



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE - BUY ONE GET ONE FREE!

Special Parksville Edition Prices Effective • November 7 - 13, 2024



WESTERN
CANADIAN

SPECIAL PRICE

Pork Back Ribs
Raised Without Antibiotics,
Fresh

BUY 1 GET 1 FREE



BUY 1 GET 1 FREE

Organic Lemons
Grown in USA, 907g Bag



BUY 1 GET 1 FREE

Choices Own Fresh Soups
650ml



DISCOVER
LOCAL

BUY 1 GET 1 FREE

Chicken Drumsticks
Raised Without Antibiotics,
100% Veggie Fed, Fresh, Value Pack



BUY 1 GET 1 FREE

Limes
Grown in Mexico



BUY 1 GET 1 FREE

Choices Sourdough Bread
Levain Style, 530g



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

BUY 1 GET 1 FREE



**Simply Organic
Vanilla Extract**
Includes Gravy Mixes,
Select Varieties,
59ml & 118ml, 24g - 28g

BUY 1 GET 1 FREE



**Lakanto
Sweeteners**
Select Varieties,
235g & 800g

BUY 1 GET 1 FREE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Chard
Rainbow or Red,
Grown in USA

\$2.98 / EA



POM Pomegranates
Grown in USA

\$3.48 / EA



Gourmet Bouquet

\$24.98 / EA

Organic Carrots

From Fountainview Farm, BC,
2.27kg Bag



\$11.98 / EA

Tomatoes On the Vine
Grown in BC,
\$5.47/KG



\$2.48 / LB

Carnations



\$9.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Striploin Grilling Steaks

Raised Without Antibiotics, 100% Grass Fed,
Pasture Raised, Value Pack, Imported, \$28.64/KG



BUY 2 GET 1 FREE

Soup ETC!

Select Varieties, 700ml



\$7.99 / LB

Lean Ground Beef

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



Choices Own Sausages

Raised Without Antibiotics, In Store Made, Pork, Chicken or Turkey, Select varieties

20% OFF



Sockeye Salmon Fillets

Ocean Wise, Previously Frozen or Frozen, Value Pack

\$3.99 / 100G



\$11.99 / LB

Leg of Lamb Roast

Raised Without Antibiotics, Boneless,
Fresh, Pasture Raised, Product of New Zealand,
\$26.43/KG



Old Country Pasta

Select Varieties, 450g

20% OFF

Northern Glacier Raw Black Tiger Prawns

Ocean Wise, Frozen, 340g

\$9.99 / EA





Seasnax Organic Seaweed Snacks
5g

BUY 1 GET 1 **FREE**



Kind Bars
40g

BUY 1 GET 1 **FREE**



Yumearth Organic Fruit Pops and Licorice
241g & 142g

BUY 1 GET 1 **FREE**



Yeshi Nutritional Yeast Salad Dressing
350ml

BUY 1 GET 1 **FREE**



Simply Organic Seasoning Packets
includes Taco, Chili & Alfredo Mixes
28g - 42g

BUY 1 GET 1 **FREE**



Say When Organic Chai
946ml

BUY 1 GET 1 **FREE**



Hardbite All Natural Potato Chips
128g & 150g

DISCOVER LOCAL

2 FOR \$6.00



Skinny Pop Popcorn
125g & 150g

\$4.79



Rxbar Protein Bar
52g

2 FOR \$5.00

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



Organic Traditions Super Foods
Select Varieties,
50g - 454g

20% OFF



Ritter Sport Chocolate Bars
Select Varieties,
100g

\$3.49



Lundberg Organic Rice Cakes
142g - 269g

\$5.99



Rise Organic Kombucha
1L

\$7.99
plus deposit & eco fees



Traditional Medicinals Organic Tea
16 Bags

2 FOR \$9.00



Cabana Natural Lemonade
591 ml

\$2.99
plus deposit & eco fees



RW Knudsen Just Juice
Select Varieties,
946ml

\$9.99
plus deposit & eco fees



Harmless Harvest Organic Coconut Water
473ml

\$5.99
plus deposit & eco fees



Dairyland Milk 2 Go
325ml & 473ml

2 FOR \$4.00
plus deposit & eco fees

ONLINE CHOICES

NOW HERE

Click & Collect on all your
favourite local, organic and
specialty food and wellness items!



DISCOVER MORE AT:
Choices.Market





Nature's Farm
Organic Omega-3 Eggs
Large, 1 Dozen

\$9.99



Natur-A
Organic
Beverages
Includes Soy, Oat
& Rice, 946ml

2 FOR \$6.00
plus deposit & eco fees



Olympic
Organic Yogurt
Select Varieties,
1.75kg

\$11.99

DISCOVER
LOCAL



Organic
Meadow
Organic Butter
Lightly Salted,
250g

\$9.99



Earth's Own
Oat Beverage
Also Soy, Select
Varieties, 1.75L

\$4.99
plus deposit & eco fees



Maison Riviera
Coconut Milk
Kefir
946ml

\$6.99

PLANT
BASED



Uncle Luke's
Organic
Maple Syrup
250ml

\$7.99



Melt
Organic
Buttery Spread
368g

\$4.99

PLANT
BASED



Nuts for Cheese
Organic Fermented
Cashew Wedges
120g

\$10.99

PLANT
BASED

NOURISHING LIFESTYLES SINCE 1990



Amy's
Organic Soup
398ml

\$4.49



Amy's Meals,
Entrées &
Bowls
Select Varieties,
Frozen

\$6.99



Stahlbush Island
Farms Sustainable
Vegetables
Select Varieties,
Frozen, 198g - 397g

\$3.49



Lundberg
Sustainably
Grown Rice
907g

\$8.99



GoGo Quinoa
Organic Pasta
170g & 227g

\$3.99



Mutti Passata
Strained
Tomatoes
680ml

\$5.99



Nina's
Pierogies
Frozen, 400g & 450g

\$11.99

DISCOVER
LOCAL



Saputo
Mozzarellissima
Cheese
340g

\$6.99



Tre Stelle
Light
Feta Cheese
375g

\$8.99

DELI PREPARED FRESH



DISCOVER
LOCAL

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

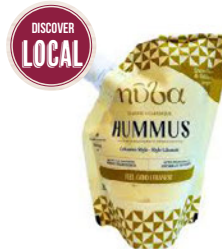
\$6.99 / EA



DISCOVER
LOCAL

**Spanakopita
or Mushroom &
Parmesan Pie**
185g

2 FOR \$10.00



DISCOVER
LOCAL

**Nuba
Hummus**
280g

\$7.49 / EA



**Celebrate Grey cup with 15% Off
Party Platters!**
Order In-Store or Visit Choices.Market for Our
Menu

15% OFF



DISCOVER
LOCAL

**Honey
Ham**

\$2.99 / 100g



DISCOVER
LOCAL

**Choices
Ready to Eat
Artisan
Sandwiches**

\$9.99 / EA



DISCOVER
LOCAL

NEW

**Choices
Donburi
Bowls**
Chicken, Beef
or Tofu,
400g - 460g

\$9.49 / EA



**Great Lakes
Goat Cheese**
Assorted
Varieties,
158g - 175g

\$9.99 / EA



**Saputo
Caciocavallo
Cheese**
Plain or Smoked

\$3.49 / 100g



**Henri Willig
Gouda Cheese**
Assorted Varieties

15% OFF

BAKERY FRESH BAKED • WHOLESOME



DISCOVER
LOCAL

**Choices
Artisan
Fruit Pies**
Select Varieties,
8 Inch

\$10.99 / EA



DISCOVER
LOCAL

**Choices
Cake Slices**
Select Varieties,
120g - 150g

\$3.99 / EA



DISCOVER
LOCAL

**Choices
Signature
Cookies**
12 Pack,
Select Varieties

\$5.99 / EA



DISCOVER
LOCAL

**Choices
Mini
Butter Tarts**
4 Pack

\$3.99 / EA



GLUTEN
FREE

**Little
Northern
Bakehouse
Pizza Crust**
420g - 600g

\$7.99 / EA



**Aidan's Fermented Sourdough
Bread, Bagels or Baguettes**
230g - 500g

GLUTEN
FREE

NEW

20% OFF



DISCOVER
LOCAL

**Wise Bites
Bars**
300g

GLUTEN
FREE

\$8.99



DISCOVER
LOCAL

**Wise Bites
Holiday Cookies**
150g

GLUTEN
FREE

\$6.49 / EA

LEST WE FORGET NOVEMBER 11TH

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave women and men who have served our country with distinction.

In recognition of, and to honour, the women and men of Canada who have sacrificed their lives to help protect the values and freedoms we as Canadians enjoy today, we will observe a moment of silence at 11am local time in our stores on Saturday, November 11.

Thank you to our veterans, service members and their families for their commitment to our country.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Pamela's
Baking &
Pancake Mix**
1.8kg

\$26⁹⁹



**Ezekiel 4:9 Organic
Food For Life Bread**
Frozen, Select Varieties,
680g

\$7⁹⁹



**Wildbrine
Organic Raw
Sauerkraut**
500ml

\$8⁹⁹



**Echoclean
All Natural
Laundry
Detergent**
3kg

\$12⁹⁹



**Navitas
Organics
Cacao Powder**
Also Nibs and
Turmeric, Select
Varieties

20% OFF



**Organic
Bulk Foods**
Nuts & Fruits,
Select Varieties

20% OFF



**Hobbs
Pickles**
1L

\$12⁹⁹



**The
Unscented
Company
Dish Soap**
750ml

\$3⁹⁹

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

COLD & FLU RELIEF



**Sisu Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**St. Francis Herb
Farm Herbal
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Now
Vitamins and
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Nuun Hydration
Electrolytes**
Sport, Boost,
Immunity And
Vitamin Tabs,
Assorted Varieties,
10 Tabs

\$9²⁹



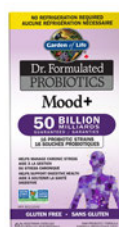
**Living Alchemy
Your Flora Series
& Fermented
Activated Herbals**
Assorted Varieties
& Sizes

20% OFF



**AOR
Curcumin
Active**
Also Curcumin
Ultra, 60 Caps

\$65⁹⁹



**Garden of Life
Dr. Formulated
Probiotics**
Also Proteins and
Herbals, Assorted
Varieties & Sizes

20% OFF



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

20% OFF



**Dr. Hauschka
Facial Care**
Assorted Varieties
& Sizes

25% OFF



**Oneka
Hair & Body
Care**
Assorted Varieties
& Sizes

20% OFF



**Natural Calm
Magnesium**
Assorted Varieties,
454g

\$47⁹⁹



**MegaFood
Vitamins and
Supplements**
Assorted Varieties
& Sizes

20% OFF

Shop online at [ChoicesMarket](https://www.ChoicesMarket.com)

@ChoicesMarket

/DiscoverChoicesMarket

@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.