



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE MOTHER'S DAY CHOICES!

Special Parksville Edition Prices Effective • May 8 - May 14, 2025



SPECIAL PRICE

Striploin Grilling Steaks or Roasts
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported From Australia, \$28.64/KG

\$12⁹⁹ / LB

YOU SAVE **51%**



PRODUCT OF CANADA

\$12⁹⁹ / EA

**Rosdown
Roasted Chickens**

YOU SAVE
\$2⁰⁰



SPECIAL PRICE

2 FOR \$5⁰⁰

Organic Hass Avocados
Mexico Grown

YOU SAVE
28%



MADE IN CANADA

Mother's Day Garden Chocolate Cupcakes
4 Pack

\$5⁹⁹

YOU SAVE **25%**



MADE IN CANADA

Zazubean Organic Chocolate Bars
80g & 85g

\$4⁴⁹

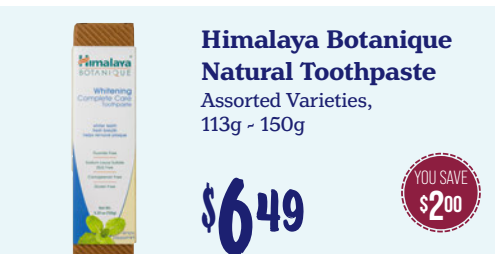
YOU SAVE **22%**



MADE IN CANADA

New Roots Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



Himalaya Botanique Natural Toothpaste
Assorted Varieties, 113g - 150g

\$6⁴⁹

YOU SAVE **\$2⁰⁰**

3 DAYS ONLY

BODY CARE SALE

MAY 9 - MAY 11
FRIDAY TO SUNDAY

20% OFF

YOUR BODY CARE IN-STORE PURCHASE, INCLUDING ITEMS ON SALE.

* Offer excludes vitamins and supplements items. Sale not available online.

FEATURED CANADIAN CHOICE

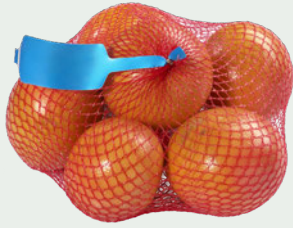
Spring Mix Hanging Basket
12 Inch Pot

\$29⁹⁹

PRODUCT OF CANADA

YOU SAVE **\$17⁰⁰**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Grapefruit
Mexico Grown,
1.81kg Bag

\$9.98 / EA



Organic Mini Sweet Peppers
Mexico Grown,
454g Bag

\$5.98 / EA



Organic Mixed Medley Cherry Tomato
Mexico Grown,
1 Dry Pint

\$5.98 / EA

Hot House Tomatoes
Canada Grown,
\$5.47/KG



\$2.48 / LB

Whole Red Seedless Watermelon
Mexico Grown



\$8.98 / EA

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



PRODUCT OF CANADA

15% OFF

Boneless Skinless Chicken Thighs
Fresh, Raised Without Antibiotics or Conventional



PRODUCT OF CANADA

\$6.99 / LB

Boneless Pork Chops
Center Cut, Fresh, Raised Without Antibiotics,
\$15.41/KG



PRODUCT OF CANADA

\$13.99 / LB

Thomas Reid Organic Chicken Breast
Boneless Skinless, Free Range, Non- GMO,
Air Chilled, Fraser Valley Raised, \$30.84/KG



PRODUCT OF CANADA

Organic Lean Ground Beef
Grass Fed Grain Finished, Fresh,
Value Pack,
\$30.84/KG

\$13.99 / LB

Rosstown Marinated Chicken Breast
Fresh, Boneless Skinless, Raised Without Antibiotics
\$28.64/KG

\$12.99 / LB



PRODUCT OF CANADA



WILD CAUGHT

\$4.99 / EA

Ahi Tuna Steaks
Ocean Wise, Previously Frozen or Frozen



MADE IN CANADA

NEW

GLUTEN FREE

Grimm's Toppers Sausage Snacks
Naturally Smoked,
Select Varieties,
175g

\$4.99 / EA

Northern Glacier Hand Peeled Cooked Shrimp
Ocean Wise,
Frozen, 340g

\$9.99 / EA



CHOICES  MARKET

BODY CARE SALE

FRIDAY, MAY 9 TO SUNDAY, MAY 11



Sale not available online.

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



**Mogiana
Whole Bean
Coffee**
340g

\$14.99



**Earth's Own
Barista Oat
Blend**
946ml

\$4.99



**Traditional
Medicinals
Organic Herbal
Tea**
16 Bags

\$4.99



**Greenhouse
Organic Cold
Pressed Juice**
Select Varieties,
300ml

\$6.99

plus deposit & eco fees



**R.W. Knudsen
Just Juice**
946ml

\$10.99

plus deposit & eco fees



**Rise Organic
Kombucha**
1L

\$7.99

plus deposit & eco fees



**Made Good
Organic Soft
Cookies**
(120g), Also Star
Puffed Crackers (121g)

\$3.99



**Only Goodness
Plant-Based
Chocolate Bars**
100g

2 FOR \$7.00



**Simply
Protein Bars**
40g

2 FOR \$5.00

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



**Canadian Heritage
Organics 100%
Pure Organic
Maple Syrup**
500ml

\$14.99



**Nature's Path
Organic Instant
Oatmeal**
8 Pack & 6 Pack

\$5.49



**Pamela's
Pancake &
Baking Mix**
680g

\$9.99



**Avalon
Organic Milk**
1L

\$3.99

plus deposit & eco fees



**Olympic
Organic Yogurt**
Select Varieties,
1.75kg

\$11.99



**Tree Island
Grass-Fed Yogurt**
(350g), Also
Greek Yogurt
(325g)

\$4.99



**Armstrong
Sliced Cheese**
220g & 240g

\$5.99



**Spread'em
Dairy-Free Cheese
Alternative**
Made with Cashews,
200g

\$8.99



**Sunrise Soyganic
Organic Tofu**
454g

2 FOR \$5.00



Poptastic Popcorn
130g

\$3.99



Covered Bridge Potato Chips
Select Varieties,
142g & 170g

2 FOR \$7.00



La Cocina Tortilla Chips
300g - 400g

2 FOR \$9.00



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

\$6.99

plus deposit & eco fees



Hobbs Pickles
1L

\$12.99



Karthain's Organic Sauerkraut
375ml

\$6.49



RJ's Licorice Chocolate Twists
Also Allsorts,
280g

\$4.29



Breyers Creamery Style Ice Cream
Select Varieties,
1.41L

\$6.99



The Keg Ice Cream
500ml

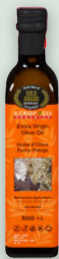
\$6.99

NOURISHING LIFESTYLES SINCE 1990



Lundberg Sustainably Grown Rice
Select Varieties, 907g

\$8.99



Acropolis Organics Organic Extra Virgin Olive Oil
Also Mousto Balsamic Vinegar, Select Varieties,
250ml - 1L

25% OFF



Amy's Pizza
Frozen,
340g - 397g

\$11.99



Rao's Homemade Pasta Sauce
660ml

\$10.99



Jovial Organic Grain Free Cassava Pasta
(227g), Also Organic Whole Wheat (340g)

\$4.99



Annie's Pasta
(149g - 170g)
Also Gluten-Free Rice Cups, 57g

2 FOR \$6.00



Earth's Choice Organic Coconut Milk
Guar Gum Free
Also Organic Coconut Cream, Select Varieties,
400ml

2 FOR \$8.00



Ocean's Pole & Line Albacore Tuna
170g

2 FOR \$8.00



Untamed Feast Mushroom Risotto
(200g) Also Mushroom Soup (100g)

\$8.99



— 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



Choices Artisan Quiche
8 Inch

\$13.99 / EA



Choices Pasta Salads

\$1.89 / 100G



Choices Wild Salmon Lox Bagels

\$9.99 / EA



Choices Wild Salmon Cakes
130g

2 FOR \$8.00



Vitale Italian Imported Prosciutto & Salami

\$10.99 / EA



Lactose Free Swiss Emmental or Gruyere Cheese
Product of Switzerland

15% OFF



Little Qualicum Cheeseworks

\$4.99 / 100G



Ile de France Brie Cheese

\$4.99 / 100G

BAKERY

FRESH BAKED • WHOLESOME



Silver Hills Sprouted Power Bread
430g - 615g

\$4.99 / EA



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

\$6.99 / EA



Choices Italian Cheese Buns
Also Multigrain,
4 Pack

\$3.99 / EA



Choices Artisan Half Fruit Pies
280g

\$6.49 / EA



Choices Party Cakes
640g - 750g

\$19.99 / EA



Choices Wheat Free Muffins
Apple Cinnamon,
Also Blueberry
Lemon, 4 Pack

\$5.99 / EA



Carbonaut Low Carb White, Seeded or U.F. Oat Bread
544g

\$7.49 / EA



Wise Bites Cookies
Also Bars or Muffins,
150g - 300g

10% OFF

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FRIDAY TO SUNDAY

20% OFF*

3 DAYS ONLY
BODYCARE

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IN-STORE PURCHASE, INCLUDING ITEMS ON SALE

PLANT SALE

Product availability and appearance may vary by location



Organic Assorted Tomato Plant
Tried & True,
4 Inch Pot

\$3⁹⁹



Organic Assorted Herb Plant
Tried & True,
4 Inch Pot

\$4⁹⁹



Gardeners Choice Organic Top Soil
Cinnabar Valley,
24 Liter Bag

2 FOR \$17⁰⁰



Organic Assorted Vegetable Plant
Tried & True,
4 Inch Pot

\$3⁹⁹



Premium Organic All Purpose Potting Soil
20 Liter

2 FOR \$21⁰⁰



Premium Organic Compost Mix
From Cinnabar Valley Farms,
10kg Bag

2 FOR \$15⁰⁰



West Coast Gardener Mushroom Manure
9kg Bag

2 FOR \$13⁰⁰

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Vitality Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Progressive Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Sukin Botanicals Hair Care
Assorted Varieties,
500ml

\$11⁹⁹



Dr. Hauschka Facial Care
Assorted Varieties & Sizes

20% OFF



NutraSea Omega-3+D Supplements
Assorted Varieties & Sizes

20% OFF



Vega All-In-One Nutritional
Also Vega Sport Products, Assorted Varieties & Sizes

20% OFF



Andalou Naturals Face Care & Body Care
Assorted Varieties & Sizes

15% OFF



NOW Essential Oils
Also Topical Body Oils, Assorted Varieties & Sizes

15% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



MegaFood Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



La Luna Pebbles, Candles
Also Diffusers & More, Assorted Varieties & Sizes

15% OFF



The Kelowna Candle Factory Beeswax & Soy Candles
Assorted Varieties & Sizes

15% OFF



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



@ChoicesMarket



/DiscoverChoicesMarket



@ChoicesMarket



CHOICES MARKET

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.