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

plus deposit & eco fees



**Pulp & Press  
Organic Juice**  
355ml

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

plus deposit & eco fees

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



**Sober Carpenter  
Organic  
Non-Alcoholic  
Beverage**  
473ml

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

plus deposit & eco fees



**Covered Bridge  
Potato Chips**  
142g & 170g

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



**Fever Tree  
Tonic Water**  
Also Ginger Beer,  
4 Pack

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

plus deposit & eco fees



**Cabana Natural  
Lemonade**  
591ml

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

plus deposit & eco fees



**Spudsy  
Fries**  
Also Puffs, 113g

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



**Biotta Organic  
Vegetable Juice**  
500ml

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

plus deposit & eco fees

**Kind Nut Bars**  
40g

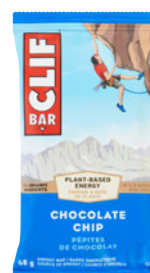


**3 FOR \$5<sup>00</sup>**



**Hand Fuel  
Snacks**  
120g - 150g

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



**Clif Bar  
Energy Bars**  
68g

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



**Nature's Path Organic Hot Cereal**  
8 Pack

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



**Manna Organics Manna Bread**  
350g - 400g

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

**Nature's Path Organic Waffles**  
210g



GLUTEN FREE

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



**Only Oats Oats**  
Assorted Varieties, Including Flour, 1kg

**\$8<sup>69</sup>**



**Liberté Greek Yogurt**  
750g

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



**Uncle Luke's Organic Maple Syrup**  
250ml

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



**Saugeen Organic Yogurt**  
908g

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



**Joyya Ultrafiltered Milk**  
1L

**\$4<sup>69</sup>**  
plus deposit & eco fees



**Violife Cheese Alternatives**  
Select Varieties

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

## NOURISHING LIFESTYLES SINCE 1990



**Avafina Seeds**  
Also Quinoa & Spices, Select Varieties, 130g ~ 425g

**20% OFF**



**Sunrise Tofu**  
Medium & Firm, 454g & 500g

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



**Lotus Foods Organic Rice Ramen Noodles**  
283g

**\$7<sup>99</sup>**



**Cape Herb & Spice Table Top Spice Grinders**  
Select Varieties, 36g ~ 130g

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



**Naked & Saucy Organic Coconut Seasoning Sauces**  
296ml

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



**Kettle & Fire Bone Broth**  
454ml

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



**Gold Seal Wild Pink Salmon**  
Select Varieties, 170g & 231g

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



**Caboo Bamboo Paper Towels**  
3 Roll

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



**Eco Max Cleaners**  
800ml

**\$3<sup>99</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



**Choices**  
**Homestyle**  
**Potato**  
Also Dijon or Roasted  
Herb Potato Duo

**\$1.69** / 100g



**Choices Moroccan**  
**Chickpea Salad**  
Also Persian Garden  
Couscous

**\$1.99** / 100g

**Choices Mexican Burritos**  
Also Fajitas, 220g - 295g



**\$7.49** / EA



**Choices Ready**  
**to Eat Chicken**  
**Tex Mex Salad**  
280g

**\$8.99** / EA



**Choices**  
**Croissant**  
**Sandwiches**

**\$7.99** / EA



**Nuba Hummus**  
Assorted Varieties, 280g

**\$7.99**



**Traditional**  
**Cow Feta**  
**Cheese**

**\$2.49** / 100g



**Gouda**  
**Cheese**  
Mild, Medium  
or Aged

**\$4.49** / 100g



**Dofino**  
**Havarti**  
**Cheese**

**\$3.49** / 100g

# BAKERY FRESH BAKED • WHOLESOME



**Choices**  
**Sourdough**  
**Baguette**  
530g

**\$2.99**



**Choices Tuxedo Cake**  
Also Tres Citrus, 410g ~ 450g

**\$12.99**



**Choices**  
**Dessert Cups**  
Including Mocha,  
Strawberry Trifle or  
Tuxedo, 150g

**\$4.29**

**Brioche Buns**  
Hamburger or Hot Dog, 6 or 8 Packs



**DISCOVER**  
**LOCAL**

**\$5.99**

**Saman Bakery Crackers**  
160g - 200g



**DISCOVER**  
**LOCAL**

**\$6.99**



**Dempsters**  
**Bagels**  
5 & 6 Packs

**2 FOR \$8.00**



**GLUTEN**  
**FREE**

**Carbonaut**  
**Buns**  
Hamburger  
or Hot Dog,  
5 & 6 Packs

**\$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



**La Cocina  
Tortilla  
Chips**  
300g ~ 400g

**\$3.99**



**Las Margaritas  
Fresh Salsa**  
500ml

**\$6.99**



**Pietro's  
Stuffed  
Frozen  
Ravioli**  
300g

**\$8.99**



**Red Crown  
Organic Pure  
Pomegranate  
Juice**  
1L

**\$8.99**  
plus deposit & eco fees



**Casa Fiesta  
Refried  
Beans**  
398ml

**2 FOR \$6.00**



**Kaslo  
Fermentata  
Pasta**  
454g

**\$9.99**



**Antico  
Organic  
Pasta  
Sauce**  
700ml

**\$6.99**



**Yumearth  
Organic  
Licorice**  
142g

**\$7.99**

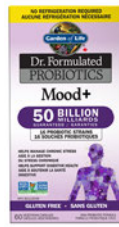
## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

**20% OFF**



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

**20% OFF**



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

**\$49.99**



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

**20% OFF**



**Natural Factors  
Magnesium  
Supplements**  
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**



**Whole Earth  
& Sea Greens**  
Also Protein &  
Greens Supplements,  
Assorted Varieties  
& Sizes

**20% OFF**



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

**25% OFF**



**Dr. Squatch  
Men's Body  
Care**  
Assorted Varieties  
& Sizes

**35% OFF**



**Thayers  
Witch Hazel**  
Assorted  
Varieties,  
340ml

**\$13.29**



**Himalaya  
Botanique  
Toothpaste**  
Assorted Varieties,  
113g ~ 150g

**\$6.49**

Shop online at [ChoicesMarket](https://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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