



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE ISLAND GOOD CHOICES!

Special Parksville Edition Prices Effective • May 29 - June 4, 2025



PRODUCT OF CANADA

Island GOOD

SPECIAL PRICE

Organic Long English Cucumbers
BC Grown

\$3.98 / EA

YOU SAVE \$1.00/EA

Island Farmhouse Whole Chicken
Fresh, Island Good, Air Chilled, \$6.59/KG

\$2.99 / LB

YOU SAVE 46%

PRODUCT OF CANADA



MADE IN CANADA

Island GOOD

Purica Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



PRODUCT OF CANADA

Island GOOD

15% OFF

Natural Pastures, Salt Spring or Little Qualicum Cheese
Also Salt Spring Kitchen Jams



SPECIAL PRICE

\$5.98 / EA

Hass Avocados
Mexico Grown, Bag of 4

YOU SAVE 12%



MADE IN CANADA

Island GOOD

Choices Fresh Rolls
148g - 245g

YOU SAVE \$2.00

\$6.49



MADE IN CANADA

Island GOOD

Portofino Bread & Buns
385g - 810g

YOU SAVE ???%

\$5.99



FROM VICTORIA, BC

Island GOOD

Spinnakers Sparkling Mineral Water
Also Soda, 473ml

YOU SAVE 33%

2 FOR \$4.00
plus deposit & eco fee



FROM COMOX, BC

Island GOOD

Hornby Organic Energy Bars
80g

YOU SAVE 32%

2 FOR \$5.00

PRODUCE FRESH • LOCAL • ORGANIC



Organic Bunched Spinach
From Olera Farms, BC

\$3.98 / EA



Organic Strawberries
USA Grown, 454g Pkg.

\$5.98 / EA



Organic Lemons
Grown in Peru, 907g Bag

\$5.98 / EA

Organic Tomatoes On the Vine
BC Grown, \$10.98/KG

\$4.98 / LB



Bunched Carrots
BC Grown

\$2.98 / EA



Gourmet Bouquet

\$24.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



St. Louis Style Pork Ribs
Raised Without Antibiotics, Fresh, \$13.21/KG

\$5.99 / LB



Top Sirloin Steaks or Roast
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, \$26.43/KG

\$11.99 / LB



Sockeye Salmon Fillet
Previously Frozen or Frozen, Ocean Wise, Value Pack

\$4.49 / 100G



Pork Tenderloin
Raised Without Antibiotics, \$17.61/KG

\$7.99 / LB



Thomas Reid Organic Chicken Thighs
Free Range, Non-GMO, Air Chilled, Fraser Valley Raised, \$17.61/KG

\$7.99 / LB



Ahi Tuna Steaks
Ocean Wise, Previously Frozen or Frozen

\$4.99 / EA

Stapleton Sausages
Locally Made
Varieties May Vary by Location



10% OFF

Freybe Sliced Salami
Select Varieties, 125g

\$4.99 / EA





**Tree Island
Cream Top
Yogurt**
1.5kg



\$10⁹⁹



**Hazel's
Ice Cream Bars**
3 Pack



\$9⁹⁹



**Level Ground
Organic Coffee**
300g



\$12⁹⁹



**Yes!i Nutritional
Yeast Salad
Dressing & Dip**
350ml



\$6⁹⁹



**Island Farms
Ice Cream**
4L

\$9⁹⁹



**Tofino
Raw Organic
Kombucha**
355ml

2 FOR \$6⁰⁰
plus deposit & eco fee



**Phillips Iota
Non-Alcoholic
Beer**
4 Pack

\$7⁹⁹



**Cowichan
Organic Pasta**
Khorasan &
Spelt Varieties,
250g - 330g

\$7⁹⁹



**Hornby Island
Loose Tea**
40g - 70g

\$10⁹⁹

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



**Humble Organic
Potato Chips**
Also Organic Rumble
Chips, 135g

2 FOR \$7⁰⁰



**Seasnax
Seaweed**
5g

2 FOR \$4⁰⁰



**Berri Fresh
Cold Pressed
Juice**
370ml

\$5⁴⁹
plus deposit & eco fee



**Old Dutch
Restaurant
Tortilla Chips**
Also Arriba Tortilla
Chips, 235g - 295g

2 FOR \$9⁰⁰



**Maeve
Chocolate Bars**
70g

\$5⁹⁹



**Cabana
Natural
Lemonade**
591ml

2 FOR \$6⁰⁰
plus deposit & eco fee



**Westpoint Naturals
Nut Mixes**
Also Apple Slices & Carob
Powder, Select Varieties,
100g - 400g

20% OFF



**Patience Organic
Dried Fruit**
Select Varieties

25% OFF



**Efruti
Fruit Juice
Berries**
100g

20% OFF



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET



**Organic Meadow
Organic 2% Milk**
2L

\$5⁹⁹
plus deposit & eco fee



**Jordans Morning
Crisp Cereal**
375g & 400g

\$6⁹⁹



**49th Parallel
Whole Bean
Coffee**
340g

\$13⁹⁹



**The Greek Gods
Organic Plain
Yogurt**
500g

\$6⁷⁹



**Nuts to You
Organic Peanut
Butter**
500g

\$6⁹⁹



**Crofter's Organic
Premium Fruit
Spread**
383ml

\$6⁹⁹



**L'Ancêtre
Organic Cheese**
Select Varieties,
180g & 200g

\$7⁹⁹



**Saputo
Traditional
Feta Cheese**
200g

\$4⁹⁹



**Violife
Cheese
Alternative**
200g

\$5⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Lundberg
Organic Rice**
Select Varieties,
907g

\$14⁹⁹



**Pacific Foods
Organic Soup**
Select Varieties,
946ml - 1L

\$7⁹⁹



**Earthbound
Farm Organic
Vegetables**
Frozen, 255g & 300g

2 FOR \$8⁰⁰



**Fresh is Best
Yellow Corn
Tortilla Chips**
Select Variety Only,
300g

2 FOR \$7⁰⁰



**Caulipower
Pizza**
Buffalo Chicken or
Pepperoni, Frozen,
310g - 320g

\$11⁹⁹



**Nature's Choice
Spices**
1g - 70g

20% OFF



**Phoeapolis
Organics Extra
Virgin Olive Oil**
750ml

\$19⁹⁹



**Stefano Fatta
Tomato Sauce**
(648ml) also Alfredo
Sauce (405ml)

\$6⁹⁹



**Bioitalia
Organic Beans**
398ml

2 FOR \$5⁰⁰

DELI PREPARED FRESH



Choices Artisan Sandwiches
Turkey, Roast Beef or Ham

\$9.99 / EA



Choices Black Bean & Quinoa Salad
Also Persian Garden Couscous

\$1.99 / 100G



Choices Hearty Lentil Kofta Salad
Also Greek Salad, 430g - 440g

\$8.99 / EA



Rosstown Roasted Half Chickens

\$6.99 / EA



Vegetable Pakora
Also Spinach

\$3.49 / 100G



Honey Ham

\$2.99 / 100G



Saputo Bocconcini Cheese
200g

\$6.99 / EA



Ireland's Own Mature Cheddar Cheese
Also Reserve, 200g

\$7.49 / EA



Traditional Cow Feta Cheese

\$2.99 / 100G

BAKERY FRESH BAKED • WHOLESOME



Choices Baker's Crusty Loaf
Also Baker's Bastone, 250g - 450g

\$2.99 / EA



Vanilla Berry Cupcakes
Also Vanilla or Tiramisu, 4 Pack

\$5.99 / EA



Choices Scones
2 Pack

\$3.99 / EA



Choices Artisan Fruit Pies
8 Inch

\$10.99



Silver Hills Organic Sprouted Bread
Heritage, Ancient Grain or Full Seed, 510g - 680g

\$5.49 / EA



Uprising Breads Jumbo Gingersnap Cookies
6 Pack

\$4.99 / EA



Pretzilla Soft Pretzel Burger Buns
Also Sausage & Mini Buns, 4 - 6 Pack

\$5.99 / EA



Queen St. Bagels
Also Breads, 464g - 500g

\$7.99 / 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.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**So Delicious
Frozen
Dessert**
500ml

\$5.99



**Happy Pops
Ice Pops**
4 Pack

\$6.99



**Only
Goodness
Smoothie
Blend**
Frozen, 600g

\$6.99



**EcoMax
Ultra Dish
Wash**
740ml

\$4.49



**Organic
Meadow
Organic Ice
Cream**
946ml

\$9.99



**Let's Do Organic
Ice Cream Cones**
Also Gluten-Free
Sugar Cones,
36g - 132g

20% OFF



**Boylan Cane
Sugar Soda**
4 Pack

\$9.99
plus deposit & eco fee



**Effervé
Sparkling
Lemonade**
750ml

\$6.99
plus deposit & eco fee

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**CanPrev
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Pascoe
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Prairie
Naturals
Vitamins,
Supplements
& Hair Care**
Assorted Varieties
& Sizes

20% OFF



**Garden of
Life Proteins
& Sport
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Flora
Udo's Choice
3+6+9 Blend**
Also DHA Oil
Blend, Assorted
Varieties & Sizes

20% OFF



**Boiron
Homeopathic
Remedies**
Assorted Varieties
& Sizes

20% OFF



**Natural Factors
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



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

20% OFF



**St. Francis
Herb Farm
Herbal
Supplements**
Assorted Varieties
& Sizes

20% OFF



Bio-K Plus
Dairy & Non Dairy,
Assorted Varieties,
6 Pack

20% OFF



**Herbatint
Natural
Permanent
Hair Colour**
Assorted Varieties

20% OFF



**Santevia
Alkaline Water
Pitchers, Water
Systems & More**
Assorted Varieties
& Sizes

20% OFF

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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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