



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE CHRISTMAS CHOICES!

Special Parksville Edition Prices Effective • December 19 - December 24, 2024



FEATURED CHOICE

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

\$5.98 /EA

SPECIAL PRICE

Choices Fresh Turkeys
Raised Without Antibiotics, Free Range, 100% Veggie Diet, Raised in Similkameen Valley, \$8.80/kg

\$3.99 / LB

YOU SAVE 41%

YOU SAVE FROM \$2.00

DISCOVER LOCAL



DISCOVER LOCAL

\$4.49 / 100G

Choices Stuffed Turkey Breast
Raised Without Antibiotics



DISCOVER LOCAL

FROM \$5.99 / EA

Choices Cranberry Sauce
or Turkey Gravy, 250ml - 500ml



DISCOVER LOCAL

\$15.99 / EA

Choices Holiday Turkey Meal
Made with Stuffed Raised Without Antibiotics Turkey, 545g



DISCOVER LOCAL

YOU SAVE \$4.00

\$19.99 / EA

Choices Tourtiere Pie
8 Inch



\$11.99 / LB

Prime Rib Roast
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported, \$26.43/KG

YOU SAVE 56%



SPECIAL PRICE

\$2.98 / LB

Brussels Sprouts
Grown in USA, \$6.57/KG

YOU SAVE \$2.00/lb



Pacific Foods Organic Broth
946ml & 1L

YOU SAVE 42%

\$3.99



Organic Cranberries
Grown in Canada, 226g Pkg.

\$3.98 / EA



DISCOVER LOCAL

20% OFF

Choices Christmas Stollen
225g - 908g

PRODUCE FRESH • LOCAL • ORGANIC

Organic Green Onions
Grown in Mexico,
Sold by the Bunch



2 FOR \$3.00

Organic Celery
Imported
\$4.37/KG



\$1.98 / LB

Organic Satsuma Mandarin Oranges
Grown in USA,
907g Bag



\$7.98 / EA

Organic Field Carrots
From Fountainview Farms, BC,
907g Bag



\$3.98 / EA

Organic Broccoli
Grown in Mexico,
\$9.88/KG



\$4.48 / LB

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$15.99 / LB

Turkey Breast Roast

Raised Without Antibiotics, Free Range,
100% Veggie Diet, Raised in Similkameen Valley,
Made in Store, \$30.84/KG



\$6.99 / LB

Boneless Pork Loin Roast or Chops

Raised Without Antibiotics, Fresh, \$15.41/KG



\$11.99 / LB

Boneless Leg of Lamb Roast

Fresh, Raised Without Antibiotics, Pasture Raised,
Product of New Zealand, \$26.43/KG



Choices Own Sausages
Raised Without Antibiotics, In Store Made,
Pork, Chicken or Turkey,
Select varieties

20% OFF



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

\$5.99 / LB



\$4.49 / 100G

Sockeye Salmon Fillets

Ocean Wise, Previously Frozen or Frozen,
Value Pack



Greenfield Bacon
Raised Without Antibiotics,
Canadian Raised, 375g

GLUTEN FREE

\$7.99

Northern Glacier Black Tiger Prawn Rings

Ocean Wise, Frozen,
312g

\$11.99 / EA





**Stahlbush
Island Farms
Sustainable
Frozen Vegetables**
Select varieties,
198g - 397g

\$3²⁹



**Simply Organic
Spices**
Select Varieties

20% OFF



**Simply Organic
Gravy Mix**
24g & 28g

2 FOR \$4⁰⁰



**Farmer's Market
Organic
Pumpkin Puree**
Also Organic Butternut
Squash, 398ml

2 FOR \$7⁰⁰



**The Funky
Gourmet
Cranberry Sauce**
375ml

\$7⁹⁹



**Tofurky
Plant-Based
Roast with
Stuffing**
737g

\$19⁹⁹



**Maison Orphée
Organic
Extra Virgin
Olive Oil**
750ml

\$24⁹⁹



**Fraser Valley
Butter**
454g

\$6⁹⁹



**Stove Top
Stuffing**
120g

2 for \$4⁰⁰

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



**Covered Bridge
Potato Chips**
Also Lela's Chickpea
Chips, 120g - 170g

2 FOR \$7⁰⁰



**Hardbite
Root Chips**
150g

\$5⁴⁹



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

2 FOR \$7⁰⁰



**La Croix
Sparkling Water**
8 Pack

\$5⁹⁹

plus deposit & eco fees



**Fever Tree
Non Carbonated
Mixers**
Includes Margarita,
Mojito & Caesar, 750ml

\$7⁹⁹

plus deposit & eco fees



**Gerolsteiner
Naturally
Carbonated
Mineral Water**
750ml

2 FOR \$8⁰⁰

plus deposit & eco fees



**Martinelli's
Sparkling
Apple Juice**
750ml

\$6⁹⁹

plus deposit & eco fees



**Clever Premium
Non-Alcoholic
Mocktails**
355ml

3 FOR \$6⁹⁹

plus deposit & eco fees



**Fiji
Natural
Artesian Water**
1L

2 FOR \$6⁰⁰

plus deposit & eco fees

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!**



**Kicking Horse
Organic
Whole Bean
Coffee**
454g

\$16⁹⁹



**Ritter Sport
Chocolate Bars**
Select Varieties,
100g

2 FOR \$7⁰⁰



**Chocxo Organic Dark
Chocolate Coconut Cups**
Also Seasonal Peppermint Cups,
Select Varieties, 98g

\$5⁹⁹



**Uncle Luke's
Organic
Maple Syrup**
1L

\$29⁹⁹



**Gay Lea Real
Whipped Coconut
Cream**
Also Real Whipped
Cream, 225g

\$5⁹⁹



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

\$6⁹⁹



**Olympic
Organic Yogurt**
Select Varieties,
650g

\$5⁴⁹



**Maison Riviera
Coconut Based
Yogurt**
Select Varieties,
500g & 650g

\$5⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Silk Almond,
Soy & Coconut
Beverages**
Also Silk Creamers
Select Varieties,
890ml & 1.89L

\$5⁴⁹

plus deposit & eco fees



**Dairyland
Organic
Half & Half
Cream**
946ml

\$4⁴⁹



**Dairyland
Sour Cream**
450ml & 500ml

2 FOR \$7⁰⁰



**Earth's Own
Holiday
Oat Nog**
946ml

2 FOR \$8⁰⁰

plus deposit & eco fees



**Dairyland
Egg Nog**
2L

\$5⁹⁹

plus deposit & eco fees



**Donia Farms
Grass Fed Butter**
250g

\$8⁹⁹



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

\$6⁹⁹



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

\$6⁹⁹



**Christie Crackers,
Wheat Thins &
Triscuits**
Select Varieties,
175g - 200g

\$3⁹⁹

DELI

PREPARED FRESH



DISCOVER LOCAL NEW

Choices
Baked Apple & Herb Stuffing
Ready to Eat, 560g

\$12.99 / EA



DISCOVER LOCAL

Choices
Festive Side Dishes

\$1.89 / 100g



Italian Prosciutto or Salami
Imported,
70g ~ 120g

\$8.99 / EA



La Panzanella
Crackers
170g

\$5.99 / EA



Choices
Olives & Antipasto
Select Varieties,
150g ~ 200g

15% OFF



NEW

President
French Brie Cheese
Also Camembert
Cheese, 230g

\$8.99



Swiss
Emmental
Cheese

\$5.99 / 100g



Swiss
Gruyere
Cheese

\$6.49 / 100g



NEW

Choices Festive
Cheese Tray
725g

\$29.99 / EA



Summer
Fresh Dips & Hummus
227g

\$4.49

BAKERY

FRESH BAKED • WHOLESOME



DISCOVER LOCAL

Choices
Christmas
Fruit Cake
Light or Dark,
380g

\$12.99 / EA



DISCOVER LOCAL

Choices
Holiday
Shortbread
Cookies
6 ~ 8 Pack

\$5.99 / EA



DISCOVER LOCAL

Choices
Artisan
Fruit Pies
8 Inch

\$10.99 / EA



DISCOVER LOCAL

Choices Pecan Tarts
Also Mincemeat, 6 Pack

\$12.99 / EA



DISCOVER LOCAL

Choices Cranberry
Walnut Baguette
345g

\$3.99 / EA



DISCOVER LOCAL

Choices
Stuffing
Bread
White or Whole
Wheat, 336g

\$4.99 / EA



DISCOVER LOCAL

Choices
Dinner Buns
6 Pack

\$3.99 / EA



DISCOVER LOCAL

Choices
Mincemeat
Buns with
Rum Sauce
460g

\$6.99 / EA



DISCOVER LOCAL

GLUTEN FREE

Wendel's
Festive
Cookies
200g ~ 369g

20% OFF



DISCOVER LOCAL

GLUTEN FREE

Choices
Seasoned
Stuffing Mix
Also Bread Cubes,
240g

\$13.99 / EA



DISCOVER LOCAL

GLUTEN FREE

Wendel's
Pumpkin Pie
Also Strawberry
Rhubarb or Apple
8 Inch

\$11.99 / EA

GROCERY

LOCAL • ORGANIC • SPECIALTY



Righteous Sorbetto & Gelato
Classic Holiday Egg Nog
473ml

\$7.49



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

\$5.99



Lucky Foods Veggie Spring Rolls
Also Gluten-Free
Varieties, Frozen,
241g

\$4.99



Quesava Poppers, Samosas & Perogies
Frozen, 425g

\$9.99



Daiya Cheezecake
Frozen, 400g

\$6.99



Savör Ice Cream
Vanilla Bean
473ml

\$5.99



Konscious Frozen Sushi
Also Poke Bowls,
Frozen,
210g & 293g

\$7.99



Wholly Veggie! Buffalo Cauliflower Wings
Select Varieties,
Frozen, 375g

\$6.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Purica Zensations & Curcumin Supplements
Assorted Varieties & Sizes

20% OFF



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

15% OFF



CanPrev Magnesium Supplements
Assorted Varieties

20% OFF



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

20% OFF



Mountain Sky Natural Body Bar Soap
Assorted Varieties,
135g

\$4.99



Alba Botanica Hair Care
Assorted Varieties,
355ml

\$8.99



Urban Spa Bath & Body Care Accessories
Assorted Varieties & Sizes

25% OFF



Weleda Body Care
Assorted Varieties & Sizes

20% OFF



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

25% OFF



NOW Essential & Topical Body Oils
Assorted Varieties & Sizes

20% OFF



Sundhed Himalayan Salt Lamps
Assorted Varieties & Sizes

25% OFF



The Kelowna Candle Factory Beeswax & Soy Candles
Assorted Varieties & Sizes

20% OFF

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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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