



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE SPOOKTACULAR CHOICES!

Special Parksville Edition Prices Effective • October 24 - 30, 2024



**SPECIAL PRICE**

**Organic Lean Ground Beef**  
100% Canadian, Grass Fed  
Grain Finished, Fresh,  
Value Pack, \$28.64/KG

**\$12.99 / LB**

YOU SAVE  
**18%**

**SPECIAL PRICE**

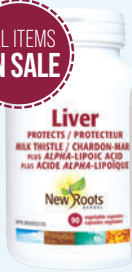
**Organic Yellow Onions**

Grown in Canada,  
1.36kg Bag

YOU SAVE  
**\$3.00**

**\$3.98 / EA**

ALL ITEMS  
ON SALE



**20% OFF**

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



**\$3.48 / LB**

**Green and Red Grapes**  
Grown in USA, \$7.67/KG

YOU SAVE  
**30%**



**Choices Pot Pies**  
245g - 320g

YOU SAVE  
**22%**

**\$6.99 / EA**



**Choices Halloween Cookies Decorating Kit**  
740g

**\$16.99 / EA**

FAIR  
TRADE

DISCOVER  
LOCAL



**Zazubean Organic Chocolate Bars**  
80g & 85g

YOU SAVE  
**25%**

**\$4.49 / EA**

FAIR  
TRADE



**Numi Organic Tea**  
Select Varieties,  
15 Pack - 18 Pack

YOU SAVE  
**29%**

**\$5.99 / EA**

CHOICES  MARKET

WEDNESDAY, OCTOBER 30 ONLY

**ONE DAY SALE**  
**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

**Chocxo Organic Dark Chocolate Cups**

Select Varieties,  
98g - 100g

**\$4.99**

DISCOVER  
LOCAL

YOU SAVE  
**40%**





# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Cauliflower**  
Grown in USA

**\$5.98 / EA**



**Organic Pugly Yellow, Red or Russet Potato**  
Grown in BC,  
2.27 kg Bag

**\$5.98 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**

**Organic Zucchini**

Fair-Trade,  
Grown in Mexico,  
\$4.37/KG



**\$1.98 / LB**

**Orange, Red and Yellow Peppers**

Grown in BC,  
\$8.77/KG

**\$3.98 / LB**



**Gerberas**  
5 Stems

**\$7.98 / EA**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$8.99 / LB**

**Boneless Skinless Chicken Thighs**

100% Veggie Fed, Raised Without Antibiotics,  
Fresh, Value Pack \$19.82/KG



**\$5.99 / LB**

**Pork Shoulder Butt Roast or Steaks**

Boneless, Raised Without Antibiotics, Fresh,  
\$13.21/KG



**\$9.99 / LB**

**Top Sirloin Roast or Steaks**

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack \$22.02/KG



**Thomas Reid Organic Whole Frying Chicken**

Free Range,  
Non- GMO, Air Chilled,  
Fraser Valley Raised,  
\$15.41/KG

**\$6.99 / LB**



**Beef Stir Fry**

100% Grass Fed,  
Raised Without  
Antibiotics, Pasture  
Raised, \$22.02/KG

**\$9.99 / LB**



**\$3.79 / 100G**

**Steelhead Fillet**

Fresh, Ocean Wise, Value Pack

**Pinty's Products**

Frozen, 780g ~ 790g,  
Varieties May Vary By Store



**20% OFF**

**Northern Glacier Raw or Cooked Shrimp**

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

**BUY 2 GET 1 FREE**







**Kettle Brand  
Potato Chips**  
156g & 198g

3 FOR \$9<sup>99</sup>



**Nora  
Seaweed  
Snacks**  
32g & 45g

\$3<sup>99</sup>



**La Croix  
Sparkling Water**  
8 Pack

\$6<sup>49</sup>

plus deposit & eco fees



**Hardbite  
Root Chips**  
150g

\$4<sup>99</sup>



**Schär  
Crackers**  
Also Breadsticks,  
210g & 150g

\$8<sup>99</sup>



**Flow Naturally  
Alkaline  
Spring Water**  
1L

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

plus deposit & eco fees



**R.W. Knudsen  
Juice**  
including Cranberry,  
Blueberry &  
Pomegranate,  
946ml

\$10<sup>99</sup>

plus deposit & eco fees



**Brew Dr.  
Organic  
Kombucha**  
414ml

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

plus deposit & eco fees

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



**Rao's  
Homemade  
Pasta Sauce**  
660ml

\$11<sup>99</sup>



**Italpasta**  
900g

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



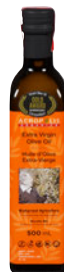
**Annie's  
Pasta**  
Assorted Varieties,  
149g - 170g

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



**Amy's  
Frozen  
Pizza**  
340g - 397g

\$10<sup>99</sup>



**Acropolis  
Organics Extra  
Virgin Olive Oil**  
500ml

\$26<sup>99</sup>



**Bubbies  
Pickles**  
Also Sauerkraut,  
750ml - 1L

30% OFF



**Kikkoman  
Organic  
Soy Sauce**  
296ml

\$7<sup>99</sup>



**Amano  
Organic  
Tamari Sauce**  
250ml

\$3<sup>99</sup>



**Patak's  
Cooking Sauces**  
Also Pastes,  
284 ml & 400ml

\$6<sup>99</sup>

CHOICES  MARKET

WEDNESDAY, OCTOBER 30 ONLY

AT OUR PARKSVILLE LOCATION ONLY

ONE  
DAY **SALE**



ENJOY THIS  
**LIMITED TIME  
OFFER**  
JUST FOR YOU!

**15% OFF\***

**YOUR IN-STORE PURCHASE, INCLUDING ITEMS ALREADY ON SALE!**

\*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Sale not available online.

Sale offer valid at Parksville location only.

SHOP ONLINE AT **CHOICES.MARKET**  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket

DISCOVER  
LOCAL



**Terra  
Premium  
Granola**  
340g

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

DISCOVER  
LOCAL



**Bremner's  
Blueberries**  
Frozen, 600g

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

DISCOVER  
LOCAL



**Olympic  
Krema Yogurt**  
650g

**\$5<sup>49</sup>**



**Anita's Organic  
Rolled Oats**  
1kg

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



**Blue Diamond  
Almond Breeze  
Beverage**  
1.89L

**\$4<sup>99</sup>**  
plus deposit & eco fees



**Danone Oikos  
Greek Yogurt**  
4 Pack

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



**Nuts To You  
Peanut Butter**  
750g

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



**Canadian Heritage  
Organics  
Maple Syrup**  
1L

**\$26<sup>99</sup>**



**Rabbit River Farms  
Organic Extra Large Eggs**  
1 Dozen

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

**NOURISHING LIFESTYLES SINCE 1990**



**Clif Bar  
Energy Bars**  
68g

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



**Freeyumm  
Soft Baked Bars**  
Also Cookies &  
Crackers, 120g - 154g

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



**Simply Protein Bar**  
40g

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



**Café William  
Organic Whole  
Bean Coffee**  
300g & 340g

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

DISCOVER  
LOCAL



**Earth's Own  
Oat Barista  
Blend**  
946ml

**\$5<sup>49</sup>**



**Organic  
Traditions  
Functional Latte**  
Also Tea & Coffee,  
Select Varieties,  
100g - 227g

**20% OFF**



**Happy Planet  
Creamery Organic  
Grass Fed Butter**  
200g

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



**Armstrong Cheese**  
Select Varieties, 600g

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



**Spread'em  
Creamy  
Cashew Dips**  
185g

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



# DELI PREPARED FRESH



**Roasted Chickens**  
Raised Without Antibiotics

**\$14.99 / EA**



**Roasted Scallop or Garlic Mashed Potatoes**

**\$1.69 / 100G**



DISCOVER LOCAL

NEW

**Woozas Pizza**  
575g ~ 700g

**\$16.99 / EA**



**Choices Ready to Eat Wraps**

**\$9.99 / EA**



**Choices Hot Soup**  
16oz/Medium

**\$5.99 / EA**



DISCOVER LOCAL

**Wheat Free Yam, Pumpkin or Kale & Corn Fritters**

**\$3.99 / 100G**



**Summer Fresh Dips & Hummus**  
255g

**\$4.29 / EA**



**Choices Angus Roast Beef**  
Pepper, Garlic or Perfectly Plain

**\$4.49 / 100G**



**German Cambozola Cheese**

**\$5.49 / 100G**



**Ile De France Brie Cheese**

**\$4.49 / 100G**



DISCOVER LOCAL

**Natural Pastures Cheese**

**20% OFF**

# BAKERY FRESH BAKED • WHOLESOME



**Choices Red Onion & Rosemary Focaccia**  
or Sundried Tomato & Olive, 315g

**\$4.49 / EA**



DISCOVER LOCAL

**Choices Apple Pie**  
8 Inch

**\$10.99 / EA**



DISCOVER LOCAL

**Oliver's Flax Mountain Bread**  
or Mini Multigrain, 400g - 600g

**\$4.99 / EA**



DISCOVER LOCAL

**Choices Halloween Cookies**  
70g - 150g

**FROM \$1.99 / EA**



DISCOVER LOCAL

GLUTEN FREE

**Rebel Gluten Free Cookies**  
Pack of 12

**\$8.99 / EA**



**Olivier's Peasant Bread**  
800g

**\$6.99 / EA**

**WEDNESDAY  
OCTOBER 30 ONLY  
PARKSVILLE**

**ONE DAY SALE 15% OFF\***

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# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Bob's Red Mill  
1 to 1 Baking  
Flour**  
624g

GLUTEN  
FREE

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



**Wholesome  
Organic  
Dark Brown  
Sugar**  
680g

FAIR  
TRADE

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

**Island Farms  
Premium Ice Cream**  
1.65L



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



**Caboo  
Sustainable  
Bathroom  
Tissue**  
Select Varieties

**30% OFF**



**Camino Organic  
Chocolate Chips**  
225g

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



**Bakers  
Supply House  
Organic  
Vanilla Extract**  
100ml

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



**Enlightened  
Keto Ice  
Cream**  
473ml Tubs

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



**Aspen Clean  
Laundry Wash**  
Also Household  
Cleaners, Select  
Varieties

**30% OFF**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

### COLD & FLU RELIEF



**AOR  
Quercetin**  
100 Caps

**\$49<sup>99</sup>**

**Prairie Naturals  
Vitamins & Supplements**  
Assorted Varieties & Sizes



**20% OFF**

**Ener-C Effervescent  
Vitamin C Drink Mix**  
Assorted Varieties, 20's - 30's



**\$15<sup>29</sup>**

**Joy of the  
Mountains  
Oil of Oregano**  
Assorted Sizes



**20% OFF**



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

**\$44<sup>49</sup>**



**Natural Factors  
CurcuminRich  
Theracurmin  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**NutraSea  
Omega-3  
Fish Oil  
Supplements**  
Select Varieties,  
Assorted Sizes

**20% OFF**



**Genuine  
Health Greens+  
Superfoods  
Powders**  
Assorted Varieties  
& Sizes

**20% OFF**

**NOW Essential Oils &  
Topical Body Oils**  
Assorted Varieties & Sizes



**20% OFF**



**Sukin Botanicals  
Natural  
Face and  
Hair Care**  
Assorted Sizes

**20% OFF**



**JäsÖn  
Naturals  
Bodywash**  
Assorted Varieties,  
887ml

**\$15<sup>49</sup>**

**Santevia Alkaline Water  
Pitchers**  
Also Water Systems and More,  
Assorted Varieties & Sizes



**20% OFF**

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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