



# CHOICES MARKET

## PARKSVILLE BEACH DAY CHOICES!

UNTIL JULY 5

PARKSVILLE BEACH FESTIVAL  
ENTER TO WIN  
A TICKET TO THE  
OPENING CONCERT  
\*SEE PAGE 5 FOR MORE DETAILS

100% BC OWNED AND OPERATED

Special Parksville Edition Prices Effective • July 3 - July 9, 2025



**PRODUCT OF CANADA**

**Organic Blueberries**  
BC Grown,  
2.27kg Pkg.

**\$39.98 / EA**

**YOU SAVE 20%**

**FEATURED CANADIAN CHOICE**

**Organic Raspberries**  
BC Grown,  
1 Dry Pint

**\$5.98 / EA**

**PRODUCT OF CANADA**

**YOU SAVE 50%**

**MADE IN CANADA**

**GLUTEN FREE**

**Hardbite**  
HANDCRAFTED-STYLE CHIPS  
CROUSTILLES STYLE ARTISANAL

**ALL NATURAL**  
NATURE

**YOU SAVE 44%**

**2 FOR \$5.00**

**Hardbite All Natural Potato Chips**  
150g



**MADE IN CANADA**



**\$7.99 / EA**

**Choices Croissant Sandwiches**

**YOU SAVE 20%**

**PRODUCT OF CANADA**



**\$7.49 / LB**

**Island Farm Poultry Chicken Thighs**

Fresh, Boneless, Skinless, Island Local,  
Value Pack, Air Chilled, \$16.51/KG

**YOU SAVE 20%**

**MADE IN CANADA**



**YOU SAVE 26%**

**2 FOR \$5.00**

**Flow Naturally Alkaline Spring Water**  
1L



plus deposit & eco fees

**MADE IN CANADA**



**Silver Hills Organic Hamburger or Hot Dog Buns**  
6 Pack

**YOU SAVE 30%**

**2 FOR \$9.00**

**MADE IN CANADA**



**Prairie Naturals Superfoods**  
Select Varieties,  
Assorted Sizes

**20% OFF**

**MADE IN CANADA**



**YOU SAVE 33%**

**\$7.99**

**Partake Non-Alcoholic Beer**  
4 Pack



plus deposit & eco fees



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Kale**  
Green, Black or Red,  
BC Grown, Sold by  
the Bunch

**\$3.48 / EA**



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

**\$4.98 / LB**



**Organic Yellow  
Flesh Nectarines**  
USA Grown,  
907g Pkg.

**\$9.98 / EA**

**Cherries**  
BC Grown,  
\$13.18/KG



**\$5.98 / LB**

**Broccoli Crowns**  
BC Grown,  
\$6.57/KG



**\$2.98 / LB**

**Sun Rich Fruit  
Fusion or Veggie  
Tray**  
1.05kg or 708g



**\$13.98 / EA**

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$11.99 / LB**

### Top Sirloin Steaks

100% Grass Fed, Raised Without  
Antibiotics, Pasture Raised, Value Pack,  
Imported from Australia, or Roast, \$26.43/KG



**\$4.99 / LB**

### Pork Butt Shoulder Steaks

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



**15% OFF**

### All Ground Poultry

Fresh, 100% Veggie Fed, Turkey or Chicken,  
Raised Without Antibiotics or Organic



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

**\$6.99 / LB**



**\$3.99 / 100G**

### Steelhead Fillets

Fresh, Ocean Wise, Value Pack



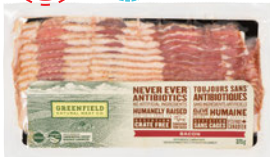
**Grimm's  
Pepperoni Bites**  
300g - 375g

**\$7.99 / EA**

Selection may vary by store

### Greenfield Bacon

Raised Without  
Antibiotics, Canadian  
Raised, 375g



**\$7.99 / EA**

### Northern Glacier Cooked Shrimp

Hand Peeled,  
Ocean Wise,  
Frozen, 340g



**\$9.99 / EA**





**Barbara's  
Cheez Puffs**  
Made with Real  
Cheddar Cheese  
155g & 198g

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



**Rise  
Better Soda**  
355ml

2 FOR \$3<sup>00</sup>

plus deposit & eco fees



**Brew Dr.  
Organic  
Kombucha**  
Select Varieties,  
414ml

\$2<sup>99</sup>

plus deposit & eco fees



**Fever-Tree  
Tonic Water**  
Also Ginger Beer  
(4 Pack) &  
Non-Carbonated  
Mojito Mix (750ml)

\$7<sup>99</sup>

plus deposit & eco fees



**Blue Monkey  
Sparkling Fruit  
Juice**  
330ml

\$1<sup>99</sup>

plus deposit & eco fees



**Mary's  
Organic Crackers**  
Select Varieties,  
120g - 184g

\$6<sup>99</sup>



**Old Dutch  
Restaurant Style  
Tortilla Chips**  
Also Arriba &  
Crunch Chips,  
200g - 295g

2 FOR \$8<sup>00</sup>



**Mrs. Renfro's  
All Natural  
Salsa**  
473ml

\$7<sup>99</sup>



**Deebee's Organics  
Superfruit Freezies**  
Also Organic Tropical,  
Frozen or Ambient,  
10 Pack

\$6<sup>99</sup>

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



**Ben & Jerry's  
Ice Cream**  
Select Varieties,  
473ml

\$5<sup>99</sup>



**Oat & Mill  
Dairy-Free  
Geloato Bars**  
270ml (3 Pack) &  
500ml Tubs, Frozen

\$7<sup>99</sup>



**Rico'n Lalo  
All Natural  
Fruit Bars**  
Frozen, 4 Pack

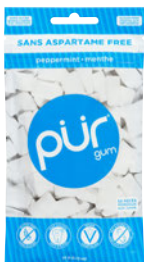
\$5<sup>99</sup>



**Love Good Fats  
Bars**  
39g & 40g

2 FOR \$5<sup>00</sup>

SAVE  
MORE ON A  
CASE OF 12



**Pür Gum**  
77g Also New  
Jumbo Gum (81g)

\$3<sup>99</sup>



**RW Knudsen  
Just Juice**  
946ml

\$10<sup>99</sup>

plus deposit & eco fees



**Café William  
Organic  
Coffee**  
300g & 340g

\$10<sup>99</sup>



**Canadian  
Heritage  
Organics  
Maple Syrup**  
1L

\$29<sup>99</sup>



**Nuts to You  
Almond Butter**  
735g

\$16<sup>99</sup>





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET





**Dairyland  
Lactose Free  
Milk**  
1.89L

**\$5.99**

plus deposit & eco fees



**Silk Almond  
Beverage**  
Also Coconut,  
Soy & Oat,  
1.75L & 1.89L

**\$5.49**

plus deposit & eco fees



**Terra  
Original Granola**  
Also Pistachio &  
Pure Crunch,  
800g & 850g

**\$15.99**



**Donia Farms  
Grass-Fed  
Heritage Yogurt**  
650g

**\$5.49**



**Yoggu!  
Coconut Yogurt**  
450g

**\$7.99**



**One Degree  
Organic Crisps,  
Granola & Flour**  
Select Varieties,  
227g - 907g

**25% OFF**



**Saputo  
Shredded Cheese**  
320g

**\$6.99**



**L'Ancêtre  
Organic  
Cheese**  
Select Varieties Also  
Grass Fed, 325g

**\$12.99**



**L'Ancêtre  
Organic Butter**  
454g

**\$11.99**

**NOURISHING LIFESTYLES SINCE 1990**



**GoGo Quinoa  
Organic Pasta**  
227g

ALSO  
20% OFF  
ASSORTED  
PRODUCTS

**2 FOR \$7.00**



**Rustichella  
d'Abruzzo  
Pasta**  
500g

**\$6.99**



**Favuzzi Infused  
Extra Virgin  
Olive Oil**  
With Crushed Lemon,  
Orange & Hot Pepper,  
250ml

**\$16.99**



**Kikkoman  
Teriyaki Sauce**  
Also Takumi  
Korean BBQ Sauce,  
290ml - 472ml

**25% OFF**



**Simply Organic  
Spices**  
Select Varieties,  
4g - 133g

**25% OFF**



**Spectrum  
Eggless  
Mayonnaise**  
473ml

**\$6.99**



**Konscious  
Plant-Based  
Sushi Rolls**  
Also Onigri &  
Poke Bowl, Frozen,  
204g - 293g

**\$6.99**



**Sunrise  
Medium Tofu**  
454g

**2 FOR \$4.00**



**Field Roast  
Vegan Sausages**  
368g

**\$6.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic  
Valencia  
Oranges**  
USA Grown,  
\$6.57/KG

**\$2.98** / LB



**Grapefruit**  
Grown in South  
Africa,  
1.36kg Bag

**\$5.98** / EA



**Gourmet  
Bouquet**

**\$24.98** / EA



**Cauliflower**  
USA Grown

**\$3.98** / EA



**Corn on the Cob**  
USA Grown

**4 FOR \$6.00**



**Sunflowers**  
3 Stems

**\$5.98** / EA

## DELI PREPARED FRESH



**Choices**  
**Ready to Eat  
Chicken Skewers**  
55g

**3 FOR \$9.00**



**Choices Quinoa  
Tabouleh Salad**  
Also Moroccan  
Chickpea

**\$1.99** / 100G



**Choices**  
**Hearty Kofta  
Salad Bowl**  
Also Booster Box,  
250g - 430g

**\$8.99** / EA



**Summer Fresh  
Hummus  
Toppers**  
255g

**\$5.49** / EA



**Vegetable  
Herb Samosa**  
Includes  
Tamarind  
Chutney, 160g

**2 FOR \$6.00**



**Black Forest  
Ham**

**\$2.49** / 100G



**Tre Stelle  
Feta Cheese**  
200g

**\$6.99** / EA



**Cows Creamery  
1 Year Old  
Cheddar Cheese**  
Also 2 or 3 Years Old,  
200g

**15% OFF**



**Provolone  
Cheese**  
Also Smoked  
Provolone

**\$3.99** / 100G

# PARKSVILLE BEACH FESTIVAL

## ENTER TO WIN A TICKET TO THE OPENING CONCERT

Visit our store, Choices Parksville, for a chance to win a ticket to the Opening Concert of the Parksville Beach Festival, featuring legendary Canadian rock band Chilliwack! The contest runs until July 5.



# BAKERY FRESH BAKED • WHOLESOME



**Silver Hills  
Sprouted  
Power Breads**  
430g - 615g

**\$4.99 / EA**



**Silver Hills  
Sprouted Power  
Organic Bagels**  
5 Pack

**\$5.49 / EA**



**Choices  
Signature  
Mini Muffins**  
4 Pack

**2 FOR \$7.00**



**Bulk Organic  
Chocolate &  
Yogurt Covered  
Almonds  
& Raisins**  
Bins Only, Select  
Varieties

**20% OFF**



**Choices  
Multigrain  
Bread**  
Also Avocado  
Bread,  
420g - 530g

**\$5.99 / EA**



**Choices  
Lemon  
Meringue Pie**  
Also Young  
Coconut Cream,  
6 Inch

**\$7.99 / EA**



**Choices  
Dessert Cups**  
150g

**\$4.49 / EA**



**Indianlife  
Naan**  
Also Roti or  
Tortilla Wraps,  
250g - 500g

**\$6.49 / EA**

# WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Calm  
Magnesium**  
Assorted Varieties,  
226g

**\$25.99**



**SUKU  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**Prairie Doctor  
Herbal  
Tinctures**  
Assorted Varieties  
& Sizes

**20% OFF**



**Genuine  
Health  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Vega Sport  
Protein**  
Assorted Varieties,  
801g - 837g

**\$44.99**



**MegaFood  
MultiVitamins**  
Assorted Varieties  
& Sizes

**20% OFF**



**CanPrev  
Magnesium  
Supplements**  
Assorted Varieties

**20% OFF**



**Bio-K Plus  
Probiotics**  
Dairy & Non-Dairy,  
Assorted Varieties,  
12 Pack

**\$43.99**



**Think Sport  
& Think Baby  
Suncare**  
Assorted Varieties  
& Sizes

**20% OFF**



**Soap Works  
Bar Soap**  
Assorted Varieties,  
90 - 110g

**\$2.79**



**Green Beaver  
Face Care,  
Body Care &  
Oral Care**  
Assorted Varieties  
& Sizes

**20% OFF**



**Routine.  
Natural  
Deodorant**  
Assorted Varieties,  
50g - 58g

**\$24.99**

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