



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE FATHER'S DAY CHOICES!

Special Parksville Edition Prices Effective • June 12 - 18, 2025

PRODUCT OF
CANADA

**FEATURED
CANADIAN CHOICE**

Pork Ribs

Back Ribs or St. Louis
Style, Raised Without
Antibiotics, Fresh

30% OFF

SPECIAL PRICE

**Warba Nugget
Potatoes**
BC Grown, \$4.37/KG

\$1.98 / LB

FIRST
OF THE
SEASON

YOU SAVE
20%

PRODUCT OF
CANADA

FATHER'S DAY SALE



**1 DAY SPECIAL,
JUNE 15TH ONLY!**

*Excluding Lotto, Gift Card purchases &
Pharmacy prescriptions. Sale not available online.



\$14.99 / LB

Ribeye Grilling Steaks

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

YOU SAVE
48%



MADE IN
CANADA

**Rosstown
Roasted
Chickens**

YOU SAVE
\$2.00

\$12.99 / EA



MADE IN
CANADA

**Choices
Garlic Bread**
with Roasted Garlic
Butter, 320g

YOU SAVE
28%

2 FOR \$10.00



PRODUCT OF
CANADA

**Canadian
Heritage
Organics Maple
Syrup**
1L

YOU SAVE
32%

\$26.99

MADE IN
CANADA

NEW



**Cwench Sports
Hydration
Drink**
500ml

YOU SAVE
37%

2 FOR \$5.00

plus deposit & eco fee

MADE IN
CANADA



**Prairie Naturals
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**"I trust Prairie
Naturals Men's
Health products."**

- Trevor Linden

Trevor Linden - Prairie Naturals Men's Health Ambassador
& Retired Professional Hockey Player #16

PRODUCE FRESH • LOCAL • ORGANIC



**Organic
Green & Red
Grapes**
Mexico Grown,
\$13.18/KG

\$5.98 / LB



**Organic
Mini Red
Watermelon**
Mexico Grown

\$5.98 / EA



**Organic
Broccolini**
USA Grown,
Sold by the Bunch

\$3.98 / EA



Strawberries
BC Grown,
454g Pkg.

\$6.98 / EA



**Long English
Cucumbers**
BC Grown

\$1.48 / EA



**Tomatoes
On the Vine**
BC Grown,
\$4.37/KG

\$1.98 / LB



Peony

\$8.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$6.99 / LB

Beef Brisket

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported from Australia,
\$15.41/KG



20% OFF

Choices Own Sausages

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



\$8.99 / LB

Boneless Skinless Chicken Thighs

100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack \$19.82/KG



Split Chicken Wings

Raised Without
Antibiotics, 100%
Veggie Fed, Fresh,
Also Marinated,
\$15.41/KG

\$6.99 / LB



Sable Fish Fillet
Ocean Wise, Fresh

BUY 1 GET 1 FREE

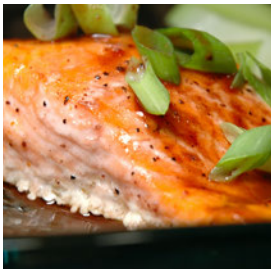


**Grimm's
Sizzlin' Smokies**
450g

**GLUTEN
FREE**

\$7.99 / EA

Steelhead Fillet
Ocean Wise, Fresh,
Value Pack



\$3.99 / 100G

Black Tiger Prawns

Ocean Wise,
41 to 50 Count,
Frozen, 340g

\$9.99 / EA






CHOICES  MARKET

FATHER'S DAY SALE



*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.

SHOP ONLINE AT **CHOICES.MARKET**  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket



BSA Craft Non-Alcoholic Beer
473ml

2 FOR \$7⁰⁰
plus deposit & eco fees



Santa Cruz Organic Lemonade
946ml

2 FOR \$10⁰⁰
plus deposit & eco fees



49th Parallel Coffee
340g

\$16⁹⁹



Holy Napoli Pizza
Frozen, 355g - 385g

\$7⁹⁹



Phoeapolis Organics Extra Virgin Olive Oil
750ml

\$19⁹⁹



Suzie's Organic Ketchup
Also Organic Yellow Mustard, Select Varieties,
355ml - 592ml

\$5⁹⁹



Organic Meadow Ice Cream
946ml

\$9⁹⁹



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

\$4⁴⁹



Wildbrine Organic Sauerkraut
Also Kimchi,
500ml

\$8⁹⁹

DISCOVER FATHER'S DAY CHOICES



Mid-Day Squares Functional Protein Square
33g

\$2²⁹ SAVE MORE ON A CASE OF 12



Lily's Stevia Sweetened Chocolate Bars
80g & 85g

\$4⁹⁹



Smart Sweets Low Sugar Candy
(50g) Also Caramels (45g)

\$3⁹⁹ SAVE MORE ON A CASE OF 12



Vita Coco Coconut Water
500ml

2 FOR \$5⁰⁰
plus deposit & eco fees



Squamish Water Kefir Company Probiotics Beverage
355ml

2 FOR \$6⁰⁰
plus deposit & eco fees



Covered Bridge Lela's Chickpea Chips
120g

2 FOR \$7⁰⁰



Health-Ade Organic Kombucha
473ml

\$3⁹⁹
plus deposit & eco fees



Seasnax Organic Seaweed Snack
15g

\$4⁴⁹



Terra Potpourri Chips
Also Vegetable Chips,
141g

\$5⁹⁹



**Avalon
Organic Milk**
1.89L

\$7.49

plus deposit & eco fees



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

\$6.49



**Earth's Own
Almond
Beverage**
Select Varieties,
1.89L

\$4.49

plus deposit & eco fees



**Only Goodness
Rolled Oats**
1kg

\$7.99



**Hornby
Organic
Energy Bars**
80g

2 FOR \$5.00



**Yoggu!
Coconut Yogurt**
450g

\$6.99



**Savör
Grass-Fed
Butter**
Product of
New Zealand, 227g

\$7.99



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

\$6.99



**Bonne Maman
Jam**
Select Varieties,
250ml

\$5.99

NOURISHING LIFESTYLES SINCE 1990



**Rizopia Organic
Brown Rice Pasta**
Also Organic Quinoa
& Wild Rice,
340g & 454g

25% OFF



**Lotus Foods
Organic Rice**
425g & 426g

\$6.99



**Daiya Dairy-Free
Shreds**
(200g) Also Blocks &
Slices (200 g - 220g),
Select Varieties

\$4.99



**Garofalo
Pasta**
500g

\$3.99



**Wild Planet
Wild Sardines**
125g

\$4.49



**Faith Farms
Cheese**
300g - 340g

\$5.99



**Living Tree
Ravioli**
Frozen, 250g

\$6.99



**Wholly Veggie!
Buffalo
Cauliflower Wings**
Also Ranch, Frozen,
375g

\$6.99



**Bioitalia
Organic Beans**
398ml

2 FOR \$5.00



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

DELI

PREPARED FRESH

NEW

Choices Potato Salads
Baja, Bombay Curry, Blue Cheese, Dijon, Green Goddess, Homestyle

\$1.79 / 100g



Summer Fresh Dips
Also Hummus, 227g

2 FOR \$8.00



Great for the BBQ

Wooza Flatbread Pizza
575g ~ 700g

\$15.99 / EA



Italian Sliced Prosciutto
Also Salami, 80g - 120g

\$8.99 / EA



Choices Wild Salmon Cakes
130g

2 FOR \$8.00



Rustic Bakery Flatbreads
Also Crisps, 141g ~ 170g

\$9.99 / EA



Saputo Bocconcini Cheese
200g

2 FOR \$12.00



Saputo Sheep & Goat Feta Cheese
200g

\$6.99 / EA



Bella Casara Burrata Cheese
250g

\$15.99 / EA

BAKERY

FRESH BAKED • WHOLESOME



Choices Red Onion & Rosemary Focaccia
Also Sundried Tomato, 315g

\$4.49 / EA



Choices Party Cakes
6 Inch Round

\$16.99 / EA



Choices Cheesecake Bars
Assorted Varieties, 190g

\$7.99 / EA



Choices Lemon Meringue Pie
Also Young Coconut Cream, 8 Inch

\$12.99 / EA



Brioche Hamburger Buns
Also Hot Dog, 6 Pack or 8 Pack

\$6.99 / EA



Golden West English Muffins
6 Pack

2 FOR \$6.00

**SUNDAY,
JUNE 15**

**FATHER'S DAY
SALE**



**10% OFF
ENTIRE STORE***
INCLUDING SALE ITEMS

**1 DAY
SPECIAL**

*Sale not available online. Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Available at all Choices locations.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Echoclean
Liquid
Dishwashing
Detergent**
740ml

\$3.99



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

\$9.99



**So Delicious
Non-Dairy
Dessert**
500ml

\$5.99



**Berri Fresh
Cold Pressed
Juice**
370ml

\$5.49

plus deposit & eco fees



**Eco Max
All Purpose
Cleaner**
800ml

\$3.99



**Purex
Bathroom
Tissue**
Double Roll,
12's

\$9.99



**Yumearth
Organic Black
Licorice**
142g

\$6.99



**Nature's
Bakery
Fig Bars**
6 Pack

\$7.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

20% OFF



**Bio-K Plus
Probiotics**
Dairy or Non-Dairy,
Assorted Varieties,
6 Pack

\$22.99



**Progressive
Whey & Vegan
Proteins**
Assorted Varieties
& Sizes

20% OFF



**Nuun Hydration
Electrolytes
Sport Boost,
Immunity &
Vitamin Tabs**
Assorted Varieties, 10's

\$10.49



**Manitoba
Harvest Hemp
Hearts**
Also Hemp Yeah!
Proteins, Assorted
Varieties & Sizes

30% OFF



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

20% OFF



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

20% OFF



**Bach Rescue
Remedy**
Also Flower
Remedies, Assorted
Varieties & Sizes

20% OFF



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

20% OFF



**Green Beaver
Sunscreen**
Spray or Cream,
90ml

\$17.99



**Herbatint
Natural
Permanent
Hair Colour**
Assorted Varieties,
1 Kit

\$16.29



**Every Man Jack
Body Care**
Assorted Varieties
& Sizes

25% OFF

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

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/DiscoverChoicesMarket

@ChoicesMarket



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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