



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • November 21 - 27, 2024

DISCOVER
LOCAL

FEATURED CHOICE

Choices Own Whole Frying Chicken

100% Veggie Fed, Raised
Without Antibiotics, Fresh,
\$8.80/KG

\$3.99 / LB

YOU SAVE
33%

SPECIAL PRICE

Long English
Cucumbers
Canada Grown

\$1.98 / EA

YOU SAVE
\$1.00



YOU SAVE
33%

\$8.99 / LB

Beef Blade Roast or Steaks

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

DISCOVER
LOCAL



SPECIAL PRICE

\$5.98 / EA

Organic Ambrosia Apples

BC Grown, 1.36kg Bag

YOU SAVE
\$3.00

DISCOVER
LOCAL



Roasted Chickens

Raised Without
Antibiotics

YOU SAVE
\$3.00

\$14.99 / EA

DISCOVER
LOCAL



Choices

Sourdough Bread

Wholesome Country or
Multiseed, 575g - 600g

YOU SAVE
\$1.00

\$4.99 / EA



Traditional Medicinals Organic Herbal Tea

16 Bag

YOU SAVE
35%

2 FOR \$9.00

DISCOVER
LOCAL



Salt Spring Organic Whole Bean Coffee

400g

YOU SAVE
21%

\$14.99 / EA

CHOICES  MARKET

WEDNESDAY, NOVEMBER 27 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.

See page 5 for details. Sale not available online.

DISCOVER
LOCAL



Natural Factors
Vitamins &
Supplements
Assorted Varieties &
Sizes

20% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Organic Satsuma Mandarin Oranges
USA Grown,
907g Bag

\$8.98 / EA



Hot House Coloured Peppers
Canada Grown,
907g Bag

\$6.48 / EA



Gourmet Bouquet

\$24.98 / EA

Organic Bunched Carrots
USA Grown



\$3.98 / EA

Navel Oranges
USA Grown,
\$6.57/KG



\$2.98 / LB

Mini Carnations



\$7.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Boneless Skinless Chicken Breast
Island Farm Poultry, Air Chilled, Fresh, Value Pack
\$16.51/KG

\$7.49 / LB



Boneless Pork Loin Chops
Fresh, Raised Without Antibiotics \$15.41/KG

\$6.99 / LB



Beef Tenderloin Steaks
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported, \$55.09/KG

\$24.99 / LB



Lean Ground Pork
Fresh, Raised Without Antibiotics, \$13.21/KG

\$5.99 / LB

WESTERN CANADIAN



Steelhead Fillets
Fresh, Ocean Wise, Value Pack

\$3.69 / 100G



Smash'em's Potatoes
Fresh, Selected Varieties, 1 kg

\$9.99 / EA



Harvest Bacon
500g

\$12.99 / EA

Grimm's Sausage Rings
300g



\$7.99 / EA

Varieties May Vary by Store

GLUTEN FREE

CHOICES  MARKET

WEDNESDAY, NOVEMBER 27 ONLY

AT OUR PARKSVILLE LOCATION ONLY

ONE DAY SALE






ENJOY THIS
LIMITED TIME
OFFER
JUST FOR YOU!

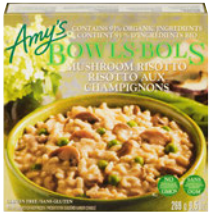
15% OFF*

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



**Amy's Entrées
and Bowls**
Select Varieties

\$6⁹⁹



**Amy's Organic
Soup**
398ml

2 FOR \$9⁰⁰



**Lundberg
Sustainably
Grown Rice**
Select Varieties, 907g

\$8⁹⁹



**Nina's Gluten
Free Pierogies**
400g - 450g

\$12⁹⁹



**Porta
Roman-Style
Pizza**
Frozen, 365g - 430g

\$9⁹⁹



**Cha's Organics
Premium
Coconut Milk**
Also Coconut Cream,
400ml

\$3⁹⁹



**Chickpea
Organic Pasta**
227g

GLUTEN
FREE

\$4⁹⁹



**Bioitalia
Organic
Tomato Sauce**
660ml

\$7⁹⁹



**Bioitalia
Organic Pasta**
500g

\$2⁹⁹

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



**Angie's Boom
Chicka Pop
Popcorn**
125g - 198g

\$4⁹⁹



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

DISCOVER
LOCAL

2 FOR \$7⁰⁰



**Galerie Au
Chocolat
Organic
Chocolate Bars**
100g

\$5⁴⁹

FAIR
TRADE



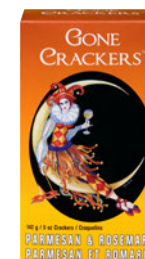
Tate's Cookies
198g

\$7⁹⁹



**Freelym
Bars, Cookies &
Crackers**
120g- 154g

\$3⁹⁹



**Gone
Crackers**
142g

\$5⁹⁹

DISCOVER
LOCAL



**Cha's Organic
Coconut Rolls**
Also Tumeric Latte Mix
100g & 110g

25% OFF



**Flow Naturally
Alkaline
Spring Water**
Select Varieties, 1L

2 FOR \$4⁰⁰

plus deposit & eco fees



**Tonica
Organic
Kombucha**
355ml

\$2⁹⁹

plus deposit & eco fees



Earth's Own Oat Beverage

Select Varieties,
1.75L

\$4.49

plus deposit & eco fees



Olympic Organic Yogurt

650g

\$4.99



Donia Farms Grass Fed Yogurt

650g

\$5.49



Stahlbush Island Farms Sustainable Fruit

Select Varieties,
Frozen, 283g ~ 300g

\$4.99



Nature's Path Organic Cereal

Eco Packs,
650g ~ 907g

\$9.99



Anita's Organic Rolled Oats

Also Quick & Steel Cut,
Select Varieties, 1kg

\$8.99



Avalon Valley Pride Organic Egg Nog

1L

\$8.99

plus deposit & eco fees



Uncle Luke's Organic Maple Syrup

250ml

\$7.99



We Love Van Honey

Bear Squeeze Bottle,
Liquid, 375g

\$6.99

NOURISHING LIFESTYLES SINCE 1990



Nature's Farm Organic Large Omega 3 Eggs

Dozen

\$8.99



Organic Meadow Organic Butter

454g

\$13.99



Woolwich Chevreai Goat Cheese

113g

\$4.99



Big Mountain Veggie Ground

Also Bites,
300g & 340g

\$6.99



Nuts For Cheese Organic Fermented Cashew Blocks & Spreads

120g ~ 210g

\$8.99



Tre Stelle Shredded Cheese

170g ~ 200g

\$5.99



Las Margaritas Fresh Salsa

500ml

\$7.49



Sunrise Soyganic Organic Tofu

Select Varieties,
350g ~ 500g

\$2.99



Lis'c Pickled Dill Cucumbers

Also Sauerkraut,
750ml & 950ml

\$5.99

ONLINE CHOICES

NOW HERE

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



DISCOVER MORE AT:
Choices.Market



DELI

PREPARED FRESH

**Roasted Garlic
Scalloped Potatoes
or Mashed Potatoes**



\$179 / 100g



**Cabbage Roll
Entrée**
Beef or Vegan, 3
Pack

\$899 / EA



**Choices
Savory
Tourtière Pie**
8 Inch

\$1999 / EA



**Vancouver
Soup**
700ml

\$799 / EA



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

2 FOR \$1000



**Baked
Vegetable
Masala or
Spinach Samosa**
115g

2 FOR \$500



**Summer Fresh
Hummus
Toppers**
255g

\$599 / EA



**Choices
Ready to Eat
Pasta Entrees**
Select Varieties,
425g - 550g

\$1099 / EA



**Castello
Cheese
Slices**
125g - 165g

\$699 / EA



**Little
Qualicum
Cheeseworks**

\$599 / 100g



**German
Cambozola**

\$699 / 100g

BAKERY

FRESH BAKED • WHOLESOME



DISCOVER
LOCAL

\$599 / EA

**Choices
Shortbread Cookies**
Assorted Varieties, 6 Pack



DISCOVER
LOCAL

**Bakestone
Brothers Organic
Bagels**
Assorted Varieties,
6 Pack

\$599 / EA



DISCOVER
LOCAL

**Choices Pecan
Walnut Pie**
8 Inch

\$1099 / EA



DISCOVER
LOCAL

**Choices Vegan
Almond Crunch
or Chocolate
Crunch Cookies**
6 Pack

\$699 / EA



DISCOVER
LOCAL

Choices Scones
Cheese, Sour Cream
& Chive or
Chocolate Cranberry
2 Pack

\$449 / EA



**Ozery Morning
Rounds, Buns
or Snacking
Rounds**
312g - 600g

20% OFF



NEW

GLUTEN
FREE

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

20% OFF

WEDNESDAY,

NOVEMBER 27 ONLY

PARKSVILLE

ONE DAY SALE 15% OFF*

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

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GROCERY

LOCAL • ORGANIC • SPECIALTY



Cape Herb & Spice Table Top Grinders
Select Varieties,
36g ~ 130g

\$4.99



Go Bio! Organic Bouillon Cubes
54g & 66g

2 FOR \$7.00



Blender Bites Organic Smoothie Pucks
Frozen, 360g

\$9.49



Breyers Creamery Style Ice Cream
1.66L

\$6.99



Bragg Liquid Soy Seasoning
473ml

\$6.99



Naam Miso Gravy
Also Sauces,
350ml

\$6.99



Omega Nutrition Organic Coconut Oil
454g

\$8.99



Billio Non Dairy Dessert
1L

\$12.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

COLD & FLU RELIEF

Ener-C Effervescent Vitamin C
or Vitamin D Drink Mix,
Assorted Varieties

DISCOVER LOCAL



\$15.29



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

20% OFF



Vega One All-in-One Nutritional Shakes
Assorted Varieties & Sizes

\$49.99



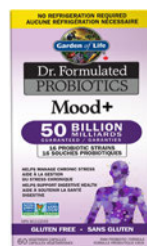
Organic Traditions Superfoods
Assorted Varieties & Sizes

20% OFF



Now Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Garden of Life Proteins
And Dr Formulated Probiotics & Herbals, Assorted Varieties & Sizes

20% OFF



Genuine Health Vitamins and Supplements
Assorted Varieties & Sizes

15% OFF



Enzymedica Digestive Enzymes
Assorted Varieties & Sizes

20% OFF



Sisu Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



NutraSea Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

20% OFF



Dr. Hauschka Facial Care
Assorted Varieties & Sizes

25% OFF



Dr. Bronner's Toothpaste
Assorted Varieties & Sizes

\$6.99

Shop online at 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.