

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY CHOICES!

Special Parksville Edition Prices Effective • March 20 - 26, 2025



FEATURED CHOICE

Striploin Grilling Steaks or Roast
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported from Australia, \$26.43/KG

\$11.99 / LB

YOU SAVE **55%**

SPECIAL PRICE

Organic Broccoli
Mexico Grown, \$6.57/KG

\$2.98 / LB

YOU SAVE **\$2.00/LB**

CHOICES MARKET

WEDNESDAY, MARCH 26 ONLY

ONE DAY SALE

15% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. See page 5 for details. Sale not available online.



SPECIAL PRICE

\$2.98 / LB

Green or Red Seedless Grapes
Grown in Peru, \$6.57/KG

YOU SAVE **45%**



MADE IN CANADA

\$7.49 / EA

Choices Mexican Fajitas, Quesdillas or Burritos
Assorted Varieties, 200g - 375g

YOU SAVE **\$1.50/EA**



MADE IN CANADA

Choices Old Fashioned Porridge Bread
with Whole Wheat, 500g

\$3.99

YOU SAVE **33%**



PRODUCT OF CANADA

Organika Electrolytes
Assorted Varieties & Sizes

30% OFF



MADE IN CANADA

Mogiana Whole Bean Coffee
340g

\$14.99

YOU SAVE **21%**



FAIR TRADE

Camino Organic Chocolate Bars
80g & 100g

\$5.49

YOU SAVE **19%**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Pink Lady Apples
BC Grown,
1.36kg Bag

\$6.98 / EA



Organic Celery
Mexico Grown,
\$4.37/KG

\$1.98 / LB



Organic Red Grape Tomatoes
Mexico Grown,
1 Dry Pint

\$2.98 / EA

Hot House Tomatoes
Canada Grown,
\$5.47/KG



\$2.48 / LB

Hass Avocados
Mexico Grown



4 FOR \$7.00

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



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

\$4.99 / LB



Pork Back Ribs
Raised Without Antibiotics, Fresh \$17.61/KG

\$7.99 / LB



Boneless Skinless Chicken Thighs
Raised Without Antibiotics, 100% Veggie Fed, Fresh, Value Pack \$19.82/KG

\$8.99 / LB



Fresh Beef Burgers Patties
Fresh, 100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, Made in-store, \$22.02/KG

\$9.99 / LB



Steelhead Fillet
Ocean Wise, Fresh, Value Pack

\$3.99 / 100G



All Frozen Legends Haul Products
Burgers, Grinds, Sausages

25% OFF



Grimm's Thick Sliced Bacon
Raised Without Antibiotics, No Sugar Added, 500g



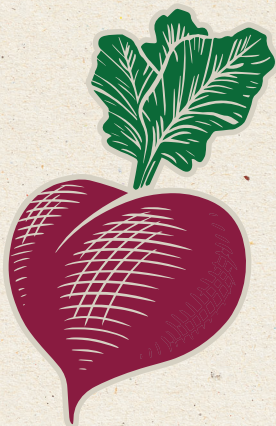
\$13.99 / EA

Shorba Bone Broth
Locally Made, Frozen, 750ml



\$12.99 / EA

MARCH 26 ONLY!



**ONE
DAY**

SALE!

AT OUR PARKSVILLE LOCATION ONLY



***Excluding Lotto, Gift Card purchases and
Pharmacy prescriptions. Sale not available
online. Sale offer valid at Parksville
location only.**



**Prana Organic
Granolove
Crunch Cereal**
Select Varieties,
300g

\$5⁴⁹



**Earth's Own
The Alt. Beverage**
Dairy Alternative, 1.75L

\$4⁹⁹

plus deposit & eco fees



**Happy Planet
Creamery Organic
2% Milk**
Grass Fed, 1.5L

\$6⁹⁹

plus deposit & eco fees



**Prana Organic
Seeds, Nuts
& Dried Fruit**
Select Varieties,
150g ~ 300g

20% OFF



**Terra
Premium
Granola**
340g

\$7⁹⁹



**Tree Island
Grass-Fed Yogurt**
Also Greek Style,
Select Varieties,
325g & 350g

\$4⁹⁹



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

\$5⁹⁹



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

\$12⁴⁹

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



**Brew Dr.
Organic
Kombucha**
414ml

2 FOR \$6⁰⁰

plus deposit & eco fees



**Greenhouse
Organic
Booster Shots**
60ml

\$3⁷⁹

plus deposit & eco fees



**King Island
100% Pure
Coconut Water**
1L

\$4⁹⁹

plus deposit & eco fees



**Camino Organic
Hot Chocolate**
Also Cocoa Powder
and Baking Chips,
Select Varieties,
224g ~ 336g

20% OFF



**Schär
Cookies &
Crackers**
Select Varieties,
64.5g ~ 210g

20% OFF



McVitie's Cookies
Digestive & HobNobs,
300g & 400g

\$4⁹⁹



**Nuts To You
Organic
Peanut Butter**
750g

\$10⁹⁹



**St. Dalfour
Fruit Spread**
225ml

\$5⁴⁹



**Elias Raw White
Creamed Honey**
500g

\$10⁹⁹



**Only Goodness
Organic Beans**
398ml

2 FOR \$6.00



**Only Goodness
Organic
Rice Cakes**
140g

2 FOR \$7.00



**Only Goodness
Organic Extra
Virgin Olive Oil**
500ml

\$12.99



**Only Goodness
Organic Herbal Tea**
20 Bags

\$3.99



**Only Goodness
Organic
Blueberries**
Frozen, 600g

\$6.99



**Only Goodness
Organic
Vegetables**
Select Varieties,
Frozen, 500g

\$3.99



**Only Goodness
Organic
Free Range
Chicken Broth**
946ml

2 FOR \$7.00



**Only Goodness
Smoothie Blend**
Frozen, 500g & 600g

\$6.99

NOURISHING LIFESTYLES SINCE 1990



**Amy's
Organic Soup**
398ml

\$4.49



**Felicetti
Organic Pasta**
Includes Lentil,
Rice & Corn,
Select Varieties,
340g

BUY 1 GET 1 FREE



**Pasta Tavola
Ravioli**
Original &
Plant-Based,
Frozen, 400g

\$10.99



**Safe Catch
Wild Pink
Salmon**
142g

\$4.99



**Rao's
Pasta Sauce**
660ml

\$11.99



**Mutti
Passata**
Made with Cherry
Tomatoes, 398ml

\$5.99



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

\$12.99



**Armstrong
Sliced Cheese**
220g & 240g

\$5.99



**Philadelphia
Cream Cheese
Product**
227g

\$5.49



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

DELI

PREPARED FRESH



Roasted Half Chickens
Raised without Antibiotics,
Assorted Varieties

\$8.99 / EA



Choices Greenhouse Salad
Large, 550g

\$9.99 / EA



Habibi's Hummus & Dips
200g ~ 240g

\$4.99 / EA



Choices Fresh Rolls
148g ~ 245g

\$6.49 / EA



Choices Ready to Eat Sandwiches
Assorted Varieties,
130g ~ 200g

\$6.99 / EA



Rosemary Ham
Also Hot Capicola

\$3.49 / 100g



Castello Cheese Slices
Assorted Varieties,
125g ~ 165g

\$7.99 / EA



Goat Feta Cheese

\$3.49 / 100g



Cathedral Mature Cheddars
200g

\$7.99 / EA



Tre Stelle Romano Cheese
200g

\$12.99 / EA

BAKERY

FRESH BAKED • WHOLESOME



Uprising Sourdough Light Rye Bread
Also Whole Wheat Raisin Bread,
650g ~ 740g

2 FOR \$10.00



Choices Country French Bread
480g

\$4.99 / EA



Choices Dessert Cups
150g

\$4.29 / EA



Choices Nanaimo Bars
Also Peanut Butter or Mocha
70g ~ 85g

2 FOR \$6.00



Choices Party Size Ganache Cake
Also Raspberry White Chocolate,
540g ~ 600g

\$14.99



Alkeme Country Sourdough
Also Ancient Grain Sourdough,
725g

\$9.99 / EA



Carbonaut Low Carb Bagels
5 Pack

\$8.99 / EA

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ONE DAY

SALE 15% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.
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GROCERY

LOCAL • ORGANIC • SPECIALTY

NEW TO CHOICES



Lattini Sunflower Milk
946ml

\$6.99
plus deposit & eco fees

FAIR
TRADE

GLUTEN
FREE



Hu Organic Chocolate Bars
60g

\$6.99

PLANT
BASED

GLUTEN
FREE



Food Earth Organic Indian Simmer Sauces
Select Varieties

\$5.99



Snack Factory Pretzel Crisps
200g

\$4.99



Manitoba Milling Co. Flax Beverage
Milled Whole Seed,
946ml

\$5.99
plus deposit & eco fees

MADE IN
CANADA



Comeback Snacks Flavoured Popcorn
200g & 225g

\$6.99

MADE IN
CANADA



Barakah Eats Indian Meals
Select Varieties,
400g

\$8.99



Jus-Rol Pancake Bites
Frozen, 238g

\$4.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



BioSil Hair, Skin, Nails
Assorted Varieties & Sizes

25% OFF

MADE IN
CANADA



withinUs TruMarine Collagen Supplements
Assorted Varieties & Sizes

20% OFF

MADE IN
CANADA



St. Francis Herb Farm Herbal Supplements
Assorted Varieties & Sizes

20% OFF

CANADIAN
OWNED



Ecoideas Superfoods Maca & Moringa
Assorted Varieties & Sizes

20% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



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

25% OFF



Salus Floradix Supplements
Assorted Varieties & Sizes

20% OFF

CANADIAN
OWNED



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

20% OFF



Natural Factors Magnesium Supplements
Assorted Varieties & Sizes

15% OFF

MADE IN
CANADA



NutraSea Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

20% OFF

CANADIAN
OWNED



Natural Factors Stress & Sleep Supplements
Assorted Varieties & Sizes

15% OFF

CANADIAN
OWNED



Weleda Facial Care & Body Care
Assorted Varieties & Sizes

25% 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

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.