



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE - BUY ONE GET ONE FREE!

Special Parksville Edition Prices Effective • September 12 - September 18, 2024



**Sirloin Tip
Steaks or Roast**
100% Grass Fed, Raised
Without Antibiotics,
Pasture Raised, Value Pack

BUY 1 GET 1 **FREE**



Northern Glacier Shrimp

Raw or Cooked,
Ocean Wise, Frozen, 340g,
31 - 40 Count, 41 - 50 Count

BUY 1 GET 1 **FREE**

**Vega
Sport Protein**
Assorted Varieties,
801g - 837g

BUY 1 GET 1 **FREE**



DISCOVER
LOCAL



**Castello
Cheese Slices**
145g - 175g

BUY 1 GET 1 **FREE**

ORGANIC CHOICES

DISCOVER
LOCAL



**Organic
Bartlett Pears**

BC Grown, 1.36 kg Bag

BUY 1 GET 1 **FREE**



**Traditional
Medicinals
Organic Tea**
16 Bags

BUY 1 GET 1 **FREE**

**Bioitalia
Organic Pasta**
500g

BUY 1 GET 1 **FREE**



**Divine Essence
Essential Oils
& Body Care Products,**
Assorted Varieties
& Sizes

BUY 1 GET 1 **FREE**



DISCOVER
LOCAL

**Olivier's
Peasant Bread**
800g

BUY 1 GET 1 **FREE**



DISCOVER
LOCAL

Russet Potatoes
BC Grown, 2.27 kg Bag

BUY 1 GET 1 **FREE**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Medley Mix Tomatoes

BC Grown, 1 Dry Pint



\$5.98 / EA



Green and Red Grapes

USA Grown,
\$8.77/KG

\$3.98 / LB



Gourmet Bouquet

\$24.98 / EA

Organic Celery

BC Grown, \$4.37/KG



\$1.98 / LB



Mini Cucumbers

BC Grown,
454g Pkg.

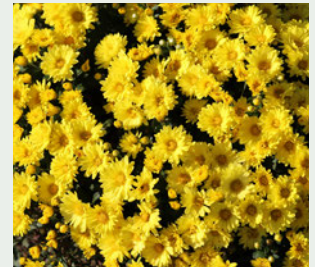


\$3.48 / EA



Assorted Spray Mums

\$7.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$8.99 / LB

Thomas Reid Organic Chicken Thighs

Free Range, Non-GMO, Air Chilled,
Fraser Valley Raised, \$19.82/KG



\$12.99 / LB

Organic Lean Ground Beef

100% Canadian, Grass Fed Grain Finished,
Fresh, Value Pack, \$28.64/KG



\$4.99 / LB

Whole Frying Chicken

100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack, \$11.00/KG



\$6.99 / LB

Pork Belly, Chops or Piece

Raised Without Antibiotics, Fresh, \$15.41/KG



BUY 1 GET 1 FREE

Sable Fish Fillets

Fresh, Ocean Wise, Wild Caught



\$8.99 / LB

Beef Stew

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, \$19.82/KG



Maple Leaf Natural Bacon

Made with Natural Ingredients,
Select Varieties, 375g

\$7.99 / EA

Old Country Pasta

Select Varieties

20% OFF



BOGO SPECIAL



Tonica Organic Kombucha
355ml Cans Only

BUY 1 GET 1 **FREE**
plus deposit & eco fees



Holy Crap Organic SuperSeed Blend
225g

BUY 1 GET 1 **FREE**



Gimme Organic Roasted Seaweed Snacks
6 Pack

BUY 1 GET 1 **FREE**



Allergy Smart Cookies
140g & 228g

BUY 1 GET 1 **FREE**



Eat Wholesome Organic Baked Beans
398ml

BUY 1 GET 1 **FREE**



O'Dough's Frozen Bagels
Also O'Dippers, 210g - 510g

BUY 1 GET 1 **FREE**



Zevia Zero Sugar Energy Drink
Also Tea, Select Varieties, 355ml

BUY 1 GET 1 **FREE**
plus deposit & eco fees



Safe Catch Wild Elite Pure Tuna
also Wild Pink Salmon, Select Varieties, 142g

BUY 1 GET 1 **FREE**



Granny's Liquid Laundry Wash
3.78L

BUY 1 GET 1 **FREE**

DISCOVER ORGANIC CHOICES TO NOURISH YOUR BODY AND MIND



Olympic Organic Yogurt
Select Varieties, 650g

\$4.79



Avalon Organic Probiotic Yogurt
650g

\$4.99



Nature's Nuts Organic Peanut Butter
500g

\$7.99



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

2 FOR **\$7.00**



Ethical Bean Organic Ground Coffee
227g

\$9.99



Healthy Hooch Organic Kombucha
500ml

\$3.49
plus deposit & eco fees



Amy's Organic Soup
398ml

\$4.49



Lundberg Organic Rice
907g

\$10.99



Acropolis Organics Extra Virgin Olive Oil
500ml

\$25.99



Maple Hill Free Range Eggs
Extra-Large, 1 Dozen

\$6.49



The Granola King Gourmet Granola
2KG

\$29.99



Yoggu! Coconut Yogurt
450g

\$6.49



Rabbit River Cage Free Egg Whites
500g

\$5.99



Elias Liquid Honey
500g

\$8.99



St. Dalfour Fruit Spreads
225ml

\$4.99



Rolling Meadow Grass Fed Butter
250g

\$6.99



Stahlbush Island Farms Sustainable Frozen Fruit
Select Varieties, 283g - 300g

\$4.99

NOURISHING LIFESTYLES SINCE 1990



Biosteel Sports Drink
500ml

\$2.99
plus deposit & eco fees



Arla Cream Cheese
200g

\$4.49



Saputo Shredded Cheese
320g

\$6.99



Laiki Rice Crackers
100g

\$3.99



Blue Diamond Nut Thins
120g

\$5.49



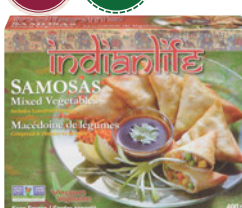
Glutino Pretzels
400g

\$7.99



Holy Napoli Frozen Pizza
365g - 425g

\$9.49



Indianlife Vegan & Vegetarian Frozen Meals
342g & 400g

\$6.99



Nina's Pierogies
Select Varieties, 400g - 550g

\$8.99



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



Roasted Chickens
Raised Without Antibiotics

\$15.99 / EA



Choices Signature Sandwiches
Assorted Varieties,
130g - 200g

\$6.49 / EA



Vegetable or Spinach Pakoras

\$3.49 / 100g



Choices Hot Soup
16oz or Medium

2 FOR \$10.00



Gyozas
Vegetable, Chicken or Pork,
20g

8 FOR \$4.00



Honey Ham

\$2.99 / 100g



Bothwell Cheese
Assorted Varieties

\$3.99 / 100g



Habibi's Hummus
Family Pack, 450g

\$7.99

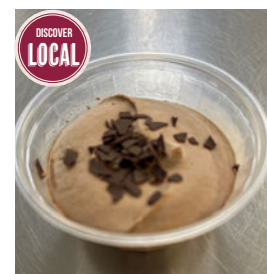


Chicken Samosa
140g

2 FOR \$7.00

BAKERY

FRESH BAKED • WHOLESOME



Choices Low Carb Chocolate Mousse Cup
90g

BUY 1 GET 1 FREE



Silver Hills Sprouted Power Organic Bagels
5 Pack

\$4.99



Choices Artisan Buns
4 Pack

\$3.49



Choices Almond Crunch Cookies
Also Chocolate Crunch, 6 Pack

\$6.99



Choices Banana Loaf
Also Orange Cranberry,
300g - 454g

\$7.99



Carbonaut Bread
Also Bagels,
355g - 550g

\$7.99

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

DISCOVER
LOCAL

**Island Farms
Premium Ice Cream**
Select Varieties, 1.65L



\$7.99



**Only Goodness
Organic Oats**
1KG

\$4.99



**Only Goodness
Organic White Quinoa**
1.36KG

\$11.99



**Only Goodness
Dish Soap**
532ml

\$2.99

PLANT
BASED



**Smart Sweets
Low Sugar Gummies**
Select Varieties,
50g

2 FOR \$7.00



**Only Goodness
Organic Coconut Milk**
400ml

\$2.99



**Only Goodness
Organic Rice Cakes**
140g

2 FOR \$7.00



**Nellie's
All Natural Laundry Soda**
726g

\$9.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

DISCOVER
LOCAL

ALL NATURAL
FACTORS PRODUCTS
ON SALE
IN STORE



**Natural Factors
Vitamins & Supplements**
Assorted Varieties
& Sizes

20% OFF



**Aqua Omega
Omega 3 Fish Oil Supplements**
Assorted Varieties
& Sizes

25% OFF



**Renew Life
Probiotics**
Assorted Varieties
& Sizes

25% OFF

DISCOVER
LOCAL



**Do Matcha
Ceremonial Green Tea**
Assorted Varieties
& Sizes

20% OFF



**Sisu Ester-C
Supplements**
Assorted Varieties
& Sizes

20% OFF



Boiron Homeopathic Remedies
Assorted Varieties
& Sizes

20% OFF



Now Vitamins & Supplements
Assorted Varieties
& Sizes

20% OFF

DISCOVER
LOCAL



Prairie Doctor Herbal Tinctures
Assorted Varieties
& Sizes

20% OFF



Newco Natural Skin Care & Supplements
Assorted Varieties
& Sizes

20% OFF



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

15.99



Acure Face, Hair & Body Care
Assorted Varieties
& Sizes

25% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties
& Sizes

20% OFF



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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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