



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE VEGAN CHOICES!

Special Parksville Edition Prices Effective • June 5 - 11, 2025

FEATURED CHOICE

**Organic
Hass Avocados**
Mexico Grown

2 FOR \$5.00

YOU SAVE
28%

SPECIAL PRICE

Strawberries
BC Grown,
340g Pkg.

PRODUCT OF
CANADA

\$4.98 / EA

YOU SAVE
\$2.00 / Pkg.

MADE IN
CANADA



VEGAN

\$2.49 / 100g

**Choices Sesame Ginger or Golden
Curry Tofu Salad**

MADE IN
CANADA



VEGAN

15% OFF

Choices Vegan Desserts
Select Varieties

PRODUCT OF
CANADA



\$2.48 / EA

Mini Cucumbers
Canada Grown, 454g Bag

YOU SAVE
\$1.00 / Bag

VEGAN



20% OFF

Bulk Organic Beans, Rice & Grains
Select Varieties, Loose Only

MADE IN
CANADA

VEGAN



**Living Alchemy
Your Flora Series
& Fermented
Activated Herbals**
Assorted Varieties
& Sizes

20% OFF

MADE IN
CANADA

VEGAN



**Prana Organic
Trail Mix**
Select Varieties,
150g

YOU SAVE
28%

\$4.99

CANADIAN
OWNED

VEGAN



**Indianlife
Frozen Meals**
Also Condiments,
Chutneys, Cooking
Sauces, Snacks
& Pappadums,
Assorted Sizes

25% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Organic Broccoli
USA Grown,
\$6.57/KG

\$2.98 / LB



Organic Peppers
From Origin-O Farms,
Langley, BC,
Bag of 2

\$6.98 / EA

**Hot House
Orange, Yellow
or Red Peppers**
BC Grown,
\$6.57/KG

\$2.98 / LB



**Gourmet
Bouquet**

\$24.98 / EA



**Honeyglow
Pineapple**
Grown in
Costa Rica

\$5.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



All Boneless Skinless Chicken Breasts
Fresh, Raised Without Antibiotics,
Conventional or Organic, Value Pack

30% OFF



Blade Roast or Steaks

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

\$8.99 / LB



Beef Tenderloin Steaks

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported from Australia,
\$57.30/KG

\$25.99 / LB

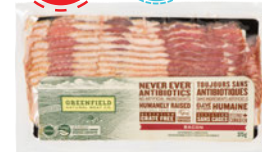


**Boneless
Pork Chops**
Centre Cut, Raised
Without Antibiotics,
Fresh, \$15.41/KG

\$6.99 / LB

**Hand Peeled
Shrimp Meat**
Ocean Wise,
Previously Frozen,
Chilean

\$4.99 / 100 G



**Greenfield
Bacon**
Raised Without
Antibiotics,
Canadian Raised,
375g

\$7.99 / LB

**Maple Leaf
All Natural
Hot Dogs**

Filler Free,
Select Varieties,
375g

\$4.49 / EA



**Rockfish
Fillets**
Ocean Wise,
Fresh

\$1.99 / 100 G

**Duso's
Pasta**
Select Varieties,
250g - 300g

\$6.49 / EA





**Farm Girl
Natural Protein
& Prebiotic
Fibre Cereal**
280g

\$10⁹⁹



**Stahlbush Island
Farms Certified
Sustainable
Frozen Fruit**
Select Varieties,
283g - 300g

\$5⁹⁹



**Nana Pops!
Frozen Bars**
Banana -Based,
4 Pack

\$6⁹⁹



**Larabar
Energy Bar**
45g & 48g

2 FOR \$4⁰⁰



**Green Organic
Organic
Vegetables**
Frozen, 500g

\$4⁴⁹



**Eden
Organic Beans**
398ml

2 FOR \$7⁰⁰



**Tofurky
Deli Slices**
156g

\$4⁴⁹



**Beyond Meat
Sausage**
(400g), Also Steak
Seared Tips (226g)

\$9⁹⁹



**Naked & Saucy
Organic Sauces**
Select Varieties,
296ml & 473ml

\$6⁹⁹



**Pastificio G.
Di Martino
Pasta**
Select Varieties,
500g

\$3⁹⁹



**Mutti Italian
Whole Peeled
Tomatoes**
(796ml), Also Organic
Passata Strained
Tomatoes (540ml)

\$4⁹⁹



**Erawan Brand
Rice Vermicelli**
Also Rice Sticks,
454g

\$3²⁹



**Greenhouse
Organic
Almond Milk**
Also Oat Milk,
946ml

\$5⁴⁹
plus deposit & eco fees



**Clif Bar
Energy Bars**
68g

\$2¹⁹



Bubbies Pickles
(1L), Also Sauerkraut
(750ml)

\$10⁹⁹



**Kettle Brand
Party Size
Potato Chips**
368g

\$5⁹⁹



**Only Goodness
Organic Tortilla
Chips**
300g

\$4⁹⁹



**Only Goodness
Organic
Kombucha**
500ml

\$3⁹⁹
plus deposit & eco fees



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET



**Happy Planet
Creamery Organic
Grass Fed
2% Milk**
1.5L

\$6⁹⁹

plus deposit & eco fees



**Dairyland
Organic Milk**
1.89L

\$5⁹⁹

plus deposit & eco fees



**Donia Farms
Grass Fed
Feta Cheese**
300g

\$9⁹⁹



**Oso Negro
Whole Coffee
Beans**
340g

\$15⁹⁹



**Liberté
Greek Yogourt**
0% Also 2% Plain,
Select Varieties,
1kg

\$8⁹⁹



**Uncle Luke's
Organic
Maple Syrup**
1L

\$29⁹⁹



**Pukka
Organic Tea**
20 Bags

\$6⁹⁹



**Saputo
Shredded Cheese**
320g

\$7⁴⁹



**Arla Organic
Cream Cheese**
200g

\$4⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Farming Karma
Non-Alcoholic
Mocktails**
Also Soda, 4 Pack

\$6⁹⁹

plus deposit & eco fees



**Thirsty Buddha
Prebiotic Soda**
355ml

2 FOR \$5⁰⁰

plus deposit & eco fees



**Guayakí Organic
Yerba Mate**
458ml

2 FOR \$5⁵⁰

plus deposit & eco fees



**Ritter Sport
Chocolate Bars**
Select Varieties, 100g

\$4²⁹



**Pür Gum
Pouches**
77g

\$3⁹⁹



**Real Foods
Organic
Corn Thins**
150g

2 FOR \$5⁰⁰



**Righteous Gelato
& Sorbetto**
473ml

\$7⁴⁹



**Deebee's
Organic
Superfruit
Freezies**
10 Pack

\$6⁹⁹



**Old Dutch
Potato Chips**
Also Ridgies,
Select Varieties
200g & 235g

2 FOR \$8⁰⁰

DELI

PREPARED FRESH



Choices
Croissant
Sandwiches

\$7.99 / EA



Choices
Wild Salmon
Lox Bagels

\$8.99 / EA



Choices
Chicken Skewers
Ready to Eat, 55g

3 FOR \$9.00



Choices BBQ
Chicken Legs
Also Rosemary
& Garlic,
Ready to Eat

\$3.49 / 100g



Choices
Macaroni Salad
Also Homestyle
Potato or Coleslaw

\$1.79 / 100g



Choices
Summer Spinach
& Turkey Salad
Also Potato & Salmon,
275g - 390g

\$9.99 / EA



Freybe
Fresh Sliced
Chicken
Breast

\$4.49 / 100g



Havarti
Cheese
Creamy or Light

\$3.49 / 100g



Choices
Bocconcini
Skewers
160g - 180g

2 FOR \$10.00



Goat Feta
Cheese

\$3.49 / 100g

BAKERY

FRESH BAKED • WHOLESOME



Choices
Caramelized
Onion &
Rosemary Loaf
Also Cranberry &
Walnut, 420g

\$5.99 / EA



Choices
Strawberry
Pudding
Also Raspberry
or Peanut Butter,
150g

\$3.99 / EA



Choices
Party Cakes
600g

\$14.99 / EA



Choices
Peanut Butter
Bar
Also Mocha Coffee
or Signature
Nanaimo,
70g - 85g

\$2.99 / EA



Choices
Signature
Muffins
4 Pack

\$5.99 / EA



Silver Hills
Sprouted
Power Breads
430g - 616g

\$4.99 / EA



Dempster's Deluxe
Hamburger or
Hot Dog Buns
6 - 8 Pack
New Spicy Habanero
Hamburger Buns

\$4.99 / EA



Little
Northern
Bakehouse
Loaves
454g - 482g

\$6.49 / 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

GROCERY

LOCAL • ORGANIC • SPECIALTY



Only Goodness Cooking Sauces
Select Varieties,
296ml

\$5.99



Only Goodness Lactose Free Cheese
400g

\$8.99



Only Goodness Apple Cider Vinegar
473ml

\$3.99



Only Goodness Dish Wash
532ml

\$3.29



Raincoast Sockeye Salmon
Select Varieties,
160g

\$6.99



Porta Pizza
Frozen,
400g - 500g

\$11.99



Caboo Bamboo Bathroom Tissue
12 Rolls

\$9.99



Echoclean 2X Concentrated Ultra Laundry Wash Liquid
2.95L

\$16.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



AlgaeCal Plant Calcium
90 Caps

\$36.99



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Ener-C Effervescent Vitamin C
Also Vitamin D Drink Mix,
Assorted Varieties,
24 - 30 Pack

\$16.49



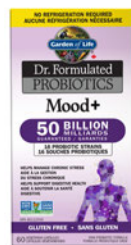
New Roots Digestive & Plant Enzymes
Assorted Sizes

20% OFF



LeanFit Proteins & Sports Nutrition Supplements
Assorted Varieties & Sizes

25% OFF



Garden of Life Dr. Formulated Probiotics
Assorted Varieties & Sizes

20% OFF



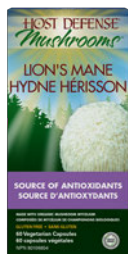
Iron Vegan Sprouted Protein
Also Sports Nutrition Supplements,
Assorted Varieties & Sizes

20% OFF



Naturtint Natural Permanent Hair Color
Assorted Colours,
1 Kit

\$16.99



Host Defense Lions Mane & Mushroom Powders
Assorted Varieties & Sizes

20% OFF



New Roots Wild Omega 3
Assorted Sizes

20% OFF



Now Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Oneka Body Care
Assorted Varieties & Sizes

20% OFF

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

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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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