

# CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE  
WEEKLY  
SAVINGS!

WEDNESDAY,  
MAY 28

ONE DAY SALE  
**15% OFF**

\*SEE PAGE 5 FOR MORE DETAILS

Special Parksville Edition Prices Effective • May 22 - May 28, 2025

## SPECIAL PRICE

**Sirloin Tip  
Steaks or Roast**  
100% Grass Fed, Raised  
Without Antibiotics,  
Pasture Raised, Value  
Pack, Imported From  
Australia, \$17.61/KG

**\$7.99 / LB**

YOU SAVE  
**70%**

## SPECIAL PRICE

**Organic Hass  
Avocados**  
Mexico Grown,  
3 per Bag

**\$5.98 / EA**

YOU SAVE  
**\$1.00 / BAG**



CHOICES MARKET

## 2025 ORGANIC RETAILER OF THE YEAR

Awarded by the Canada Organic  
Trade Association (COTA)

We're honoured to be recognized as Organic Retailer of the Year! This national award celebrates our commitment to the organic industry and the amazing work being done by our team to support healthy living and environmental stewardship.

"As a proud, local grocer, I am thrilled to share this award with our dedicated team. Thank you to our loyal customers for trusting us with your organic and specialty shopping needs for the past 35 years."

— Jon Janower, COO, Choices Market



From left: Kim Plantinick, Head of HR; Tyler Romano, Director of Marketing; Jon Janower, Chief Operating Officer; Dawn Harg, Director of Retail Operations

MADE IN  
CANADA



**\$5.49 / EA**

**Choices Quiche**  
4.25 Inch

YOU SAVE  
**15%**

PRODUCT OF  
CANADA



SPECIAL PRICE  
**\$4.98 / EA**

**Grape Tomatoes**  
BC Grown, 907g Pkg.

YOU SAVE  
**\$2.00 / PKG.**

MADE IN  
CANADA



**Choices  
Sourdough Bread**  
Levain, Wholesome  
Country or Multiseed,  
530g - 600g

**2 FOR \$9.00**

YOU SAVE  
**25%**



**Only Goodness  
Organic Coffee**  
400g

**\$12.99**

YOU SAVE  
**23%**

MADE IN  
CANADA



**New Roots Vitamins  
& Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Weleda Facial  
& Body Care**  
Assorted Varieties & Sizes,  
Product of Germany

**25% OFF**

## FEATURED CANADIAN CHOICE

**Earth's Own  
Oat Barista**

Also Oat Light or  
Almond, 946ml

GLUTEN  
FREE

**\$4.79**

YOU SAVE  
**36%**

MADE IN  
CANADA





# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Green Kiwi Fruit**  
Grown in Italy or Greece, 454g Bag

**\$6.98 / EA**



**Organic Zucchini**  
Mexico Grown, \$5.47/KG

**\$2.48 / LB**



**Organic Green, Red or Black Kale**  
USA Grown, Sold by the Bunch

**\$2.98 / EA**

**Blueberries**  
USA Grown, 170g Pkg.



**\$4.98 / EA**

**Cauliflower**  
USA Grown



**\$3.48 / EA**

**Gourmet Bouquet**



**\$24.98 / EA**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**Boneless Skinless Chicken Breast**  
100% Veggie Fed, Raised Without Antibiotics, Fresh, Value Pack, \$19.82/KG

**\$8.99 / LB**



**Extra Lean Ground Beef**  
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, Value Pack, Made Fresh In Store \$19.82/KG

**\$8.99 / LB**



**Flank Steaks**  
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, \$22.02/KG

**\$9.99 / LB**



**Pork Butt Steak or Roast**  
Raised Without Antibiotics, Fresh, \$12.10/KG

**\$5.49 / LB**



**Steelhead Fillets**  
Fresh, Ocean Wise, Value Pack

**\$3.99 / 100G**



**Grimm's Thick Sliced Bacon**  
Raised Without Antibiotics or Traditional, No Sugar Added, 500g

**25% OFF**

**Harvest Wieners**  
Original or All Beef, 450g



**\$6.99 / EA**

**Northern Glacier Shrimp**  
Raw, 31 to 40 Count or Cooked, 41 to 50 Count, Frozen, 340g



**\$9.99 / EA**



**MAY 28 ONLY!**



**ONE  
DAY**

**SALE!**

**AT OUR PARKSVILLE LOCATION ONLY**



**\*Excluding Lotto, Gift Card purchases and  
Pharmacy prescriptions. Sale not available  
online. Sale offer valid at Parksville  
location only.**





**Hardbite**  
**Avocado Oil**  
**Potato Chips**  
Select Varieties, 128g

2 FOR \$7<sup>00</sup>



**Noochpop!**  
**Savoury Popcorn**  
Seasoned with  
Nutritional Yeast,  
120g

\$4<sup>49</sup>



Better Deal when  
you buy a 12 Pack

**Mid-Day Squares**  
Gluten Free,  
33g

\$2<sup>29</sup>



**Whistler Glacial**  
**Spring Water**  
1.5L

2 FOR \$4<sup>00</sup>

plus deposit & eco fees



**Eville**  
**Smoothie**  
**Cubes**  
Frozen, 405g

\$9<sup>99</sup>



**Rise Organic**  
**Kombucha**  
Select Varieties,  
1L

\$7<sup>99</sup>

plus deposit & eco fees



**Perrier**  
**Sparkling Water**  
1L

2 FOR \$5<sup>00</sup>

plus deposit & eco fees



**Zevia**  
**Zero Sugar**  
**Soda**  
6 Pack

\$5<sup>99</sup>

plus deposit & eco fees



**Thirsty Buddha**  
**Organic**  
**Coconut Water**  
1L

\$4<sup>99</sup>

plus deposit & eco fees

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



**Love Good Fats**  
**Keto Bars**  
39g & 40g

2 FOR \$4<sup>00</sup>



**Endangered**  
**Species**  
**Chocolate Bars**  
85g

\$5<sup>49</sup>



**Blue Monkey**  
**Sparkling Juice**  
330ml

2 FOR \$4<sup>00</sup>

plus deposit & eco fees



**Only Goodness**  
**Low Sugar**  
**Gummies**  
50g

2 FOR \$5<sup>00</sup>



**Freyyumm**  
**Soft Baked**  
**Cookies**  
Also Oat Bars,  
135g & 154g

\$3<sup>99</sup>



**Glutino**  
**Wafer Cookies**  
130g & 200g

\$4<sup>99</sup>



**Organic**  
**Traditions**  
**Dried Fruit**  
Select Varieties,  
100g - 454g

20% OFF



**Mary's Organic**  
**Crackers**  
Select Varieties,  
142g

\$4<sup>99</sup>



**Sigdal Bakeri**  
**Crispbread**  
190g & 235g

\$6<sup>69</sup>





**Bob's Red Mill  
Oats**  
794g & 907g

**\$9<sup>99</sup>**



**Dairyland  
Organic Milk**  
1.89L

**\$4<sup>99</sup>**  
plus deposit & eco fees



**Earth's Own  
Oat Beverage**  
Select Varieties,  
1.75L

**\$4<sup>99</sup>**  
plus deposit & eco fees



**Rawcology  
Organic Raw  
Crunch Granola**  
200g

**\$7<sup>99</sup>**



**Uncle Luke's  
Organic  
Maple Syrup**  
500ml

**\$16<sup>99</sup>**



**Avalon Triple  
Cream Yogurt**  
500g

**\$4<sup>99</sup>**



**La Chaudière  
Organic Cheese**  
340g

**\$12<sup>99</sup>**



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

**\$5<sup>99</sup>**



**Danone Oikos  
Greek Yogurt**  
4 Pack

**\$4<sup>79</sup>**

## NOURISHING LIFESTYLES SINCE 1990



**Rao's Homemade  
Pasta Sauce**  
660ml

**\$10<sup>99</sup>**



**Only Goodness  
Organic Pasta**  
500g

**\$3<sup>99</sup>**



**Amy's Pizza**  
Frozen,  
340g - 397g

**\$11<sup>99</sup>**



**Primal Kitchen  
Avocado Oil  
Salad Dressing**  
237ml

**\$9<sup>99</sup>**



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

**\$24<sup>99</sup>**



**Golden Home  
Sprouted Grain  
Pizza Crust**  
Also Thin Crust,  
12 Inch, 404g

**\$7<sup>99</sup>**



**Earth's Choice  
Organic Beans**  
398ml

**2 FOR \$5<sup>00</sup>**



**Karthain's  
Organic  
Sauerkraut**  
750ml

**\$10<sup>99</sup>**



**Nutiva  
Organic Virgin  
Coconut Oil**  
444ml

**\$10<sup>99</sup>**



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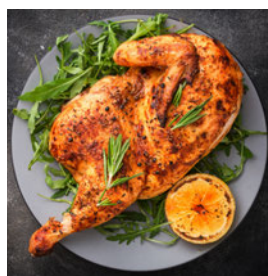


From left: Kim Planinsic, Head of HR; Tyler Romano, Director of Marketing; Jon Janower, Chief Operating Officer; Dawn Haig, Director of Retail Operations



# DELI

PREPARED FRESH



**Roasted Half Chickens**  
Antibiotic Free

**\$8.49 / EA**



**Ready to Eat Artisan Salad Bowls**  
240g - 430g

**\$10.99 / EA**



**Spinach & Feta Twisters**  
Also Ricotta & Feta, 200g

**2 FOR \$7.00**



**Vegetarian Herb Samosa**  
160g

**2 FOR \$6.00**



**Old Fashion Ham**

**\$2.99 / 100G**



**Greek House Homous**  
Also Tzatziki, 227g

**\$5.49 / EA**



**Bothwell Cheese**

**\$4.49 / 100G**



**Apetina in Oil Salad Topper**

**2 FOR \$8.00**



**Gouda Cheese**

**\$4.49 / 100G**

# BAKERY

FRESH BAKED • WHOLESOME



**Banana Loaf**  
Also Orange Cranberry, 300g - 454g

**\$6.99 / EA**



**Choices Vegan Almond Crunch Cookies**  
Also Double Chocolate, 6 Pack

**\$6.99 / EA**



**Choices Dessert Cups**  
150g

**\$3.99 / EA**



**Wheat Free Carrot Cupcakes**  
Also Chocolate, 4 Pack

**\$6.49 / EA**



**Silver Hills Organic Sprouted Buns**  
Hamburger or Hot Dog, 6 - 8 Pack

**\$4.99 / EA**



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

**20% OFF**



**Portofino Bread & Buns**  
390g - 630g

**\$6.49 / EA**



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

**2 FOR \$10.00**

WEDNESDAY,  
MAY 28 ONLY

PARKSVILLE

ONE DAY

**SALE 15% OFF\***

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.

\*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. One Day sale offer valid at the Parksville location only. Sale not available online.



# GROCERY

LOCAL • ORGANIC • SPECIALTY

PLANT  
BASED



**Vegan Gourmet  
Sweet Potato  
& Black Bean  
Burger**  
Also 3 Bean &  
Sweet Potato, 400g

**\$6.99**

MADE IN  
CANADA



**Yves Veggie  
Cuisine Slices  
& Jumbo Dogs**  
120g - 380g

**20% OFF**

GLUTEN  
FREE



**Butler  
100 % Natural  
Soy Curls**  
227g

**\$7.99**



**Ben & Jerry's  
Ice Cream**  
Select Varieties,  
473ml

**\$5.99**

MADE IN  
CANADA

GLUTEN  
FREE



**O'Doughs  
Bagels**  
300g

**\$3.99**

PRODUCT OF  
CANADA

PLANT  
BASED



**Sunrise  
Soyganic  
Organic  
Firm Tofu**  
500g

**2 FOR \$6.00**



**Organic  
Pumpkin Seeds  
or Popcorn**  
Loose Bulk Only

**20% OFF**

MADE IN  
CANADA

PLANT  
BASED



**Nora's  
Non-Dairy  
Ice Cream**  
500ml

**\$7.99**

## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

CANADIAN  
OWNED

WOMEN  
OWNED



**withinUs  
TruMarine  
Collagen  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**

MADE IN  
CANADA



**Vega Sport  
Protein**  
Assorted Varieties,  
801g - 837g

**\$44.99**



**A.Vogel Vitamins &  
Supplements**  
Assorted Varieties & Sizes,  
Product of Switzerland

**20% OFF**

CANADIAN  
OWNED



**Progressive  
Probiotics &  
Multivitamins**  
Assorted Varieties  
& Sizes

**20% OFF**



**Nature's Way  
Herbal  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**

MADE IN  
CANADA



**Prairie  
Naturals  
Digestive  
Enzymes**  
Assorted Varieties  
& Sizes

**20% OFF**

MADE IN  
CANADA



**AOR Vitamin  
Advanced B  
Complex**  
90 Capsules,  
180 Capsules

**FROM \$39.99**



**MegaFood  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**

PRODUCT OF  
CANADA



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

**20% OFF**

MADE IN  
CANADA



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

**20% OFF**

MADE IN  
CANADA



**Andalou  
Naturals  
Face Care &  
Body Care**  
Assorted Varieties  
& Sizes

**25% OFF**



**Dr. Hauschka  
Facial Care**  
Assorted Varieties  
& Sizes

**25% OFF**

Shop online at [ChoicesMarket](https://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

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.