



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SPECIALS!

Special Parksville Edition Prices Effective • March 27 - April 2, 2025

PRODUCT OF
CANADA

SPECIAL PRICE

Island Farm Poultry Chicken Breast

Boneless, Skinless,
Air Chilled, Value Pack,
\$15.41/KG

\$6.99 / LB

YOU SAVE
39%

PRODUCT OF
CANADA

Organic Long English Cucumbers

BC Grown

\$3.98 / EA

YOU SAVE
\$1.00

PRODUCT OF
CANADA

Roasted Chickens

Raised Without Antibiotics

\$14.99 / EA

YOU SAVE
\$3.00

SPECIAL PRICE

Organic Blueberries

Mexico Grown, 170 g

\$6.98 / EA

YOU SAVE
\$2.00 / PKG.

PRODUCT OF
CANADA

Uncle Luke's Organic Maple Syrup

1L

\$23.99

YOU SAVE
33%

MADE IN
CANADA



Olympic Organic Yogurt

650g

\$4.99

YOU SAVE
20%

MADE IN
CANADA

ALL ITEMS
ON SALE



Oneka Hair & Body Care

Assorted Varieties
& Sizes

30% OFF

MADE IN
CANADA

ALL ITEMS
ON SALE



Purica Vitamins & Supplements

Assorted Varieties
& Sizes

25% OFF

FEATURED CHOICE

Choices Sourdough Bread

Levain Style, 530g

2 FOR \$7.00

YOU SAVE
42%



PRODUCE FRESH • LOCAL • ORGANIC



Organic Asparagus
Mexico Grown,
\$15.39/KG

\$6.98 / LB



Organic Mangoes
Mexico Grown

\$3.48 / EA



Organic Kiwi Fruit
Grown in Italy
or Greece,
454g Bag

\$6.98 / EA

Cameo Cherry Tomatoes
Mexico Grown,
1 Dry Pint

\$3.98 / EA



Green Onions
Mexico Grown

4 FOR \$5.00



Gourmet Bouquet

\$24.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



PRODUCT OF CANADA

\$5.99 / LB

Pork Butt Steaks or Roast

Raised Without Antibiotics, Fresh, \$13.21/KG



\$14.99 / LB

Ribeye Grilling Steaks or Roast

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported from
Australia, \$33.05/KG



PRODUCT OF CANADA

\$29.99 / LB

Organic Striploin Steaks or Roasts

100% Organic, Grass Fed, Grain Finished,
\$66.12/KG



PRODUCT OF CANADA

\$9.99 / EA

Rosstown Farms Chicken Breast Kabobs

Raised Without Antibiotics, 100% Veggie Fed,
400g



WILD CAUGHT

\$6.99 / 100G

Halibut Fillets

Fresh, Ocean Wise, First of the Season



MADE IN CANADA

Soup Etc! Fresh Soups
Select Varieties,
700ml

2 FOR \$14.00



MADE IN CANADA

\$7.99 / EA

Maple Leaf Natural Bacon

Made with Natural Ingredients,
Select Varieties, 375g

Northern Glacier Shrimp

Raw, 31 to 40 Count or
Cooked, 41 to 50 Count,
Ocean Wise, Frozen, 340g

\$9.99 / EA





Terra Granola
800g & 850g

\$16⁹⁹



Siggi's Skyr Yogurt
Select Varieties,
650g & 750g

\$6⁴⁹



Yoggu! Plant-Based Yogurt
450g

\$6⁹⁹



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

\$5⁴⁹
plus deposit & eco fees



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

\$4⁴⁹
plus deposit & eco fees



Commercial Drive Organic Coffee
300g

\$13⁹⁹



Patience Organic Cranberries
Select Varieties,
85g - 283g

20% OFF



Left Coast Naturals Roasted Nuts
Roasted Almonds &
Cashews, Select Varieties,
Loose Bulk Only

20% OFF



Prana Organic Overnight Chia with Oats
250g & 300g

\$5⁹⁹

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



Tonica Organic Kombucha
355ml

2 FOR \$6⁰⁰
plus deposit & eco fees



Fiji Natural Artesian Water
1L

2 FOR \$5⁰⁰
plus deposit & eco fees



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

\$6⁹⁹
plus deposit & eco fees



Love Good Fats Keto Friendly Bars
39g & 40g

3 FOR \$6⁰⁰



Lily's Chocolate Bars
Sweetened with Stevia,
80g & 85g

\$4⁹⁹



Hornby Organic Energy Bar
80g

2 FOR \$5⁰⁰



Hardbite Handcrafted-Style Potato Chips
128g & 150g

\$3⁴⁹



SunRype Juice Boxes
5 x 200ml

\$2⁷⁹
plus deposit & eco fees



Snack Factory Pretzel Crisps
200g

\$4⁹⁹



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

NEW TO CHOICES



**Only Goodness
Diced Tomatoes**
No Salt Added, 398ml

2 FOR \$3.00



**Annie's
Pasta**
149g - 170g

2 FOR \$6.00



**Bioitalia
Organic
Pasta Sauce**
660ml

\$8.99



**Only Goodness
Tomato Sauce**
No Salt Added, 680ml

2 FOR \$5.00



**Gardein
Meat
Alternatives**
Select Varieties,
Frozen, 190g - 390g

\$6.49



**La Tourangelle
Organic
Extra Virgin
Olive Oil**
750ml

\$28.99



**Bubbies
Pickles**
1L, Also Sauerkraut,
750ml

\$10.99

NOURISHING LIFESTYLES SINCE 1990



**Savör Organic
Flatbread
Crackers**
142g

\$3.99



**Ryvita
Crispbread**
200g & 250g

\$3.49



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

\$7.99



**Cup4Cup
Multipurpose
Flour**
1.4kg

\$26.99



**Enjoy Life
Chocolate
Chips**
255g

\$6.99



**L'Ancêtre
Organic Butter**
454g

\$12.99



**Tre Stelle
Feta Cheese**
375g

\$9.99



**Savör
Grass Fed
Butter**
250g

\$7.99



**Earth Balance
Buttery Sticks**
Also Organic
Buttery Spread,
425g & 454g

\$5.99

DELI PREPARED FRESH



Choices Quiche
Assorted Varieties,
4.25 Inch

\$5.49 / EA



Zorbas Spanakopita
Also Mushroom &
Parmesan Phyllo Pie,
185g

2 FOR \$10.00



Choices Artisan Sandwiches
Turkey, Roast Beef
or Ham

\$9.99 / EA



Choices Cooked Turkey Breast
Also Smoked,
Antibiotic Free

\$4.49 / 100g



Summer Fresh Hummus Toppers
255g

\$5.49 / EA



Happy Planet Soup
500ml - 650ml

\$7.99 / EA



Choices Own Organic Cheese

15% OFF



Bothwell Cheese

\$3.99 / 100g



Burrata Cheese
250g

\$14.99 / EA

BAKERY FRESH BAKED • WHOLESOME



Choices Signature Cookies
12 Pack

\$5.99 / EA



Choices Artisan Half Pies
280g

\$6.49 / EA



Choices Mini Ganache Cupcakes
Also Mini Carrot,
4 Pack

\$4.49 / EA



Choices Tuxedo Cake
450g

\$12.99 / EA



Brioche Hamburger Buns
Also Hot Dog,
6 Pack or 8 Pack

\$6.99 / EA



Ozery Rounds
Also Snacking
or Onebun,
312g - 600g

\$4.99 / EA



Little Northern Bakehouse Loaves
454g - 482g

\$6.99

DISCOVER THOUSANDS OF **CANADIAN** CHOICES

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Island Farms
Ice Cream**
4L

\$9.49



**Nora's
Non-Dairy
Frozen
Dessert**
500ml

\$7.99



**Dandies Vegan
Marshmallows**
283g

\$5.99



**Eco Max
Laundry Wash**
4X Concentrate,
1.5L

\$14.99



**Earth's Choice
Organic
Beans**
398ml

2 FOR \$5.00



**Earth's Choice
Organic
Coconut Cream**
Guar Free, 400ml

\$3.99



**Earth's Choice
Organic Virgin
Coconut Oil**
350ml

\$9.99



**Nature Clean
Liquid Dish
Soap**
740ml

\$4.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

20% OFF



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

20% OFF



**Organika
Collagen
Supplements**
Assorted Varieties
& Sizes

25% OFF



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

BUY 1 GET 1 FREE



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

20% OFF



**New Roots
Vitamin C8**
Assorted Varieties
& Sizes, 90 Caps

\$23.49



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

20% OFF



**MegaFood
MultiVitamins**
Assorted Varieties
& Sizes

20% OFF



**Vega All-in-One
& Sport
Products**
Assorted Varieties
& Sizes

20% OFF



**Now
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Acure
Face, Hair
& Body Care**
Assorted Varieties
& Sizes

25% OFF



**The Soap Works
Bar Soap**
Assorted Varieties,
90g ~ 110g

\$2.99

Shop online at [ChoicesMarket](https://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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