

# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE BONUS POINTS WEEK!

LEARN MORE ABOUT OUR  
**PREFERRED  
SHOPPER**

PROGRAM ON PAGE 5

Prices Effective • January 16 ~ January 22, 2025

DISCOVER  
**LOCAL**

**SPECIAL PRICE**

**Choices Own  
Frying Chicken**

100% Veggie Fed, Raised  
Without Antibiotics, Fresh,  
\$11.00/KG

**\$4.99 / LB**

RECEIVE  
**300** BONUS POINTS

**= \$3.00  
VALUE**



**Nuts to You Organic  
Almond Butter**

365g

**\$14.99**

RECEIVE  
**500** BONUS POINTS

**= \$5.00  
VALUE**



**Earth's Choice Organic  
Ground Coffee**

340g

**\$13.99**

RECEIVE  
**600** BONUS POINTS

**= \$6.00  
VALUE**



**Nutiva Organic Virgin  
Coconut Oil**

444ml

**\$14.99**

RECEIVE  
**600** BONUS POINTS

**= \$6.00  
VALUE**



**SPECIAL PRICE**

**\$6.98 / EA**

**Organic Lemons**

Grown in USA,  
907g Bag

RECEIVE  
**100** BONUS POINTS

**= \$1.00  
VALUE**



**SPECIAL PRICE**

**\$5.98 / EA**

**Hass Avocados**

Grown in Mexico,  
Bag of 4

RECEIVE  
**150** BONUS POINTS

**= \$1.50  
VALUE**



**CanPrev Magnesium  
Bis-Glycinate 200**

240 Caps

**\$35.99**

RECEIVE  
**700** BONUS POINTS

**= \$7.00  
VALUE**

DISCOVER  
**LOCAL**



**Portofino  
Bread**  
Assorted Varieties

**\$6.99**

RECEIVE  
**100** BONUS POINTS

**= \$1.00  
VALUE**

DISCOVER  
**LOCAL**



**Rosstown  
Roasted Chickens**  
Assorted Varieties

**\$12.99**

RECEIVE  
**100** BONUS POINTS

**= \$1.00  
VALUE**

DISCOVER  
**LOCAL**



**AlgaeCal  
Plant Calcium**  
90 Caps

**\$36.99**

RECEIVE  
**800** BONUS POINTS

**= \$8.00  
VALUE**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Bunch Broccoli**  
Imported,  
\$7.67/KG

**\$3.48 / LB**



**Organic Bunch Carrots**  
Grown in USA

**\$2.98 / EA**



**Zucchini**  
Grown in Mexico,  
\$3.26/KG

**\$1.48 / LB**

**Organic Blueberries**  
Grown in Peru,  
170g Pkg.



**\$3.98 / EA**

**Organic Celery**  
Imported,  
\$4.37/KG



**\$1.98 / LB**

**Gourmet Bouquet**



**\$24.98 / EA**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$14.99 / LB**

### Ribeye Grilling Steak or Roast

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



**CANADIAN**

**\$13.99 / LB**

### Organic Lean Ground Beef

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



**WESTERN CANADIAN**

**\$6.99 / LB**

### Boneless Pork Chops

Raised Without Antibiotics,  
Fresh, \$15.41/KG



**DISCOVER LOCAL**

### Split Chicken Wings

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

**\$7.99 / LB**



**\$9.99**

**Northern Glacier Hand Peeled Cooked Shrimp**  
Ocean Wise, Frozen, 340g



**DISCOVER LOCAL**

**Rosdown Marinated Chicken Breast**  
Fresh, Boneless Skinless, Raised Without Antibiotics,  
\$29.74/KG

**\$13.49 / LB**

**Ahi Tuna Steaks**  
Ocean Wise,  
Frozen or Previously Frozen,  
6 oz

**\$4.49**



**WILD CAUGHT**

**Old Country Pasta**  
Select Varieties



**DISCOVER LOCAL**

**20% OFF**

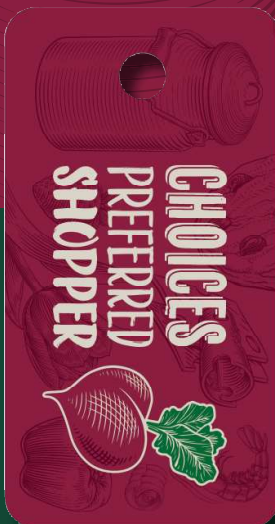


# BECOME A PREFERRED SHOPPER

Join today to receive  
exclusive discounts and collect  
points on your purchases.

Scan here to join

When you hit 2,000 points,  
you'll receive  
\$20 off your groceries!





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

**\$6<sup>49</sup>**



**Pulp & Press**  
**Organic Elixir**  
4 Pack

**\$10<sup>99</sup>**  
plus deposit & eco fees



**Mogiana**  
**Whole Bean**  
**Coffee**  
340g

**\$15<sup>99</sup>**



**Nuts to You**  
**Peanut Butter**  
750g

**\$7<sup>99</sup>**



**RW Knudsen**  
**Just Juice**  
946ml

**\$12<sup>99</sup>**  
plus deposit & eco fees



**Capilano**  
**Organic Honey**  
375g

**\$7<sup>99</sup>**



**Bonne Maman**  
**Spreads**  
Select Varieties,  
250ml

**\$5<sup>99</sup>**



**Prana**  
**Organic**  
**Granolove**  
Select Varieties,  
300g

**\$4<sup>99</sup>**



**Holy Crap**  
**Super Seed**  
**Blend**  
225g

BUY 1 GET 1 **FREE**

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



**Califia Farms**  
**Oat & Almond**  
**Beverage**  
Select Varieties,  
1.4L

**\$4<sup>99</sup>**  
plus deposit & eco fees



**The A2**  
**Milk Company**  
**Milk**  
2L

**\$6<sup>79</sup>**  
plus deposit & eco fees



**Dairyland**  
**Organic Milk**  
1.89L

**\$5<sup>99</sup>**  
plus deposit & eco fees



**Olympic**  
**Organic Yogurt**  
Select Varieties,  
1.75kg

**\$11<sup>99</sup>**



**Liberté**  
**Méditerranée**  
**Yogourt**  
500g

**\$4<sup>99</sup>**



**Riviera**  
**Petit Style**  
**Yogurt**  
Select Varieties,  
4 Pack

**\$5<sup>99</sup>**



**Blue Diamond**  
**Almond Breeze**  
946ml

**2 FOR \$5<sup>00</sup>**  
plus deposit & eco fees



**Silk**  
**Dairy-Free**  
**Shredded &**  
**Sliced Cheese**  
113g - 200g

**\$5<sup>99</sup>**



**Saputo**  
**Feta Cheese**  
200g

**\$4<sup>99</sup>**





**Rise Organic  
Kombucha**  
1L

**\$7<sup>99</sup>**

plus deposit & eco fees



**Smart Sweets  
Low Sugar  
Gummies**  
45g & 50g

**2 FOR \$7<sup>00</sup>**



**Kabrita Goat Milk Based  
Toddler Nutrition**  
800g

**\$39<sup>99</sup>**



**Remedy  
Organic  
Kombucha**  
4 Pack

**\$7<sup>99</sup>**

plus deposit & eco fees



**Made Good  
Soft Baked  
Mini Cookies**  
120g

**2 FOR \$7<sup>00</sup>**



**Love Good Fats  
Keto Friendly  
Bars**  
39g

**2 FOR \$5<sup>00</sup>**



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

**\$5<sup>99</sup>**



**Snyder's  
Pretzels**  
220g

**\$5<sup>99</sup>**



## NOURISHING LIFESTYLES SINCE 1990



**Amy's  
Organic  
Soup**  
398ml

**\$4<sup>99</sup>**



**Pacific Foods  
Organic  
Soup**  
946ml - 1L

**\$5<sup>99</sup>**



**Sigdal Bakeri  
Crispbread**  
190g - 235g

**\$6<sup>99</sup>**



**Carbone  
Pasta Sauce**  
660ml

**\$10<sup>99</sup>**



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

**2 FOR \$7<sup>00</sup>**



**Floating Leaf  
Wild Rice Blend**  
Select Varieties,  
120g & 400g

**\$3<sup>99</sup>**



**Konscious  
Sushi Rolls**  
Also Poke Bowls  
Frozen, 210g - 293g

**\$7<sup>99</sup>**



**Kikkoman  
Teriyaki Sauces  
& Glazes**  
Select Varieties,  
290ml - 472ml

**20% OFF**



**Big Mountain  
Bites**  
Also Crumbles,  
Veggie Links & Patty,  
300g - 400g

**\$5<sup>99</sup>**



# ONLINE CHOICES

# NOW HERE

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



DISCOVER MORE AT:  
**Choices.Market**





## DELI PREPARED FRESH

DISCOVER  
LOCAL



**Choices  
Ready to Eat  
Salad Bowls**  
240g - 440g

**\$10.49 / EA**

DISCOVER  
LOCAL



**Choices Pot Pies**  
Chicken, Beef,  
Turkey Cranberry or  
Masala Vegetable,  
245g - 320g

**\$7.99 / 100G**

DISCOVER  
LOCAL



**Choices  
Veggie Cakes**  
140g

**2 FOR \$6.00**

DISCOVER  
LOCAL



**Choices  
Hot Beef or  
Turkey Chili**  
16oz / Medium

**\$6.99 / EA**

DISCOVER  
LOCAL



**Habibi's  
Dips & Hummus**  
Assorted Varieties,  
200g - 240g

**\$4.99 / EA**



**Rosemary or  
Pepper Ham**

**\$3.49 / 100G**

**Edam Cheese**



**\$3.99 / 100G**



**Natural Pastures  
Cheese**  
Select Varieties

**\$4.99 / 100G**



**Havarti  
Cheese**  
Assorted Varieties

**\$3.29 / 100G**

## BAKERY FRESH BAKED • WHOLESOME

DISCOVER  
LOCAL

**Choices  
Multigrain Baguettes**  
300g



**\$2.99**

DISCOVER  
LOCAL

**Old Fashioned Porridge  
Bread with Whole Wheat**  
500g



**\$4.99**

DISCOVER  
LOCAL

VEGAN

**Choices Morning  
Glory Muffins**  
4 Pack



**\$6.49**

DISCOVER  
LOCAL

NEW

**Choices  
Raspberry  
White Chocolate  
Cake Tray Bake**  
Also Coconut  
Dulce Cookie  
Cake Tray Bake  
215g - 295g



**\$8.99**

DISCOVER  
LOCAL

**Choices  
Indulgence Brownie**  
Also Salted Caramel  
Brownie, 150g - 170g



**\$6.99**

DISCOVER  
LOCAL

GLUTEN  
FREE

**Wise Bites  
Cookie  
Treats**  
150g



**\$6.99**

GLUTEN  
FREE



**Queen St.  
Bakery  
Superfood  
Bagels**  
5 Pack

**\$7.49**

DISCOVER  
LOCAL

**Carbonaut  
Loaf**  
Seeded, White  
or U.F. Oat  
355g - 544g



**\$7.99**

DISCOVER  
LOCAL

**Choices  
Keto Nanaimo Bar**  
80g



**\$3.99**

## BECOME A PREFERRED SHOPPER

Join today to receive exclusive discounts and collect points on your purchases. When you hit 2,000 points, you'll receive \$20 off your groceries!





# GROCERY

LOCAL • ORGANIC • SPECIALTY



**La Presserie**  
**Ramen Soup**  
Frozen, 500g

**\$12.99**



**Egglife**  
**Egg White**  
**Wraps**  
170g

**\$7.99**



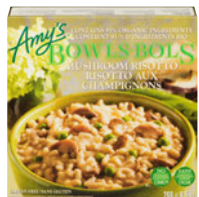
**Solo's**  
**Superfruit**  
**Purée**  
240ml & 250ml

**\$8.99**



**Maple Joe**  
**Organic**  
**Maple Syrup**  
355ml

**\$9.99**



**Amy's**  
**Meals & Bowls**  
Select Varieties,  
Frozen,  
241g - 284g

**\$6.99**



**Holy Napoli**  
**Pizza**  
Frozen,  
365g - 425g

**\$8.99**



**Bamboolia**  
**Bamboo**  
**Bathroom**  
**Tissue**  
4 Rolls

**2 FOR \$7.00**



**Nature Clean**  
**Liquid**  
**Laundry**  
**Wash**  
3L

**\$14.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**A. Vogel**  
**Vitamins &**  
**Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**LeanFit**  
**Proteins &**  
**Sports Nutrition**  
**Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**St. Francis**  
**Herb Farm**  
**Herbal**  
**Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



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

**\$22.99**



**withinUs**  
**TruMarine**  
**Collagen**  
Assorted Varieties  
& Sizes

**20% OFF**



**Martin &**  
**Pleasance**  
**Ki Immune**  
**and Cold & Flu**  
**Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**Genuine Health**  
**Vitamins &**  
**Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Progressive**  
**Vitamins &**  
**Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**MegaFood**  
**Vitamins and**  
**Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**NutraSea**  
**Omega-3**  
**Fish Oil**  
Assorted Varieties  
& Sizes

**20% OFF**



**BulletProof**  
**Brain Octane**  
**or XCT Oil**  
Assorted Varieties  
& Sizes

**20% OFF**

**Natracare Natural**  
**Feminine Hygiene Products**  
Assorted Varieties & Sizes



**20% OFF**



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**PARKSVILLE, BC**

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**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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