



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE FAMILY CHOICES!

Special Parksville Edition Prices Effective • February 13 - February 19, 2025



SPECIAL PRICE

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

BUY 1 GET 1 FREE

Northern Glacier Raw or Cooked Shrimp
31 - 40 Count, 41 - 50 Count, Ocean Wise, Frozen, 340g

\$8.99/EA



SPECIAL PRICE

\$5.98 / EA

Strawberries
Mexico Grown, 454g

YOU SAVE
\$3.00



SPECIAL PRICE

\$25.98 / EA

Valentine Red Roses Bouquet
6 Stems

DISCOVER LOCAL

Choices Quiche
Assorted Varieties, 4.25 Inches



\$5.49

DISCOVER LOCAL

Choices Wholesome Country or Multiseed Sourdough
575g - 600g



\$4.99

DISCOVER LOCAL

Hardbite Handcrafted Style Potato Chips
Select Varieties, 150g



2 FOR \$7.00

YOU SAVE **22%**

Rise Organic Kombucha
414ml



2 FOR \$7.00

plus deposit & eco fees

YOU SAVE **29%**

MONDAY, FEBRUARY 17 ONLY

**FAMILY DAY
ONE DAY SALE**

10% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.
*Excluding Lotto and Gift Card purchases.
See page 5 for details. Sale not available online.

FEATURED CHOICE

Natural Factors CoQ10 100mg
120 Soft Gels



\$19.99

YOU SAVE **32%**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Broccoli
Imported,
\$7.67/KG

\$3.48 / LB



Organic Blood Oranges
USA Grown,
\$7.67/KG

\$3.48 / LB



Organic Lemons
USA Grown,
907g Bag

\$5.98 / EA



Long English Cucumber
Mexico Grown

\$1.98 / EA

Tomatoes On The Vine
Mexico Grown,
\$7.67/KG



\$3.48 / LB

Lily Rose Bouquet



\$19.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



DISCOVER
LOCAL

\$5.49 / LB

Chicken Thighs

Raised Without Antibiotics, 100% Veggie Fed, Fresh, \$12.10/KG



CANADIAN

\$13.99 / LB

Organic Lean Ground Beef

Grass Fed, Grain Finished, \$30.84/KG



\$11.99 / LB

Lamb Leg Roast

Boneless, Raised Without Antibiotics, 100% Grass Fed, Free Range, New Zealand, Fresh, \$26.43/KG



WESTERN
CANADIAN

Pork Butt Roast or Steaks

Raised Without Antibiotics, Fresh \$11.00/KG

\$4.99 / LB



WILD
CAUGHT

\$4.49 / 100G

Sockeye Salmon Fillets

Ocean Wise, Fresh, Value Pack



Duso's Pasta
Select Varieties,
250g - 300g

\$6.99

Ahi Tuna Steaks

Ocean Wise, Frozen or Previously Frozen, 6oz

\$4.49 / EA



WILD
CAUGHT

Freybe 1844 Salami Chubs

175g

GLUTEN
FREE

\$7.99 / EA



GLUTEN
FREE



Bob's Red Mill Oats

794g & 907g

\$9⁹⁹



Native Forest Organic Sliced Peaches

Also Organic Pineapple
Chunks, 398ml

\$5⁹⁹



Gay Lea Chocolate Whipped Cream

Also Real Whipped Cream &
Coconut Whipped Cream, 225g

\$5⁹⁹



Bob's Red Mill Buttermilk Pancake Mix

680g

\$6⁴⁹



Canadian Heritage Organic Maple Syrup

1L

\$26⁹⁹

DISCOVER
LOCAL



49th Parallel Whole Bean Coffee

340g

\$15⁹⁹

FAIR
TRADE



Numi Organic Tea

16 & 18 Pack

\$6⁴⁹



Say When Organic Chai

946ml

\$5⁹⁹

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

FAIR
TRADE



Camino Organic Chocolate Bars

80g & 100g

\$5⁹⁹



Gerolsteiner Carbonated Natural Mineral Water

750ml

2 FOR \$7⁰⁰

plus deposit & eco fees



Patience Organic Pure Cranberry Juice

946ml

\$9⁹⁹

plus deposit & eco fees

FAIR
TRADE



Endangered Species Chocolate Bars

85g

\$4⁹⁹



Prana Organic Trail Mix

Select Varieties,
150g

\$4⁹⁹



Kind Bars

40g

2 FOR \$4⁰⁰



RJ's Licorice

180g

\$2⁹⁹



Justin's Organic Mini Chocolate Peanut Butter Cups

120g

\$6⁹⁹



Old Dutch Arriba Chips

235g & 245g

\$4⁴⁹

CHOICES  MARKET

FAMILY DAY SALE



**MONDAY,
FEBRUARY 17TH
ONLY!**

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.

SHOP ONLINE AT **CHOICES.MARKET**  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket



**Dairyland
Organic
Creamo**
946ml

\$4.49



**Avalon
Organic
Milk**
Select Varieties,
1L

\$3.99
plus deposit & eco fees



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

\$5.99
plus deposit & eco fees



**Donia Farms
Grass Fed
Butter**
250g

\$9.99



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

\$11.99



**Danone Oikos
Greek Yogurt**
4 Pack

\$3.99



**Woolwich
Goat Cheddar
Cheese**
Also Goat Mozzarella,
200g

\$8.99



Armstrong Cheese
Select Varieties,
600g

\$9.99



**Armstrong
Cheese Slices**
220g & 240g

\$5.99

NOURISHING LIFESTYLES SINCE 1990



**Made Good
Organic Star
Puffed Crackers**
121g

\$3.99



**Le Pain des fleurs
Organic
Buckwheat
Crispbread**
Select Varieties, 150g

\$6.49



**Sonoma
Creamery
Cheese Crisps**
64g

\$4.99



**Acropolis Organics
Organic Extra
Virgin Olive Oil**
1L

\$39.99



**Sprague
Baked Beans**
398ml

2 FOR \$7.00



**Cha's Organics
Organic Coconut
Cream & Milk**
Select Varieties,
400ml

\$3.99



**Prasad
Ayurveda
Heritage Ghee**
200g

\$14.99



**Daiya
Dairy-Free Pizza**
Also Flatbread, Frozen,
322g - 550g

\$8.99



**House Foods
Premium Tofu**
340g & 396g

2 FOR \$4.00

DELI PREPARED FRESH



DISCOVER
LOCAL

**Rosstown
Roasted
Chickens**

\$12.99 / EA



DISCOVER
LOCAL

**Spankopita
or Mushroom
& Parmesan
Phyllo Pie**
185g

2 FOR \$10.00



DISCOVER
LOCAL

**Nicli
Artisan Pizza**
12 Inch

\$15.99 / EA



**Italian
Sliced Salami
or Prosciutto**
70g ~ 100g

\$8.99 / EA



**La Panzanella
Crackers**
170g

\$6.49



**Choices
Wild Salmon
Cakes**
130g

2 FOR \$8.00



DISCOVER
LOCAL

**Little Qualicum
Cheeseworks
Cheese**

\$4.99 / 100G



Burrata Cheese
250g

\$14.99 / EA



**Parmesan
Reggiano
Cheese**
Also Pecorino or
Asiago Mezzano

\$5.99 / 100G

BAKERY FRESH BAKED • WHOLESOME



DISCOVER
LOCAL

**Choices Vegan
Almond Crunch
or Chocolate
Crunch Cookies**
6 Pack

\$6.99



DISCOVER
LOCAL

**Choices
Carrot Cake
Tray Bake**
580g

\$13.99



DISCOVER
LOCAL

**Choices
Tres Leches Cake
Tray Bake**
1210g

\$17.99



DISCOVER
LOCAL

**Bakestone
Brothers
Organic Bagels**
6 Pack

\$5.99



**Silver Hills
Sprouted
Power Breads**
430g ~ 600g

\$4.99



DISCOVER
LOCAL

**Saman Bakery
Artisan Crackers**
Assorted Varieties,
160g ~ 200g

\$7.99



DISCOVER
LOCAL

**Saman Bakery
Macaroons
or Cookies**
240g ~ 250g

\$9.99



DISCOVER
LOCAL

**Choices
Chocolate Dipped
Shortbread**
8 Pack

\$5.99



DISCOVER
LOCAL

**GluteNull
Amaranth or
Buckwheat
Bread**
737g

GLUTEN
FREE

\$9.99

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FEBRUARY 17 ONLY
FAMILY DAY**

ONE DAY SALE 10% OFF*

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GROCERY

LOCAL • ORGANIC • SPECIALTY



**Righteous
Gelato &
Sorbetto**
473ml

\$7.99



**Breyers
Creamery
Style
Ice Cream**
1.41L or 1.66L

\$7.79



**Kinnikinnick
Baking
Mixes &
Flour**
450g - 500g

\$6.99



**Eco Max
Ultra
Dish Wash**
740ml

\$4.79



**Rosen's
Cinnamon
Buns**
Frozen,
340g

\$8.99



**Food For Life
Ezekiel 4:9 Organic
Sprouted Bread**
Select Varieties, 680g

\$8.99



**Quesava
Poppers,
Samosas &
Perogies**
200g - 240g

\$6.99



**Nature
Clean
Dishwasher
Gel**
1.8L

\$12.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Smart
Solutions
Vitamins &
Supplements**
Assorted Varieties
& Sizes

25% OFF



**Living Alchemy
Your Flora Series
& Fermented
Activated Herbals**
Assorted Varieties
& Sizes

25% OFF



**Organika Bone
Broths, Spiurlina
& Immune
Supplements**
Assorted Varieties
& Sizes

25% OFF



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

\$44.99



**Desert
Essence
Face & Body
Care Products**
Assorted Varieties
& Sizes

20% OFF



**Nordic Naturals
Omega-3**
Also Cod Liver Oil &
Children's Fish Oil
Supplements,
Assorted Varieties
& Sizes

20% OFF



**Flora
Probiotics**
Assorted Varieties
& Sizes

20% OFF



**Nature's Way
Sambucus
& Zinc
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Routine.
Natural
Deodorant**
Assorted Varieties,
50g - 58g

\$24.99



**Herbatint
Natural
Permanent
Hair Colour**
Assorted Varieties,
1 Kit

\$16.29



**Mad Hippie
Facial Care**
Assorted Varieties
& Sizes

20% OFF



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

30% OFF

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



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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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