



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE SUPERBOWL CHOICES!



STAR OF THE SEASON
**\$56,000
RAISED**
See website for details.

Special Parksville Edition Prices Effective • February 6 - February 12, 2025



DISCOVER
LOCAL

SPECIAL PRICE

Organic
Hass Avocados
Mexico Grown

2 FOR \$5.00



YOU SAVE
28%

Blade Roast or Steaks
100% Grass Fed, Raised
Without Antibiotics,
Pasture Raised, Value Pack,
Imported, \$19.82/KG

\$8.99 / LB

YOU SAVE
34%



\$4.99 / EA

Choices Sourdough Bread
Levain Style, 530g

YOU SAVE
\$1.00



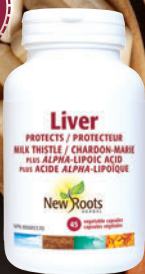
2 FOR \$8.00

Summer Fresh Dips
Assorted Varieties,
227g

YOU SAVE
27%



ALL ITEMS
ON SALE



20% OFF

**New Roots Vitamins
& Supplements**
Assorted Varieties & Sizes



SPECIAL PRICE

\$1.98 / LB

Broccoli Crowns
USA Grown, \$4.37/KG

YOU SAVE
25%

VALENTINE'S PICK



**La Luna Candles,
Diffusers & More!**
Assorted Varieties
& Sizes

20% OFF



**Covered Bridge
Potato Chips**
142g & 170g

YOU SAVE
25%

2 FOR \$7.00

FEATURED CHOICE



YOU SAVE
28%

**La Croix
Sparkling Water**
8 Pack

\$4.99
plus deposit & eco fee

PRODUCE FRESH • LOCAL • ORGANIC



Organic Mini Watermelon
Mexico Grown

\$6.98 / EA



Green Kiwi Fruit
Imported

98¢ / EA



Bunched Tulips
5 Stems per Bunch

\$3.98 / EA

Organic Yellow or Red Potatoes

BC Grown,
2.27kg Bag



\$6.98 / EA



Romaine Hearts

USA Grown,
Pkg. of 3

\$4.98 / EA



Gourmet Bouquet

\$24.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$8.99 / LB

Boneless Skinless Chicken Thighs

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



\$4.99 / LB

Pork Button Bones

Raised Without Antibiotics, Fresh,
\$11.00/KG



\$6.99 / LB

Sliced Pork Belly

or Whole, Raised Without Antibiotics, Fresh,
\$15.41/KG



\$19.99 / LB

Organic Top Sirloin Steaks or Roasts

100% Organic, Grass Fed, Grain Finished,
\$44.07/KG



\$9.99 / LB

Beef Stir Fry

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported, \$19.82/KG



\$3.99 / 100G

Steelhead Fillets

Ocean Wise, Fresh, Value Pack



Taste Republic Fresh Pasta

255g



15% OFF

Northern Glacier Shrimp

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

\$8.99 / EA



\$7.99 / EA

Greenfield Bacon

Raised Without Antibiotics,
Canadian Raised, 375g



MORE CHOICES. MORE VALUE.

INTRODUCING THE CHOICES PRICE DROP ON
THOUSANDS OF YOUR FAVOURITE ITEMS.

Discover **new lower prices** on thousands of food and wellness items throughout your local Choices, and we will keep working to **maximize savings** on all our local, organic and specialty choices and household staples.

Find a lower price somewhere else? Just bring proof of their current in-market pricing, and **we will be happy to match*.**



*See Customer Service for details

CHOICES  MARKET



Ethical Bean Organic Ground Coffee
227g

\$10⁹⁹



The Granola King Blueberry Orange Granola
Assorted Varieties, 750g

\$9⁹⁹



Traditional Medicinals Organic Herbal Tea
Select Varieties, 16 Bags

\$4⁹⁹



Earth's Own Oat Barista
946ml

\$5⁹⁹



Donia Farms Grass Fed Milk
2L

\$5⁹⁹

plus deposit & eco fees



Earth's Own Organic Almond Beverage
1.75L

\$4⁹⁹

plus deposit & eco fees



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

\$24⁹⁹



Olympic Organic Yogurt
Select Varieties, 650g

\$4⁹⁹

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



Dairyland Organic Cream
473ml

2 FOR \$6⁰⁰



La Chaudière Bingo! Organic Cheese
Select Varieties, 168g & 200g

\$7⁹⁹



Dairyland Cottage Cheese
500g

\$4⁴⁹



Spread'em Cashew Cheeze Blocks
200g

\$8⁹⁹



Daiya Dairy-Free Shredded, Blocks and Slices
Select Varieties, 185g - 220g

\$4⁹⁹

GLUTEN FREE



Sunrise Soyganic Organic Tofu
Firm, Extra Firm 350g & 500g

2 FOR \$6⁰⁰



O'Doughs Bagels
300g

\$4⁹⁹



Cow's Creamery Butter
250g

\$7⁹⁹



Wedderspoon Manuka Honey
K-Factor 12 or 16, 500g

\$10 OFF



Eat Wholesome Food Co. Organic Tomatoes
796ml

\$4⁹⁹

GLUTEN FREE



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

2 FOR \$6⁰⁰



Saputo Mozzarellissima
340g

\$6⁹⁹

DISCOVER LOCAL



Karthain's Organic Sauerkraut
750ml

\$10⁹⁹



Mezzetta Olives
398ml

\$7⁹⁹



Amy's Pizza
Frozen, 340g - 397g

\$10⁹⁹



Filippo Berio Extra Virgin Olive Oil
500ml

\$22⁹⁹



Omega Nutrition Organic Apple Cider Vinegar
946ml

\$7⁹⁹



Cape Herb & Spice Table Top Spices
36g - 130g

\$4⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Tate's Bake Shop Cookies
198g

\$7⁹⁹



Clif Bar Energy Bars
68g

3 FOR \$5⁰⁰



Nuts To You Almond Butter
365g

\$9⁹⁹

FAIR TRADE



Zazubean Organic Chocolate Bars
Select Varieties, 80g & 85g

\$4⁴⁹

DISCOVER LOCAL



Chocxo Organic Dark Chocolate Coconut Cups
Assorted Varieties, 98g

\$5⁹⁹



The Ginger People Gin-Gins Ginger Candy
84g

\$3⁹⁹



Lesser Evil Organic Popcorn
Select Varieties, 142g

\$4⁹⁹

GLUTEN FREE



The Good Crisp Potato Crisps
160g

\$4⁴⁹



Eve's Crackers
108g

\$6⁴⁹

DISCOVER LOCAL

GLUTEN FREE



— DISCOVER —

THOUSANDS
OF LOCAL
CHOICES

CHOICES  MARKET

DELI

PREPARED FRESH

DISCOVER
LOCAL
NEW



Choices
Ready to Eat
Casserole Bakes
Family Size,
590g ~ 710g

\$14.99 / EA

DISCOVER
LOCAL



Choices
Ready to Eat
Wraps

\$10.49 / EA

DISCOVER
LOCAL



GREAT FOR
SUPERBOWL

Choices
Ready to Eat
Chicken Wings
1 Pound of Wings

\$14.99 / EA

DISCOVER
LOCAL



Choices
Ready to Eat
Chili
Turkey or Beef,
32 oz, Large

\$10.99 / EA

DISCOVER
LOCAL



Choices
Potato Wedges
Including Lemon
Herb or Savoury Mex
Varieties

\$1.49 / 100g

DISCOVER
LOCAL



Choices
Deli Salami
Antibiotic-Free

\$4.49 / 100g



Castello
Cheese Slices
Assorted Varieties,
125g ~ 165g

\$7.99 / EA



Bothwell
Cheese
Assorted Varieties

\$3.99 / 100g



Manchego
Cheese

\$6.99 / 100g

BAKERY

FRESH BAKED • WHOLESOME

DISCOVER
LOCAL



Choices Scones
2 Pack

\$4.29

DISCOVER
LOCAL



Choices
Cheesecake Bars
190g

\$7.99 / EA

DISCOVER
LOCAL



Choices Mini
Butter Tarts
4 Pack

\$3.99 / EA

DISCOVER
LOCAL



Ganache Filled
Chocolate
Heart Cookies
100g

\$2.49



La Tortilla
Factory
Tortillas
Assorted Varieties,
200g ~ 496g

20% OFF

DISCOVER
LOCAL



Bakestone
Brothers Pita
White or Whole
Wheat,
6 Pack

\$3.99 / EA



Brioche
Hamburger
or Hot Dog
Buns
6 ~ 8 Pack

\$6.99 / EA



Aidan's
Fermented
Sourdough
Bread
500g

\$9.99

MORE CHOICES. MORE VALUE.

INTRODUCING THE CHOICES PRICE DROP ON
THOUSANDS OF YOUR FAVOURITE ITEMS.

PRICE
DROP

VISIT CHOICES
PARKSVILLE TODAY.

GROCERY

LOCAL • ORGANIC • SPECIALTY



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

\$5.99



Legends Haul Handcrafted Macaroni & Cheese
650g

\$10.99



GoodDrink Organic Sparkling Fruit Spritzer
355ml

2 FOR \$4.00
plus deposit & eco fees

SPECIAL FEATURE



V.I.P. Dish Soap
740ml

2 FOR \$7.00



So Delicious Non-Dairy Frozen Desserts
500ml

\$5.99



The Workshop Vegetarian Café Noodles, Ramen & Udon
3 Pack

\$12.99



Loop Mission Cold Pressed Juice
1L

\$9.99
plus deposit & eco fees

Select V.I.P. & EchoClean Products
Select Varieties & Sizes

20% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Botanica Organic Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



CanPrev CoQ10 & Inno-Q-Nol Supplements
Assorted Varieties & Sizes

20% OFF



Sukin Botanicals Hair Care
Assorted Varieties & Sizes, 500ml

\$11.99



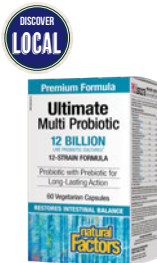
Naturtint Natural Permanent Hair Colour
Assorted Colours, 1 Kit

\$16.99



Flora Organic Flax Oil
Assorted Sizes

20% OFF



Natural Factors Probiotics
Assorted Varieties & Sizes

15% OFF



Divine Essence Essential Oils and Body Care Products
Assorted Varieties

25% OFF



Dr. Hauschka Facial Care
Assorted Varieties & Sizes

20% OFF



Sisu Ester-C Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors CurcuminRich Theracurmin Supplements
Assorted Varieties & Sizes

20% OFF



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

20% OFF



Mineral Fusion Natural Cosmetics
Assorted Varieties & Sizes

20% OFF

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

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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

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