



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE LONG WEEKEND SAVINGS!

Special Parksville Edition Prices Effective • July 31 - August 6, 2025



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**



Corn
BC Grown

5 FOR **\$5.00**

YOU SAVE
49%



2 FOR **\$8.00**

**Choices Hamburger
or Hot Dog Buns**
6 Pack

YOU SAVE
27%



Terra Granola
Including Original, Pure Crunch
& Pistachio, 340g

\$6.99

YOU SAVE
30%



SPECIAL PRICE

\$7.98 / LB

Organic Cherries
BC Grown, \$17.59/KG

YOU SAVE
27%



**Organika
Electrolytes**
Assorted Varieties
& Sizes

30% OFF



**Fresh is Best
Yellow Corn
Tortilla Chips**
300g

YOU SAVE
39%

2 FOR **\$6.00**

FEATURED CANADIAN CHOICE



**Rosdown
Roasted
Chickens**

2 FOR **\$20.00**

YOU SAVE
33%

PRODUCE FRESH • LOCAL • ORGANIC



Hass Avocados
Mexico Grown

2 FOR \$4.00



Organic Peaches
BC Grown,
\$8.77/KG

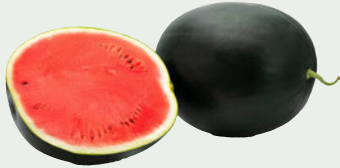
\$3.98 / LB



Romaine Hearts
BC Grown

\$4.98 / EA

Organic Yumi Watermelon
USA Grown,
\$3.92/KG



\$1.78 / LB

Organic Celery
BC Grown,
\$6.57/KG



\$2.98 / LB

Organic Lemons
Peru Grown,
907g Bag



\$6.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Organic Top Sirloin Steaks
100% Organic, Grass Fed, Grain Finished,
or Roast, \$44.07/KG

\$19.99 / LB



Marinated Chicken Breast Kabobs
Fresh, 100% Veggie Fed,
Raised Without Antibiotics, Made in
Store, 110g - 130g,
2 Pack

\$5.98 / EA
works out to
\$2.99 per skewer

Split Chicken Wings

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

\$6.99 / LB



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

\$8.99 / LB



Raised Without Antibiotics Pork Ribs
Fresh, Back Ribs or St. Louis Style

25% OFF



Sockeye Salmon Burger Patties
Sundried Tomato & Asiago or Spinach and Feta,
Frozen or Previously Frozen, 4oz

2 FOR \$8.00



Grimm's Smokies
or European
Wieners,
375 g - 450g



\$6.99 / EA



Steelhead Fillet
Fresh, Ocean Wise, Value Pack

\$3.99 / 100G

Northern Glacier Cooked Shrimp
Hand Peeled,
Ocean Wise,
Frozen, 340g



\$9.99 / EA



**Tree Island
Cream Top
Yogurt**
Grass Fed,
500g

\$4.99



**49th Parallel
Coffee Beans**
340g

\$14.99



**Dairyland
Creamo**
Half & Half Cream,
10% M.F.,
946ml

\$3.99



**Hippie Snacks
Crisps**
Including Cauliflower,
Banana, Almond,
Avocado, 70g & 110g

\$4.49



**Elias Raw
Creamed
Natural Honey**
500g

\$9.99



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

\$5.99



**Rico'n Lalo
Frozen
Fruit Bars**
4 Pack

\$5.99



**Poptastic
Popcorn**
Select Varieties,
130g

2 FOR \$7.00



**SunRype 100%
Pure Apple Juice**
or Orange Juice,
Unsweetened,
5 x 200ml

\$2.79
plus deposit & eco fees

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



**Tofino
Raw Organic
Kombucha**
355ml

2 FOR \$6.00
plus deposit & eco fees



**Covered Bridge
Potato Chips**
Gluten Free,
Select Varieties,
142g & 170g

2 FOR \$7.00



**Vortex
High PH
Alkaline Water**
9.5 PH, 1.5L

2 FOR \$4.00
plus deposit & eco fees



**Hazel's
Ice Cream Bars**
3 Pack

\$9.99



**Spinnakers
Sparkling
Water & Soda**
473ml

2 FOR \$4.00
plus deposit & eco fees



**Berri Fresh
Cold Pressed
Juice**
370ml

\$5.49
plus deposit & eco fees



**Las Margaritas
Salsa**
500ml

\$6.99



**Naked & Saucy
Organic Coconut
Aminos**
(473 ml), Also Organic
Cooking & Seasoning
Sauces, (296 ml)

25% OFF



**Yes!i
Nutritional Yeast
Salad Dressings
& Dips**
350ml

\$6.99



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET



**Dairyland
Organic Milk**

1.89L

\$5.49

plus deposit & eco fees



**Nature's Path
Organic Eco Pack
Cereals**

Also Organic
Envirokidz Cereals,
650g - 907g

\$8.99



**Blue Diamond
Almond Breeze
Beverage**

946ml

2 FOR \$5.00

plus deposit & eco fees



**Evive
Smoothie Cubes**

Frozen, 405g

\$9.99



**Earthbound Farm
Organic Fruit**

Frozen, 300g

\$4.99



**gomacro Organic
Protein Bars**

65g & 69g

2 FOR \$7.00



**Cabana
Natural
Lemonade**

591ml

2 FOR \$6.00

plus deposit & eco fees



**Prana Organic
Almonds, Cashews
& Select Mixed
Nuts**

Select Varieties, 150g

\$6.99



**Harmless
Harvest
Organic
Coconut Water**

473ml

\$5.49

plus deposit & eco fees

NOURISHING LIFESTYLES SINCE 1990



**Sunflower
Kitchen
Organic
Hummus**

227g

\$3.99



**Laiki Rice
Crackers**

100g

2 FOR \$7.00



**Armstrong
Cheese**

600g

\$9.99



**Made Good
Organic
Soft Cookies**

Also Organic
Puffed Crackers
100g - 121g

2 FOR \$8.00



**L'Ancêtre
Organic Cheese**

Select Varieties,
325g

\$12.99



**Caboo
Sustainable
Bathroom Tissue**

24 Rolls

\$19.99

PRODUCE FRESH • LOCAL • ORGANIC



**Organic
Green Onions**
BC Grown



\$1.98 / EA



Green Beans
BC Grown,
\$9.88/KG



\$4.48 / LB



**Gourmet
Bouquet**

\$24.98 / EA



**Black & Red
Plums**
USA Grown,
\$6.57/KG

\$2.98 / LB



**Organic Seedless
Red & Green
Grapes**
USA Grown,
\$10.98/KG

\$4.98 / LB



**Gerbera
5 Stems**

\$9.98 / EA

DELI PREPARED FRESH



NEW

Potato Salads
6 Flavours to Discover.
Come try a Sample!

\$1.79 / 100G



**Choices
Olives &
Antipasto**
150g - 200g

15% OFF



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

\$6.99 / EA



**Choices
Fresh Rolls**
148g - 245g

\$6.49 / EA



**Summer Fresh
Dips &
Hummus**
200g - 227g

2 FOR \$8.00



**Italian Sliced
Prosciutto**
Also Salami,
80g - 120g

\$8.99 / EA



**El Señor
Mexican
Cheese**
190g - 300g

20% OFF



**Burrata
Cheese**
250g

\$15.99 / EA



NEW



**Organic Creekside
Agassiz Cheese**
per 100g

20% OFF

**SALT SPRING GELATO
NOW AVAILABLE**

BAKERY

FRESH BAKED • WHOLESOME



Choices Vegan Almond Crunch Cookies
or Double Chocolate Vegan Cookies,
6 Pack

\$6.99 / EA



Choices Scones
Assorted Varieties,
2 Pack

\$3.99 / EA



Choices Lemon Meringue Pie
or S'Mores,
8 Inch

\$12.99 / EA

BULK FOODS



Organic Nuts & Mixes
Bulk Bins Only,
Select Varieties

20% OFF



Choices Tres Leches Tray Bake
Also Carrot Cake,
Keto Mousse,
210g - 330g

\$8.99 / EA



Bakestone Brothers Pita Bread
6 Pack

2 FOR \$5.00



Carbonaut Hamburger Buns
Also Hot Dog,
5 - 6 Pack

\$7.49 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



New Roots Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Nordic Naturals Fish Oil Supplements
Assorted Varieties & Sizes

25% OFF



Nuun Hydration Electrolytes
Sport, Boost,
Immunity & Vitamin
Tabs, Assorted
Varieties & Sizes
10 Tabs

\$10.49



Canprev Beauty Supplements
Assorted Varieties & Sizes

25% OFF



Enerex Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Magnesium Supplements
Assorted Varieties & Sizes

15% OFF



Preferred Nutrition Berberine
Assorted Varieties & Sizes

20% OFF



Flora Probiotics
Assorted Varieties & Sizes

20% OFF



Andalou Naturals Face Care & Body Care
Assorted Varieties & Sizes

25% OFF



Mineral Fusion Natural Cosmetics
Assorted Varieties & Sizes

25% OFF



Flora Organic Flax Oil
Assorted Varieties & Sizes

20% OFF



NutraVege Omega-3 Plant DHA & EPA
Assorted Varieties & Sizes

20% OFF



Shop online at ChoicesMarket.com



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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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