



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE SIZZLIN' SUMMER CHOICES!

Special Parksville Edition Prices Effective • August 22 - August 28, 2024

DISCOVER
LOCAL

SPECIAL PRICE

**Thomas Reid
Organic Chicken
Breasts**

Boneless Skinless,
Free Range, Non- GMO,
Air Chilled, Fraser Valley
Raised, \$26.43/KG

\$11⁹⁹ / LB

YOU SAVE
30%

SPECIAL PRICE

Corn On The Cob
Grown in BC

4 FOR \$3⁰⁰

YOU SAVE
41%

DISCOVER
LOCAL

CANADIAN

25% OFF

Choices Own BBQ Sausages

Made in Store, Raised without Antibiotics,
Turkey, Pork, Chicken



SPECIAL PRICE

2 FOR \$5⁰⁰

YOU SAVE
28%

Organic Hass Avocados

Imported

DISCOVER
LOCAL

**Roasted
Chickens**
Raised Without
Antibiotics

\$13⁹⁹ / EA

YOU SAVE
22%



**Choices
Chocolate
S'mores Pie**

Also Lemon Meringue,
Young Coconut, 6 Inch

\$7⁹⁹ / EA

DISCOVER
LOCAL

YOU SAVE
\$1⁰⁰

DISCOVER
LOCAL

**Vega Proteins
& Greens**

Assorted Varieties
586g - 618g

\$32⁹⁹

YOU SAVE
28%



**Kettle Brand
Potato Chips**

156g & 198g

2 FOR \$6⁰⁰

YOU SAVE
36%

CHOICES  MARKET

WEDNESDAY, AUGUST 28 ONLY

**ONE DAY SALE
& COMMUNITY BBQ!**

**15%
OFF***

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE
THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.

FEATURED CHOICE



**GT's Raw
Kombucha**
480ml

YOU SAVE
36%

\$3⁴⁹
plus deposit & eco fee

PRODUCE FRESH • LOCAL • ORGANIC



Organic Green & Red Grapes
Grown in USA,
\$10.98/KG

\$4.98 / LB



Sunrise Apples
Grown in BC,
\$5.47/KG

\$2.48 / LB



Gourmet Bouquet
\$24.98 / EA

Prune Plums
Grown in BC,
\$8.77/KG

\$3.98 / LB



Organic Yellow Nugget Potatoes
Grown in BC,
\$6.57/KG

\$2.98 / LB



Mini Carnations

\$7.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$7.99 / LB

Split Chicken Wings
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported, Value Pack, \$17.61/KG



\$8.99 / LB

Inside Round Steaks or Roast
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported, Value Pack, \$19.82/KG



\$6.99 / LB

Pork Tenderloin
Fresh, Raised Without Antibiotics,
\$15.41/KG



\$6.99 / LB

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



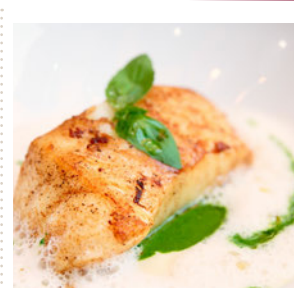
\$9.99 / LB

Chicken Thighs
Boneless, Skinless, Raised Without Antibiotics,
100% Veggie Fed, \$22.02/KG



\$9.99 / EA

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



Sable Fish Fillets
Fresh,
Ocean Wise

\$2.99 / 100G



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

\$3.99 / EA



Maple Hill Free Range Eggs

Large, 12 Pack



\$5.99



Bob's Red Mill Pancake & Waffle Mix

Also Muesli & Granola, Select Varieties,

312g ~ 680g

\$6.49



True Taste Café Belgian Waffles

Made in the Okanagan, BC
Frozen, 400g

\$6.99



One Degree Organic Granola

312g



\$4.99



Siggi's Icelandic Skyr Yogurt

4 x 100g

\$3.99



Bulk Frozen Blueberries

from Warkentin Farms, Abbotsford

20% OFF
works out to \$1.76/100G



Blue Diamond Almond Breeze Beverage

946ml

\$2.49
plus deposit & eco fees



Nature's Path Organic Eco Pac Cereal

650g ~ 907g

\$8.99



Tree Island Cream Top Yogurt

500g

\$4.99

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



Silk Non-Dairy Creamer

Also Fortified Soy Milk, Select Varieties,
890ml & 1.89L

\$5.49
plus deposit & eco fees



Iogo Nano Drinkable Yogurt

6 Pack

\$4.49



Lundberg Organic Rice Cakes

Also Organic Minis, Organic Thin Stackers, Select Varieties,
142g ~ 269g

\$4.99



Good Drink Natural Iced Tea

473ml

2 FOR \$5.00
plus deposit & eco fees



Fentimans Craft Soda

4 Pack

\$9.99
plus deposit & eco fees



Siete Grain Free Tortilla Chips

142g

\$5.49
GLUTEN FREE



Guayaki Organic Yerba Mate

458ml

2 FOR \$5.00
plus deposit & eco fees



Santa Cruz Organic Lemonade

946ml

2 FOR \$9.00
plus deposit & eco fees



NoochPOP! Nutritional Yeast Popcorn

120g

2 FOR \$8.00
PLANT BASED



**Chocxo Organic
Dark Chocolate
Cups**

98g - 100g

\$5.99



**GoMacro
Organic Bars**

59g - 69g

2 FOR \$6.00



**Zazubean Organic
Fair Trade
Chocolate Bars**

80g - 85g

2 FOR \$8.00



**Flow Organic
Naturally
Alkaline Water**

Select Varieties,
500ml

2 FOR \$3.00

plus deposit & eco fees



**Fiji Natural
Spring Water**

1.5L

2 FOR \$6.00

plus deposit & eco fees



**Once Upon A Farm
Organic Baby Food**

Also Smoothies,
85ml & 105ml

\$2.99



**Woolwich
Chevrai Goat
Cheese**

113g

\$4.49



**Spread'Em
Cashew Cheeze**

200g

\$7.99



**L'Ancetre
Organic Cheese**

325g

\$10.99

NOURISHING LIFESTYLES SINCE 1990



**Thai Kitchen
Coconut Milk**

Also Sauces, Pastes
& Noodles, Select
Varieties & Sizes

\$3.99



**Lakanto
Sweeteners**

Select Varieties,
235g - 800g

30% OFF



**Maille
Dijon Mustard**

200ml

\$5.99



**PORTA Tradizione
Italiana
Roman-Style Pizza**

Select Varieties, Frozen,
365g - 430g

\$9.99



**Rizopia Organic
Rice or Quinoa
Pasta**

340g & 454g

2 FOR \$6.00



**Rao's
Pasta Sauce**

660ml

\$10.99



**Lundberg
Nutra Farmed
Rice**

Basmati or Jasmine,
Select Varieties,
907g

\$9.99



**Organic Meadow
Organic Ice Cream**

946ml

\$8.99



**Righteous
Gelato**

Also Sorbetto,
473ml

\$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*.**



*See Customer Service for details



DELI

PREPARED FRESH



**Choices
Ready to Eat
Artisan Green
Salads**
Select Varieties

\$9.99 / EA



**Choices
Ready to Eat
Quiche**

2 FOR \$12.00



**Summer Fresh
Dips & Hummus**
227g

2 FOR \$8.00



**Italian Sliced
Salami &
Prosciutto**
70g ~ 85g

\$8.99 / EA



Spanakopitas
2 Pack

GLUTEN
FREE

\$7.99 / EA



**Spinach & Feta
or Ricotta & Feta
Twisters**

2 FOR \$7.00



**Castello
Cheese
Wedges**
Assorted Varieties,
200g

\$7.99 / EA



**Bella Casara
Burrata**
250g

\$14.99 / EA



**Castello
Cheese Slices**
125g ~ 165g

2 FOR \$12.00

BAKERY

FRESH BAKED • WHOLESOME

**Choices Caramelized Onion &
Rosemary Loaf**
Also Cranberry Walnut, 420g



DISCOVER
LOCAL

\$5.99



**Choices
Signature Cookies**
12 Pack

DISCOVER
LOCAL

\$5.99



**Portofino Brioche
Hamburger or
Hot Dog Buns**
6 Pack

DISCOVER
LOCAL

\$5.99



**Silver Hills
Sprouted Power
Organic Breads**
510g ~ 680g

2 FOR \$9.00

Saman Bakery Crackers
Assorted Varieties, 200g



DISCOVER
LOCAL

\$6.99

Wendel's Party Cakes
500g ~ 600g



GLUTEN
FREE

DISCOVER
LOCAL

\$14.99



**Schär Breads,
Buns & Rolls**
Select Varieties,
200g ~ 400g

GLUTEN
FREE

20% OFF

**PARKSVILLE
ONE DAY SALE
& COMMUNITY BBQ!**

15% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.
*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. One Day sale offer valid at the Parksville location only. Sale not available online.

WEDNESDAY, AUGUST 28 ONLY

Join us at our Parksville location
ONLY for our Community BBQ
from 11:00am - 2:00pm. All proceeds
will be donated to The Salvation Army.



GROCERY

LOCAL • ORGANIC • SPECIALTY



Only Goodness Organic Honey
375g

\$5.99

Only Goodness Compostable Bowls
12 oz, 15 Pack



2 FOR \$5.00



Only Goodness Organic BBQ Sauce
350ml

\$5.69



Only Goodness Organic Extra Virgin Olive Oil
500ml

\$12.99



Only Goodness Almond Butter
340g

\$5.99

Only Goodness Compostable Dinner Plates
Select Varieties



20% OFF

Only Goodness Compostable Food Waste Bags
Select Varieties



25% OFF



Only Goodness Organic Apple Cider Vinegar
473ml

2 FOR \$5.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Platinum Naturals Multivitamins
Assorted Varieties & Sizes

20% OFF



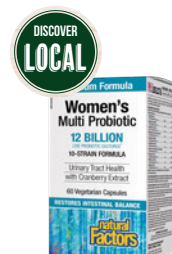
Organika Electrolytes
Assorted Varieties & Sizes

30% OFF

NutraSea Omega-3 Fish Oil Supplements
Select Varieties & Assorted Sizes



20% OFF



Natural Factors Probiotics
Assorted Varieties & Sizes

20% OFF



Natural Factors All Bonus Bottles
Assorted Varieties & Sizes

20% OFF



CanPrev Beauty Supplements
Select Varieties & Assorted Sizes

20% OFF



Purica Vitamins & Supplements
Assorted Sizes & Varieties

20% OFF



Salus Floradix & Floravit
Assorted Varieties & Sizes

20% OFF



Lily of the Desert Aloe Vera Gel
Also Juice, Assorted Varieties & Sizes

20% OFF



Phillip Adam Hair Care & Body Care
Assorted Varieties & Sizes

30% OFF



Jasön Naturals Hand Soap
473ml

\$6.49



Dr. Hauschka Facial Care
Assorted Varieties & Sizes

25% OFF

Shop online at ChoicesMarket.com



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@ChoicesMarket



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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.