



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

DISCOVER WOMEN-OWNED CHOICES

SEE BACK PAGE FOR DETAILS.

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

SPECIAL PRICE

Ribeye Grilling Steaks
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported from Australia, or Roast, \$30.84/KG

\$13.99 / LB

YOU SAVE **52%**

SPECIAL PRICE

Organic Hass Avocados
Mexico Grown, Bag of 3

\$4.98 / EA

YOU SAVE **\$2.00 / BAG**

PRODUCT OF CANADA

YOU SAVE **\$3.00**

\$14.99 / EA

Roasted Chickens
Raised Without Antibiotics

CANADIAN OWNED

BACK IN SEASON

YOU SAVE **\$1.00**

\$5.99 / EA

Choices Signature Hot Cross Buns
Pack of 6

PRODUCT OF CANADA

\$4.99 / LB

Choices Own Whole Frying Chickens
Raised Without Antibiotics, 100% Veggie Fed, Fresh, \$11.00/KG

YOU SAVE **17%**

SPECIAL PRICE

\$1.98 / LB

Roma Tomatoes
Mexico Grown, \$4.37/KG

YOU SAVE **33%**

Amy's Organic Soup
398ml

YOU SAVE **27%**

2 FOR \$8.00

MADE IN CANADA

Nuts to You Organic Almond Butter
365g

YOU SAVE **25%**

\$12.99

FEATURED CHOICE

MADE IN CANADA

WOMEN OWNED

withinUs TruMarine Collagen
Assorted Varieties & Sizes

40% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Organic Bunched Carrots
Mexico Grown

\$2.98 / EA



Organic Pineapple
Costa Rica Grown,
\$6.57/KG

\$2.98 / LB



Organic Valencia Oranges
Mexico Grown,
1.8kg Bag

\$8.98 / EA

Mixed Coloured Peppers
Mexico Grown,
907g Bag



\$6.98 / EA

Yellow Potatoes
BC Grown,
2.27kg Bag



\$5.48 / EA

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



PRODUCT OF CANADA

\$4.99 / LB

Whole Chicken Legs

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



\$9.99 / LB

Flank Steak

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, from Australia, \$22.02/KG



PRODUCT OF CANADA

\$4.99 / LB

Pork Butt Bones

Raised Without Antibiotics, Fresh \$11.00/KG



PRODUCT OF CANADA

\$6.99 / LB

Pork Belly

Raised Without Antibiotics, Fresh, Sliced or Piece, \$15.41/KG



\$4.49 / 100G

Sockeye Salmon Fillets

Ocean Wise, Previously Frozen or Frozen, Value Pack



PRODUCT OF CANADA

Shorba Bone Broth
Locally Made,
Frozen, 750ml

\$12.99



PRODUCT OF CANADA

\$7.99 / EA

Greenfield Bacon

Raised Without Antibiotics, Canadian Raised, 375g



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

\$9.99 / EA





— DISCOVER —

THOUSANDS OF CANADIAN CHOICES

 100% BC OWNED
 CHOICES.MARKET

 CHOICES
MARKET



**Earth's Own
Oat Beverage**
Select Varieties,
1.75L

\$4.49

plus deposit & eco fees



**Donia Farms
Grass Fed Milk**
2L

\$5.99

plus deposit & eco fees



**Dairyland
Lactose Free
Milk**
1.89L

\$5.99

plus deposit & eco fees



**Terra Granola
Premium
Granola**
340g

\$7.99



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

\$5.99



**Avalon
Organic
Probiotic Yogurt**
650g

\$5.99



**Bremner's
Premium
Blueberries**
Frozen, 600g

\$8.99



**Love Child
Organics
Organic Fruit
Purée**
128ml

2 FOR \$5.00



**Annie's Organic
Cheddar Bunnies
Crackers**
213g

\$3.99

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



**Ritter Sport
Chocolate Bars**
Select Varieties,
100g

2 FOR \$8.00



**Organic Traditions
Organic Cacao
Powder**
Also Nibs & Chia Seeds,
Select Varieties,
227g & 454g

20% OFF



**Left Coast Naturals
Organic Bulk Seeds
& Snacks**
Loose Bulk Only,
Select Varieties

20% OFF



**Galerie au
Chocolat
Vegan Bars**
80g

\$5.99



**Elias
Raw White
Creamed Honey**
500g

\$10.99



**Alkiss PH 8+
Alkaline Water**
4L

\$3.99

plus deposit & eco fees



**Vita Coco
Coconut Water**
1L

\$3.99

plus deposit & eco fees



**Fiji Natural
Artesian Water**
1.5L

2 FOR \$7.00

plus deposit & eco fees



**Boylan Bottling Co.
Cane Sugar
Soda**
4 Pack

\$9.99

plus deposit & eco fees



**Indianlife
Samosas
& Pakoras**
Frozen, 400g

\$6.99



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

\$11.99



**Konscious
Sushi Rolls**
Frozen, 210g - 220g

\$7.99



Delverde Pasta
450g

2 FOR \$5.00



**Mezzetta
Pasta Sauce**
709ml

\$6.99



**Bragg
Savoury Liquid
Soy Seasoning**
946ml

\$10.99



**Daiya
Dairy-Free
Pizza**
Also Flatbread,
Frozen,
332g - 550g

\$8.99



**Divina
Olives**
375ml

\$7.99



**Lotus Foods
Organic Rice**
Select Varieties,
425g & 426g

\$6.99

NOURISHING LIFESTYLES SINCE 1990

NEW TO CHOICES TIKKA MASALA FLAVOUR



**Hardbite All Natural
Potato Chips**
Select Varieties,
128g & 150g

2 FOR \$7.00



**Schär
Crackers**
Also Breadsticks,
150g & 210g

\$7.99



Carr's Crackers
Select Varieties,
125g & 150g

2 FOR \$6.00



**L'Ancêtre
Organic Cheese**
Also Grass Fed,
Select Varieties,
325g

\$12.99



**Armstrong
Cheddar Snacks**
10 Pack

\$5.99



**Dairyland
Cottage Cheese**
500g

\$4.49



**Campbell's
Condensed Soup**
284ml

3 FOR \$5.00



**Sundhed
Himalayan
Pink Salt**
750g

\$6.99



**Granny's
Ultra Liquid
Laundry Wash**
High Efficiency,
3.78L

\$8.99

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.

DELI PREPARED FRESH



Choices Signature Fresh Soups
650ml

\$8.99 / EA



Choices Wild Salmon Cakes
130g

\$3.99 / EA



Summer Fresh Hummus Toppers
Select Varieties, 255g

\$5.49 / EA



Rosemary Ham
Also Capicola, Pepper or Emperor

\$3.49 / 100G



Little Qualicum Cheeseworks Cheese

\$4.99 / 100G



Burrata Cheese
250g

\$14.99 / EA



Tre Stelle Grana Padano Cheese
200g

\$10.99 / EA



Tre Stelle Crumbled Feta Cheese
150g

\$5.99 / EA

BAKERY FRESH BAKED • WHOLESOME



Choices Artisan Buns
4 Pack

\$3.79 / EA



Choices Mini Muffins
4 Pack

\$3.49 / EA



Choices Banana Bread
Also Orange Cranberry Loaf,
300g - 454g

\$7.99 / EA



Choices Keto Chocolate Mousse Tray Cake Bake
210g

\$8.99 / EA



Choices Indulgence Brownies
Also Salted Caramel,
60g - 65g

2 FOR \$6.00



Silver Hills Sprouted Power Organic Breads
660g - 680g

\$5.49 / EA



Schär Breads
Also Buns or Pizza Crusts,
200g - 400g

15% OFF



Uprising Breads Jumbo Gingersnap Cookies
6 Pack

\$4.99 / EA

DISCOVER THOUSANDS OF **CANADIAN CHOICES**

CELEBRATE INTERNATIONAL WOMEN'S DAY MARCH 8

WOMEN OWNED



Zorbas Spanakopita or Mushroom & Parmesan Phyllo

2 FOR \$10.00

WOMEN OWNED



Wheat Free Savoury Fritters

\$3.99 / 100g

CANADIAN OWNED



Mogiana Whole Bean Coffee
340g

\$15.99

PRODUCT OF CANADA

WOMEN OWNED



Yumi Overnight Oats
250g

\$6.99

CANADIAN OWNED

WOMEN OWNED



Koukla Delights Organic Coconut Bites
150g

\$7.99

MADE IN CANADA

WOMEN OWNED



Eve's Crackers
108g

\$6.99

GLUTEN FREE

MADE IN CANADA

WOMEN OWNED



Yoggu! Coconut Yogurt
450g

\$6.99

WOMEN OWNED



GoMacro Protein Bars
59g - 69g

2 FOR \$7.00

MADE IN CANADA

WOMEN OWNED



Hornby Organic Protein Bars
80g

2 FOR \$5.00

MADE IN CANADA

WOMEN OWNED



Tofino Organic Kombucha
355ml

2 FOR \$6.00

plus deposit & eco fees

WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

MADE IN CANADA



Vega Sport Protein
Assorted Varieties,
801g - 837g

\$44.99

CANADIAN OWNED



Preferred Nutrition Berberine
Assorted Varieties & Sizes

20% OFF

MADE IN CANADA



Purica Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

ACURE



Acure Face, Hair & Body Care
Assorted Varieties & Sizes

20% OFF

PRODUCT OF CANADA



Organika Electrolytes
Assorted Varieties,
210g

\$39.99

now



Now Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

CANADIAN OWNED



Natural Factors Omega Supplements
Assorted Varieties & Sizes

15% OFF

CanPrev Beauty Supplements
Assorted Varieties & Sizes



25% OFF

CANADIAN OWNED



Natural Factors Stress & Sleep Supplements
Select Varieties,
Assorted Sizes

15% OFF

MegaFood



MegaFood Multivitamins
Assorted Varieties & Sizes

20% OFF

Salus Floradix Supplements
Assorted Varieties & Sizes



20% OFF

MADE IN CANADA



The Soap Works Bar Soap
Assorted Varieties,
90g - 110g

\$2.79

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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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