



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • December 5 - December 11, 2024

WILD
CAUGHT

SPECIAL PRICE

**Sockeye Salmon
Fillets**

Ocean Wise, Frozen or
Previously Frozen,
Value Pack

\$3.99 / 100g

YOU SAVE
25%



YOU SAVE
48%

\$14.99 / LB

Ribeye Steaks or Roasts

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported, Value Pack \$33.05/KG



YOU SAVE
28%

SPECIAL PRICE

2 FOR \$5.00



Organic Hass Avocado

Grown in Mexico

FEATURED CHOICE

**Stem 'n Leaf Satsuma
Mandarin Oranges**

Blue Jay Label, USA Grown,
1.81kg Pkg.

\$15.98 / EA

YOU SAVE
\$4.00



DISCOVER
LOCAL

YOU SAVE
\$5.00

**Ready to Eat
Roasted
Chickens**

Raised Without
Antibiotics

\$12.99 / EA



DISCOVER
LOCAL

YOU SAVE
23%

**Choices
Artisan
Fruit Pies
8 Inch**

\$9.99 / EA



**Progressive
VeggieGreens**

Assorted Varieties,
225g - 265g

All
Progressive
products on
SALE

YOU SAVE
34%

\$32.99 / EA

YOU SAVE
25%

GLUTEN
FREE



**Covered Bridge
Potato Chips**

Also Lela's Chickpea
Chips, 120g - 170g

2 FOR \$7.00

YOU SAVE
33%

DISCOVER
LOCAL



**Triple Jim's
Premium
Apple Cider**

Select Varieties, 3.78L

\$13.99 / EA

plus deposit & eco fees

PRODUCE FRESH • LOCAL • ORGANIC



Organic Gala Apples
Grown in BC,
1.36kg Bag

\$6.98 / EA



Cauliflower
Grown in USA

\$5.48 / EA



Christmas Greens Bouquet

\$7.98 / EA

*Product images may differ from items in-store.



Organic Long English Cucumber
Grown in Mexico

\$3.48 / EA

Tomatoes On The Vine
Canadian Grown or Imported,
\$7.67/kg

\$3.48 / LB



Christmas Wreath

\$35.98 / EA



*Product images may differ from items in-store.

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Chicken Drumsticks

100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack, \$9.90/KG

\$4.49 / LB



Pork Tenderloin

Raised Without Antibiotics, Fresh,
\$15.41/KG

\$7.99 / LB



Pork Button Bones

Raised Without Antibiotics, Fresh,
\$11.00/KG

\$4.99 / LB



Legends Haul Sausages, Grinds & Burgers
Frozen

20% OFF



Smoked Sockeye Salmon Nuggets

Ocean Wise,
Previously Frozen or Frozen

\$6.99 / 100G



Thomas Reid Organic Chicken Breasts

Boneless, Skinless, Free Range, Non- GMO,
Air Chilled, Fraser Valley Raised, \$26.43/KG

\$11.99 / LB

Maple Leaf Natural Bacon
Select Varieties,
Made with Natural Ingredients, 375g



\$7.99 / EA

Northern Glacier Shrimp

Cooked 41/50 or Raw 31/40, Ocean Wise,
Frozen, 340g

\$8.99 / EA





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

\$12⁹⁹



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

\$5⁴⁹



**Silly Cow Farms
Hot Chocolate
Mix**
480g

\$7⁹⁹



**Shady Maple
Farms Organic
Maple Syrup**
500ml

\$17⁹⁹



**Stash
Premium &
Seasonal Tea**
18 & 20 Bags

2 FOR \$8⁰⁰



**Wedderspoon
Manuka Honey**
500g

\$15 OFF



**Red Crown
Organic
Pomegranate
Juice**
Cold-Pressed, 1L

\$7⁹⁹

plus deposit & eco fees



**Happy Planet
Organic Valencia
Orange Juice**
1.75L

\$6⁴⁹

plus deposit & eco fees



**Earth's Choice
Organic
Peanut Butter**
500g

\$5⁹⁹

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



**Casa Bonita
Organic
Tortilla Chips**
300g

\$4⁹⁹



**Boylan
Bottling Co.
Sugar Cane Soda**
4 Pack

\$8⁹⁹

plus deposit & eco fees



**Terra
Potpourri Chips**
141 g

\$5⁹⁹



**Mrs. Renfro's
Salsa**
473ml

\$6⁹⁹



**Mid-Day Squares
Functional Bars**
33g

2 FOR \$4⁰⁰



**Prana Organic
Trail Mix**
Also Dried Fruit,
Select Varieties

\$6⁹⁹



**Seattle
Chocolate Bars**
Select Varieties,
70g

\$5⁹⁹



**RJ's
Licorice**
180g

2 FOR \$7⁰⁰



**YumEarth
Organic
Licorice**
142g

\$8⁹⁹

CHOICES MARKET CHRISTMAS DINNER

FOR FOUR

\$129

Leave the cooking to us this holiday. Choices Christmas Dinner comes fully prepared from our kitchen, ready to heat and eat in minutes.

TO GET STARTED

Festive Cranberry Loaf for Baking & Snacking
Butternut Squash and Roasted Garlic Soup

THE MAIN COURSE

- Roasted Stuffed RWA Turkey Breast
- Homemade Stuffing • Fresh Dinner Buns
- Homemade Turkey Gravy • Cranberry Sauce

A CHOICE OF THREE VEGGIE SIDES

- Garlic Mashed Potatoes • Roasted Potatoes
- Roasted Yam & Sweet Potato with Fennel
- Roasted Carrots • Green Beans with Slivered Almonds • Roasted Root Vegetables (Red & Golden Beets with Onions & Rutabega)

TO FINISH

Shortbread Cookies

Further satisfy your sweet tooth with our bakery's additional decadent seasonal offerings.

PRE-ORDER DEADLINE: 4PM THURSDAY, DECEMBER 19TH
SPEAK WITH A DELI CLERK TO ORDER



**Organic Meadow
Organic Milk**
2L

\$6⁴⁹
plus deposit & eco fees



**The Granola King
Gourmet Granola**
750g

\$12⁹⁹



**Anita's Organic
Rolled Oats**
Select Varieties,
1kg

\$9⁹⁹



**Riviera
Coconut Milk
Yogurt**
Select Varieties,
500g

\$5⁹⁹



**Tree Island
Cream Top
Yogurt**
1.5kg

\$10⁹⁹



**Hornby Organic
Energy Bars**
80g

2 FOR \$5⁰⁰



**Faith Farms
Cheese**
360g & 380g

\$6⁴⁹



**Eve's
Crackers**
108g

\$5⁹⁹



**Nuts For
Cheese Organic
Fermented
Cashew Wedges**
120g

\$9⁹⁹

NOURISHING LIFESTYLES SINCE 1990



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

2 FOR \$7⁰⁰



**Favuzzi
Pasta**
500g

\$5⁹⁹



**Mezzetta
Pasta Sauce**
Also Pesto,
Select Varieties

\$6⁷⁹



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

2 FOR \$7⁰⁰



**La Tourangelle
Organic
Extra Virgin
Olive Oil**
750ml

\$24⁹⁹



**Better Than
Bouillon Organic
Base**
Select Varieties,
227g

\$9⁹⁹



**Quesava
Poppers**
Also Perogies &
Samosas
Frozen, 425g

\$9⁹⁹



**Lucky
Seoul Kimchi**
396g

\$7⁹⁹



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

\$10⁹⁹

DELI PREPARED FRESH

DISCOVER LOCAL Choices Deli Meats, Patés or Salami
Raised Without Antibiotics



15% OFF

DISCOVER LOCAL Choices Holiday Turkey Meal
\$15.99 / EA
3-Course Dinner for 4
\$129

DISCOVER LOCAL Choices Signature Hot Soup or Chili
16oz, 500ml



\$5.99 / EA

DISCOVER LOCAL Choices Ready to Eat Wraps



\$9.99 / EA

DISCOVER LOCAL Choices Pot Pie
245g - 285g



\$7.99 / EA

DISCOVER LOCAL **GLUTEN FREE** Zorbas Mini Appetizers
300g



\$9.99 / EA



Summer Fresh Dips & Hummus
227g

\$4.49 / EA



Castello Cheese Slices
125g - 165g

\$6.99 / EA



Kerrygold Irish Cheddar
Blarney Castle, Dubliner or Reserve, 198g

\$8.99 / EA



Burrata Cheese
250g

\$15.99 / EA



Salt Spring Island Chevre, Juliette or Ruckles
150g - 230g

15% OFF

BAKERY FRESH BAKED • WHOLESOME

DISCOVER LOCAL Choices Beer Bread
350g

\$4.99

DISCOVER LOCAL Choices Ciabatta Loaf
390g

\$3.49

DISCOVER LOCAL Choices Mincemeat Buns with Rum Sauce,
6 Pack

\$6.99

DISCOVER LOCAL Choices Christmas Cookies
4 Pack

\$6.99

DISCOVER LOCAL Choices Holiday Shortbread Cookies
6 Pack

\$5.99

DISCOVER LOCAL Saman Artisan Crackers
160g - 200g

\$7.99

DISCOVER LOCAL Bakestone Brothers Organic Bagels
6 Pack

\$5.99

DISCOVER LOCAL **GLUTEN FREE** Alkeme Ancient Grain
Also Country Sourdough Bread, 725g

\$9.99

DISCOVER LOCAL Uprising Bread Rice Fruit Cake
720g

\$16.99

DISCOVER LOCAL Choices Pumpkin Pie
8 Inch **GLUTEN FREE**

\$10.99

PARKSVILLE ONLINE CHOICES
NOW HERE

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



DISCOVER MORE AT:
Choices.Market



GROCERY

LOCAL • ORGANIC • SPECIALTY



Righteous Gelato & Sorbetto
Select Varieties,
473ml

\$6.99



Ben & Jerry's Ice Cream
Select Varieties,
473ml

\$5.99



GoldEgg Free Run Large Brown Eggs
Dozen



\$6.99



Nature Clean Dishwashing Liquid
740ml

\$4.99



Daiya Cheezecake
400g



\$6.99



Wholesome Organic Dark Brown Sugar
680g



\$6.99



Happy Planet Fine Cultured Butter
200g



\$9.99



Eco Max All Purpose Cleaners
800ml

\$4.49

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



NutraSea Omega-3+D Fish Oil Supplements
Assorted Varieties & Sizes

20% OFF



CanPrev Magnesium Supplements
Assorted Varieties

20% OFF



Sisu Stress and Sleep Supplements
Assorted Varieties & Sizes

20% OFF



Blume Superfood Lattes
Assorted Varieties,
100g

\$22.99



Natural Factors Probiotics
Assorted Varieties & Sizes

20% OFF



Prairie Naturals Vitamins, Supplements
Also Hair Care,
Assorted Varieties & Sizes

20% OFF



Natural Factors Vitamin C 500mg Chewable
Assorted Varieties,
90 Chewable Wafers

\$10.49



The Kelowna Candle Factory
Assorted Varieties & Sizes

20% OFF



Naturtint Natural Permanent Hair Colour
Assorted Colours,
1 Kit

\$16.99



Mountain Sky Natural Shampoo & Conditioner Bar
Assorted Varieties

\$9.49



Mrs. Meyer's Hand Soap
Assorted Varieties,
370ml

\$5.99



Acure Face, Hair & Body Care
Assorted Varieties & Sizes

25% OFF



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



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@ChoicesMarket



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

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.