

PARKSVILLE LONG WEEKEND CHOICES!

100% BC OWNED AND OPERATED

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





NEW CHOICES

POTATOSALADS

GOURMET FLAVOURS IN EVERY BITE



Ribeye Grilling Steaks

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



Organic Mini Watermelon Mexico Grown





AOR Vitamins & Supplements

Assorted Varieties & Sizes

20% OFF



Choices Hamburger or Hot



Salad



Potato Salad







Philips IOTA Non-Alcoholic **Beer**

4 Pack

PRODUCE FRESH · LOCAL · ORGANIC



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

\$698/LB











MEAT & SEAFOOD RESPONSIBLY RAISED · PREMIUM QUALITY





Chicken Thighs

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



Inside Round Steaks or Roasts

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



Beef Burgers

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

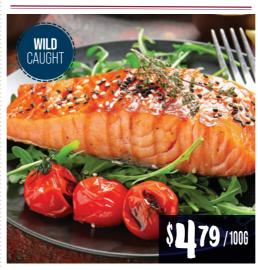






Choices Own Sausages

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



Sockeye Salmon Fillets

Previously Frozen or Frozen, Ocean Wise, Value Pack



Leg of Lamb Roast

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



Freybe's Pepperoni **Sticks** 500g



\$4 4 99/EA

Maple Leaf Natural Bacon

Select Varieties, Made with Natural Ingredients, 375g





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!





Nature's Path Organic Eco Pac Cereals Select Varieties,

650g - 907g

949



Terra Granola Original Granola 340g

\$799



Donia Farms Grass Fed Heritage Yogurt 650g

\$599





Go Macro Organic Protein Replenishment Bar 65q & 69q

2 FOR \$700



Bob's Red Mill European Style Muesli (453g) Also Granola (312g)

25% OFF



Westpoint Naturals Protein Toppers 355g & 375g

799



Salt Spring Organic Whole Bean Coffee400g

\$1499



Silk Non Dairy Almond Beverage

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

\$549
plus deposit & eco fees



JOY/A
Delryland
Street and Street
Str

Joyya Microfiltered Milk

99 plus deposit & eco fees

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



Skinny Pop Popcorn 125g & 150g

\$149



Que Pasa Organic Tortilla Chips 300g & 350g

399



Remedy Organic Kombucha

4 Pack

\$899
plus deposit & eco fees



Good Drink Natural Iced Tea 473ml

2 FOR \$600 plus deposit & eco fees



Vita Coco Coconut Water





Ginger People Ginger Chews 84g

2 FOR \$700



Theo Organic Chocolate Bars85q

\$799



Dandies Vanilla Flavoured Campers Marshmallows 280g

\$599



Chocxo Dark Lemon Crème Cups 98g, Other Varieties Available

\$599



Earth's Choice Organic Peanut Butter





Earth's Choice Organic Extra Virgin Olive Oil

\$2899



Earth's Choice Organic Lemon Juice

\$1199





Plumm Good Organic Rice Thins 95g

2 FOR \$600



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

\$849



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

\$799

NOURISHING LIFESTYLES SINCE 1990





Cows Creamery Butter

250g

\$799





Armstrong Cheese

Select Varieties, 600g

\$999



Woolwich Chevrai Goat Cheese 113g

\$1199



Pasta Tavola Ravioli Original & Plant-Based,

400g





Daiya Dairy-Free & Plant-Based Pizza

Frozen, 369g - 550g

\$899



Field Roast Veggie Sausages 368g

\$799



Donut Holes 170g





Chapman's Ice Cream 500ml

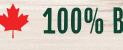




Echoclean 2X Concentrated Laundry Wash Liquid, 1.5L

999

DISCOVER THOUSANDS OF CHOLES



100% BC OWNED



CHOICES.MARKET



DELI PREPARED FRESH



Rossdown Roasted Chickens

799 / EA



Choices Family Size Greek Salad 880g

\$1 599/EA



Choices Thai Chicken **Noodle Bowl**

Also Prawn Noodle Bowl, 375q - 415q

\$**99** / EA



Choices Ready to Eat **Wraps**

\$**99** / EA



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

\$1199 / 100G



Summer Fresh Hummus Toppers 255g

\$**549**/EA



Kerrygold **Irish Cheese** 198a

\$**999** / EA



Aged Parmesan Cheese

or Asiago Petals or Shreds



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

BAKERY

FRESH BAKED · WHOLESOME



Choices Artisan Cookies 6 Pack





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

Choices



Choices **Carrot Tray** Cake 580g



Choices **Tres Leches Tray Cake** 1210g

699/EA



Bakestone Brothers Pita Bread 6 Pack

2 FOR \$600



Wendel's **Party Cakes** 6 Inch



Alkeme **Bagels** Also Baguettes

15% OFF



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



ISCOVER THOUSANDS OF

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.







Organic Assorted Tomato Plant Tried & True, 4 Inch Pot



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



Premium **Organic All Purpose Potting Soil** 20 Liter



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



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

\$1199



West Coast Seeds Assorted Varieties



Premium Organic Compost Mix Cinnabar Valley, 10kg Bag



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

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

ALL ITEMS ON SALE



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

25% OFF



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

1)% OFF



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



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

% OFF



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

20% OFF



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



Acure Face, Hair & Body Care

Assorted Varieties & Sizes





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

% ()FF



Mountain Sky Natural Body Bar Soap Assorted Varieties, 135g



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



Thinksport **Suncare**

Also Think Body Care, Assorted Varieties & Sizes

1)% ()FF



Anne Marie **Borlind Natural** Facial Care & **Cosmetics**

Assorted Varieties & Sizes

% ()FF



Shop online at Choices.Market (©) @ChoicesMarket



/DiscoverChoicesMarket





319 Island Highway East, Parksville Open 8:00am – 9:00pm Daily | Phone: 250-947-8000



While quantities last. Not all items available at all stores. We reserve the right to correct not appear exactly as depict Buy One Get One Deals not