



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

\$6.99 / 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**



Baja Potato Salad



Bombay Curry Potato Salad



Blue Cheese Potato Salad



Homestyle Potato Salad



Green Goddess Potato Salad



Dijon Potato Salad

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



Hardbite Potato Chips
Select Varieties,
150g

GLUTEN FREE

\$3.29 **YOU SAVE 26%**

PRODUCT OF CANADA



Philips IOTA Non-Alcoholic Beer
4 Pack

\$7.99 **YOU SAVE 25%**
plus deposit & eco fees

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



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Awards as your 2025:

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Health Store

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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

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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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