



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • June 19 - 25, 2025

### FEATURED CHOICE

#### Lean Ground Beef

100% Grass Fed, Raised  
Without Antibiotics, Pasture  
Raised, Value Pack, Imported  
from Australia, Ground Fresh  
in Store, \$13.18/KG

**\$5.98 / LB**

YOU SAVE  
**56%**

### SPECIAL PRICE

Hass Avocados  
Mexico Grown

2 FOR **\$4.00**

YOU SAVE  
**32%**



NEW

### SPECIAL PRICE

**\$8.99 / EA**

**Queens Castle Cheddar Slices**  
Assorted Varieties, 150g

YOU SAVE  
**31%**



MADE IN  
CANADA

### SPECIAL PRICE

2 FOR **\$9.00**

**Portofino Brioche  
Hamburger Buns**  
Also Hot Dog or Potato, 6 Pack

YOU SAVE  
**44%**



MADE IN  
CANADA

**Vega  
All-in-One  
Nutritional Shakes**  
Assorted Varieties,  
827g - 876g

**\$49.99**



MADE IN  
CANADA

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

**\$15.99**



MADE IN  
CANADA

**Covered Bridge  
Potato Chips**  
142g & 170g

YOU SAVE  
**36%**

2 FOR **\$6.00**



MADE IN  
CANADA

**Chapman's  
Frozen Yogurt**  
2L

YOU SAVE  
**21%**

**\$6.49**

WEDNESDAY, JUNE 25 ONLY

# ONE DAY SALE

# 15% OFF\*

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

\*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.  
See page 5 for details. Sale not available online.



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Heirloom Tomatoes**  
BC Grown,  
\$15.39/KG

**\$6.48 / LB**



**Warba Nugget Potatoes**  
BC Grown,  
907g Bag

**\$3.98 / EA**



**Strawberries**  
BC Grown,  
907g Pkg.

**\$15.98 / EA**

**Organic Ataulfo Mangoes**  
Mexico Grown



**\$1.98 / EA**

**Sun Rich Fruit Cups**  
Fruit Salad, Apple & Grapes, Pineapple, Cantaloupe, Watermelon,  
251g ~ 312g Pkg.



**\$4.98 / EA**

**Hot House Mixed Coloured Peppers**  
BC Grown, 907g Bag



**\$4.98 / EA**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**Chicken Drumsticks**

100% Veggie Fed, Raised Without Antibiotics,  
Fresh, Value Pack, \$8.80/KG

**\$3.99 / LB**



**Fresh Lean Beef Burgers**

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Imported From Australia, Fresh Made in Store, \$22.02/KG

**\$9.99 / LB**



**Fresh Marinated Chicken Breast Kabobs**

100% Veggie Fed, Raised Without Antibiotics,  
Made in Store, 110g ~ 130g  
Price shown is per skewer.

**\$2.99 / EA**



**Pork Sirloin Chops**

Boneless, Raised Without Antibiotics,  
Fresh, or Roast,  
\$11.00/KG

**\$4.99 / LB**



**Ahi Tuna Steaks**

Ocean Wise, Frozen or Previously Frozen, 6 oz

**\$4.49 / EA**



**Harvest Bacon**  
500g

**\$13.99 / EA**

**Lamb Racks or Chops**  
Boneless, Fresh, Raised Without Antibiotics, Pasture Raised, Product of New Zealand, \$59.50/KG



**\$26.99 / LB**

**Prawn Cakes**

Lemon Dill or Hot Thai Chili, Frozen or Previously Frozen, 2 Pack



**\$4.99 / EA**

**Northern Glacier Shrimp**

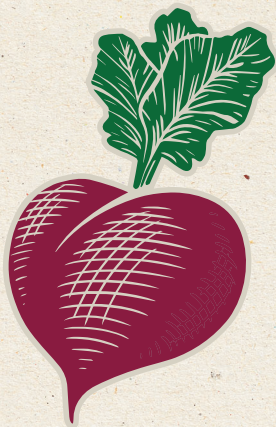
Raw, 31 to 40 Count or Cooked, 41 to 50 Count, Ocean Wise, Frozen



**\$9.99 / EA**



**JUNE 25 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.**





**Barbara's  
Bakery  
Cheez Curls**  
155g & 198g

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



**Fresh Is Best  
Tri-Flavour  
Tortilla Chips**  
(300g), Also  
Taco Shells (114g)

\$4<sup>49</sup>



**Gimme Organic  
Seaweed Snacks**  
6 Pack

\$7<sup>99</sup>



**Clif Bar  
Energy Bars**  
Select Varieties,  
68g

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



**Rise Botanicals  
Organic  
Kombucha**  
414ml

2 FOR \$8<sup>00</sup>  
plus deposit & eco fees



**Roar Organic  
Infusion  
Coconut Water**  
532ml

\$2<sup>99</sup>  
plus deposit & eco fees



**Guayaki  
Organic  
Yerba Mate**  
458ml

2 FOR \$6<sup>00</sup>  
plus deposit & eco fees



**Fiji Natural  
Artesian  
Water**  
1.5L

2 FOR \$6<sup>00</sup>  
plus deposit & eco fees



**Boylan Bottling  
Cane Sugar  
Soda**  
4 Pack

\$9<sup>99</sup>  
plus deposit & eco fees

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



**Pukka  
Organic Tea**  
20 Bags

\$6<sup>99</sup>



**Earth's Choice  
Organic Coffee**  
Whole Bean,  
340g

\$13<sup>99</sup>



**Stash  
Organic Tea**  
Also Conventional,  
16 - 20 Bags

\$4<sup>99</sup>



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

\$4<sup>49</sup>



**Haribo  
Gummies**  
170g & 175g

\$3<sup>79</sup>



**Love Child Organics  
Organic Fruit &  
Veggie Purée**  
128ml

2 FOR \$6<sup>00</sup>



**Oat & Mill  
Geloato Bar**  
3 x 90ml

\$6<sup>99</sup>



**Let's Do  
Gluten-Free  
Sugar Cones**  
132g

\$5<sup>99</sup>



**Mochi  
Coconut Ice  
Dessert**  
450g

\$8<sup>99</sup>





**Donia Farms  
Grass Fed  
Heritage Milk**  
2L

**\$6.49**

plus deposit & eco fees



Enter in-store  
to Win a Paddle  
Board! Check out  
our instagram for  
more giveaways.

**Manitoba Harvest  
Hemp Yeah!  
Organic Granola**  
283g

**\$5.99**



**Califia Farms  
Dairy-Free  
Beverage**  
Select Varieties,  
1.4L

**\$4.99**

plus deposit & eco fees



**Donia Farms  
Grass Fed  
Butter**  
Salted & Unsalted,  
250g

**\$9.99**



**Woolwich  
Chevrai  
Soft Fresh Goat  
Cheese**  
113g

**\$4.99**



**Olympic  
Organic  
Yogurt**  
Select Varieties,  
1.75kg

**\$11.99**



**Liberté  
Grec Yogourt**  
Select Varieties,  
650g & 750g

**\$7.99**



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

**\$5.99**

**NOURISHING LIFESTYLES SINCE 1990**



**Acropolis  
Organic  
Extra Virgin  
Olive Oil**  
1L

**\$39.99**



**Koops  
Organic  
Mustard**  
325ml

**\$3.49**



**Maison Orphée  
Extra Virgin  
Olive Oil**  
Select Varieties,  
750ml

**\$24.99**



**Bubbies Kosher  
Dill Pickles**  
(1L), Also  
Sauerkraut (750ml)

**\$10.99**



**Safe Catch  
Wild Albacore  
Tuna**  
142g

**\$5.99**



**RW Garcia  
Veggie Crackers**  
155g & 188g

**\$6.99**



**Caboo  
Sustainable  
Bamboo Paper  
Products**  
Select Varieties

**20% OFF**



**Porta Pizza**  
Frozen,  
400g ~ 500g

**NOW  
12 INCHES**

**\$11.99**



**Gardein  
Plant-Based  
Chick'n, Beef  
& Fish**  
Select Varieties,  
Frozen, 190g ~ 390g

**\$6.99**





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



**100% BC OWNED**



**CHOICES.MARKET**



**CHOICES  
MARKET**



# PRODUCE FRESH • LOCAL • ORGANIC



**Grape Tomatoes**  
BC Grown,  
1 Dry Pint

2 FOR \$5.00



**Organic Black or Red Plums**  
USA Grown,  
\$13.19/KG

\$5.98 / LB



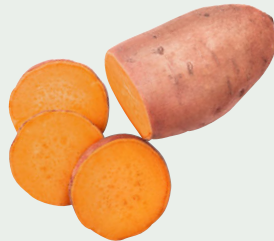
**Everyday Bouquet**

\$15.98 / EA



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

\$4.98 / EA



**Sweet Potatoes**  
USA Grown,  
\$6.57/KG

\$2.98 / LB



**Asiatic Lily**

\$8.98 / EA

## DELI PREPARED FRESH



**Roasted Chickens**  
Antibiotic Free

\$15.99 / EA



**Choices Asian Broccoli Salad**  
Also Bangkok Noodle,  
Try a Sample

\$2.29 / 100G



**Choices Spinach Turkey Sunshine Salad**  
Also Greek or Summer Potato & Salmon, 275g - 440g

\$9.99 / EA



**Choices Thai Chicken Noodle Bowl**  
Also Prawn,  
375g - 415g

\$9.99 / EA



**Choices Ready to Eat Wraps**

\$8.99 / EA



**Vegetable Gyoza**  
Also Chicken or Pork

10 FOR \$4.00



**Freybe Fresh Sliced Salami or Capicola Ham,**  
Select Varieties

\$3.79 / 100G



**Bothwell Cheese**

\$4.29 / 100G



**Creekside Creamery Organic Cheese**  
Select Varieties

20% OFF

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JUNE 25 ONLY

PARKSVILLE

ONE DAY SALE 15% OFF\*

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# BAKERY FRESH BAKED • WHOLESOME



**Choices Seeded Sourdough Rye Bread**  
Also Olive & Feta Sourdough,  
500g - 760g

**\$5.99 / EA**



**Choices Tray Bake Cakes**  
210g - 330g

**\$8.99 / EA**



**Choices Low Carb Chocolate Mousse**  
Also Cookies & Cream Cheesecake,  
60g - 90g

**\$4.99 / EA**

# BULK FOODS



**Organic Almonds & Cashews**  
Loose Only,  
Select Varieties

**20% OFF**



**Choices Signature Cookies**  
12 Pack

**\$5.99 / EA**



**Little Northern Bakehouse Loaves**  
454g - 482g

**\$6.49 / EA**



**Carbonaut Low Carb Hamburger Buns**  
Also Hot Dog,  
4 Pack

**\$7.49 / EA**



**Earthling Apple Pie Cake Boxes**  
Also Yuzu Pistachio,  
Gluten Free,  
180g

**\$6.49 / EA**

# WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**AlgaeCal Plant Calcium**  
90 Caps

**\$36.99**



**AOR Vitamin B Complex**  
180 Capsules

**\$59.99**



**Platinum Naturals Vitamins and Supplements**  
Assorted Varieties & Sizes

**20% OFF**



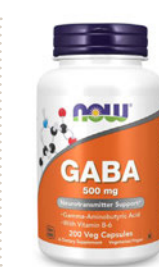
**New Chapter Vitamins & Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**Nutrasea Omega-3 Fish Oil Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**NOW Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Salus Floradix & Floravit Supplements**  
Assorted Varieties & Sizes

**20% OFF**



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

**20% OFF**



**All Good Suncare & Lotion**  
Assorted Varieties & Sizes

**30% OFF**



**Badger Face Care & Hair Oils**  
Assorted Varieties & Sizes

**30% OFF**



**Boiron Homeopathic Remedies**  
Assorted Varieties & Sizes

**20% OFF**



**Preferred Nutrition Berberine**  
Assorted Varieties & Sizes

**20% OFF**

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



**PARKSVILLE, BC**  
319 Island Highway East, Parksville  
Open 8:00am - 9:00pm Daily | Phone: 250-947-8000



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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