



CHOICES MARKET

100% BC OWNED AND OPERATED

**PARKSVILLE
HOLIDAY
SAVINGS!**

**NEXT
WEEK**

**FRESH
TURKEYS**
FIND OUR FRESH, FESTIVE BIRDS
IN-STORE NEXT WEEK

Special Parksville Edition Prices Effective • December 12 - December 18, 2024



SPECIAL PRICE

**Organic Clementine
Mandarin Oranges**
USA Grown, 907g Bag

\$6.98 / EA

YOU SAVE
\$2.00

FEATURED CHOICE

**Lawrence Meats
Easy Carve
Maple Ham**

Crafted in Dawson Creek, BC,
\$11.00/KG

\$4.99 / LB

YOU SAVE
38%



YOU SAVE
39%

\$9.99 / LB

Top Sirloin Roast or Steaks

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported, \$22.02/kg



SPECIAL PRICE

2 FOR \$3.00

Hass Avocado
Imported

YOU SAVE
56%

**Andalou Naturals
Face Care &
Body Care**
Assorted Varieties &
Sizes

25% OFF



**Canadian Heritage
Organic Maple
Syrup**
1L



YOU SAVE
37%

\$24.99 / EA

ORDER IN-STORE OR VISIT CHOICES.MARKET



**Holiday
Entertaining
Platters**

15% OFF



**Choices
Party Cakes**
6 Inch



YOU SAVE
\$2.00

\$19.99 / EA

**Imagine
Organic Broth**
1L

\$4.99 / EA

YOU SAVE
31%



PRODUCE FRESH • LOCAL • ORGANIC



**Organic
Broccolini**
Imported

\$4.98 / EA



Celery
USA Grown,
\$3.26/KG

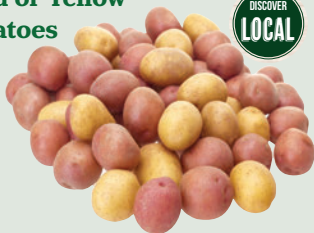
\$1.48 / LB



Poinsettia
6 Inch Pot

\$9.99 / EA

**Organic Red or Yellow
Nugget Potatoes**
BC Grown,
\$7.67/KG



DISCOVER
LOCAL

\$3.48 / LB

**Hot House
Tomatoes**
Imported,
\$7.67/KG



\$3.48 / LB

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



ISLAND
LOCAL

\$2.99 / LB

Island Farmhouse Whole Chickens

Fresh, Locally Raised on Vancouver Island,
Air Chilled, \$6.59/KG



DISCOVER
LOCAL

**Split Chicken
Wings**

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

\$7.99 / LB



DISCOVER
LOCAL

**Stapleton
Sausages**

Select Varieties,
Frozen

15% OFF

Varieties May Vary by Store



WESTERN
CANADIAN

**Boneless Pork
Loin Roast or
Chops**

Raised Without
Antibiotics, Fresh,
\$15.41/KG

\$6.99 / LB



**Northern Glacier
Hand Peeled
Cooked Shrimp**

Ocean Wise, Frozen,
340g

\$9.99 / EA



Lean Ground Beef

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

\$7.99 / LB



Lamb Racks or Rib Chops

Fresh, Raised Without Antibiotics, Pasture Raised,
Product of New Zealand, \$59.50/KG

\$26.99 / LB



WILD
CAUGHT

Sable Fish Fillets

Fresh, Ocean Wise

BUY 1 GET 1 FREE

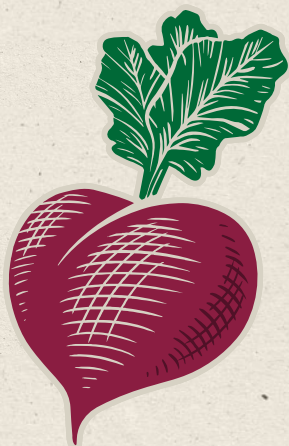


GLUTEN
FREE

\$13.49 / EA

Harvest Bacon

Naturally Smoked, No MSG Added, 500g



**ONE
DAY**

SALE!

AT OUR PARKSVILLE LOCATION ONLY

WEDNESDAY, DECEMBER 18 ONLY

**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.

**GINGERBREAD MAN
DECORATING WITH
SANTA**

AT CHOICES MARKET

Join us from 11:00am – 1:00pm.

Celebrate with gingerbread
decorating, treats, and Santa photos!





**Fentimans
Tonic Water**
Also Traditional
Ginger Beer,
Select Varieties,
4 Pack

\$7⁹⁹

plus deposit & eco fees



**Sober Carpenter
Non-Alcoholic
Beer**
473ml

2 FOR \$5⁰⁰

plus deposit & eco fees



**Hardbite
Handcrafted-Style
Turkey Stuffing
Potato Chips**
Select Variety, 142g

2 FOR \$6⁰⁰



**L'Ancêtre
Organic Cheese**
200g

\$7⁹⁹



**Partners Artisan
Crackers**
114g & 124g

\$4⁹⁹



**Old Dutch
Potato Chips**
Regular and Ridgies
200g & 235g

2 FOR \$7⁰⁰



**Sunflower
Kitchen
Organic Hummus**
227g

\$4⁴⁹



Mezzetta Olives
398ml

\$6⁹⁹



**Dalla Terra
Antipasto**
375ml

\$4⁴⁹

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



**Lundberg
Organic Rice**
907g

\$10⁹⁹



**Sprague
Organic Soup**
398ml

2 FOR \$7⁰⁰



**Cape
Herb & Spice
Giant Grinders**
Select Varieties,
240g - 390g

\$9⁹⁹



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

\$4⁴⁹



**Authentica
World Cuisine
Pasta Sauce**
530ml

2 FOR \$8⁰⁰



**Maison Orphée
Cold Pressed
Toasted
Sesame Oil**
250ml

\$13⁹⁹



**Mutti
Tomatoes**
680ml

\$5⁴⁹



**Di Martino
Pasta**
Select Varieties,
500g

2 FOR \$7⁰⁰



**Gold Seal
Red Sockeye
Salmon**
213g

\$6⁴⁹

CHOICES MARKET



CHRISTMAS MENU

The Holidays can be a stressful time, so let us help you make them a little easier. Our gourmet creations are here to help you out with a few side dishes, dessert, or the whole thing if you forgot to set the oven timer again this year.

Call your local Choices Market to order in advance to ensure you get exactly what you're looking for.

THE STARTERS

Festive Cranberry Brie Loaf

12⁹⁹

Baked Brie Kit

17⁹⁹

The Entertainer's Cheese Tray

29⁹⁹



THE MAINS

Stuffed Turkey Breast Roast

Raised Without Antibiotics

4⁴⁹ / 100¢

Tourtiere

5"/10⁹⁹ - 8"/21⁹⁹

Complete Roast Turkey Meal

Perfect For One!

15⁹⁹

Complete Vegan Holiday Meal

Perfect For One!

14⁹⁹

SIDES AND SAUCES

Ready to Bake
Cranberry Stuffing

2²⁹ / 100¢

Apple & Herb Stuffing Tray

12⁹⁹

560 G TRAY

Cranberry Sauce

5⁹⁹

250¢

Turkey Gravy

7⁹⁹

500ML

10⁹⁹

750ML

Shiitake Mushroom

Gravy

7⁹⁹

500ML

Assorted Veggie Sides

1⁶⁹ TO 2⁹⁹ / 100¢

COMPLETE HOLIDAY DINNER

We can handle it all!
Order our complete
dinner for 4 featuring
turkey, sides, starters
and dessert.

\$129

FROM THE BAKERY

Stuffing Bread

White or Whole Wheat

5⁴⁹

Cranberry Walnut Baguette

4⁴⁹

Vegetarian Mincemeat Buns

6⁹⁹ / 6

Tarts

Mini Butter Tarts, Alternative Flour Pecan or
Vegetarian Mincemeat

3⁹⁹ TO 10⁹⁹

Christmas Stollen

8⁹⁹ TO 29⁹⁹

Christmas Cakes

Light or Dark with Marzipan

13⁹⁹

Chocolate Pecan Pie

9⁹⁹

Gingerbread Decorating Kit

19⁹⁹

Shortbread

Traditional, Brown Sugar, Chocolate Dipped, Pecan
Spiced, Cranberry Pistachio, or Christmas Sprinkle

6⁹⁹ / 6 PACK

**...AND SO MUCH
MORE!**



**49th Parallel
Whole Bean
Coffee**
340g

\$15⁹⁹



NEW PRODUCT ALERT!



**Westpoint Naturals
Organic Coffee Creamer**
228g

\$9⁹⁹



**Ethical Bean
Organic
Ground Coffee**
227g

\$11⁹⁹



**Green & Black's
Organic
Chocolate**
90g

\$5⁹⁹



**Bonne Maman
Jam**
250ml

\$5⁹⁹



**Nuts To You
Almond Butter**
365g

\$8⁹⁹



**Elias Gourmet
Honey**
Liquid, 375g

\$9⁴⁹

NOURISHING LIFESTYLES SINCE 1990



**Dairyland
Organic Milk**
4L

\$9⁹⁹

plus deposit & eco fees



**Earth's Own
Almond Fresh
Beverage**
Select Varieties,
1.89L

\$3⁹⁹

plus deposit & eco fees



**Greenhouse
Organic
Almond Milk**
Also Oat Milk,
946ml

\$5⁹⁹

plus deposit & eco fees



**Bremner's
Organic
Blueberries**
Also Berry Blend,
Frozen, 1.5kg

\$24⁹⁹



**Liberté
Méditerranée
Yogurt**
500g

\$4⁹⁹



**Siggi's
Skyr Yogurt**
650g & 750g

\$6⁴⁹



**Nature's Farm Free Range
Omega 3 Large Eggs**
Dozen

\$6⁹⁹



**Cows Creamery
Butter**
250g

\$7⁴⁹



**Miyoko's
Creamery
Vegan Butter**
227g

\$6⁹⁹

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

DELI PREPARED FRESH



ORDER IN-STORE BY DECEMBER 19TH
FOR A 3-COURSE FESTIVE HOLIDAY MEAL



Choices Christmas
Dinner for 4

\$129⁰⁰



Choices
Maple Dijon
Glazed
Roasted Ham

\$349 / 100G



Petit  Savoury
Appetizers
8 - 12 Pack

FROM **\$499 / EA**



Italian
Panettone
Imported,
Assorted Varieties,
600g - 1kg

FROM **\$3999**



Gyoza
Appetizer
Vegetable,
Chicken or Pork

12 FOR **\$500**



Nicli
Artisan Pizza
12 Inch

\$1699 / EA



Habibi's
Dips &
Hummus
200g - 240g

\$449 / EA



Divina
Spreads
190g - 255g

\$899 / EA



Havarti
Cheese

\$349 / 100G



Woolwich
Triple Cr me
Goat Brie
Cheese
180g

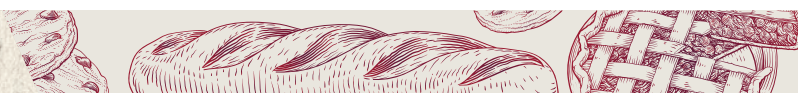
\$1299



Alexis de
Portneuf
Brie &
Camembert
Cheese
300g

\$1099

BAKERY FRESH BAKED • WHOLESOME



Choices
Artisan Buns
4 Pack

\$399



Choices Artisan Cookies
6 Pack

\$699



Choices
Pumpkin Pies
8 Inch

\$999



English
Muffins
6 Pack

2 FOR **\$500**



Silver Hills
Organic
Sprouted Bread
510g - 680g

2 FOR **\$1000**



Choices Tarts
Pecan or
Mincemeat
Pack of 6

\$999



Sch r
Breads or Buns
200g - 400g

15% OFF



Little Northern
Bakehouse
Dinner Rolls
220g

\$699



Wendel's
Party Cakes
500g - 600g



\$1699

CHOICES  MARKET
PARKSVILLE
ONE DAY SALE

15% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.
*Excluding Lotto and Gift Card purchases. One Day sale offer valid at North Vancouver location only. Sale not available online.

WEDNESDAY, DECEMBER 18 ONLY

GINGERBREAD MAN DECORATING
WITH SANTA
Join us from 11:00am - 1:00pm
Celebrate with gingerbread decorating,
treats, and Santa photos!



GROCERY

LOCAL • ORGANIC • SPECIALTY



Walkers Pure Butter Shortbread
150g

\$3.99



Snack Factory Chocolate Pretzels
155g

\$4.99



Schär Crackers
210g & 150g

\$7.99

GLUTEN FREE



Snyder's Pretzels
220g

\$6.49

GLUTEN FREE



Organic Traditions Cacao, Fruit & Seeds
Select Varieties

20% OFF



Handfuel Nut Snacks
120g & 150g

\$6.99



Haribo Gummies
170g & 175g

2 FOR \$7.00



Panda Natural Licorice
170g

2 FOR \$7.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Bio-K Plus Probiotics
Dairy or Non-Dairy, Assorted Varieties, 6 Pack

\$23.99



AlgaeCal Plant Calcium
90 Caps

\$36.99



Joy of the Mountains Oil of Oregano
Assorted Sizes

20% OFF



Natural Factors CurcuminRich Theracurmin Supplements
Assorted Varieties & Sizes

20% OFF



Organika Enhanced Collagen
Assorted Varieties & Sizes

25% OFF



Vega Sport Products
Assorted Varieties & Sizes

20% OFF



Natural Factors Digestive Enzymes
Also Digestive Support, Assorted Sizes

15% OFF



New Chapter Vitamins and Supplements
Assorted Varieties & Sizes

15% OFF



Attitude Natural Care Toothpaste and Body Care
Assorted Varieties & Sizes

25% OFF



Sundhed Himalayan Bath Salts
Assorted Varieties, 850g

\$8.49



Aura Cacia Essential Oils Body Oils & Bubble Bath
Assorted Varieties & Sizes

30% OFF



La Luna The Journey Home Candles
Also Inner Journey Candles, Assorted Varieties & Sizes

25% OFF

Shop online at ChoicesMarket.com

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/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

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