



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE NEW YEAR'S CELEBRATION!

Special Parksville Edition Prices Effective • December 26, 2024 - January 1, 2025



SPECIAL PRICE

**Striploin
Grilling Steaks**
100% Grass Fed, Raised
Without Antibiotics,
Pasture Raised, Value
Pack, Import

BUY 1 GET 1 FREE

SPECIAL PRICE

Green or Red Grapes
Grown in Peru,
\$12.08/KG

\$5.48 / LB

**YOU SAVE
\$1.00**



**Northern Glacier
Colossal Black Tiger Prawns**
Ocean Wise, 8/12 Count, Frozen, 228g

\$13.99 / EA



**Stem 'n Leaf
Satsuma Mandarin Oranges**
Blue Jay Label, Grown in USA, 1.81 kg Pkg.

**YOU SAVE
\$4.00**

SPECIAL PRICE

\$15.98 / EA

1 DAY ONLY WELLNESS SPECIAL

THURSDAY, DECEMBER 26, 2024

15% OFF

**ALL WELLNESS & PURE PHARMACY
PRODUCTS, INCLUDING ITEMS ON SALE**
*Excluding Prescriptions, Lotto and Gift Card
purchases. Sale not available online.

Holiday Entertaining Platters



15% OFF

Order in-store. Brochure available at
choicesmarkets.com



**YOU SAVE
\$2.00**

**Choices
Party Cakes**
540g - 600g

\$14.99



**Vega
Sport Protein**
Assorted Varieties,
801g - 837g

\$44.49



**Kettle Brand
Potato Chips**
Family Size Bag,
368g

\$4.99

**YOU SAVE
\$1.50**

FEATURED CHOICE



Castello Cheese
Select Varieties

25% OFF



PRODUCE FRESH • LOCAL • ORGANIC



Organic Lemons

Grown in USA,
907g Bag

\$6.48 / EA



Cara Cara Navel Oranges

Grown in USA,
1.36kg Bag

\$6.48 / EA



Gourmet Bouquet

\$24.98 / EA

Organic Hass Avocados

Grown in Mexico,
Bag of 3

\$5.48 / EA



Fruit Tray

Sun Rich Label,
2.26kg

\$24.98 / EA



Vegetable Tray

Sun Rich Label,
1.6kg

\$24.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Boneless Skinless Chicken Thighs

100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack \$19.82/KG

\$8.99 / LB



Pork Tenderloin

Raised Without
Antibiotics, Fresh,
\$17.61/KG

\$7.99 / LB



Rosstown Farms Chicken Breast Kabobs

Raised Without
Antibiotics, 100%
Veggie Fed, 400g

\$9.99 / EA



Beef Tenderloin Steaks

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

\$24.99 / LB

Sila Salami Chubs

300g



\$11.99 / EA



Steelhead Fillet

Fresh, Ocean Wise, Value Pack

\$3.99 / 100G



Maple Leaf Natural Bacon

Made with Natural Ingredients,
Select Varieties, 375g

\$7.99



Crab or Prawn Cakes

Ocean Wise, Frozen
or Previously Frozen,
2 Pack

\$4.98 / EA

works out to \$2.49 ea

AquaStar Seafood Appetizers

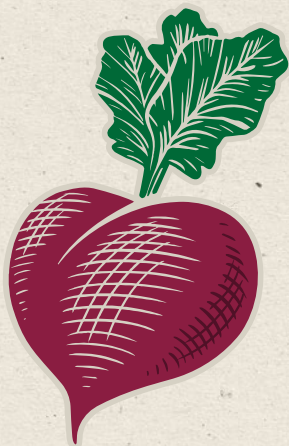
Frozen, 340g - 500g

15% OFF

Varieties May Vary by Store



DECEMBER 26 ONLY!



**ONE
DAY SALE!**

AT OUR PARKSVILLE LOCATION ONLY



**ALL WELLNESS & PURE PHARMACY
PRODUCTS, INCLUDING ITEMS ON SALE**

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.
Sale not available online. Sale offer valid at Parksville location only.



**Que Pasa
Organic
Tortilla Chips**
300g & 350g

\$3.99



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

\$6.99



**Sensible Portions
Garden Veggie
Straws
& Chips**
141g & 142g

\$3.99



Carr's Crackers
125g & 150g

2 FOR \$7.00



**Eve's
Crackers**
108g

\$6.99



**Schär
Crackers**
Select Varieties,
150g & 210g

\$7.99



**Effervé
Sparkling
Lemonade**
750ml

\$6.99

plus deposit & eco fees



**Partake Brewing
Non-Alcoholic
Beer**
355ml

2 FOR \$5.00

plus deposit & eco fees



**Dairyland
Eggnog**
946ml

2 FOR \$7.00

plus deposit & eco fees

NOURISHING LIFESTYLES SINCE 1990



**Phillips Soda Works
Craft Soda**
Select Varieties,
355ml

\$1.79

plus deposit & eco fees



**Mezzetta
Olives**
398ml

\$6.99



**Dalla Terra
Garden Antipasto**
375ml

\$4.99



**Simply Organic
Dip & Seasoning
Mixes**
Select Varieties,
28g - 42g

2 FOR \$5.00



**Sunflower
Kitchen
Organic
Hummus**
227g

\$3.99



**Balderson
Cheddar Cheese
Aged 3 Years**
Select Varieties, 280g

\$10.99



Arla Cream Cheese
200g

\$4.99



**Woolwich
Chevrai
Goat Cheese**
113g

\$4.99



**Vegnature Vegan
Fermented Cashew
Goat Style Cheese**
135g

\$7.99

DISCOVER
LOCAL



**49th Parallel
Coffee**
340g

\$14⁹⁹

DISCOVER
LOCAL



**Terra Granola
Premium Granola**
800g & 850g

\$14⁹⁹

DISCOVER
LOCAL



**Hornby
Organic
Energy Bars**
80g

2 FOR \$5⁰⁰

DISCOVER
LOCAL



**Tree Island
Cream Top
Yogurt**
500g

\$4⁹⁹



**Nuts to You
Almond Butter**
735g

\$15⁹⁹

ISLAND
LOCAL



**Island Gold Free Run
Medium Eggs**
1 Dozen

\$5⁴⁹



**Saputo
Shredded Cheese**
320g

\$6⁹⁹



**Armstrong
Sliced Cheese**
220g & 240g

\$5⁹⁹

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



**Favuzzi
Tomato Sauce**
Select Varieties,
480ml

\$6⁹⁹



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

2 FOR \$6⁰⁰



**Lundberg
Organic Rice**
907g

\$10⁹⁹



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

2 FOR \$6⁰⁰



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

2 FOR \$8⁰⁰



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

2 FOR \$5⁰⁰

DISCOVER
LOCAL



**House Of Yee
Premium
Dumplings**
Frozen, 15 Pack

\$13⁹⁹



**Pasta Tavola
Ravioli**
Frozen, 400g

\$10⁹⁹



Daiya Pizza
Also Flatbread,
Frozen,
322g - 550g

\$8⁹⁹

DISCOVER
LOCAL

GLUTEN
FREE

DECEMBER 26 ONLY!



HOT CHOCOLATE & APPLE CIDER BAR

AT CHOICES PARKSVILLE

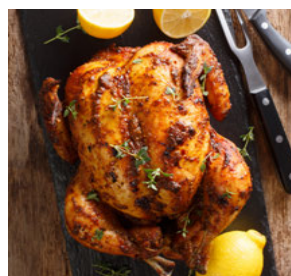
from 10:00am – 5:00pm

**Warm up with a free cup of hot chocolate
or spiced apple cider, topped with festive
goodies like vegan marshmallows,
whipped cream and more.**



DELI

PREPARED FRESH



**Rosstown
Roasted
Chickens**

\$12.99 / EA



**Woozas
Flatbread Pizza**
575g - 700g

\$16.99 / EA



**Happy Planet
Soups**
Assorted Varieties,
500ml - 650ml

\$7.99 / EA



**Habibi's
Hummus**
450g

\$7.99 / EA



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

\$6.99 / EA



**Choices
Signature
Hot Soup**
Also Chili
16oz, 500ml

\$5.99 / EA



**Choices
Ready to
Eat Wraps**

\$9.99 / EA



**Vitale
Italian Sliced
Prosciutto
& Salami**
100g

\$10.99 / EA



**Bothwell
Cheese**

\$3.99 / 100g



**Choices Festive
Cranberry Brie
Loaf**
660g

\$10.99 / EA

BAKERY

FRESH BAKED • WHOLESOME



**Choices Artisan
Half Fruit Pies**
280g

\$6.99 / EA



**Choices
Baguettes**
250g - 300g

\$2.99 / EA



**Choices
Scones**
2 Pack

\$4.49 / EA



**Choices Low
Carb Cookies
& Cream
Cheesecake**
Also Chocolate
Mousse, 60g - 90g

\$4.99 / EA



**Carbonaut Low
Carb Breads,
Bagels &
Tortillas**

20% OFF



**Ozery
Morning
Rounds**
One Bun or
Snack Rounds,
312g - 600g

20% OFF



**Saman Bakery
Artisan Crackers**
160g - 200g

\$7.99 / EA



**English
Muffins**
6 Pack

2 FOR \$5.00

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ONLY SPECIAL**

ALL WELLNESS & PURE PHARMACY
PRODUCTS, INCLUDING ITEMS ON SALE

15% OFF*

*Excluding Lotto and Gift Card purchases. One Day sale offer
valid at the Parksville location only. Sale not available online.

THURSDAY, DECEMBER 26 ONLY

HOT CHOCOLATE & APPLE CIDER BAR
Join us from 10:00am - 5:00pm for a
cup of hot chocolate or spiced apple
cider topped with festive treats



GROCERY

LOCAL • ORGANIC • SPECIALTY

DISCOVER
LOCAL



Dyana's Aji Hot Sauce
Select Varieties,
225ml

\$7⁹⁹



Maison Orphée Salad Dressings
250ml

\$4⁹⁹



Nature Clean Liquid Laundry Wash
3L

\$14⁹⁹



Caboo Sustainable Bamboo Bathroom Tissue
12 Rolls

\$9⁹⁹



Whistler Glacial Spring Water
4L

\$4⁹⁹

plus deposit & eco fees



RW Knudsen Just Juice
Select Varieties,
946ml

\$10⁹⁹

plus deposit & eco fees



Eco Max Ultra Dish Wash
740ml

\$4⁷⁹



Only Goodness Compostable Plates & Bowls
Select Varieties

20% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

DISCOVER
LOCAL



Prairie Naturals Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Progressive Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



New Roots Wild Omega & Strong Bones Supplements
Assorted Varieties & Sizes

20% OFF



Platinum Naturals Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF

DISCOVER
LOCAL



Natural Factors Stress & Sleep Supplements
Assorted Varieties & Sizes

15% OFF



Bio-K Plus Probiotics
Dairy & Non Dairy,
Assorted Sizes,
12 Pack

\$43⁹⁹



Organika Enhanced Collagen
500g

\$39⁹⁹



Natural Factors Probiotics
Assorted Varieties & Sizes

15% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Magnesium Supplements
Assorted Varieties & Sizes

15% OFF



Andalou Naturals Face Care & Body Care
Assorted Varieties & Sizes

20% OFF



Naturtint Natural Permanent Hair Color
Assorted Colours,
1 Kit

\$16⁹⁹



Shop online at [ChoicesMarket](https://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

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.