



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE CHOICES FOR CAMPING!

Special Parksville Edition Prices Effective • August 7 - August 13, 2025



**PRODUCT OF CANADA**

**FEATURED  
CANADIAN CHOICE**

**Organic Corn  
On the Cob**  
BC Grown

**4 FOR \$6.00**

**YOU SAVE 24%**



**MADE IN CANADA**

**\$8.99 / EA**

Choices Ready to Eat Wraps

**YOU SAVE  
25%**



**\$16.99 / LB**

**Ribeye Grilling Steaks**

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported from Australia, or Roast, \$37.46/KG

**YOU SAVE  
41%**



**MADE IN CANADA**

**SPECIAL PRICE**

**\$2.98 / LB**

**Peaches**

BC Grown, \$6.57/KG

**YOU SAVE  
50%**



**\$5.99**

**Brioche Hamburger  
or Hot Dog Buns**

6 - 8 Pack

**YOU SAVE  
25%**



**MADE IN CANADA**

**Purica Vitamins  
& Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**MADE IN CANADA**

**GLUTEN FREE**

**La Cocina  
Tortilla Chips**  
300g - 400g

**\$3.99**

**YOU SAVE 20%**



**MADE IN CANADA**

**GLUTEN FREE**

**Sprague  
Baked Beans**  
398ml

**2 FOR \$6.00**

**YOU SAVE 30%**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Green & Black Kale**  
BC Grown, Sold by the bunch

2 FOR \$5.00



**Organic Early Gold Apples**  
BC Grown, 1.36kg

\$7.98 / EA



**Organic Zucchini**  
\$6.57/KG

\$2.98 / LB

**Carrots**  
BC Grown, 3lb Bag



\$3.98 / EA

\*Actual product may vary from image shown.

**Strawberries**  
BC Grown, 454g



\$7.98 / EA



**Organic Field Tomatoes**  
BC Grown, \$6.57/KG



\$2.98 / LB

## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$13.99 / LB

**Organic Lean Ground Beef**  
100% Organic, Grass Fed, Grain Finished, \$30.84/KG



\$6.99 / LB

**Pork Belly**  
Fresh, Raised Without Antibiotics, Whole or Sliced, \$15.41/KG



\$6.99 / LB

**Island Farm Poultry Chicken Breasts**  
Fresh, Boneless, Skinless, Air Chilled, Value Pack, \$15.41/KG



**Pork Tenderloin**  
Fresh, Raised Without Antibiotics, Whole or Medallions, \$17.61/KG

\$7.99 / LB



\$2.49 / 100G

**Sole Fillets**  
Fresh, Ocean Wise



**Maple Leaf Natural Bacon**  
Made with Natural Ingredients, Also Ready Crisp Bacon & Bacon Bits, 65g - 375g

\$6.99 / EA

**Organic Lean Ground Beef Burger Patties**  
Grass Fed, Grain Finished, \$33.05/KG

\$14.99 / LB



**BBQ Salmon Tips**  
Previously Frozen Original or Peppered, Ocean Wise

\$2.99 / 100G







**Rise Organic  
Kombucha**  
414ml

**2 FOR \$7.00**

plus deposit & eco fees



**Kettle Brand  
Potato Chips**  
Also Air Fried  
Potato Chips,  
156g & 198g

**2 FOR \$7.00**



**Guayaki  
Organic  
Yerba Mate**  
458ml

**2 FOR \$7.00**

plus deposit & eco fees



**Thirsty Buddha  
Organic Coconut  
Water**  
1L

**\$4.99**

plus deposit & eco fees



**Whittaker's  
Chocolate Bars**  
200g & 220g

**\$5.99**



**Skinny Pop  
Popcorn**  
125g & 150g

**\$4.49**



**Kind Trail  
Mix Bars**  
40g

**3 FOR \$5.00**



**Nuts To You  
Almond Butter**  
Select Varieties,  
365g

**\$9.99**



**RJ's Licorice  
Chocolate Twists**  
Also Allsorts,  
280g

**\$3.99**

## CAMPING PANTRY NECESSITIES



**Frog Friendly  
Organic Whole  
Bean Coffee**  
340g

**\$14.99**



**Numi  
Organic Tea**  
Plant Based Wrapper,  
16 Pack & 18 Pack

**\$6.99**



**Once Upon A  
Farm Organic  
Baby Food**  
Also Organic Smoothie,  
85ml & 105ml

**2 FOR \$7.00**



**Fiji Natural  
Spring Water**  
1L

**2 FOR \$6.00**

plus deposit & eco fees



**Fentimans  
Botanically Brewed  
Tonic Water**  
Also Ginger Beer,  
Lemonade & Cola, 4 Pack

**\$10.99**

plus deposit & eco fees



**Santa Cruz  
Organic  
Lemonade**  
946ml

**\$4.99**

plus deposit & eco fees



**Organic Meadow  
Organic Ice Cream**  
946ml

**\$9.99**



**Nature's Bakery  
Fig Bars**  
6 Pack

**\$7.49**



**Mochi Coconut  
Cream Frozen  
Dessert**  
450g

**\$8.99**





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET





**Yumi  
Overnight Oats**  
250g

**\$6.99**



**Gusta Cuisine Yogurt**  
Made With Coconut Milk &  
Cauliflower, Plain or Vanilla, 650g

**\$6.49 / EA**



**Taste Of Nature  
Organic Granola**  
200g

**\$8.99**



**Saugeen  
Country  
Organic Yogurt**  
Also Organic Kefir,  
908g

**\$5.99**



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

**\$5.49**  
plus deposit & eco fees



**Saputo  
Shredded  
Cheese**  
320g

**\$6.99**



**Yves Veggie  
Slices**  
120g & 150g

**\$4.49**



**Philadelphia  
Cream Cheese**  
Select Varieties,  
Bricks & Tubs,  
227g & 250g

**\$4.49**

## NOURISHING LIFESTYLES SINCE 1990



**Koops' Organic  
Mustard**  
325ml

**\$3.99**



**Wildbrine Raw  
Organic Kraut**  
Also Organic  
Sauerkraut or  
Kimchi, 500ml

**\$9.99**



**Classico  
Pasta Sauce**  
600ml

**\$4.99**



**Safe Catch Wild  
Albacore Tuna**  
Select Varieties,  
142g

**\$5.99**



**Rizopia Organic  
Brown Rice Pasta**  
Also Organic Quinoa,  
Select Varieties,  
340g & 454g

**2 FOR \$6.00**



**VG Gourmet  
Plant Based  
Burgers**  
Frozen, 4 Pack

**\$7.99**



**Echoclean Natural  
Liquid Laundry  
Detergent**  
2X Ultra Laundry,  
2.95L

**\$16.99**



**Purex  
Bathroom  
Tissue**  
Double Roll, 12's

**\$9.99**



**Eco Living  
Club Laundry  
Detergent Strips**  
40 Pack

**\$8.99**

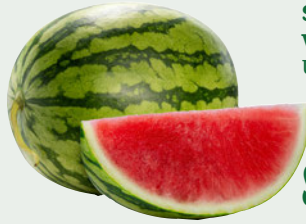


# PRODUCE FRESH • LOCAL • ORGANIC



**Red & Green  
Seedless  
Grapes**  
USA Grown,  
\$8.77/KG

**\$3.98 / LB**



**Organic  
Seedless  
Watermelon**  
USA Grown

**\$9.98 / EA**



**Gourmet  
Bouquet**

**\$24.98 / EA**



**Organic  
Bartlett Pears**  
USA Grown,  
\$8.77/KG

**\$3.98 / LB**



**Large Navel  
Oranges**  
Grown in South  
Africa, \$4.37/kg

**\$1.98 / LB**



**Sunny Duet  
Bouquet**

**\$13.98 / EA**

## DELI PREPARED FRESH



**Choices Artisan  
Salad Bowls**  
Ready to Eat,  
275g - 440g

**15% OFF**



**Choices Chicken  
Skewers**  
Ready to Eat

**3 FOR \$9.00**



**Choices Wild  
Salmon Cakes**  
130g, Includes  
Tzatziki Dip

**2 FOR \$8.00**



**Choices  
Golden Curry  
Tofu Salad**  
or Sesame Ginger

**\$2.49 / 100G**



**Baked Spinach  
Samosa**  
or Baked Vegetable  
Masala, 115g

**2 FOR \$5.00**



**Freybe Fresh  
Sliced Chicken  
Breast**

**\$4.49 / 100G**



**Doric Feta  
Cheese**  
Macedonian Style,  
200g

**\$6.99 / EA**



**Tre Stelle  
Bocconcini**  
200g

**2 FOR \$12.00**



**Little Qualicum  
Cheeseworks  
Cheese**

**\$4.99 / 100G**

**SALT SPRING GELATO  
NOW AVAILABLE**



# BAKERY FRESH BAKED • WHOLESOME



**Choices Artisan Buns**  
Italian Cheese, Sourdough, Multigrain or Chia & Sesame, 4 Pack

**2 FOR \$7.00**



**Choices Artisan Fruit Pies**  
Also Seasonal Peach Medley, 8 Inch

**\$10.99 / EA**



**Choices Vanilla Berry Cupcakes**  
Also Tiramisu, 4 Pack

**\$7.99 / EA**

# BULK FOODS



**Left Coast Organics Organic Pumpkin Seeds**  
Raw & Roasted, Bulk Bins & Pre-Packaged Select Varieties, 200g - 700g

**20% OFF**



**Dempster's Bagels**  
Also New Brioche or Sourdough, 5 Pack

**\$4.99 / EA**



**Bakestone Brothers Organic Tortillas**  
344g

**\$4.99 / EA**



**Gluten Null Breads**  
Also Buns, 425g - 737g

**\$9.99 / EA**



**Portofino Bread**  
585g - 630g

**\$5.99 / EA**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Iron Vegan Sprouted Protein & Athlete's Blend**  
Assorted Varieties, 1kg

**\$58.99**



**Bio-K Plus Probiotics**  
Dairy or Non Dairy, Assorted Varieties, 6 Pack

**\$22.99**



**Platinum Naturals MultiVitamins**  
Assorted Varieties & Sizes

**20% OFF**



**NutraSea Omega-3 Fish Oil Supplements**  
Select Varieties & Sizes

**25% OFF**



**Natural Factors Omega Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**Natural Factors All Bonus Bottles**  
Assorted Varieties & Sizes

**15% OFF**



**Nature's Way Herbal Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Natural Factors Probiotics**  
Assorted Varieties & Sizes

**15% OFF**



**Aura Cacia Essential Oils, Body Oils & Bubble Bath**  
Assorted Varieties & Sizes

**25% OFF**



**Weleda Facial Care & Body Care**  
Assorted Varieties & Sizes

**25% OFF**



**Mountain Sky Natural Body Bar Soap**  
Assorted Varieties, 135g

**\$5.99**



**Sukin Botanicals Natural Face & Hair Care**  
Assorted Varieties & Sizes

**20% OFF**



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**PARKSVILLE, BC**

319 Island Highway East, Parksville  
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Pharmacy Hours: Monday - Friday 9 am - 6 pm  
Saturday 9 am - 5 pm | Sunday 10 am - 4 pm

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