



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE BBQ CHOICES!

Special Parksville Edition Prices Effective • July 10 - July 16, 2025

PRODUCT OF
CANADA

**FEATURED
CANADIAN CHOICE**

**Choices Own
Sausages**

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

25% OFF



SPECIAL PRICE

2 FOR \$4.00

Organic Hass Avocadoes
Mexico Grown

YOU SAVE
42%



PRODUCT OF
CANADA

20% OFF

All Fresh Organic Chicken

Free Range, Non-GMO, Air Chilled,
Fraser Valley Raised



PRODUCT OF
CANADA

SPECIAL PRICE

\$6.98 / EA

Organic Blueberries
BC Grown, 454g Pkg.

YOU SAVE
\$2.00



MADE IN
CANADA

\$4.99 / EA

Castello Cheese Slices
125g - 175g

YOU SAVE
44%



MADE IN
CANADA

2 FOR \$6.00

Choices Artisan Buns

Sourdough, Italian Cheese, Multigrain
or Chia Sesame, 4 Pack

YOU SAVE
UP TO 40%

ALL ITEMS
ON SALE



**Sisu Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Zevia Zero
Sugar Soda**
6 Pack

YOU SAVE
25%

\$5.99

plus deposit & eco fees

PRODUCE FRESH • LOCAL • ORGANIC



Sweet Leaf, Roma, Romaine or Red Leaf Lettuce
From Avery Family Farm, BC

\$3.48 / EA



Organic Mangoes
Mexico Grown

2 FOR \$5.00



Only Goodness Organic White or Crimini Mushrooms
BC Grown, 227g Pkg.

\$2.98 / EA

Mini Cucumbers
BC Grown, 454g Pkg.



\$2.98 / EA



Warba Nugget Potatoes
BC Grown, 907g Bag



\$4.48 / EA

Zuchinni
BC Grown, \$4.37/KG



\$1.98 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$25.99 / LB

Beef Tenderloin

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



\$11.99 / LB

Flank Steak

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported, \$24.23/KG



\$5.99 / LB

St. Louis Style Pork Ribs

Fresh, Raised Without Antibiotics, \$13.21/KG



Ahi Tuna Steaks
Ocean Wise, Frozen or Previously Frozen, 6oz

\$4.79 / EA



\$11.99 / LB

Leg of Lamb Roast

or Steaks, Fresh, Boneless, Raised Without Antibiotics, Pasture Raised, Product of New Zealand, \$26.43/KG



Grimm's Traditional Thick Cut Bacon
No Added Sugar, 500g

\$11.99 / EA

Northern Glacier Shrimp

Cooked, 41 to 50 Count or Raw, 31 to 40 Count, Ocean Wise, Frozen, 340g

\$7.99 / EA



BBQ Smoked Salmon Tips

Original or Peppered, Ocean Wise, Previously Frozen

\$2.79 / 100G





Hardbite
Handcrafted-Style
Potato Chips
Cooked in 100%
Avocado Oil, 128g

2 FOR \$6.00



Guayakí Organic
Yerba Mate
458ml

SAVE
MORE ON
A CASE

2 FOR \$7.00

plus deposit & eco fees



Lesser Evil
Organic
Popcorn
Select Varieties,
142g

\$4.99



Cove Organic
Kombucha
355ml

2 FOR \$5.00

plus deposit & eco fees



Whistler Glacial
Spring Water
4L

\$4.99

plus deposit & eco fees



Thirsty Buddha
Sparkling
Coconut Water
330ml

2 FOR \$5.00

plus deposit & eco fees



Sapsucker Organic
Sparkling Tree
Water
Select Varieties,
4 Pack

\$7.99

plus deposit & eco fees



Happy Planet
Organic
Valencia
Orange Juice
1.75L

\$6.99

plus deposit & eco fees



Ceres
100% Juice
Blend
1L

\$4.49

plus deposit & eco fees

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



Barbara's
Puffins Cereal
Original &
Cinnamon,
285g

\$4.99



Uncle Luke's
Organic
100% Pure
Maple Syrup
Select Varieties,
500ml

\$16.99



The Granola
King
Gourmet Granola
2kg

\$29.99



Earthbound Farm
Organic Fruit
Frozen,
300g

\$5.49



Bob's Red Mill
Pancake Mix
680g

\$7.49



Tree Island
Natural
Greek Yogurt
Grass Fed, 1.5kg

\$12.99



Breyers
Family Classic
Frozen Dessert
1.41L

\$5.49



Grazy
Plant-Based
Frozen Dessert
500ml

\$6.99



Riviera Oat Milk
Yogurt
Also Greek Vegan Yogurt,
Select Varieties,
500g & 650g

\$5.99



Traditional Medicinals Organic Herbal Tea
16 Bags

\$4⁹⁹



Camino Organic Chocolate Bars
80g & 100g

\$5⁹⁹



Earth's Own Oat Barista
Also Oat Light & Almond, 946ml

\$5⁴⁹



Hornby Organic Energy Bar
80g

2 FOR \$5⁰⁰



Organic Traditions Organic Dried Fruit, Nuts, Seeds & Cacao
Select Varieties

20% OFF



Freeyum Cookies
Also Oat Bars, 135g & 154g

\$3⁹⁹



Woolwich Chevrail Goat Cheese
Also Chevrail Crumbles, 113g

\$3⁹⁹



Saputo Ricotta Cheese
Bari Original Recipe, 500g

\$6⁹⁹



Spread'em Creamy Cashew Dips & Spreads
185g

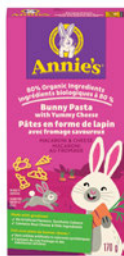
\$6⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Earth's Choice Organic Extra Virgin Olive Oil
1L

\$24⁹⁹



Annie's Pasta
149g - 170g Also Gluten-Free Cups, 57g

2 FOR \$7⁰⁰



Amy's Meals & Bowls
241g - 284g

\$7⁴⁹



Old Dutch Rip-L Potato Chips
Also Ridgies, 200g & 235g

2 FOR \$8⁰⁰



Savör Crackers
Non-GMO, 170g & 185g

2 FOR \$5⁰⁰



Want Want Super Slim Brown Rice Crisps
100g

2 FOR \$7⁰⁰



Yeshi Nutritional Yeast Dressing & Dip
350ml

\$6⁹⁹



Ezekiel 4:9 Organic Sprouted Bread
Select Varieties, 680g

\$7⁹⁹



Nature Clean Laundry Liquid
3L

\$15⁹⁹

PRODUCE FRESH • LOCAL • ORGANIC



Organic Fuji Apples
USA Grown,
\$5.47/KG

\$2.48 / LB



Organic Red Radish
BC Grown, Sold
by the bunch

\$2.98 / EA



Gourmet Bouquet

\$24.98 / EA



Navel Oranges
Grown in
South Africa,
1.81kg Bag

\$7.98 / EA



Sun Rich Grillers
Sweet Potato,
Broc & Cauli or
Fajita Mix,
316g - 528g

\$8.98 / EA



Sunflowers
3 Stems

\$5.98 / EA

DELI PREPARED FRESH



Rosstown Roasted Half Chickens

\$6.99 / EA



Choices Pasta Salads

\$1.89 / 100G



Zorbas Spanakopita
Also Mushroom &
Parmesan Phyllo,
185g

2 FOR \$10.00



Greek House Homous
Also Tzatziki,
227g

\$4.99 / EA



Dolmades
12 Pack

\$4.99 / EA



Choices Ready to Eat Sandwiches
Also New Salmon
Salad Sandwich,
120g - 200g

\$6.99 / EA



Choices Chicken Tex Mex Salad Bowl
Also Mediterranean
Chicken Caesar,
280g - 300g

\$9.99 / EA



Happy Days Goat Feta Cheese

\$3.99 / 100G



Ile de France Brie Cheese

\$4.49 / 100G

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

BAKERY FRESH BAKED • WHOLESOME



Choices Artisan Italian Cheese Baguettes
Also Cheese or Multigrain,
250g - 300g

\$2.99 / EA



Choices Banana Bread
Also Orange Cranberry,
300g - 454g

\$7.99 / EA



Choices Signature Tiramisu Cake
Also Strawberry Tiramisu, 6 Inch

\$19.99 / EA

BULK FOODS



Organic Popcorn & Deluxe Nut Mixes
Select Varieties,
Bulk Bins Only

20% OFF



Silver Hills Organic Sprouted Power Bread
510g - 680g

\$5.49 / EA



Grimm's Tortillas
Assorted Varieties,
295g - 600g

20% OFF



Wendel's Gluten-Free Cookies
12 Pack

\$8.99 / EA



Carbonaut Low Carb Seeded Bread
White or Cinnamon Raisin, 550g

\$8.99 / EA

WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Natural Factors Digestive Enzymes
Also Digestive Support, Assorted Varieties & Sizes

15% OFF



WithinUs ReHydrate + TruMarine Collagen
Assorted Varieties,
143g - 144g

\$27.99



GoodProtein All-in-One Shake
Assorted Varieties,
880g

\$61.99



Purica Curcumin & Magnesium Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Stress & Sleep Supplements
Assorted Varieties & Sizes

15% OFF



A.Vogel Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Brightside Organics Omega 3 NutraCleanse
Assorted Varieties, 1kg

\$36.99



Ecoideas Superfoods
Chia Seeds, Moringa & Baobab Powders
~ And More!
Assorted Varieties & Sizes

20% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties & Sizes

20% OFF



Island Essentials Hair Care & Body Care
Assorted Varieties & Sizes

25% OFF



The Kelowna Candle Factory Beeswax & Soy Candles
Assorted Varieties & Sizes

15% OFF



Nature's Aid Healing Gel
Also Hair & Body Care Products,
Assorted Varieties & Sizes

25% OFF

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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