

PARKSVILLE CANADIAN CHOICES!



SPECIAL PRICE

**Striploin
Grilling Steaks**
100% Grass Fed, Raised
Without Antibiotics,
Pasture Raised, Value Pack,
Imported from Australia, or
Roast

BUY 1 GET 1 FREE

SPECIAL PRICE

Organic Cherries
BC Grower, \$17.59/KG

\$7.98 / LB

**YOU SAVE
27%**

**FROM
CAWSTON, BC**

SPECIAL PRICE

Organic Cherries
BC Grown, \$17.59/KG

\$798/LB

YOU SAVE
27%

**FROM
CAWSTON, BC**

Choices Own Sausages

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

Rosstown Roasted Chickens

FROM VANCOUVER, BC

Choices
Hamburger or
Hot Dog Buns
6 Pack

2 FOR \$8.00

Choices
Hamburger or
Hot Dog Buns
6 Pack

2 FOR \$8.00

49th Parallel
Coffee
340g


YOU SAVE
25%

\$16⁹⁹

**49th Parallel
Coffee**
340g

**YOU SAVE
25%**

\$16⁹⁹



Premium Formula

Women's Multi Probiotic

12 BILLION
CFUs (per capsule)


10-STRAIN FORMULA

Urinary Tract Health
with Cranberry Extract

60 Vegetarian Capsules

RESTORES DIGESTIVE BALANCE

Natural Factors



Natural Factors

Vitamins & Supplements

Assorted Varieties & Sizes

15% OFF

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

15% OFF



FROM VANCOUVER, BC

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

20% OFF

**Prairie Naturals
Vitamins,
Supplements
& Hair Care**

Assorted Varieties & Sizes

20% OFF

FEATURED CANADIAN CHOICE

Humble Rumbles Organic Potato Chips

Also Organic
Humble Chips,
135g

\$299

YOU SAVE
40%

FROM
GUELPH, ON



PRODUCE FRESH • LOCAL • ORGANIC



**Organic Warba
Nugget Potatoes**
BC Grown,
\$6.57/KG

\$2.98 / LB



**Organic Green or
Red Leaf Lettuce**
BC Grown

\$2.98 / EA



**Mini Sweet
Peppers**
BC Grown,
454g Bag

\$3.98 / EA

**Organic
Lemons**

Grown in Peru,
907g Bag

\$5.98 / EA



**Organic Yumi Label
Red Watermelon**

USA Grown,
\$3.26/KG

\$1.48 / LB



**Organic
Zucchini**

BC Grown,
\$6.57/KG

\$2.98 / LB



**Organic Grape
Tomatoes**

Canada Grown,
1 Dry Pint

\$3.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$4.99 / LB

Chicken Thighs

Fresh, 100% Veggie Fed, Raised Without Antibiotics, Value Pack, or Marinated, \$11.00/KG



\$7.99 / LB

Pork Tenderloin

Fresh, Boneless, Raised Without Antibiotics, or Medallions, \$17.61/KG



\$15.99 / LB

Organic Sirloin Tip Steaks or Roasts

100% Organic, Grass Fed, Grain Finished, \$35.25/KG



**Rosdown
Marinated
Chicken Breasts**
Fresh, 100% Veggie Fed, Raised Without Antibiotics, Value Pack, \$28.64/KG

\$12.99 / LB

**Grimm's
Smokies**

or European Wieners,
375g - 450g

\$7.99 / EA



\$4.99 / 100G

Sockeye Salmon Fillets

Fresh, Ocean Wise,



**Freybe
Pepperoni Sticks**
Fully Cooked,
No Refrigeration
Required, 500g

\$11.99 / EA

Sockeye

Salmon Lox

Ocean Wise,
Previously Frozen

\$5.49 / 100 G






CHOICES  MARKET

THURSDAY, JUNE 26 TO WEDNESDAY, JULY 2

SUNCARE SALE



Sale not available online.

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



**Prana Organic
Trail Mix &
Overnight Oats**
Select Varieties

20% OFF



**Frankie's
Organic Puffs**
113g ~ 140g

\$3.49



**Angie's Boom
Chicka Pop
Popcorn**
Select Varieties,
125g ~ 198g

\$5.29



**Cove Organic
Kombucha**
355ml

2 FOR \$5.00

plus deposit & eco fees



**Patience
Organic 100%
Pure Cranberry
Juice**
946ml

\$9.99

plus deposit & eco fees



**Edna's
Non-Alcoholic
Beverages**
4 Pack

\$11.99

plus deposit & eco fees



**Dairyland
Organic Half
& Half Cream**
10% M.F., 473ml

2 FOR \$6.00



**Happy Planet
Creamery
Organic Grass
Fed Milk**
2% M.F., 1.5L

\$6.99

plus deposit & eco fees



**ChocXO
Organic Dark
Chocolate Cups**
Select Varieties,
98g

\$5.99

DISCOVER CANADIAN MADE CHOICES



**Olympic
Organic Yogurt**
650g

\$4.99



**Armstrong
Cheese**
600g

\$9.99



**Riviera
Coconut Milk
Yogurt**
Also Oat Milk,
Select Varieties,
500g & 650g

\$5.99



**Yves Veggie
Cuisine**
Select Varieties,
121g ~ 380g

20% OFF



**Nuts For Cheese
Plant-Based
Organic Cheese**
120g ~ 210g

\$9.99



**Happy Pops
Ice Pops**
4 Pack

\$6.99



**O'Doughs
Gluten Free
Hamburger
Buns**
Also Sandwich
Thins, 510g

25% OFF



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

25% OFF



**V.I.P.
Dish Soap**
740ml

\$2.99



**Cabana
Natural
Lemonade**
591ml

2 FOR \$6.00

plus deposit & eco fees



**Vita Coco
Coconut Water**
500ml

\$2.49

plus deposit & eco fees



**Perrier
Sparkling Water**
Select Varieties,
1L

\$2.29

plus deposit & eco fees



**Alter Eco
Organic
Chocolate Bars**
75g - 84g

\$3.99



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

\$5.49



**Sunflower
Kitchen
Organic
Hummus**
227g

\$4.49



**Dandies Vegan
Marshmallows**
Select Varieties, 283g
Also Jumbo Camper
Marshmallows, 280g

\$5.49



**McVitie's
Digestive
Cookies**
Also Hob Nobs,
300g - 400g

\$5.99



**Only Goodness
Bamboo
Dinner Napkins,
Wooden Utensils,
Paper Plates**
Select Varieties

20% OFF

NOURISHING LIFESTYLES SINCE 1990



**Yo Mama's
Ketchup**
Also BBQ & Buffalo
Sauces, 385ml

\$5.99



**Hellmann's
Real Mayonnaise**
445ml

\$4.99



**Maille
Old Style
Mustard**
200ml

\$5.99



**Beyond Meat
Burger**
Also Breakfast
Sausage &
Chicken Tenders,
226g - 235g

\$7.99



**Divina
Stuffed Olives**
(375ml), Also
Organic Bruschetta
(230ml)

20% OFF



**Annie's
Pasta**
Select Varieties,
149g - 170g

2 FOR \$7.00



**Chosen Foods
100% Pure
Avocado Oil**
750ml

\$19.99



**Pamela's
Pancake &
Baking Mix**
680g

\$10.99



**Just Egg
Folded Plant Egg**
227g

\$7.99



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

PRODUCE FRESH • LOCAL • ORGANIC



Organic Celery
USA Grown,
\$4.37/KG

\$1.98 / LB



Ataulfo Mangoes
Mexico Grown

2 FOR \$3.00



Gourmet Bouquet

\$24.98 / EA



Yellow Flesh Peach
USA Grown,
\$6.57/KG

\$2.98 / LB



Yellow Flesh Nectarine
USA Grown,
\$6.57/KG

\$2.98 / LB



Carnations

\$8.98 / EA

DELI PREPARED FRESH



Ready to Eat BBQ Full Rack Ribs
Hot or Cold

\$12.99 / EA



Choices Pasta Salads

\$2.19 / 100G



Choices Family Size Salads
400g - 550g

\$10.99 / EA



Choices Fresh Tomato Salsa
Also Roasted Corn or Mango,
350g

\$6.99 / EA



Summer Fresh Dips & Hummus
Select Varieties,
200g - 227g

2 FOR \$8.00



Italian Sliced Prosciutto
Also Salami,
80g - 120g

\$8.99 / EA



Saputo Mozzarella Fresca Cheese
190g

2 FOR \$12.00



Castello Cheese Slices
125g - 165g

\$7.49 / EA



Castello Gouda, Havarti or Aged Cheddar Cheese Wedges
200g

\$8.99 / EA

SUNCARE SALE 20% OFF

ALL SUNCARE ITEMS IN-STORE, INCLUDING ITEMS ON SALE. * SALE NOT AVAILABLE ONLINE. VALID FROM JUNE 26 - JULY 2.



BAKERY FRESH BAKED • WHOLESOME



Choices Artisan Cookies
6 Pack

\$6.99 / EA



Choices Tuxedo Cake
450g

\$12.99 / EA



Choices Canada Day Maple Shortbread
195g

\$5.99 / EA

BULK FOODS



Organic Nuts
Includes Walnuts, Brazil, Macadamia, Peanuts, Pine & Pistachio Also Select Mixed Nuts, Bulk Bins Only

20% OFF



La Tortilla Factory Tortillas
200g - 496g

20% OFF



Olivia's Cake Pops
Pack of 6

\$8.99 / EA



Rebel Foods Cookies
10 Pack

\$8.99 / EA



Choices Artisan Fruit Pies
8 Inch

\$10.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



CanPrev Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



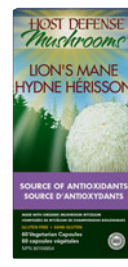
Pascoe Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Oneka Body Care
Assorted Varieties & Sizes

20% OFF



Host Defense Lions Mane & Mushroom Powders
Assorted Varieties & Sizes

20% OFF



New Roots Digestive & Plant Enzymes
Assorted Varieties & Sizes

20% OFF



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

25% OFF



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

\$22.99



Botanica Organic Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF



Naturtint Natural Permanent Hair Colour
Assorted Colours, 1 Kit

\$16.99



Newco Natural Body Care
Assorted Varieties & Sizes

20% OFF



Dr. Bronner's Non GMO Organic Pure-Castile Soap
Assorted Varieties, 473ml

\$16.99



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

20% OFF



Shop online at [Choices.Market](https://www.choices.market)



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/DiscoverChoicesMarket



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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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