



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE GREY CUP CHOICES!

Special Parksville Edition Prices Effective • November 14 - November 20, 2024



SPECIAL PRICE

**Beef Sirloin Tip
Roast or Steaks**

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

\$7.99 / LB

YOU SAVE
43%

SPECIAL PRICE

**Fruit Tray with Dip
or Veggie Tray**

Imported, 1.6 kg - 2.26 kg

\$24.98 / EA



**Celebrate Grey Cup with
15% OFF Party Platters!**

Order in-store or visit
Choices.Market for our menu

15% OFF



DISCOVER
LOCAL

2 FOR \$10.00

Choices Garlic Bread

Made with Roasted Garlic Butter, 320g

YOU SAVE
28%



DISCOVER
LOCAL

YOU SAVE
70¢/lb

\$7.99 / LB

Split Chicken Wings

100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack, \$17.61/KG



YOU SAVE
\$2/BAG

SPECIAL PRICE

\$3.98 / EA

Hass Avocados

Mexico Grown, 4 Pack



**LeanFit
Proteins and
Sport Nutrition
Supplements**
Assorted Varieties

25% OFF



YOU SAVE
33%

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

2 FOR \$8.00



FEATURED CHOICE

YOU SAVE
36%

**Zevia
Zero Sugar
Soda**
6 Pack

\$5.49
plus deposit & eco fees

PRODUCE FRESH • LOCAL • ORGANIC



**Gourmet
Bouquet**

\$24.98 / EA



**Organic Fuji
Apple Bag**
BC Grown,
1.36 kg Bag

\$6.98 / EA



**Organic Bunched Green,
Black or Red Kale**
USA Grown

\$2.98 / EA

Crazy Daisy



\$6.98 / EA

**Organic Mini
Watermelon**
Mexico Grown



\$5.98 / EA

**Navel
Orange**
USA Grown,
\$6.57/KG



\$2.98 / LB

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Chicken Thighs

100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack, \$12.10/KG

\$5.49 / LB



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

\$9.99 / LB



**All Ground
Poultry**
Raised Without
Antibiotics or
Organic, 100%
Veggie Fed, Fresh

15% OFF



**Sable
Fish Fillets**
Fresh,
Ocean Wise

\$2.99 / 100G



**Northern Glacier
Shrimp Ring**
Ocean Wise,
Frozen, 312g

\$12.99 / EA



Maple Leaf Natural Bacon

Made with Natural Ingredients,
Select Varieties, 375g

\$7.99 / EA



Duso's Pasta
Select Varieties,
250g - 300g

\$5.99 / EA



\$5.99 / LB

Pork Shoulder Butt Roast or Steaks
Raised Without Antibiotics, Fresh, \$13.21/KG



\$12.99 / LB

Rosdown Marinated Chicken Breast
Fresh, Boneless Skinless, Raised Without
Antibiotics, \$28.64/KG



**Earth's Choice
Organic
Ground Coffee**
Rainforest Alliance
Certified, 340g

\$11⁹⁹



**Yogi Organic
Herbal Tea**
16 Bags

\$4⁹⁹



**Mogiana
Whole Bean
Coffee**
340g

\$13⁹⁹



**Nature's Path
Organic Cereal**
Eco Pak,
650g - 907g

\$9⁹⁹



**Bob's Red Mill
Rolled Oats**
Select Varieties,
794g - 907g

\$9⁹⁹



**Nuts to You
Organic Peanut
Butter**
500g

\$6⁹⁹



**Earthbound Farm
Organic Fruit**
Frozen, 300g

\$5⁹⁹



**Elmhurst Milked
Oat & Nut
Beverages**
Assorted Varieties,
946ml

\$7⁹⁹

plus deposit & eco fees



**Donia Farms
Grass Fed
Milk**
2L

\$6⁴⁹

plus deposit & eco fees

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



**Maple Hill Farms
Free Range Large Eggs**
1 Dozen

\$6⁹⁹



**Riviera Petit Pot
Organic Yogurt**
4 Pack

\$7⁴⁹



**Thomakis
Artisanal
Greek Yogurt**
454g

\$9⁹⁹



**L'Ancêtre
Organic
Mozzarella Cheese**
Select Varieties,
200g

\$7⁹⁹



**Armstrong
Cheese**
Select Varieties, 600g

\$8⁹⁹



**Saputo
Shredded Cheese**
320g

\$6⁹⁹



**Wildwood
Organic Tofu**
2 Pack

\$4⁴⁹



**Spread'em
Cashew
Cheeze Blocks**
200g

\$8⁹⁹



**Daiya
Shredded Cheeze**
Also Slices & Blocks,
200g & 299g

\$4⁴⁹

DISCOVER
LOCAL

ONLINE CHOICES

NOW HERE

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



DISCOVER MORE AT:
Choices.Market





**Patience
Organic Pure
Cranberry Juice**
946ml

\$10⁹⁹

plus deposit & eco fees



**Purchase One
Earth's Own
Zero Sugar Oat Milk**
946ml
**and One
Made Good Organic
Crunchy Cookies**
200g, Select Varieties



= \$8⁰⁰



**Greenhouse
Organic
Booster Shots**
60ml

2 FOR \$7⁰⁰

plus deposit & eco fees



**Theo
Organic Chocolate
Bars**
85g



\$4⁹⁹



**Health-Ade
Organic
Kombucha**
473ml

2 FOR \$8⁰⁰

plus deposit & eco fees



**Old Dutch
Potato Chips**
200g - 235g



2 FOR \$7⁰⁰



**Vegan Rob's
Baked Puffs**
99g



\$4⁹⁹



**RW Garcia
Organic
Three Seed
Crackers**
155g & 180g



\$6⁴⁹

NOURISHING LIFESTYLES SINCE 1990



**Rizopia Organic
Brown Rice Pasta**
Also Organic Quinoa
Pasta, 340g & 454g

2 FOR \$7⁰⁰



**Carbone
Pasta Sauce**
660ml

\$10⁹⁹



**Felicetti
Organic Pasta**
340g

2 FOR \$6⁰⁰



**Pacific Foods
Organic Soup**
946ml & 1L

\$5⁹⁹



**Earth's Choice
Organic Beans**
398ml

2 FOR \$5⁰⁰



**Quesava Poppers,
Samosas &
Perogies**
200g - 240g

\$6⁹⁹



**Safe Catch
Wild Pink
Salmon**
Also Wild Yellowfin
Tuna, 142g

\$4⁴⁹



**Karthain's
Organic
Sauerkraut**
750ml

\$11⁴⁹



**Chosen Foods
Pure Avocado Oil**
250ml

\$6⁴⁹

DELI

PREPARED FRESH



Nicli Artisan Pizza
12 Inch

\$16.99 / EA



Choices Chicken Wings
Buffalo or Honey Garlic

\$2.49 / 100G



Spinach & Feta or Ricotta & Feta Twisters
200g

2 FOR \$6.00



Choices Fresh Chili
Beef or Turkey
650ml

\$8.99 / EA



Ready to Eat Burritos
Also Fajitas
250g - 295g

\$7.49 / EA



Yucatan Guacamole
227g

\$6.99 / EA



Summer Fresh Dips or Hummus
227g

\$4.49 / EA



Choices Fresh Salsa
Tomato, Mango, Roasted Corn, Chipotle, 350g

\$6.99



Whiskey Oak Smoked Cheddar

\$5.49 / 100G



Castello Blue Cheese

15% OFF



L'Extra Brie Cheese

\$4.49 / 100G

BAKERY

FRESH BAKED • WHOLESOME



Choices Hamburger Buns
6 Pack

\$4.49 / EA

Choices Artisan Cookies
6 Pack



\$6.99 / EA

Choices Cheesecake Trays
190g - 200g



\$7.99 / EA

Choices Mini Cupcakes
Chocolate Ganache or Carrot,
4 Pack



\$4.49

Choices Tiramisu Cake
600g



\$19.99 / EA

Keto Caveman Desserts
Keto, Vegan, Paleo & Gluten Free,
130g - 200g



15% OFF



Portofino Breads & Buns
390g - 630g

\$6.49 / EA

STAR OF THE SEASON

NOVEMBER 15 - DECEMBER 24

Choices' Star of the Season program enriches the lives of families across the Lower Mainland, Vancouver Island, and the Okanagan. With your help, we can ensure vulnerable members of our communities have an amazing holiday season.

Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00. All proceeds go directly to local neighbourhood houses.

FOR MORE DETAILS ON EACH NEIGHBOURHOOD HOUSE, PLEASE VISIT OUR WEBSITE: CHOICES.MARKET

I donated to
STAR of the SEASON

CHOICES MARKET

GROCERY

LOCAL • ORGANIC • SPECIALTY



Patience Organic Fruit, Baking and Snacks
Select Varieties,
85g - 283g

30% OFF



Chimes Ginger Chews
43g & 142g

30% OFF



Organic Meadow Organic Ice Cream
946ml

\$8.99



Eco Max Household Cleaners
Also Dishwashing Liquid, Select Varieties, 740ml & 800ml

2 FOR \$9.00



Avafina Organics Organic Seeds
Also Quinoa & Spices, Select Varieties

25% OFF



Only Oats Oat Flour
Also Rolled Oats, 100% Canadian, 1kg

\$8.49



Enjoy Life Semi Sweet Chocolate Chips
225g - 283g

\$6.99



Organic Bulk Foods
Rice, Beans & Grains

20% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

COLD & FLU RELIEF



Suro Organic Elderberry Syrup, Breathe & iSleep
Assorted Varieties & Sizes

20% OFF



Prairie Doctor Herbal Tinctures
Assorted Varieties & Sizes

20% OFF



Enerex Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Renew Life Probiotics
Assorted Varieties & Sizes

20% OFF



withinUs TruMarine Collagen
Assorted Varieties & Sizes

20% OFF



Salus Floradix & Floravit and Herbal Supplements
Assorted Varieties & Sizes

20% OFF

Do Matcha Ceremonial Green Tea
Assorted Varieties & Sizes



20% OFF



Green Beaver Face Care, Body Care & Skin Care
Assorted Varieties & Sizes

20% OFF



Flora Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Bach Rescue Remedy and Flower Remedies
Assorted Varieties & Sizes

25% OFF



Platinum Naturals Multivitamins
Assorted Varieties & Sizes

20% OFF



Everyone For Every Body Hand Soap
Assorted Varieties, 377ml

\$6.99

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

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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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