



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • February 27 - March 5, 2025



SPECIAL PRICE

Top Sirloin Steaks
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Australian, or Roast, \$22.02/KG

\$9.99 / LB **YOU SAVE 17%**

SPECIAL PRICE

Organic Peppers
Orange, Red & Yellow, Mexico Grown, \$10.98/KG

\$4.98 / LB **YOU SAVE \$1.00 / LB**



MADE IN CANADA

Dempster's Signature Bagels
Pack of 5 or 6

\$3.99 / EA **YOU SAVE 41%**



CANADIAN OWNED

Terra Premium Granola
800g & 850g

\$15.99 / EA **YOU SAVE 20%**



NutraSea Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

25% OFF



PRODUCT OF CANADA

Boneless Skinless Chicken Breasts
Raised Without Antibiotics, 100% Veggie Fed, Fresh, Value Pack, \$17.61/KG

\$7.99 / LB **YOU SAVE 39%**



SPECIAL PRICE

Honeyglow Pineapple
Costa Rica Grown

\$5.98 / EA **YOU SAVE 29%**

Boneless Skinless Chicken Breasts
Raised Without Antibiotics, 100% Veggie Fed, Fresh, Value Pack, \$17.61/KG

Honeyglow Pineapple
Costa Rica Grown



PRODUCT OF CANADA

Rosstown Roasted Half Chickens

\$6.99 **YOU SAVE \$1.00**



Annie's Pasta
Select Varieties, 149g - 170g

3 FOR \$6.99 **YOU SAVE 41%**



ONEKA Shampoo or Conditioner
Assorted Varieties, 500ml

BUY 1 GET 1 FREE **MADE IN CANADA**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Asparagus
Mexico Grown,
\$15.39/KG

\$6.98 / LB



Organic Navel Oranges
USA Grown, 1.81 kg Bag

\$7.98 / EA



Organic Green or Red Grapes
Grown in South Africa,
\$17.59/KG

\$7.98 / LB

Mandarin Oranges
Mexico Grown,
907g Bag



\$5.98 / EA

Cauliflower
USA Grown



\$4.98 / EA

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$7.99 / LB

Eye of Round Roast

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Australian, or Steak,
\$17.61/KG



PRODUCT OF CANADA

\$7.99 / LB

Split Chicken Wings

Raised Without Antibiotics, 100% Veggie Fed,
Fresh, Value Pack, \$17.61/KG



PRODUCT OF CANADA

\$4.99 / LB

Boneless Pork Sirloin Roast or Chops

Raised Without Antibiotics,
Fresh, \$11.00/KG



\$8.99 / LB

Beef Stir Fry

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



\$3.99 / 100G

Steelhead Fillets

Ocean Wise, Fresh, Value Pack



NEW ITEM

SoBo Wild Salmon Chowder
Shellfish Free,
750ml

\$16.99



PRODUCT OF CANADA

\$7.99 / LB

Pork Schnitzels

Fresh Made in Store, Raised Without Antibiotics,
\$17.61/KG

Northern Glacier Shrimp

Raw or Cooked,
51/60 Count,
Frozen, 200g

\$4.99 / EA





Rise Organic Kombucha
1L

\$7⁹⁹

plus deposit & eco fees



Commercial Drive Organic Coffee
300g

\$12⁹⁹



Yogi Organic Herbal Tea
16 Bags

\$5⁹⁹



Camino Organic Chocolate Bars
80g & 100g

\$5⁹⁹



Lärabar Fruit & Nut Energy Bars
45g & 48g

2 FOR \$4⁰⁰



Simply Protein Bars
40g

2 FOR \$5⁰⁰



Kettle Brand Potato Chips
Party Size, 368g

\$5⁹⁹



Glutino Pretzels
400g

\$7⁹⁹



Left Coast Naturals Organic Dried Fruit
Loose Bulk Food, Select Varieties

20% OFF

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



Silk Almond Beverage
Also Soy, Coconut & Oat, Select Varieties, 1.89L & 1.75L

\$5⁴⁹

plus deposit & eco fees



Organic Meadow Organic Milk
2L

\$6⁴⁹

plus deposit & eco fees



Dairyland Protein Milk
1.89L

\$5⁹⁹

plus deposit & eco fees



Canadian Heritage Organics 100% Pure Organic Maple Syrup
500ml

\$15⁹⁹



Nature's Nuts Organic Peanut Butter
500g

\$8⁹⁹



Bonne Maman Jam
Select Varieties, 250ml

\$5⁹⁹



Riviera Oat Milk Yogurt
Select Varieties, 500g & 650g

\$5⁹⁹



Bob's Red Mill Instant Hot Oatmeal Cups
51g - 71g

2 FOR \$5⁰⁰



Kind Breakfast Bar
200g

\$4⁹⁹

CHOICES  MARKET

Shop CANADIAN

Look for these symbols throughout Choices Market to make it easier to shop Canadian:

Product of CANADA

At least 98% of the total direct costs of producing or manufacturing the good have been incurred in Canada.

Made in CANADA

At least 51% of the total direct costs of producing or manufacturing the good have been incurred in Canada.



Caulipower Pizza

Selected Varieties, 310g
Also Pizza Crust, 312g,
Frozen

\$9⁹⁹

NEW TO CHOICES



Carbone Pizza Sauce
397ml

\$6⁹⁹



Golden Home Ultra Thin Protein Pizza Crust

7 Inch, 126g

\$8⁹⁹



Garofalo Pasta

500g

2 FOR \$7⁰⁰



Lundberg Organic Rice

Select Varieties,
907g

\$12⁹⁹



Earth's Choice Organic Beans

398ml

2 FOR \$5⁰⁰



Earth's Choice Organic Coconut Cream

Select Varieties,
Guar Free, 400ml

\$3⁹⁹



Earth's Choice Organic Virgin Coconut Oil

350ml

\$9⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Chef Woo Ramen Noodle Soup Cups

21g

2 FOR \$5⁰⁰



Eat Wholesome Organic Soup

398ml

2 FOR \$7⁰⁰



La Tourangelle Organic Extra Virgin Olive Oil

750ml

\$24⁹⁹



Raincoast Global Wild Skipjack Tuna

Select Varieties,
142g

2 FOR \$7⁰⁰



Primal Kitchen Avocado Oil Salad Dressings

237ml

\$9⁷⁹



Lis's Polish Pickles

Also Sauerkraut,
900ml

\$5⁹⁹



Balderson Cheddar Cheese Aged 3 Years

280g

\$10⁹⁹



Saputo Feta Cheese

200g

\$4⁹⁹



Earth Balance Traditional Spread

Also Baking Sticks,
Select Varieties,
425g & 454g

\$6⁹⁹

DELI PREPARED FRESH



**Choices
Pot Pies**
Country Chicken
or Beef, 245g ~ 285g

\$7.99 / EA



**Habibi's
Hummus & Dips**
200g ~ 240g

\$4.99 / EA



**Indianlife
Naan or Tortilla**
250g ~ 500g

\$6.99 / EA



**Vancouver
Soup Company
Soups**
700ml

\$8.99 / EA



Honey Ham

\$2.49 / 100g



**Choices
Veggie Cakes**
140g

2 FOR \$5.00



**Imported
Swiss
Emmental
Cheese**

\$5.49 / 100g



**Castello
Cheese Slices**
125g ~ 165g

\$7.99 / EA



**Fresh Cut
Parmesan
Reggiano
Cheese**

\$4.99 / 100g

BAKERY FRESH BAKED • WHOLESOME



**Choices
Seeded
Sourdough
Rye**
760g

\$5.99 / EA



**Choices
Feta &
Kalamata Olive
Artisan Bread**
500g

\$5.99 / EA



**Choices
Cake Slices**
120g ~ 150g

2 FOR \$8.00



**Choices
Artisan
Cookies**
6 Pack

\$6.99 / EA



**Choices
Tiramisu
Cake**
6 Inch

\$19.99 / EA



**Carbonaut
Low Carb
Bagels**
5 Pack

\$8.99 / EA



**Alkeme Country
Sourdough
Bread**
Also Ancient Grain
Sourdough, 725g

\$9.99 / EA



STAR OF THE SEASON

Thanks to your generosity,
we were able to raise

\$56,000

for local neighbourhood houses!

FOR MORE DETAILS PLEASE VISIT OUR WEBSITE: CHOICES.MARKET

GROCERY

LOCAL • ORGANIC • SPECIALTY



Pur Gum
77g

\$3.99



Efruti Fruit Juice Bears & Berries
100g

2 FOR \$5.00



Nora's Non-Dairy Frozen Desert
500ml

\$7.99



Echoclean High Efficiency Liquid Laundry Detergent
1.5L

\$10.99



Panda Licorice
170g

2 FOR \$7.00



Dandies Vegan Marshmallows
283g

\$5.99



Christie Triscuit Crackers
200g

2 FOR \$8.00



Nature Clean 98% Natural Dish Soap
740ml

\$4.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Genuine Health Vitamins & Supplements
Assorted Varieties & Size

25% OFF



BioSil Hair, Skin, Nails
Assorted Varieties & Sizes

25% OFF



Whole Earth & Sea Multivitamins
Mens & Womens, Regular and 50+, 60 Tabs

\$37.99



Prairie Naturals Vitamin D3
1000IU & 2500IU, Liquid and Softgels, Assorted Sizes

BUY 1 GET 1 FREE



Progressive Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Flora Udo's Choice 3-6-9 Blend
Also DHA Oil Blend, Assorted Varieties & Sizes

20% OFF



Weleda Facial Care & Body Care
Assorted Varieties & Sizes

30% OFF



St. Francis Herb Farm Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Magnesium Supplements
Assorted Varieties & Sizes

15% OFF



Lily of the Desert Aloe Vera
Juice or Gel, Assorted Varieties & Sizes

20% OFF



Santevia Alkaline Water Pitchers
Also Water Systems & More, Assorted Varieties & Sizes

20% OFF

Shop online at Choices.Market

@ChoicesMarket

/DiscoverChoicesMarket

@ChoicesMarket

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

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.