

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • July 24 - July 30, 2025

PRODUCT OF
CANADA

FEATURED CANADIAN CHOICE

Organic
Blueberries

BC Grown, 5 lbs

\$32.98 / EA



MADE IN
CANADA

SPECIAL PRICE

\$8.99 / EA

Choices Artisan Blueberry Pie
8 Inch



PRODUCT OF
CANADA

NEW! MAPLE BLUEBERRY
BREAKFAST SAUSAGES

SPECIAL PRICE

25% OFF

Choices Own Sausages

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



PRODUCT OF
CANADA

Blueberries
BC Grown, 1lb

\$3.98 / EA



MADE IN
CANADA



Organic Traditions
Superfoods
Assorted Varieties
& Sizes

30% OFF

MADE IN
CANADA



The Granola
King Gourmet
Granola
750g

\$10.99

WEDNESDAY, JULY 30 ONLY

ONE DAY SALE

15%

OFF*

IN-STORE PURCHASE, INCLUDING ITEMS
ON SALE THROUGHOUT THE ENTIRE STORE.

*Excluding Lotto, Gift Card purchases and Pharmacy
prescriptions. Sale not available online.

MADE IN
CANADA



Patience Organic
Blueberry Juice
946ml

\$8.99
plus deposit & eco fees

YOU SAVE
47%

YOU SAVE
38%

PRODUCE FRESH • LOCAL • ORGANIC



Raspberries
BC Grown, 6oz

\$4.98 / EA



Blackberries
BC Grown, 6oz

\$4.98 / EA



Strawberries
BC Grown, 340g

\$4.98 / EA

Organic Peaches
BC Grown,
907g Bag



\$6.98 / EA



Organic White Nugget Potatoes
BC Grown,
\$6.57/KG



\$2.98 / LB



Bunched Organic Red Beets
BC Grown



\$3.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$7.99 / LB

Sirloin Tip Steaks

or Roast, 100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, Value Pack, \$17.61/KG



\$14.49 / LB

Chicken Legs

Fresh, 100% Veggie Fed, Raised Without Antibiotics, Value Pack, \$9.90/KG



\$8.99 / LB

Extra Lean Ground Beef

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Imported from Australia, Value Pack, Made Fresh In Store, \$19.82/KG



Rosdown Marinated Chicken Breast
Boneless Skinless,
Raised Without Antibiotics

\$9.99 / EA



BUY 1 GET 1 FREE

Pork Butt Steaks

or Roast, Fresh, Boneless,
Raised Without Antibiotics



Rockfish Fillets
Fresh, Ocean Wise

\$1.99 / 100G

Freybe European Wieners

Also European Frankfurters, Bavarian Smokies, 500g ~ 600g

\$9.99 / EA



Lemon Dill or Hot Thai Chili Prawn Cakes

Frozen or Previously Frozen, Ocean Wise, 2 Pack

\$4.99 / EA



JULY 30 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.**



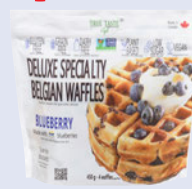
**Only Goodness
Organic
Blueberries**
Frozen, 1.5kg

\$12⁹⁹



**Olympic
Organic
Yogurt**
650g

\$4⁹⁹



**True Taste
Cafe Waffles**
400g

\$6⁹⁹



**Freeyumm
Oat Bars**
Also Cookies,
135g - 154g

\$3⁹⁹



**Happy Planet
Organic Juice**
Organic Pomegranate
& Blueberry or Mango
Peach, 1.75L

\$4⁹⁹

plus deposit & eco fees



**Guayaki Organic
Yerba Mate**
458ml

SAVE
MORE ON
A CASE

2 FOR \$7⁰⁰

plus deposit & eco fees



**Cove
Organic
Kombucha**
355ml

2 FOR \$5⁰⁰

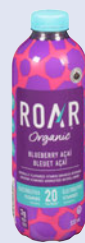
plus deposit & eco fees



**Flow Naturally
Alkaline Water**
1L

2 FOR \$5⁰⁰

plus deposit & eco fees



**Roar Organic
Infusions**
532ml

2 FOR \$5⁰⁰

plus deposit & eco fees

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



**Zevia
No Sugar Soda**
6 Pack

\$5⁹⁹

plus deposit & eco fees



**Santa Cruz
Organic
Lemonade**
946ml

\$4⁹⁹

plus deposit & eco fees



**Biosteel
Sports Drink**
500ml

\$2⁷⁹

plus deposit & eco fees



**Trubar
Super Natural
Indulgence Bar**
Plant Based,
50g

\$2⁹⁹



**Clever Gin & Tonic
Mocktails**
355ml Also Sober
Carpenter
Non-Alcoholic Beer,
473ml

2 FOR \$5⁰⁰

plus deposit & eco fees



**Greenhouse
Organic Booster
Shots**
4 Pack

\$12⁹⁹

plus deposit & eco fees



**Hornby Organic
Energy Bars**
80g

2 FOR \$5⁰⁰



**Camino
Organic
Chocolate Bars**
80g & 100g

\$5⁹⁹



**The Ginger People
Gin-Gins Candy**
Also Ginger Minced
31g - 128g, Also
Ginger Juice, 147ml

20% OFF



**Liberté
Méditerranée
Yogurt**
500g

\$4.99



**Califia Farms
Organic
Unsweetened
Almond Milk**
1.4L

\$5.99

plus deposit & eco fees



**Riviera Organic
Petit Pots Yogurt**
Also Goat Yogurt,
Select Varieties,
4 Pack

\$6.99



**Natura
Enriched Almond
Beverage**
Also Organic Soy,
Rice & Oat, 946ml

\$2.99

plus deposit & eco fees



**Shady Maple
Farms
Organic
Maple Syrup**
500ml

\$14.99



**Gay Lea
Real Coconut
Whipped
Topping**
225g

\$5.99



**Tre Stelle
Ricotta Cheese**
475g

\$5.99



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

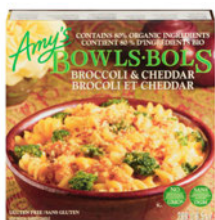
\$5.49



**Nuts To You
Almond Butter**
735g

\$17.99

NOURISHING LIFESTYLES SINCE 1990



**Amy's
Meals & Bowls**
Frozen, 241g - 284g

\$7.49



**Cobram Estate
Extra Virgin
Olive Oil**
1L

\$29.99



**Primal Kitchen
Organic
Unsweetened
Ketchup**
300ml

\$9.99



**Chapman's
Super Premium
Plus Ice Cream**
500ml

\$5.49



**Eve's
Crackers**
108g

\$6.49



**Beyond Meat
Burger**
Also Breaded
Chicken Tenders,
226g

\$7.99



**Grazy
Non-Dairy
Frozen Dessert**
500ml

\$6.99



**Eco Max
Natural
Laundry Wash**
3L

\$15.99



**Nature Clean
Dishwasher
Pacs**
24 Pack

\$8.99



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

PRODUCE FRESH • LOCAL • ORGANIC



Organic Grape Tomatoes
Grown in Canada,
1 Pint

\$3.98 / EA



Mandarin Oranges
Grown in Peru,
907g

\$4.98 / EA



Crazy Daisies
5 Stems

\$8.98 / EA



Seedless Mini Watermelon
USA Grown

\$5.98 / EA



Sun Rich Assorted Fruit Cups
251g - 312g

\$4.98 / EA



Gourmet Bouquet

\$24.98 / EA

DELI PREPARED FRESH



Roasted Chicken Halves

\$6.99 / EA



Choices Quinoa Salads
Also New Quinoa Tabouleh

\$1.99 / 100G



Choices Mexican Quesadillas
Also Fajitas or Burritos,
200g - 375g

\$7.49 / EA



Choices Wild Salmon Lox Bagels

\$8.99 / EA



Vegetable Herb Samosa
160g

2 FOR \$6.00



Summer Fresh Hummus Toppers
255g

\$5.49 / EA



Natural Pastures Brie Cheese
Also Camembert

\$5.49 / 100G



Castello Cheese Slices
125g - 175g

\$7.49 / EA



Tre Stelle Feta Cheese
Also Lactose-Free,
200g

\$6.99 / EA

**PARKSVILLE
BEACH
FESTIVAL**

ENTER TO WIN RAFFLE TICKETS

Visit our Choices Parksville store and enter for a chance to win raffle 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 Wholesome Country Bread
Also Multiseed Sourdough,
575g - 600g

2 FOR \$9.00



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

\$6.99 / EA



Bakestone Brothers Organic Bagels
6 Pack

\$5.99 / EA

BULK FOODS



Organic Pumpkin Seeds
Also Organic Sunflower Seeds,
Bulk Bins Only,
Select Varieties

20% OFF



Uprising Breads Jumbo Gingersnap Cookies
6 Pack

2 FOR \$9.00



Choices Blueberry Muffins, Scones or Cheesecake Bars

20% OFF



Promise Hamburger Buns
Also Hot Dog, 250g

\$8.99 / EA



Alkeme Breads
Also Bagels or Baguettes

15% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Genuine Health Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



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

15% OFF



Sisu Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Good Protein All-in-One Shake
Assorted Varieties, 880g

\$61.99



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

\$43.99



Natural Factors Stress & Sleep Supplements
Assorted Varieties & Sizes

15% OFF



Ecoideas Superfoods Chia Seeds
Also Maca & Moringa Powders, Assorted Varieties & Sizes

20% OFF



Brightside Organics Omega 3 NutraCleanse
1kg

\$36.99



ThinkSport Body Care & Suncare
Also Think Baby, Assorted Varieties & Sizes

20% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties & Sizes

20% OFF



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

\$24.99



Purica Curcumin & Magnesium Supplements
Assorted Varieties & Sizes

20% OFF

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

@ChoicesMarket

/DiscoverChoicesMarket

@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

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.