

# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE - BUY ONE GET ONE FREE!

Special Parksville Edition Prices Effective • May 1 - May 7, 2025



PRODUCT OF  
CANADA

**SPECIAL PRICE**

Organic  
Bunched Carrots  
Mexico Grown

BUY 1 GET 1 **FREE**

**SPECIAL PRICE**

Chicken Drumsticks  
100% Veggie Fed, Raised  
Without Antibiotics, Fresh,  
Value Pack

BUY 1 GET 1 **FREE**



**Aura Cacia  
Essential Oils,  
Body Oils &  
Bubble Bath**  
Assorted Varieties  
& Sizes

BUY 1 GET 1 **FREE**



**Phillip Adam  
Shampoo or  
Conditioner**

Assorted Varieties,  
355ml

BUY 1 GET 1 **FREE**



**Northern Glacier Shrimp**

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

BUY 1 GET 1 **FREE**



**Mini Watermelon**

Mexico Grown

BUY 1 GET 1 **FREE**



PRODUCT OF  
CANADA

GLUTEN  
FREE

**Tonica Organic  
Kombucha**  
355ml

BUY 1 GET 1 **FREE**

plus deposit & eco fee



**Choices  
Croissant  
Sandwiches**



BUY 1 GET 1 **FREE**



**Olivier's White  
Sourdough  
Bread**  
400g

BUY 1 GET 1 **FREE**

**Kettle Brand  
Potato Chips**  
(198g) Also Air Fried  
Potato Chips (156g)

GLUTEN  
FREE

BUY 1 GET 1 **FREE**





# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Peppers**  
BC Grown,  
2 Pack

**\$6.98** / EA



**Organic Abate Fetel or Durondeau Pears**  
Grown in Argentina,  
\$8.77/KG

**\$3.98** / LB



**Organic Mini Cucumbers**  
Mexico Grown,  
454g Bag

**\$6.98** / EA

**Strawberries**  
USA Grown,  
454g Pkg.



**\$5.98** / EA

**Grape Tomatoes**  
Canada Grown,  
1 Dry Pint



**\$3.48** / EA



**Gourmet Bouquet**



**\$24.98** / EA

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$8.99** / LB

### Sirloin Tip Steaks or Roast

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Imported from  
Australia, \$19.82/KG



**BUY 1 GET 1 FREE**

### Pork Shoulder Butt Roast or Steaks

Raised Without Antibiotics, Fresh



**15% OFF**

### All Ground Poultry

Fresh, 100% Veggie Fed, Turkey or Chicken,  
Raised Without Antibiotics or Organic



### Split Chicken Wings

Fresh, Raised Without  
Antibiotics, 100% Veggie  
Fed, Also Marinated,  
\$15.41/KG

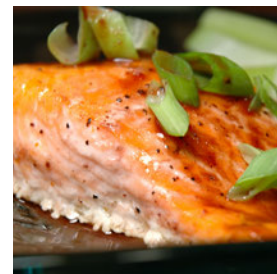
**\$6.99** / LB



**BUY 1 GET 1 FREE**

### Sable Fish Fillets

Fresh, Ocean Wise



### Steelhead Fillets

Fresh, Ocean Wise,  
Value Pack

**\$3.99** / 100 G

### Greenfield Bacon

Raised Without  
Antibiotics,  
Canadian Raised,  
375g

**\$7.99** / EA



### Shorba Bone Broth

Locally Made,  
Frozen, 750ml

**\$11.99** / EA







**Bragg Organic  
Apple Cider  
Vinegar**  
946ml

BUY 1 GET 1 **FREE**



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

BUY 1 GET 1 **FREE**



**Raincoast Global  
Wild Skipjack  
Tuna**  
Pole & Line Caught,  
142g

BUY 1 GET 1 **FREE**



**Zevia Tea &  
Energy Beverage**  
355ml

BUY 1 GET 1 **FREE**  
plus deposit & eco fee



**Mid-Day  
Squares**  
4 Pack

BUY 1 GET 1 **FREE**



**Egglife  
Egg Wraps**  
170g

BUY 1 GET 1 **FREE**



**Green &  
Black's Organic  
Chocolate Bars**  
90g

**\$5.99**



**Lily's  
Chocolate Bar**  
Sweetened With Stevia  
80g & 85g

**\$4.99**



**Freelyum  
Oat Bars**  
135g - 154g

**\$4.49**

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



**Terra  
Granola**  
340g

**\$7.99**



**Westpoint  
Protein Toppers**  
355g & 375g

**\$7.99**



**Saugeen Country  
Organic Yogurt**  
Also Organic Kefir,  
908g

**\$5.99**



**Earth's Own  
Zero Sugar Oat  
Beverage**  
946ml

2 FOR **\$7.00**  
plus deposit & eco fee



**Joyya  
Ultrafiltered Milk**  
1L

**\$4.49**  
plus deposit & eco fee



**Maison Riviera  
Petit Pot  
Organic Yogourt**  
4 Pack

**\$6.99**



**Nuts To You  
Almond Butter**  
365g

**\$9.99**



**Only Goodness  
Organic  
Blueberries**  
Also Organic Dark Sweet  
Cherries, Frozen, 600g

**\$6.99**



**Island Farms  
Premium Ice  
Cream**  
1.65L

**\$8.49**





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET





**Kiju Organic Apple Juice**  
Also Organic Orange/Mango and Pomegranate Cherry, 1L

**2 FOR \$7.00**  
plus deposit & eco fee



**Fentimans Botanically Brewed Beverages**  
4 Pack

**\$10.99**  
plus deposit & eco fee



**Alkiss PH8+ Alkaline Water**  
4L

**\$3.99**  
plus deposit & eco fee



**Annie's Crackers also Fruit Snacks**  
198g - 260g

**20% OFF**



**Once Upon A Farm Organic Baby Food**  
85ml & 105ml

**20% OFF**



**L'Ancêtre Organic Grass-Fed Cheddar Cheese**  
325g

**\$12.99**



**San-J Cooking Sauces**  
Select Varieties, 296ml

**\$5.99**



**Maison Orphée Organic Extra Virgin Olive Oil**  
750ml

**\$24.99**



**Gogo Quinoa Organic Rice & Quinoa Pasta**  
227g

**\$3.99**

## CELEBRATE CINCO DE MAYO



**La Croix Sparkling Water**  
8 Pack

**\$7.99**  
plus deposit & eco fee



**Fever-Tree Non-Carbonated Margarita Mix**  
750ml

**\$7.99**  
plus deposit & eco fee



**Siete Tortilla Chips**  
142g

**\$5.99**



**Casa Fiesta Refried Beans**  
Also Chipotle Peppers, Sliced Jalapeños, 118ml - 398ml

**25% OFF**



**Tre Stelle Shredded Cheese**  
170g & 200g

**\$5.99**



**Dairyland Sour Cream**  
450ml & 500ml

**2 FOR \$7.00**



**Mezzetta Jalapeño Peppers**  
Also Mild Peppers, 375ml

**\$3.99**



**Cholula Hot Sauce**  
Original Also Green Pepper and Sweet Habanero, 150ml

**\$5.99**



**Simply Organic Southwest Taco Mix**  
Also Fajita Mix, Chili Mix & Spicy Taco, 28g - 32g

**2 FOR \$5.00**



## DELI PREPARED FRESH



**Roasted Chickens**  
Antibiotic Free

**\$14.99** / EA



**Ready to Eat Artisan Salad Bowls**  
Assorted Varieties,  
240g - 430g

**\$10.99** / EA



**Zorbas Spanakopita**  
or Mushroom & Parmesan Phyllo Pie,  
185g

**2 FOR \$10.00**



**Choices Mexican Entrées**

**\$7.49** / EA



**Vegetable Herb Samosa**  
160g

**2 FOR \$6.00**



**Nuba Hummus**  
280g

**\$7.49** / EA



**Choices Organic Cheese**  
Select Varieties

**10% OFF**



**Kerrygold Irish Grass-Fed Cheese**  
198g

**\$9.99** / EA



**Great Lakes Goat Cheese**  
158g - 175g

**\$9.99** / EA

## BAKERY FRESH BAKED • WHOLESOME



**La Tortilla Factory Tortillas**  
200g - 496g

**20% OFF**



**Silver Hills Organic Sprouted Bagels**  
5 Pack

**\$5.49** / EA



**Choices Baker's Crusty Loaf**  
200g

**\$3.49** / EA



**Choices Signature Cookies**  
12 Pack

**\$5.99** / EA



**Choices Assorted Tray Bakes**  
210g - 515g

**\$8.99** / EA



**Choices Salted Caramel or Indulgence Brownie**  
60g - 65g

**2 FOR \$6.00**



**Schär Breads, Buns, Pizza Crust & Baguettes**  
200g - 400g

**20% OFF**



**Earthling Protein Cake Cups**  
Gluten Free, 190g

**2 FOR \$10.00**

## DISCOVER THOUSANDS OF CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are. From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.



# 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**



**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



**AOR Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Flora Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



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

**20% OFF**



**Organika Vitamins & Supplements**  
Assorted Varieties & Sizes

**25% OFF**



**Natural Factors Vitamin A, D & K Supplements**  
Select Varieties & Sizes

**15% OFF**



**withinUs TruMarine Collagen**  
Assorted Varieties,  
280g

**\$51.99**



**New Roots Vitamin B, C, D and Magnesium Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Mountain Sky Natural Body Bar Soap**  
Assorted Varieties,  
135g

**\$5.79**



**Prairie Naturals Creatine Monohydrate**  
Bonus Size,  
300g + 100g

**BUY 1 GET 1 FREE**



**Green Beaver Face, Body & Oral Care**  
Assorted Varieties & Sizes

**20% OFF**



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

**25% OFF**



**Mineral Fusion Natural Cosmetics**  
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

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