

# PARKSVILLE WEEKLY SAVINGS!

100% BC OWNED AND OPERATED

Special Parksville Edition Prices Effective • April 3 - 9, 2025











Rossdown Roasted Chickens







Silver Hills Organic Sprouted Power Bread 510g - 680g

\$549





Ener-C Effervescent Vitamin C or D Drink Mix Assorted Varieties, 24 - 30 Pack

\$1599



Earth's Choice Certified Organic, Rainforest Alliance Coffee Beans

\$1099



**Stash Tea**Select Varieties,
18 & 20 Bags



## PRODUCE FRESH · LOCAL · ORGANIC







**Organic Tomatoes** On The Vine Mexico Grown, \$10.98/KG

\$1198/LB



**Cantaloupe Melon** Grown in Honduras

\$**598** / EA







# **MEAT & SEAFOOD**

**RESPONSIBLY RAISED • PREMIUM QUALITY** 





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



**Boneless Pork Chops or Roast** Fresh, Center Cut or Rib Chops, Raised Without Antibiotics, 100% Veggie Fed, Value Pack, \$15.41/KG



**Organic Top Sirloin Steaks or Roasts** 100% Organic, Grass Fed, Grain Finished, \$44.07/KG



#### **Sirloin Tip Roast** or Steaks

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported from Australia, \$18.72/KG



Ahi Tuna **Steaks** Frozen or

Previously Frozen, Ocean Wise, 6 oz

\$1149 /EA



**Northern Glacier Black Tiger Prawns** Raw, 41 to 50 Count, Frozen, Ocean Wise,

\$**9**99/EA

#### Chicken **Drumsticks** Raised Without

Antibiotics, 100% Veggie Fed, Fresh, Value Pack, \$9.90/KG





**Greenfield Bacon** Raised Without Antibiotics, 375g



#### DUSO'S SPECIAL BOGO OFFER

Buy 2 packages of Duso's Pasta, 250g - 300g and receive 1 package of Duso's Pasta Sauce, 150g - 300g for Free



APRIL 4 - APRIL 6 FRIDAY TO SUNDAY

VITAMINS & SUPPLEMENTS



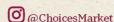


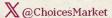
INCLUDING ITEMS ON SALE.

\*Sale not available online.

SHOP ONLINE AT CHOICES.MARKET f /DiscoverChoicesMarket @@ChoicesMarket X@ChoicesMarket









Flow Naturally Alkaline Water Select Varieties, 500ml

3 FOR \$500 plus deposit & eco fee



GuayakÍ Organic Yerba Mate

2 FOR \$500



Chasers
Cold Pressed
Juice
1L

\$1199
plus deposit & eco fees



Biotta Organic Vegetable Juice Select Varieties, 500ml

\$699

plus deposit & eco fees



Healthy Hooch Organic Kombucha 500ml

2 FOR \$700 plus deposit & eco fees



Hornby Organic Energy Bars 80g

2 FOR \$ 600



Alter Eco Organic Chocolate Bars 75g - 84g

2 FOR \$700



Smart Sweets Low Sugar Gummies Select Varieties, 50g

2 FOR \$800



Made Good Organic Granola Bars Select Varieties, 5 Pack

2 FOR \$700

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



Elmhurst Milked Oats & Nuts Beverage 946ml

\$799

plus deposit & eco fees



Earth's Own Almond Beverage Select Varieties,

Select Varieties 1.89L

\$399

plus deposit & eco fees



Stahlbush Island Farms Certified Sustainable Fruit Select Varieties, Frozen, 283g - 300g

599



Donia Farms Grass Fed Heritage Yogurt

\$549



Nature's Path Organic Cereal Select Varieties, 283g - 400g

\$599



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

549



The Greek Gods Organic Plain Yogurt 500g

\$599



The Granola King Premium Granola <sup>2kg</sup>

\$2999



**Le Grand Vegan Organic Yogurt**500g

\$499

#### **NEW TO CHOICES**



Only Goodness Organic Pasta Sauce 680ml

\$799



Eat Wholesome Organic Tomatoes 796ml

\$1199





Only Goodness Organic Pasta 500q

\$399



Carbone
Pasta Sauce
660ml Also Alfredo
Sauce, 410ml

\$1099



Eden Organic Beans 398ml

2 FOR \$700



**Chickapea One Pot Pasta**198g

\$599





Naked & Saucy Organic Coconut Aminos Also Cooking Sauces Select Varieties, 296ml & 473ml

20% OFF



Gimme Organic Roasted Seaweed Snack 6 Pack

\$799



Safe Catch Wild Albacore Tuna

Select Varieties, 142g

599

## **NOURISHING LIFESTYLES SINCE 1990**





Koops Organic Mustard 325ml

2 FOR \$600



Maison Orphée Extra Virgin Olive Oil

Select Varieties, 750ml

\$2099



Bragg Organic Apple Cider Vinegar 946ml

999



Lundberg Family Farms Organic Brown Rice Cakes Also Stackers & Mini's, 142g - 269g

\$599



Cedar Valley Pita Chips 180g

\$1199







Purplesful Popcorn

136g

25% of Profits Help Kids in Low Income Communities

399



**Saputo Shredded Cheese** 320g

\$749



**Tofurky Deli Slices**Plant-Based,
156g

\$1199





Sunrise Extra Firm Tofu 350g

2 FOR \$600

# DISCOVER THOUSANDS OF CHOLES



**100% BC OWNED** 



CHOICES.MARKET



#### DELI PREPARED FRESH



Choices Family Size Salad Bowls

Assorted Varieties, 350g - 550g

\$**99**9/EA



Happy Planet Soups

Assorted Varieties, 500ml - 650ml

\$799/EA



Zorbas Gluten Free Spanakopita 2 Pack

\$799/EA



Choices Egg Muffins 90q

2 FOR \$2,00



Yucatan Guacamole

Mild, Medium or Spicy, 227g

\$649/EA



Choices Wild Salmon Lox Bagels

\$**999** / EA



Hot Capicoli Ham

Also Emperor

\$399 / 1006



Happy Days Goat Feta Cheese

\$399/1006



Dofino Havarti Cheese Assorted Varieties

\$349/1006



Whiskey Oak Smoked Cheddar Cheese

\$**49** / 1006

### **BAKERY**

FRESH BAKED · WHOLESOME



Choices Garlic Bread with Roasted Garlic Butter 320g

\$**599** / EA



Choices Feta & Kalamata Olive Sourdough Bread 500g

\$**599**/EA



Choices Signature Muffins

Assorted Varieties, 4 Pack

\$**599** / EA



Choices Keto Strawberry Raspberry Pudding Also Peanut Butter,

\$399/EA



Choices
Party Cakes
6 Inch

**1999**/EA



Uprising Breads Jumbo Gingersnap Cookies 6 Pack

\$1199/E



Aidan's Fermented Sourdough Bread 255g

**\$99**9/EA

APRIL 4 - APRIL 6
FRIDAY TO SUNDAY

20% OFF

3 DAYS ONLY
YOUR VITAMINS &
SUPPLEMENTS

IN-STORE PURCHASE, INCLUDING ITEMS ON SALE



**Healx Foods** Cauliflower Fries

Frozen, 280g

\$599



Amy's **Burrito** 

Select Varieties, Frozen, 170g



Nature's **Bakery Fig Bars** 6 Pack



**Left Coast Naturals Organic** Beans, Grains and Rice

Select Varieties, Loose Bins



So Delicious **Frozen Desert** 500ml

\$699



**Enlightened Keto Frozen Desert** 473ml

\$699



**Santa Cruz Organic** Lemonade 946ml

plus deposit & eco fees



V.I.P. **Dishwashing** Liquid Biodegradable, 740ml

2 FOR \$600

### WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Purica** Vitamins & **Supplements Assorted Varieties** & Sizes

20% OFF



**Natural Calm Magnesium** 

Assorted Varieties & Sizes

25% OFF



**Alpha Supreme MCT Oil** 

**Assorted Varieties** & Sizes

20% OFF



Manitoba **Harvest Hemp Hearts** Also Hemp Yeah! Proteins, Assorted Varieties & Sizes



Bio-K Plus **Probiotics** 

Dairy or Non-Dairy, Assorted Varieties, 6 Pack



Sisu Vitamins & Supplements **Assorted Varieties** & Sizes

20% OFF



**Brightside Organics** Omega 3 **NutraCleanse** 



**Natural Factors All Bonus Bottles Assorted Varieties** & Sizes

**15% OFF** 



**Nordic Naturals** Omega-3 **Supplements** Assorted Varieties & Sizes

20% OFF



Vega Sport **Products Assorted Varieties** & Sizes

20% OFF



**Natracare Natural Feminine** Hygiene **Products Assorted Varieties** & Sizes

20% OFF



Gabriel Natural **Cosmetics Assorted Varieties** & Sizes

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**X**@ChoicesMarket





While quantities last. Not all items available at all stores.
We reserve the right to correct the the right t printing errors. Product may not appear exactly as depict Buy One Get One Deals not

319 Island Highway East, Parksville Open 8:00am - 9:00pm Daily | Phone: 250-947-8000