

# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE BONUS POINTS WEEK!

Special Parksville Edition Prices Effective • July 17 - July 23, 2025



### SPECIAL PRICE

**Organic Hass  
Avocados**  
Product of Mexico,  
3 Pack

**\$5.98**

RECEIVE  
**100** BONUS  
POINTS = **\$1.00**  
VALUE

### SPECIAL PRICE

**Organic Mini  
Watermelon**  
Product of Mexico

**\$5.98** / EA

RECEIVE  
**50** BONUS  
POINTS = **50¢**  
VALUE



PRODUCT OF  
CANADA

### SPECIAL PRICE

**\$15.99**

**Roasted Chickens**  
Antibiotic Free

RECEIVE  
**300** BONUS  
POINTS = **\$3.00**  
VALUE

MADE IN  
CANADA



**2 FOR \$8.00**

**Choices Sourdough  
Levain Bread**  
530g

RECEIVE  
**100** BONUS  
POINTS = **\$1.00**  
VALUE



**Mogiana Coffee**  
340g

**\$13.99**

RECEIVE  
**200** BONUS  
POINTS = **\$2.00**  
VALUE

MADE IN  
CANADA



**Island Farms  
Premium Ice Cream**  
1.65L

**\$7.99**

RECEIVE  
**200** BONUS  
POINTS = **\$2.00**  
VALUE

MADE IN  
CANADA



GLUTEN  
FREE

**\$7.99**

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

RECEIVE  
**100** BONUS  
POINTS = **\$1.00**  
VALUE



**CanPrev  
Magnesium  
Bis-Glycinate**  
240 Caps

**\$35.99**

RECEIVE  
**700** BONUS  
POINTS = **\$7.00**  
VALUE



MADE IN  
CANADA

**Que Pasa  
Organic Tortilla  
Chips**  
300g & 350g

**\$3.99**

RECEIVE  
**50** BONUS  
POINTS = **50¢**  
VALUE



# PRODUCE FRESH • LOCAL • ORGANIC



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**Ribeye Steaks**  
100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Imported from Australia,  
Value Pack, or Roast, \$35.25/KG



**Boneless Skinless Chicken Breast**  
Fresh, 100% Veggie Fed, Raised Without  
Antibiotics, Value Pack, \$19.82/KG



**Choices Turkey Burgers**  
Fresh, 100% Veggie Fed,  
Raised Without Antibiotics



**Chicken Drumsticks**  
Fresh, 100% Veggie Fed, Raised Without  
Antibiotics, Value Pack, or Marinated,  
\$8.80/KG



**Sockeye Salmon Fillets**  
Fresh, Ocean Wise, Value Pack



**Boneless Pork Chops**  
Fresh, Centre Cut,  
Raised Without Antibiotics,  
\$15.41/KG

**Sockeye Salmon Lox**  
Ocean Wise,  
Previously Frozen

**\$5.99 / 100G**



**Northern Glacier Raw or Cooked Shrimp**

51 to 60 Count,  
Frozen, 200g

**\$4.99 / EA**



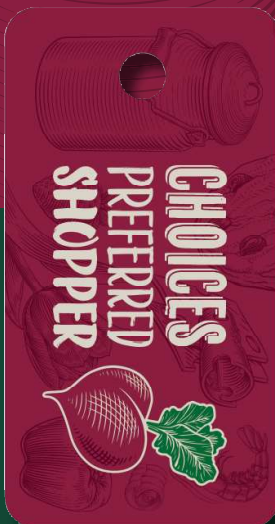


# BECOME A PREFERRED SHOPPER

Join today to receive  
exclusive discounts and collect  
points on your purchases.

Scan here to join

When you hit 2,000 points,  
you'll receive  
\$20 off your groceries!



## STOCK UP & GET MORE BONUS POINTS!



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

**\$15.99**

RECEIVE  
**200** BONUS POINTS = \$2.00 VALUE



**Earth's Choice**  
Organic Peanut  
Butter  
500g

**\$6.49**

RECEIVE  
**100** BONUS POINTS = \$1.00 VALUE



**Capilano Organic**  
Raw Honey  
375g

**\$9.99**

RECEIVE  
**300** BONUS POINTS = \$3.00 VALUE



**Clearly Canadian**  
Sparkling Water  
325ml

**\$2.49**

plus deposit & eco fees

RECEIVE  
**50** BONUS POINTS = 50¢ VALUE



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

**\$9.99**

RECEIVE  
**200** BONUS POINTS = \$2.00 VALUE



**Phillips**  
Soda Works  
Crafted with Cane  
Sugar, 4 x 355ml

**\$7.99**

plus deposit & eco fees

RECEIVE  
**200** BONUS POINTS = \$2.00 VALUE



**Deebee's Organics**  
Superfruit Freezes  
10 Pack

**\$6.99**

RECEIVE  
**100** BONUS POINTS = \$1.00 VALUE



**Athletic Brewing Co.**  
Non-Alcoholic Beer  
6 Pack

**\$12.99**

plus deposit & eco fees

RECEIVE  
**300** BONUS POINTS = \$3.00 VALUE



**Nellie's Laundry Nuggets**  
Also Dishwasher Powder,  
60 Pack or 1.8kg

**\$21.99**

HUGE SAVINGS

RECEIVE  
**200** BONUS POINTS = \$2.00 VALUE

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

GLUTEN FREE



**RXBAR**  
Protein Bars  
52g & 55g

**\$2.49**

SAVE  
MORE ON  
A CASE

GLUTEN FREE



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

**2 FOR \$7.00**

GLUTEN FREE



**Angie's Boom**  
Chicka Pop  
Popcorn  
125g & 198g

**\$5.49**



**Lily's**  
Chocolate Bars  
Sweetened with Stevia,  
80g & 85g

**\$4.49**



**Good Drink**  
Natural Iced Tea  
473ml

**2 FOR \$6.00**

plus deposit & eco fees



**GoGo Quinoa**  
Cookies  
(165g & 168g) Also  
Assorted GoGo Quinoa  
Products (113g - 375g)

**20% OFF**



**Health-Ade**  
Organic Kombucha  
473ml

**\$4.49**

plus deposit & eco fees



**Red Crown**  
Organic  
Pomegranate  
Juice  
1L

**\$8.99**

plus deposit & eco fees



**Gerolsteiner**  
Carbonated  
Natural Mineral  
Water  
750ml

**2 FOR \$7.00**

plus deposit & eco fees





**Yoggu!**  
**Coconut Yogurt**  
450g

**\$7.99**



**Earth's Own**  
**Oat Beverage**  
946ml

**2 FOR \$7.00**

plus deposit & eco fees



**Siggi's**  
**Skyr Yogurt**  
650g & 750g

**\$6.49**



**La Chaudière**  
**Organic Cheese**  
Old Cheddar or  
Gouda (200g) Also  
Gouda Cheese  
Sticks (168g)

**\$7.99**



**Joyya**  
**Ultrafiltered**  
**Milk**  
1L

**\$4.99**

plus deposit & eco fees



**Saputo**  
**Mozzarellissima**  
**Pizza Mozzarella**  
**Cheese**  
340g

**\$6.99**



**Laiki**  
**Crackers**  
113g

**\$3.99**



**Mary's**  
**Organic**  
**Crackers**  
120g - 184g

**\$6.99**



**Plumm Good**  
**Organic Brown**  
**Rice Thins**  
95g

**2 FOR \$7.00**

## NOURISHING LIFESTYLES SINCE 1990



**Amy's**  
**Bean & Rice**  
**Burritos**  
Select Varieties,  
Frozen, 170g

**\$3.99**



**House Of Yee**  
**Premium**  
**Dumplings**  
Frozen, 15 Pack

**\$12.99**



**Big Mountain**  
**Veggie Links**  
Also Patties, Bites  
& Crumbles,  
300g - 400g

**\$6.99**



**Spectrum**  
**Organic**  
**Extra Virgin**  
**Olive Oil**  
750ml

**\$32.99**



**Hobbs**  
**Kosher**  
**Dill Pickles**  
Also Spicy Spears,  
1L

**\$12.99**



**Sunflower**  
**Kitchen**  
**Hummus**  
227g

**2 FOR \$7.00**



**Cape Herb**  
**Spices**  
Also Rubs,  
Select Varieties,  
36g - 130g

**20% OFF**



**Nora's**  
**Non-Dairy**  
**Frozen Dessert**  
500ml

**\$6.99**



**Oat & Mill**  
**Geloato**  
**Dessert Bars**  
3 x 90ml

**\$6.99**





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Apricots**  
BC Grown,  
907g

**\$9.98** / EA



**Organic Cotton Candy Grapes**  
Mexico Grown,  
\$15.39/KG

**\$6.98** / LB



**Gourmet Bouquet**

**\$24.98** / EA



**Long English Cucumbers**  
BC Grown

**2 FOR \$3.00**



**Warba Nugget Potatoes**  
BC Grown,  
\$3.92/KG

**\$1.78** / LB



**Cauliflower**  
BC Grown

**\$4.98** / EA

## DELI PREPARED FRESH



**Choices Deli Salads**  
Try a Sample!

**15% OFF**



**NEW**



**Choices Poke Bowl**  
360g - 425g

**\$11.99** / EA



**Choices Thai Coconut Meatballs**  
Also Lentil Kofta or Prawn & Fish Cake Snackers, 2-3 Pack

**\$5.99** / EA



**Choices Ready To Eat Wraps**

**\$9.99** / EA



**Choices Family Size Spinach Salad**  
Also Green House or Caesar,  
400g - 550g

**\$10.99** / EA



**Nuba Hummus**  
280g

**\$7.49** / EA



**Castello Brie or Bleu Cheese**

**\$4.49** / 100G



**Boursin Cheese**  
150g

**\$7.99** / EA



**Bothwell Cheese**

**\$4.49** / 100G

**PARKSVILLE BEACH FESTIVAL**

**ENTER TO WIN TICKETS**

Visit our Choices Parksville store and enter for a chance to win tickets to the Parksville Beachfest ROCKS and the Closing Concert!

The contest runs until July 31. Winner will be selected on August 1.



# BAKERY FRESH BAKED • WHOLESOME



**Choices**  
**Old Fashioned Porridge Bread**  
With Whole Wheat Flour,  
500g

**\$4.99 / EA**



**Choices**  
**Signature Cookies**  
12 Pack

**\$5.99 / EA**



**Choices Lemon Meringue Pie**  
Also Young Coconut Cream Pie, 8 Inch

**\$12.99 / EA**

RECEIVE 100 BONUS POINTS = \$100 VALUE

# BULK FOODS



**Organic Dried Fruit**  
Select Varieties,  
Bulk Bins Only

**30% OFF**



**Bakestone Brothers Pita**  
6 Pack

**2 FOR \$5.00**



**Brioche Hamburger Buns**  
Also Hot Dog, 6 - 8 Pack

**\$6.99 / EA**



**Earthling Protein Cake Cups**  
20% Protein Per Cup, 190g

**\$5.99 / EA**



**Little Northern Bakehouse Chia Hot Dog Buns**  
Also Millet Chia, 260g - 320g

**\$6.49 / EA**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

**25% OFF**



**Prairie Naturals Superfoods**  
Assorted Varieties & Sizes

**20% OFF**



**Vega Sport Protein & Supplements**  
Assorted Varieties & Sizes

**25% OFF**



**MegaFood MultiVitamins**  
Assorted Varieties & Sizes

**20% OFF**



**Organika Electrolytes**  
Assorted Varieties & Sizes

**25% OFF**



**FeraPro Iron Supplements**  
Assorted Varieties & Sizes

**15% OFF**



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

**20% OFF**



**Smart Solutions Vitamins & Supplements**  
Assorted Varieties & Sizes

**25% OFF**



**Skin Essence Face Care**  
Assorted Varieties & Sizes

**20% OFF**



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

**\$2.79**



**Lily of The Desert Aloe Vera Juice or Gel**  
Assorted Varieties & Sizes

**30% OFF**



**Progressive VegeGreens**  
Assorted Varieties & Sizes

**25% OFF**



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



@ChoicesMarket



/DiscoverChoicesMarket



@ChoicesMarket



**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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.