



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

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

SPECIAL PRICE

Organic Hass Avocados
Mexico Grown
2 FOR \$5.00

SPECIAL PRICE

Extra Lean Ground Beef Sirloin
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported From Australia, \$16.51/KG

\$7.49 / LB

YOU SAVE **53%**

YOU SAVE **28%**

SPECIAL PRICE

\$5.98 / EA

Honeyglow Pineapple
Costa Rica Grown

YOU SAVE
28%

PRODUCT OF CANADA

\$12.99 / EA

Rosdown Roasted Chickens

YOU SAVE
\$1.00

VITAMINS & SUPPLEMENTS

3 DAYS ONLY SALE

APRIL 4 - APRIL 6
FRIDAY TO SUNDAY

20% OFF*

YOUR VITAMINS AND SUPPLEMENTS IN-STORE PURCHASE, INCLUDING ITEMS ON SALE.

*Sale not available online.

MADE IN CANADA

Silver Hills Organic Sprouted Power Bread
510g - 680g

\$5.49

YOU SAVE **21%**

MADE IN CANADA

YOU SAVE **\$5.00**

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

\$15.99

CANADIAN OWNED

Earth's Choice Certified Organic, Rainforest Alliance Coffee Beans
340g

\$10.99

YOU SAVE **38%**

STASH
Premium Green

Stash Tea
Select Varieties, 18 & 20 Bags

\$4.49

YOU SAVE **35%**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Bunched Carrots
Mexico Grown

\$3.48 / EA



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

\$4.98 / LB



Cantaloupe Melon
Grown in Honduras or Guatemala

\$5.98 / EA

Orange, Red or Yellow Peppers
Canada Grown,
\$8.77/KG



\$3.98 / LB

Broccoli Crowns
USA Grown,
\$6.57/KG



\$2.98 / LB

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



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

\$8.99 / LB



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

\$6.99 / LB



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

\$19.99 / LB



Sirloin Tip Roast or Steaks
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported from Australia, \$18.72/KG

\$8.49 / LB



Ahi Tuna Steaks
Frozen or Previously Frozen,
Ocean Wise, 6 oz

\$4.49 / EA



Northern Glacier Black Tiger Prawns
Raw, 41 to 50 Count,
Frozen, Ocean Wise, 340g

\$9.99 / EA

Chicken Drumsticks

Raised Without Antibiotics, 100% Veggie Fed, Fresh, Value Pack, \$9.90/KG

\$4.49 / LB



Greenfield Bacon
Raised Without Antibiotics, 375g

\$7.99 / EA

GLUTEN FREE

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



SALE



ENJOY THIS
LIMITED TIME
OFFER
JUST FOR YOU!

20% OFF*

**YOUR VITAMINS AND SUPPLEMENTS IN-STORE PURCHASE,
INCLUDING ITEMS ON SALE.**

*Sale not available online.

SHOP ONLINE AT **CHOICES.MARKET**  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket



**Flow Naturally
Alkaline Water**
Select Varieties,
500ml

3 FOR \$5.00

plus deposit & eco fees



**Guayaki
Organic
Yerba Mate**
458ml

2 FOR \$5.00

plus deposit & eco fees



**Chasers
Cold Pressed
Juice**
1L

\$11.99

plus deposit & eco fees



**Biotta Organic
Vegetable Juice**
Select Varieties,
500ml

\$6.99

plus deposit & eco fees



**Healthy Hooch
Organic
Kombucha**
500ml

2 FOR \$7.00

plus deposit & eco fees



**Hornby
Organic
Energy Bars**
80g

2 FOR \$6.00



**Alter Eco
Organic
Chocolate Bars**
75g - 84g

2 FOR \$7.00



**Smart Sweets
Low Sugar
Gummies**
Select Varieties, 50g

2 FOR \$8.00



**Made Good
Organic
Granola Bars**
Select Varieties,
5 Pack

2 FOR \$7.00

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



**Elmhurst
Milked Oats &
Nuts Beverage**
946ml

\$7.99

plus deposit & eco fees



**Earth's Own
Almond Beverage**
Select Varieties,
1.89L

\$3.99

plus deposit & eco fees



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

\$5.99



**Donia Farms
Grass Fed
Heritage Yogurt**
650g

\$5.49



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

\$5.99



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

\$5.49



**The Greek Gods
Organic
Plain Yogurt**
500g

\$5.99



**The Granola King
Premium
Granola**
2kg

\$29.99



**Le Grand
Vegan Organic
Yogurt**
500g

\$4.99

NEW TO CHOICES



Only Goodness Organic Pasta Sauce
680ml

\$7⁹⁹



Eat Wholesome Organic Tomatoes
796ml

\$4⁹⁹

NEW TO CHOICES



Only Goodness Organic Pasta
500g

\$3⁹⁹



Carbone Pasta Sauce
660ml Also Alfredo Sauce, 410ml

\$10⁹⁹



Eden Organic Beans
398ml

2 FOR \$7⁰⁰



Chickapea One Pot Pasta
198g

\$5⁹⁹

GLUTEN FREE



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

GLUTEN FREE



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

\$4⁹⁹



Purpleful Popcorn
136g
25% of Profits Help Kids in Low Income Communities

\$3⁹⁹

MADE IN CANADA



Saputo Shredded Cheese
320g

\$7⁴⁹



Tofurky Deli Slices
Plant-Based,
156g

\$4⁹⁹

PRODUCT OF CANADA



Sunrise Extra Firm Tofu
350g

2 FOR \$6⁰⁰



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

DELI

PREPARED FRESH



Choices
Family Size
Salad Bowls
Assorted Varieties,
350g - 550g

\$9.99 / EA



Happy Planet
Soups
Assorted Varieties,
500ml - 650ml

\$7.99 / EA



Zorbas
Gluten Free
Spanakopita
2 Pack

\$7.99 / EA



Choices Egg
Muffins
90g

2 FOR \$4.00



Yucatan
Guacamole
Mild, Medium or
Spicy, 227g

\$6.49 / EA



Choices
Wild Salmon
Lox Bagels

\$9.99 / EA



Hot Capicola
Ham
Also Emperor

\$3.99 / 100G



Happy Days
Goat Feta
Cheese

\$3.99 / 100G



Dofino
Havarti
Cheese
Assorted Varieties

\$3.49 / 100G



Whiskey
Oak Smoked
Cheddar
Cheese

\$4.49 / 100G

BAKERY

FRESH BAKED • WHOLESOME



Choices Garlic
Bread with
Roasted
Garlic Butter
320g

\$5.99 / EA



Choices Feta &
Kalamata Olive
Sourdough
Bread
500g

\$5.99 / EA



Choices
Signature
Muffins
Assorted Varieties,
4 Pack

\$5.99 / EA



Choices Keto
Strawberry
Raspberry
Pudding
Also Peanut Butter,
150g

\$3.99 / EA



Choices
Party Cakes
6 Inch

\$19.99 / EA



Uprising Breads
Jumbo
Gingersnap
Cookies
6 Pack

\$4.99 / EA



Aidan's
Fermented
Sourdough
Bread
255g

\$9.99 / EA

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FRIDAY TO SUNDAY

20% OFF*

3 DAYS ONLY
YOUR VITAMINS &
SUPPLEMENTS

IN-STORE PURCHASE, INCLUDING ITEMS ON SALE
*Sale not available online.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Healx Foods
Cauliflower
Fries**
Frozen, 280g

\$5.99



**Amy's
Burrito**
Select Varieties,
Frozen, 170g

\$3.99



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

\$7.99



**Left Coast Naturals Organic
Beans, Grains
and Rice**
Select Varieties,
Loose Bins

20% OFF



**So Delicious
Frozen
Desert**
500ml

\$6.99



**Enlightened
Keto Frozen
Desert**
473ml

\$6.99



**Santa Cruz
Organic
Lemonade**
946ml

\$4.99

plus deposit & eco fees



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

2 FOR \$6.00

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

20% OFF



**Bio-K Plus
Probiotics**
Dairy or Non-Dairy,
Assorted Varieties,
6 Pack

\$23.99



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

20% OFF



**Brightside
Organics
Omega 3
NutraCleanse**
1kg

\$38.99



**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

20% OFF

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

@ChoicesMarket

/DiscoverChoicesMarket

@ChoicesMarket



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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