

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE BLACK FRIDAY CHOICES!

Special Parksville Edition Prices Effective • November 28 - December 4, 2024

SPECIAL PRICE

Striploin Grilling Steak
100% Grass Fed, Value Pack,
Raised Without Antibiotics,
Pasture Raised, Imported,
\$26.43/KG

\$11.99 / LB

YOU SAVE 51%

DISCOVER LOCAL

Organic Pink Lady Apples
Grown in BC,
1.36kg Bag

YOU SAVE \$5.00

\$4.98 / EA

SPECIAL PRICE

BUY 2 GET 1 FREE

Ahi Tuna Steaks
Wild Caught, Ocean Wise,
Frozen or Previously Frozen, 6 oz.

YOU SAVE 33%

DISCOVER LOCAL

Organic Russet Potatoes
Grown in BC, 2.27kg Bag

YOU SAVE \$3.00

\$4.98 / EA

SPECIAL PRICE

DISCOVER LOCAL

Roasted Half Chickens

YOU SAVE \$1.00

\$6.99 / EA

DISCOVER LOCAL

Silver Hills Sprouted Power Bread
430g - 600g

YOU SAVE 23%

2 FOR \$10.00

BLACK FRIDAY CHOICES

Prairie Naturals Vitamin D3
1000IU & 2500IU
Liquid & Soft Gels,
Assorted Sizes

BUY 1 GET 1 FREE

La Croix Sparkling Water
8 Pack

YOU SAVE 25%

\$5.99
plus deposit & eco fee

3 DAYS ONLY BODY CARE SPECIAL

NOV 29 - DEC 1
FRIDAY, SATURDAY & SUNDAY

15% OFF

ALL BODY CARE FROM THE WELLNESS
DEPARTMENT, INCLUDING ITEMS ON SALE

FEATURED CHOICE

Hardbite All Natural Potato Chips
128g & 150g

2 FOR \$5.00

DISCOVER LOCAL

YOU SAVE 44%

Hardbite
HANDCRAFTED-STYLE CHIPS
CROUSTILLES STYLE ARTISANAL

BLACK TRUFFLE SEA SALT
POURING OIL
SEL MARIN A LA TRUFFE NOIRE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Hass Avocados
Grown in Mexico,
Bag of 3

\$5.98 / EA



Organic Potatoes
Yellow or Red,
Grown in BC,
2.27 kg Bag

\$6.98 / EA



Gourmet Bouquet

\$24.98 / EA

Organic Asparagus

Grown in Mexico,
\$17.59/KG

\$7.98 / LB



Wonderful Halos Mandarins

Grown in USA,
907g Bag

\$6.98 / EA



Concerto Grape Tomatoes

Grown in Canada,
1 Dry Pint

\$3.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



CANADIAN

\$13.99 / LB

Organic Lean Ground Beef

100% Canadian, Grass Fed, Grain Finished, Fresh,
Value Pack \$30.84/KG



DISCOVER LOCAL

\$7.99 / LB

Boneless Skinless Chicken Thighs

Fresh, Value Pack, \$17.61/KG



WESTERN CANADIAN

\$5.99 / LB

Pork Sirloin Chops

Raised Without Antibiotics, Fresh \$13.21/KG



WESTERN CANADIAN

Pork Schnitzel

Fresh Made In Store, Raised Without Antibiotics,
\$19.82/KG

\$8.99 / LB



WILD CAUGHT

\$3.29 / 100G

Pacific Cod Fillets

Fresh, Ocean Wise



CANADIAN

GLUTEN FREE

Greenfield Bacon

Raised Without Antibiotics,
Veggie Fed, 375g

\$7.99

Maple Leaf Prime Nuggets & Strips

Raised Without Antibiotics, Frozen,
700g

\$12.99 / EA



Northern Glacier Black Tiger Prawns

Ocean Wise,
Frozen, 340g

\$9.99 / EA





**Earth's Choice
Organic
Coconut Milk**
Select Varieties,
400ml

2 FOR \$6.00



**Earth's Choice
Organic
Tomatoes**
796ml

\$3.99



**Earth's Choice
Organic Beans**
No Salt Variety,
398ml

2 FOR \$5.00



**Lundberg
Organic Rice**
907g

\$12.99



**Rustichella
D'Abruzzo
Pasta**
500g

\$6.99



**Sprague
Organic Soup**
398ml

2 FOR \$7.00



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

\$24.99



**Acropolis Organics
Kalamata
Pitted Olives**
720ml

\$9.99



**Raincoast Trading
Wild Sockeye
Salmon**
160g

\$6.99

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



**Canadian Heritage
Organics
Maple Syrup**
1L

\$29.99



**Nuts To You
Organic Almond
Butter**
Also Organic
Cashew Butter,
365g

\$13.99



**We Love Van
Liquid Honey**
500g

\$9.99



**Celestial
Seasonings
Herbal Tea**
20 Bags

\$4.99



**RW Knudsen
Just Juice**
946ml

\$12.99

plus deposit & eco fees



**Salt Spring
Organic
Whole Bean
Coffee**
908g

\$22.99



**Whittaker's
Chocolate Bars**
Select Varieties
200g & 220g

\$5.49



**Lily's Stevia
Sweetened
Chocolate Bars**
80g & 85g

\$4.49



**Chapman's
Super Premium
Plus Ice Cream**
500ml

\$5.79

CHOICES  MARKET

NOV. 29 - DEC. 1, 2024




3 DAYS **BODY CARE**
ONLY SPECIAL



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

15% OFF*

*ALL BODY CARE FROM THE WELLNESS DEPARTMENT,
INCLUDING ITEMS ON SALE

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

ISLAND LOCAL



Island Gold Free Range Large Eggs Dozen



\$6⁹⁹

DISCOVER LOCAL



Avalon Butter 454g



\$9⁹⁹

DISCOVER LOCAL



Dairyland Whipping Cream 473ml



2 FOR \$7⁰⁰

GLUTEN FREE
VEGAN



Enjoy Life Chocolate Chips 225g - 283g



\$7⁹⁹

DISCOVER LOCAL



One Degree Organic Sprouted Whole Wheat Flour 907g



\$5⁹⁹

Lakanto Monk Fruit Sweeteners 235g




\$8⁹⁹



Bob's Red Mill Baking Products
Select Varieties



20% OFF

Orchid Organic Pure Vanilla Extract 100ml




\$12⁹⁹

Bob's Red Mill Flour
All-Purpose Unbleached White Also Whole Wheat, 2.27kg




\$5⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Silk Almond, Soy & Coconut Beverages
Also Silk Creamers, Select Varieties & Sizes

\$5⁴⁹
plus deposit & eco fees

GLUTEN FREE



One Degree Organic Granola 312g

DISCOVER LOCAL

\$5⁹⁹

Bremner's Blueberries
Frozen, 600g



DISCOVER LOCAL

\$7⁹⁹



Greek Gods Organic Yogurt
Plain, 500g

\$5⁹⁹

PLANT BASED
GLUTEN FREE



Le Grand Organic Dairy-Free Yogurt 500g
Also Cream Cheese, 227g

\$5⁴⁹

Arla Organic Cream Cheese 200g



\$4⁹⁹



Balderson Cheddar Cheese Aged 1 Year 280g

\$9⁹⁹



Armstrong Cheese Slices 220g & 240g

\$5⁹⁹

PLANT BASED
GLUTEN FREE



Violife 100% Vegan Alternative to Cheese
Select Varieties, 200g

\$5⁹⁹

DELI

PREPARED FRESH



Choices
Side Dishes
Roasted Root or
Baked Squash

\$2³⁹ / 100g



Choices
Maple Glazed
Ham
Baked in Store

\$3⁴⁹ / 100g



Indianlife
Naan Bread,
Tortillas or Wraps
250g - 500g

\$6⁹⁹ / EA



Habibi's
Hummus
& Dips
200g - 240g

\$4⁴⁹ / EA



Happy Planet
Soups
Also Organic &
Non-GMO Varieties,
550 - 650ml

\$8⁴⁹ / EA



Kan's
Wheat Free
Fritters
Also Pakora or
Bajia

\$3⁹⁹ / 100g



Vitale Italian
Sliced Salami
& Prosciutto
100g

\$10⁹⁹ / EA

Kerrygold Dubliner Cheese
Also Irish Blarney Castle or Reserve
Cheddar, 200g



\$8⁹⁹ / EA



Ile De France
Brie Cheese

\$4⁹⁹ / 100g

Italian Reggiano Parmesan
Cheese
Also Pecorino, Asiago Mezzano



\$5⁹⁹ / 100g



Paris
Toasts
80g

2 FOR \$6⁰⁰

BAKERY

FRESH BAKED • WHOLESOME

DISCOVER
LOCAL **Choices Cranberry**
Walnut Baguette
345g



\$3⁹⁹ / EA

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



\$4⁴⁹ / EA

DISCOVER
LOCAL **Choices**
Apple Crisp Pie
8 Inch



\$12⁹⁹ / EA

DISCOVER
LOCAL **Choices**
Pumpkin Pies
8 Inch **\$9⁹⁹** / EA



DISCOVER
LOCAL **Choices Cupcakes**
4 Pack



\$6⁴⁹ / EA

DISCOVER
LOCAL **Choices Pecan Tarts**
or Mincemeat, 6 Pack



\$9⁹⁹ / EA

DISCOVER
LOCAL **Glutenull**
Bread
355g - 544g



\$6⁴⁹ / EA

GLUTEN
FREE

DISCOVER
LOCAL **Carbonaut**
Low Carb
Bread
550g



\$8⁹⁹ / EA

GLUTEN
FREE

NOV 29 - DEC 1
FRIDAY, SATURDAY & SUNDAY

BODY CARE SPECIAL

15% OFF

3 DAYS ONLY
ALL BODY CARE FROM THE
WELLNESS DEPARTMENT,
INCLUDING ITEMS ON SALE

GROCERY

LOCAL • ORGANIC • SPECIALTY



Que Pasa Organic Tortilla Chips
300g & 350g

\$3.49



Gerolsteiner Carbonated Natural Mineral Water
750ml

2 FOR \$7.00

plus deposit & eco fees



Indian Life Frozen Meals, Samosas & Pakoras
Select Varieties,
342g & 400g

\$6.99



Echoclean Liquid Dish Wash
Also Spray Cleaners,
Select Varieties,
700ml - 740ml

2 FOR \$8.00



Partake Non-Alcoholic Beer
4 Pack

\$8.99

plus deposit & eco fees



Biosteel Sports Drink
500ml

2 FOR \$5.00

plus deposit & eco fees



Daiya Dairy-Free Pizza
Select Varieties,
Frozen, 331g ~ 550g

\$8.99

GLUTEN FREE



Love Child Organics Baby Food
128ml

2 FOR \$5.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Platinum Naturals Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Sovereign Silver
Assorted Varieties & Sizes

20% OFF



Natural Factors Digestive Enzymes & Digestive Support
Assorted Sizes

20% OFF



Bio-K Plus Probiotics
Assorted Varieties & Sizes

20% OFF



New Chapter Vitamins and Supplements
Assorted Varieties & Sizes

15% OFF



New Roots UltraB Complex
Also Vitamin C & Chill Pills, Assorted Varieties & Sizes

20% OFF



Natural Factors Vitamin A, D & K Supplements
Assorted Varieties & Sizes

15% OFF



AlgaeCal Plant Calcium
90 Caps

\$35.99



Derma-E Face Care and Body Care
Assorted Varieties & Sizes

20% OFF



Natural Factors CurcuminRich Theracurmin Supplements
Assorted Varieties & Sizes

15% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Herbaria Wild-Crafted Herbal Tea
Assorted Varieties

\$4.79

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