



# CHOICES MARKET

100% BC OWNED AND OPERATED

# PARKSVILLE WEEKLY SAVINGS!

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



**PRODUCT OF CANADA**

**SPECIAL PRICE**

**Chicken Thighs or Drumsticks**  
Raised Without Antibiotics,  
100% Veggie Fed, Fresh,  
Value Pack, \$8.80/KG

**\$3.99 / LB**

**YOU SAVE 47%**

**SPECIAL PRICE**

**Strawberries**  
Mexico Grown,  
454g Pkg.

**\$5.98 / EA**

**YOU SAVE \$2.00**



**PRODUCT OF CANADA**

**YOU SAVE 33%**

**\$6.99 / LB**

**Pork Tenderloin**  
Raised Without Antibiotics, Fresh, \$15.41/KG



**MADE IN CANADA**

**YOU SAVE 30%**

**\$6.99 / EA**  
plus deposit & eco fee

**Rise Organic Kombucha**  
1L



**PRODUCT OF CANADA**

**FIRST OF THE SEASON**

**2 FOR \$3.00**

**Long English Cucumbers**  
BC Grown

**YOU SAVE 50%**



**PRODUCT OF CANADA**

**FIRST OF THE SEASON**

**\$2.98 / LB**

**Tomatoes On The Vine**  
BC Grown, \$6.57/KG

**YOU SAVE \$1.00 / lb**



**CANADIAN OWNED**

**YOU SAVE \$2.00**

**\$10.99 / EA**

**Choices Artisan Fruit Pies**  
8 inch

## FEATURED CHOICE



**PRODUCT OF CANADA**

**YOU SAVE 29%**

**Rosstown Roasted Chickens**

**2 FOR \$20.00**



**CANADIAN OWNED**

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

**25% OFF**



**GLUTEN FREE**

**Kettle Brand Potato Chips**  
Party Size, 368g

**YOU SAVE 23%**

**\$4.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Hass Avocado**  
Mexico Grown

2 FOR \$6.00



**Organic Lemons**  
USA Grown,  
907g Bag

\$5.98 / EA

**Blackberries**  
Mexico or  
USA Grown,  
170g Pkg.



\$4.98 / EA

**Asparagus**  
Mexico Grown,  
\$8.77/KG



\$3.98 / LB

**Bunched Tulips**  
5 Stems per  
Bunch

2 FOR \$10.00



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$11.99 / LB

### Top Sirloin Steaks or Roast

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, from Australia,  
\$26.43/KG



\$6.99 / LB

### Boneless Pork Chops or Roast

Raised Without Antibiotics,  
Fresh, \$15.41/KG



20% OFF

### Choices Own Sausages

Raised Without Antibiotics, In store Made,  
Pork, Chicken or Turkey, Select Varieties



\$4.99 / LB

### Lean Ground Pork

Raised Without Antibiotics, Fresh,  
Value Pack, \$11.00/KG



\$3.29 / 100G

### Sable Fish Fillets

Fresh, Ocean Wise, Also Pacific Cod



### Harvest Wieners

Original or All Beef,  
450g

\$6.99 / EA



\$13.99 / EA

### Harvest Bacon

500g

GLUTEN FREE

### Northern Glacier Black Tiger Prawns

Ocean Wise,  
41/50 Count,  
Frozen, 340g

\$9.99 / EA







— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET



**Lundberg  
Family Farms  
Organic Rice**  
907g

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



**Mary's  
Organic Crackers**  
Also Organic Kookies  
Select Varieties,  
142g

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

GLUTEN  
FREE



**Only Goodness  
Organic Soup**  
Select Varieties, 398ml

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

YOU SAVE  
**\$10**



**Acropolis Organics  
Organic Extra  
Virgin Olive Oil**  
500ml

**\$23<sup>99</sup>**



**Bioitalia  
Organic Beans**  
398ml

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

MADE IN  
CANADA



**Armstrong  
Cheddar Cheese**  
600g

**\$9<sup>99</sup>**

MADE IN  
CANADA



**Hobbs  
Pickles**  
1L

**\$12<sup>99</sup>**

GLUTEN  
FREE



**Suzie's  
Organic  
Condiments**  
Select Varieties,  
237ml - 592ml

**20% OFF**

GLUTEN  
FREE

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

MADE IN  
CANADA



**Nuts to You  
Organic  
Peanut Butter**  
500g

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

CANADIAN  
OWNED



**Terra Granola  
Premium  
Granola**  
800g & 850g

**\$16<sup>99</sup>**

PRODUCT OF  
CANADA



**Uncle Luke's  
Organic  
Maple Syrup**  
1L

**\$26<sup>99</sup>**



**Bigelow  
Herbal  
Probiotic Tea**  
18 Bags & 20 Bags

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

MADE IN  
CANADA

FAIR  
TRADE



**Café William  
Organic  
Whole Bean  
Coffee**  
300g & 340g

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

PLANT  
BASED



**Silk  
Dairy-Free  
Coffee Creamers**  
890ml

**\$5<sup>49</sup>**

PRODUCT OF  
CANADA



**Tree Island  
Grass-Fed  
Greek Yogurt**  
1.5kg

**\$12<sup>99</sup>**

MADE IN  
CANADA



**Dairyland Joyya  
Ultrafiltered Milk**  
1L, with 16g to 18g Protein  
per 250ml serving

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

plus deposit & eco fees

PLANT  
BASED



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

**\$5<sup>49</sup>**

plus deposit & eco fees





**Sober Carpenter**  
**Non-Alcoholic**  
**Beer**  
473ml

**2 FOR \$5.00**

plus deposit & eco fees



**Clever**  
**Non-Alcoholic**  
**Mocktails**  
355ml

**2 FOR \$5.00**

plus deposit & eco fees



**Fever-Tree**  
**Tonic Water**  
Also Ginger Beer,  
4 Pack

**\$6.99**

plus deposit & eco fees



**Effervé**  
**Sparkling**  
**Lemonade**  
750ml

**\$6.99**

plus deposit & eco fees



**Sapsucker**  
**Organic Sparkling**  
**Tree Water**  
**Beverage**  
4 Pack

**\$7.99**

plus deposit & eco fees



**Left Coast Naturals**  
**Organic Mixed**  
**Nuts**

Deluxe Nut Mix,  
Select Varieties,  
Loose Bulk Only

**20% OFF**



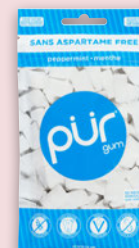
**Healthy Hippo**  
**Low Sugar**  
**Gummies**  
Select Varieties,  
50g

**BUY 1 GET 1 FREE**



**Panda**  
**Natural Licorice**  
170g

**2 FOR \$7.00**



**Pür Gum**  
77g Pouch

**25% OFF**

**NOURISHING LIFESTYLES SINCE 1990**



**Enjoy Life**  
**Chocolate Chips**  
Dairy-Free, 255g & 283g

**25% OFF**

GLUTEN FREE



**Cloud 9**  
**Baking Mixes**  
Select Varieties,  
405g - 600g

**25% OFF**

GLUTEN FREE



**Patience**  
**Fruit & Co Organic**  
**Dried Fruit**  
Select Varieties,  
85g - 283g

**25% OFF**



**Lily's**  
**Chocolate Bars**  
No Sugar Added,  
80g & 85g

**\$4.99**

GLUTEN FREE



**We Love Van**  
**Liquid Honey**  
500g

**\$9.99**



**Let's Do Organic**  
**Unsweetened**  
**Coconut Flakes**  
Also Organic Shredded,  
198g & 250g

**\$3.99**



**Egglife**  
**Egg White**  
**Wraps**  
Dairy-Free,  
170g

**\$7.99**

GLUTEN FREE



**Just Egg**  
**Plant-Based Egg**  
500g

**\$9.99**



**Violife 100% Vegan**  
**Cheese Alternative**  
Select Varieties,  
200g

**\$6.99**



# 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



**Ready to Eat  
Artisan  
Salad Bowls**  
240g ~ 440g

**\$10.99** / EA



**Choices  
Irish Stew**  
475g

**\$9.99**

Limited time only



**Choices  
Ready to Eat  
Wraps**

**\$9.99** / EA



**Choices  
Ready to Eat  
Casserole  
Dishes**  
340g ~ 430g

**\$8.99** / EA



**Italian Sliced  
Prosciutto**  
Also Salami,  
100g

**\$10.99** / EA



**Choices  
Fresh Tomato  
Salsa**  
Also Roasted Corn  
or Mango, 350g

**\$6.99** / EA



**Kerrygold  
Irish Cheese**  
198g

**\$9.99** / EA



**Gouda  
Cheese**  
with Beer Flavour

**\$3.99** / 100G



**Tre Stelle  
Feta Cheese**  
200g

**\$7.49** / EA

# BAKERY

FRESH BAKED • WHOLESOME



**Choices  
Multigrain Bread**  
530g

**\$4.99** / EA



**Choices  
Cupcakes**  
4 Pack

**\$5.99** / EA



**Choices  
Shamrock  
Cookies**  
35g

**\$2.29** / EA



**Choices Irish  
Soda Bread**  
with Raisins &  
Walnuts, 750g

**\$3.99** / EA



**Choices  
Pistachio  
Shortbread  
Cookies**  
6 Pack

**\$5.99** / EA



**Choices Keto  
Strawberry  
Pudding Cups**  
Also Raspberry  
or Peanut Butter,  
150g

**\$3.99** / EA



**Earthling  
Protein  
Cake Cups**  
Also Cake Boxes,  
180g ~ 190g

**\$5.99** / EA



**Silver Hills  
Sprouted  
Power Bread**  
Assorted  
Varieties,  
430g ~ 615g

**\$4.99** / EA

DISCOVER THOUSANDS OF **CANADIAN CHOICES**



100% BC OWNED



CHOICES.MARKET



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Dairyland  
Sour Cream**  
450ml & 500 ml

**\$3.99**



**Spice Works  
Ethnic  
Seasonings**  
Dips & Marinades,  
40g & 50g

**\$4.49**

GLUTEN  
FREE



**Raincoast  
Global  
Albacore Tuna**  
Individually  
Caught, Select  
Varieties, 142g

**\$4.99**



**Nature Clean  
Liquid  
Dish Wash**  
740ml

**\$4.99**



**Bakestone  
Brothers Pita**  
White or Whole  
Wheat, 6 Pack

**2 FOR \$6.00**



**Habibi's  
Original  
Tourn Sauce**  
250g

**\$4.99**

GLUTEN  
FREE



**Alderwood  
Farms  
French Fries**  
Frozen, 450g

**\$7.49**



**Eco Max  
Laundry  
Detergent**  
1.5L

**\$13.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Organika  
Collagen  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**Host Defense  
Mushroom  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Healthology  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Nuun Hydration  
Electrolytes,  
Immunity &  
Vitamin Tabs**  
Assorted Varieties,  
10 Tabs

**\$9.99**



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

**20% OFF**



**Newco Natural  
Skin Care,  
Oral Care &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



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

**15% OFF**



**Flora Udo's  
Choice Oil  
Omega 3-6-9  
Blend &  
DHA Blend**  
Assorted Sizes

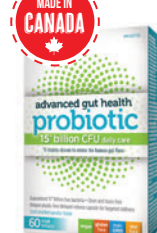
**20% OFF**



**New Roots  
Vitamin C8**  
90 Caps

ALL ITEMS  
ON SALE

**\$23.49**



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

**20% OFF**



**Thinksport  
Sun Care**  
Also Think  
Body Care, Assorted  
Varieties & Sizes

**20% OFF**



**Green Beaver  
Face Care,  
Body Care &  
Oral Care**  
Assorted Varieties  
& Sizes

**20% OFF**

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

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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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