



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE SPRING SAVINGS!

Special Parksville Edition Prices Effective • April 24 - April 30, 2025



SPECIAL PRICE

Lean Ground Beef
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, Value Pack, \$15.41/KG

\$6.99 / LB

YOU SAVE **49%**

SPECIAL PRICE

Sweet Leaf, Roma Romaine or Red Leaf Lettuce
Avery Family Farms

\$2.98 / EA

PRODUCT OF CANADA

YOU SAVE **\$1.00**



MADE IN CANADA

\$9.99 / EA

YOU SAVE **\$2.00**

Choices Ready to Eat Wraps



PRODUCT OF CANADA

SPECIAL PRICE

\$6.48 / LB

YOU SAVE **\$1.50 / LB**

Organic Heirloom Tomatoes
BC Grown, \$14.29/KG



MADE IN CANADA

NEW

One Degree Organic Sprouted Breads
Assorted Varieties, 544g - 625g

\$5.99

YOU SAVE **25%**



MADE IN CANADA

Purica Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



MADE IN CANADA

Living Alchemy
Your Flora Series & Fermented Activated Herbals

Assorted Varieties & Sizes

25% OFF



CANADIAN OWNED

Prairie Doctor Herbal Tinctures
Assorted Varieties & Sizes

20% OFF

CHOICES MARKET

WEDNESDAY, APRIL 30 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.

FEATURED CANADIAN CHOICE



Sprague Organic Soup
Select Varieties, 398ml

\$3.49

YOU SAVE **29%**

MADE IN CANADA

PRODUCE FRESH • LOCAL • ORGANIC



Organic Ataulfo Mangoes
Mexico Grown

2 FOR \$5.00



Organic Bartlett Pears
Grown in Argentina,
\$8.77/KG

\$3.99 / LB



Organic Lemons
USA Grown,
907g Bag

\$6.48 / EA

Mini Cucumbers
Canada Grown,
454g Bag



\$2.98 / EA

Mixed Colour Peppers
Mexico Grown,
907g Bag



\$6.98 / EA

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$11.99 / LB

Top Sirloin Roast or Steaks

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



\$7.99 / LB

Pork Tenderloin

Raised Without Antibiotics, Boneless,
Fresh, \$17.61/KG



\$7.99 / LB

Island Farm Poultry Chicken Breast

Boneless Skinless, Air Chilled,
Value Pack, 17.61/KG



Whole Chicken Legs
Raised Without Antibiotics, 100%
Veggie Fed, Fresh,
\$11.00/KG

\$4.99 / LB



\$1.99 / 100G

Rockfish Fillets
Ocean Wise, Fresh



Old Country Pasta
Locally Made,
Select Varieties

20% OFF

Thrive Wagyu Beef Bars
Gluten Friendly,
Grain Free, 43g

\$4.99 / EA

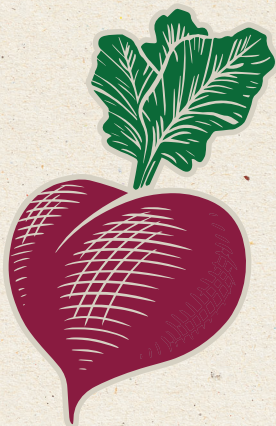


Northern Glacier Raw or Cooked Shrimp
51/60 Count,
Frozen, 200g

\$4.99 / EA



APRIL 30 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 Trail Mix
Select Varieties,
150g

\$4.99

NEW TO CHOICES

SEATTLE CHOCOLATE PRESENTS: MAEVE CHOCOLATE BARS DESIGNED TO BRING CRAFT CHOCOLATE TO THE MASSES

Maeve Chocolate Bars
70g

\$5.99



Haribo Gummies
170g & 175g

2 FOR \$8.00



Clif Bar Energy Bars
68g

2 FOR \$4.00



Only Goodness Chocolate Vanilla Crème Cookies
300g

\$4.99



Nora Seaweed Snacks
32g

\$4.99



Hippie Snacks Cauliflower Crisps
Also Avocado, Banana or Almond Crisps, 70g

\$4.99



Only Goodness Organic Rice Cakes
140g

\$3.69

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



Rise Organic Kombucha
414ml

2 FOR \$7.00

plus deposit & eco fees



Whistler Glacial Spring Water
1.5L

2 FOR \$4.00

plus deposit & eco fees



Two Bears Frothed Oat Latte
207ml

2 FOR \$6.00

plus deposit & eco fees



Olympic Organic Yogurt
Select Varieties,
650g

\$4.99



Donia Farms Grass Fed Milk
2L

\$5.99

plus deposit & eco fees



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

\$5.49

plus deposit & eco fees



Crofter's Organic Premium Fruit Spread
383ml

\$6.99



One Degree Organic Sprouted Oats
680g

\$6.99



Avafina Organics Organic Chia Seeds, Flax Seeds, Quinoa & Spices
110g - 425g

20% OFF



**Rizopia Organic
Brown Rice Pasta**
(454g), Also Organic
Quinoa Pasta (340g)

2 FOR \$6.00



Italpasta
(900g), Also Oven
Ready Lasagna (375g)

\$3.99



Nina's Pierogies
Frozen, Select Varieties,
420g - 550g

\$8.99



**Cape Herb &
Spice Giant Salt
Grinders**
Select Varieties,
240g - 390g

\$8.99



**Mutti Cherry
& Baby Roma
Tomatoes**
Select Varieties,
398 ml

\$3.99



**Amy's
Meals & Bowls**
Assorted Varieties,
Frozen, 241g - 284g

\$6.99



**Beyond Meat
Ground Beef**
Also Seared Steak Tips,
Sausages & Chicken
Tenders, 226g - 400g

20% OFF



**Kikkoman
Soy Sauce**
Also Stir Fry & Teriyaki,
142ml - 591ml, Panko
Bread Crumbs, 227g

20% OFF



**Sea Tales Albacore
Tuna in Water**
Also Skipjack Tuna, 142g,
Also Sardines, 120g

20% OFF

NOURISHING LIFESTYLES SINCE 1990



**Deebee's Organics
Superfruit
Freezies**
10 Pack, Also Organic
Gelato Pops, 8 Pack

\$6.99



**Rico'n Lalo
All Natural
Frozen Fruit Bars**
4 Pack

\$5.99



**Ben & Jerry's
Ice Cream**
Select Varieties,
473ml

\$5.49



**Earth Island
Vegenaïse & Chipotle
Vegan Spread**
Select Varieties,
355ml & 414ml

\$6.49



**Saputo
Shredded Cheese**
320g

\$6.99



**Celestial
Seasonings
Herbal Tea**
20 Bags

\$4.99



**Las Margaritas
Salsa**
500ml

\$6.99



**Wildbrine
Organic
Sauerkraut**
Also Kimchi, 500ml

\$8.99



**The Unscented
Company
Dish Soap**
750ml

\$3.99



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

DELI PREPARED FRESH



**Rosdown
Roasted Half
Chickens**

\$6.99 / EA



**Choices
Potato Salads**

\$1.79 / 100G



**Choices
Fresh Rolls**
148g ~ 245g

\$6.49 / EA



**Choices
Wild Salmon
Lox Bagels**

\$8.99 / EA



**Baked
Vegetable
Masala Samosa**
Also Spinach, 115g

2 FOR \$5.00



**Zorbas
Spanakopita**
400g

\$7.99 / EA



**Castello
Traditional Blue
Cheese Wedges**
Also Extra Creamy
Blue, 125g

\$6.99 / EA



**Happy Days
Goat Feta
Cheese**

\$3.99 / 100G



**Tre Stelle
Bocconcini**
200g

\$6.99 / EA

BAKERY FRESH BAKED • WHOLESOME



**Choices Red
Onion &
Rosemary
Focaccia**
Also Sundried
Tomato & Olive, 315g

\$4.49 / EA



**Choices Lemon
Meringue Pie**
Also Coconut Cream
or Chocolate S'mores,
6 Inch

\$7.99 / EA



**Choices
Cheesecake
Bars**
190g

\$5.99 / EA



**Choices
Vegan Double
Chocolate
Cookies**
Also Almond
Crunch, 6 Pack

\$6.99 / EA



**Dempster's
Bagels**
5-6 Pack

\$4.49 / EA



**Little
Northern
Bakehouse
Bagels**
4 Pack

\$6.99 / EA



**Aidan's
Fermented
Sourdough
Bread**
500g

\$9.99 / EA

**WEDNESDAY,
APRIL 30 ONLY
PARKSVILLE**

ONE DAY SALE 15% OFF*

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

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PLANT SALE

Product availability and appearance may vary by location



Organic Assorted Herb Plant
Tried & True, 4 Inch Pot

\$4.99



Organic Strawberry Plants
Tried & True, 4 Inch Pot

\$4.99



Assorted Non-Stop Begonias
Scented or Zonal Geraniums, 4 Inch Pot

\$3.99



Gardeners Choice Organic Top Soil
Cinnabar Valley, 24 Liter Bag

2 FOR \$17.00



Organic Assorted Tomato Plant
Tried & True, 4 Inch Pot

\$3.99



Organic Assorted Vegetable Plant
Tried & True, 4 Inch Pot

\$3.99



Premium Organic All Purpose Potting Soil
20 Liter

2 FOR \$21.00



West Coast Gardener Mushroom Manure
9kg Bag

2 FOR \$13.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Organic Traditions Superfoods
Assorted Varieties & Sizes

20% OFF



CanPrev Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Wild Rose Herbal D-Tox
Assorted Varieties & Sizes, 1 Kit

\$55.99



NutraSea Omega-3 Fish Oil Supplements
Select Varieties & Sizes

20% OFF



Organika Collagen Supplements
Assorted Varieties & Sizes

25% OFF



Genuine Health Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors CoQ10 & Ubiquinol Supplements
Assorted Varieties & Sizes

15% OFF



Whole Earth & Sea Protein & Greens Supplements
Assorted Varieties & Sizes

15% OFF



Derma-E Face Care & Body Care
Assorted Varieties & Sizes

25% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties & Sizes

20% OFF



Dr. Bronner's Non GMO Organic Pure-Castile Soap
Assorted Varieties, 946ml

\$25.99



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

25% OFF

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

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.