



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE LONG WEEKEND CHOICES!

Special Parksville Edition Prices Effective • May 15 - May 21, 2025



**PRODUCT OF CANADA**

**FEATURED CHOICE**

**Pork Back Ribs**  
Raised Without Antibiotics,  
Fresh, \$17.61/KG

**\$7.99 / LB**

**YOU SAVE 50%**

**SPECIAL PRICE**

**Strawberries**  
BC Grown, 340g Pkg.

**\$5.98 / EA**

**PRODUCT OF CANADA**

**YOU SAVE \$3.00**

**TO THE OCEANSIDE COMMUNITY**

## THANK YOU

**FOR VOTING FOR US**

We're honoured to be recognized in the PQB News Readers' Choice Awards as your 2025:

- Favourite Grocery Store
- Favourite Pharmacy
- Runner-Up Favourite Health Store



**WE ARE SO PROUD TO BE A PART OF THIS INCREDIBLE COMMUNITY!**



**YOU SAVE 48%**

**SPECIAL PRICE**

**\$14.99 / LB**

### Ribeye Grilling Steaks

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Imported from  
Australia, \$33.05/KG



**SPECIAL PRICE**

**\$4.98 / EA**

**YOU SAVE \$3.00**

### Organic Mini Watermelon

Mexico Grown

## NEW CHOICES POTATO SALADS

GOURMET FLAVOURS IN EVERY BITE

**\$1.79 / 100G**

**MADE IN CANADA**



**MADE IN CANADA**

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

**20% OFF**



**MADE IN CANADA**

**Choices  
Hamburger or Hot  
Dog Buns**  
6 Pack

**2 FOR \$8.00**

**YOU SAVE 27%**



**MADE IN CANADA**

**GLUTEN FREE**

**Hardbite**  
Select Varieties,  
150g

**\$3.29**

**YOU SAVE 26%**



**PRODUCT OF CANADA**

**Philips IOTA**  
Non-Alcoholic  
Beer  
4 Pack

**\$7.99**

**YOU SAVE 25%**

plus deposit & eco fees



**Baja Potato Salad**

**Bombay Curry Potato Salad**

**Blue Cheese Potato Salad**

**Homestyle Potato Salad**

**Green Goddess Potato Salad**

**Dijon Potato Salad**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Orange,  
Red or Yellow  
Peppers**  
BC Grown,  
\$15.39/KG

**\$6.98 / LB**



**Organic  
Broccoli  
Bunched**  
USA Grown,  
\$7.67/KG

**\$3.48 / LB**



**Long English  
Cucumbers**  
BC Grown

**\$1.48 / EA**

**Asparagus**  
BC Grown,  
\$14.29/KG



**\$6.48 / LB**

**Tomatoes  
On the Vine**  
BC Grown, \$4.37/KG



**\$1.98 / LB**

**Gourmet  
Bouquet**



**\$24.98 / EA**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**Chicken Thighs**

100% Veggie Fed, Raised Without Antibiotics,  
Fresh, Value Pack, \$11.00/KG

**\$4.99 / LB**



**Choices Own Sausages**

Raised Without Antibiotics In-Store Made,  
Pork, Chicken or Turkey, Select Varieties

**20% OFF**



**Leg of Lamb Roast**

Boneless, Fresh, Raised Without Antibiotics,  
Pasture Raised, Product of New Zealand,  
\$28.46/KG

**\$12.99 / LB**



**Inside Round  
Steaks or Roasts**

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

**\$8.99 / LB**



**Sockeye Salmon Fillets**

Previously Frozen or Frozen,  
Ocean Wise, Value Pack

**\$4.79 / 100G**



**Freybe's  
Pepperoni  
Sticks**

500g

**\$11.99 / EA**

**Beef Burgers**

100% Grass Fed,  
Raised Without  
Antibiotics, Pasture  
Raised, Imported from  
Australia, Fresh, Made  
In-Store, \$22.02/KG

**\$9.99 / LB**



**Maple Leaf  
Natural Bacon**

Select Varieties,  
Made with Natural  
Ingredients, 375g

**\$7.99 / EA**





**TO THE OCEANSIDE COMMUNITY**

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Awards as your 2025:

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- Runner-Up Favourite  
Health Store

**WE ARE SO PROUD TO BE A PART  
OF THIS INCREDIBLE COMMUNITY!**







### Nature's Path Organic Eco Pac Cereals

Select Varieties,  
650g ~ 907g

**\$9.49**



### Terra Granola Original Granola

340g

**\$7.99**



### Donia Farms Grass Fed Heritage Yogurt

650g

**\$5.99**



### Go Macro Organic Protein Replenishment Bar

65g & 69g

**2 FOR \$7.00**



### Bob's Red Mill European Style Muesli

(453g) Also Granola (312g)

**25% OFF**



### Westpoint Naturals Protein Toppers

355g & 375g

**\$7.99**



### Salt Spring Organic Whole Bean Coffee

400g

**\$14.99**



### Silk Non Dairy Almond Beverage

Also Cashew, Oat & Soy, 1.75L & 1.89L

**\$5.49**

plus deposit & eco fees



### Joyya Microfiltered Milk

1L

**\$4.99**

plus deposit & eco fees

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



### Skinny Pop Popcorn

125g & 150g

**\$4.49**



### Que Pasa Organic Tortilla Chips

300g & 350g

**\$3.99**



### Remedy Organic Kombucha

4 Pack

**\$8.99**

plus deposit & eco fees



### Good Drink Natural Iced Tea

473ml

**2 FOR \$6.00**

plus deposit & eco fees



### Vita Coco Coconut Water

1L

**\$4.49**

plus deposit & eco fees



### Ginger People Ginger Chews

84g

**2 FOR \$7.00**



### Theo Organic Chocolate Bars

85g

**\$7.99**



### Dandies Vanilla Flavoured Campers Marshmallows

280g

**\$5.99**



### Chocxo Dark Lemon Crème Cups

98g, Other Varieties Available

**\$5.99**





**Earth's Choice  
Organic  
Peanut Butter**  
500g

**\$6.49**



**Earth's Choice  
Organic  
Extra Virgin  
Olive Oil**  
1L

**\$28.99**



**Earth's Choice  
Organic  
Lemon Juice**  
1L

**\$11.99**



**Plumm Good  
Organic  
Rice Thins**  
95g

**2 FOR \$6.00**



**Schär Crackers**  
(210g), Also  
Breadsticks (150g)

**\$8.49**



**Cape Herb &  
Spice Table Top  
Seasonings & Rubs**  
Select Varieties,  
36g - 130g

**25% OFF**



**King Soba  
Organic Ramen,  
Rice Paper &  
Buckwheat  
Noodles**  
200g - 280g

**20% OFF**



**Asian Family  
Cooking Sauces**  
Also Sesame Oil  
(200ml - 280ml),  
Vermicelli, 250g

**20% OFF**



**Lucky Foods  
Seoul Kimchi**  
396g

**\$7.99**

**NOURISHING LIFESTYLES SINCE 1990**



**Cows Creamery  
Butter**  
250g

**\$7.99**



**Armstrong  
Cheese**  
Select Varieties,  
600g

**\$9.99**



**Woolwich  
Chevreai Goat  
Cheese**  
113g

**\$4.99**



**Pasta Tavola  
Ravioli**  
Original & Plant-Based,  
400g

**\$9.99**



**Daiya Dairy-Free  
& Plant-Based  
Pizza**  
Frozen, 369g - 550g

**\$8.99**



**Field Roast  
Veggie Sausages**  
368g

**\$7.99**



**Katz  
Donut Holes**  
170g

**\$5.99**



**Chapman's  
Ice Cream**  
500ml

**\$5.49**



**Echoclean 2X  
Concentrated  
Laundry Wash**  
Liquid, 1.5L

**\$9.99**





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET



# DELI

PREPARED FRESH



**Rosstown  
Roasted  
Chickens**

**\$12.99 / EA**



**Choices  
Family Size  
Greek Salad**  
880g

**\$15.99 / EA**



**Choices  
Thai Chicken  
Noodle Bowl**  
Also Prawn Noodle Bowl,  
375g - 415g

**\$9.99 / EA**



**Choices  
Ready to Eat  
Wraps**

**\$9.99 / EA**



**Choices  
Turkey Breast**  
Cooked or Roasted,  
Antibiotic-Free

**\$4.99 / 100G**



**Summer Fresh  
Hummus  
Toppers**  
255g

**\$5.49 / EA**



**Kerrygold  
Irish Cheese**  
198g

**\$9.99 / EA**



**Aged Parmesan  
Cheese**  
or Asiago Petals  
or Shreds

**\$3.99 / 100G**



**Castello  
Cheese Slices**  
125g - 175g

**\$7.49 / EA**

# BAKERY

FRESH BAKED • WHOLESOME



**Choices  
Artisan  
Cookies**  
6 Pack

**\$6.99 / EA**



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

**\$6.99 / EA**



**Choices  
Carrot Tray  
Cake**  
580g

**\$12.99 / EA**



**Choices  
Tres Leches  
Tray Cake**  
1210g

**\$16.99 / EA**



**Bakestone  
Brothers  
Pita Bread**  
6 Pack

**2 FOR \$6.00**



**Wendel's  
Party Cakes**  
6 Inch

**\$15.99 / EA**



**Alkeme  
Bagels**  
Also Baguettes

**15% OFF**



**Carbonaut  
Low Carb  
Hamburger  
Buns**  
Also Hot Dog,  
4 Pack

**\$7.49 / EA**



# 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.

100% BC OWNED CHOICES.MARKET



# PLANT SALE

Product availability and appearance may vary by location



**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**



**Gardeners Choice Organic Top Soil**  
Cinnabar Valley,  
24 Liter Bag

**2 FOR \$17.00**



**Organic Assorted Herb Plant**  
Tried & True,  
4 Inch Pot

**\$4.99**



**West Coast Seeds Assorted Varieties**

**10% OFF**



**Premium Organic Compost Mix**  
Cinnabar Valley,  
10kg Bag

**2 FOR \$15.00**



**West Coast Gardener Mushroom Manure**  
9kg Bag

**2 FOR \$13.00**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

### ALL ITEMS ON SALE



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

**25% OFF**



**Enerex Vitamins and Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Smart Solutions Vitamins and Supplements**  
Assorted Varieties & Sizes

**30% OFF**



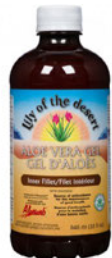
**Flora Vitamins and Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**BioSil Hair, Skin, Nails**  
Assorted Varieties & Sizes

**20% OFF**



**Lily of the Desert Aloe Vera Juice or Gel**  
Assorted Varieties & Sizes

**25% OFF**



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

**25% OFF**



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

**20% OFF**



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

**\$5.79**



**Mrs. Meyer's Hand Soap**  
Assorted Varieties,  
370ml

**\$6.49**



**Thinksport Suncare**  
Also Think Body Care, Assorted Varieties & Sizes

**20% OFF**



**Anne Marie Borlind Natural Facial Care & Cosmetics**  
Assorted Varieties & Sizes

**20% OFF**



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



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**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

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