



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE - BUY ONE GET ONE FREE!

Special Parksville Edition Prices Effective • August 14 - August 20, 2025



SPECIAL PRICE

**Chicken
Drumsticks or Thighs**
Fresh, Raised Without
Antibiotics, 100% Veggie Fed,
Value Pack

BUY 1 GET 1 FREE



BUY 1 GET 1 FREE

Choices Croissant Sandwiches
200g-250g, Assorted Variety



BUY 1 GET 1 FREE

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



BUY 1 GET 1 FREE

Long English Cucumber
B.C. Grown



BUY 1 GET 1 FREE

Choices Sourdough Bread
Levain Style, 530g



**Nuun Hydration
Electrolytes ~ Sport,
Boost, Immunity &
Vitamin Tabs**
Assorted Varieties,
10 Tablets

BUY 1 GET 1 FREE



**Phillip Adam
Hair Care**
Assorted Varieties,
355ml

BUY 1 GET 1 FREE



**Bioitalia
Organic Beans**
398ml

BUY 1 GET 1 FREE

PRODUCE FRESH • LOCAL • ORGANIC



Organic Nectarine Bag
B.C. Grown, 907g

\$7.98



Avery Family Farms Assorted Greens
B.C. Grown

\$3.48



Blueberry Box
B.C. Grown, 2.27 kg

\$23.98

Organic Rainbow or Red Chard
B.C. Grown, Bunch



\$2.98



Organic Grape or Cherry Tomato
B.C. Grown

\$5.48



On The Vine Tomato
B.C. Grown, \$4.37/kg

\$1.98 / LB



Broccoli Crown
B.C. Grown, \$6.57/kg



\$2.98 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



BUY 1 GET 1 FREE

Sable Fish Fillets
Ocean Wise, Fresh



BUY 1 GET 1 FREE

Pork Shoulder Butt Roast or Steaks
Fresh, Raised Without Antibiotics



\$7.99 / LB

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



\$3.49 / LB

Island Farmhouse Whole Chicken
Air Chilled, \$7.69/KG



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

\$4.79 / EA

Extra Lean Ground Beef

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

\$8.99 / LB



25% OFF

All Frozen Legends Haul Products
Burgers, Grinds, Sausages



Harvest Bacon
500g

\$13.99 / EA



Grimm's Sizzlin' Smokies
450g

\$7.99 / EA



**Tonica Organic
Kombucha**
355ml

BUY 1 GET 1 **FREE**
plus deposit & eco fees



**Only Goodness
Smoothie Blend**
Frozen, 500g
& 600g

BUY 1 GET 1 **FREE**



**Cwench Hydration
Sports Drink**
500ml

BUY 1 GET 1 **FREE**
plus deposit & eco fees



**Healthy Hippo
Gummies**
50g

BUY 1 GET 1 **FREE**



**Prana Organic
Trail Mix**
Select Varieties,
150g

BUY 1 GET 1 **FREE**



**Simply
Protein Bars**
40g

BUY 1 GET 1 **FREE**



**Egglife Egg
White Wraps**
Select Varieties,
170g

BUY 1 GET 1 **FREE**



**Ocean's Pole & Line
Chunk Light Tuna**
or Flaked, Selected
Varieties, 170g

BUY 1 GET 1 **FREE**



**Maison Orphée
Salad Dressings**
250ml

BUY 1 GET 1 **FREE**

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



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

2 FOR \$7.00



**Hippie Snacks
Almond Crisps**
Also Cauliflower,
Avocado and
Banana Crisps,
70g

\$4.99



**Chocolove
Chocolate Bars**
Rainforest Alliance
Certified Selected
Varieties, 85g - 90g

\$4.99



**Whistler Glacial
Spring Water**
4L

\$4.49
plus deposit & eco fees



**Cabana Natural
Lemonade**
591ml

2 FOR \$6.00
plus deposit & eco fees



**Zevia Sleek
No Sugar Soda**
355ml

2 FOR \$4.00
plus deposit & eco fees



**Rico'n Lalo
All Natural
Frozen Fruit Bars**
Handcrafted,
4 Pack

\$5.99



**SNÖ Frozen
Dessert Cones,
Bars & Pops**
Dairy Free, 3 Pack
& 6 Pack

\$6.99



**Righteous
Gelato &
Sorbetto**
473ml

\$6.99



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



**CHOICES
MARKET**



Nature's Path Love Crunch Premium Organic Granola
700g

\$12⁹⁹



Olympic Organic Yogurt
650g

\$4⁹⁹



Mid Day Squares Functional Bar
33g

\$2²⁹

SAVE MORE ON A CASE



Made Good Organic Oat Cups & Granola Bites
Select Varieties, 5 Pack & 6 Pack, Also Organic Granola 284g, Crunchy Cookies, 200g

\$5⁴⁹



Joyya Ultrafiltered Milk
1L

\$4⁹⁹

plus deposit & eco fees



Clif Bar Energy Bar
68g

2 FOR \$4⁰⁰

SAVE MORE ON A CASE



Prana Organic Nuts, Mixes, Granolove & Overnight Chia
Select Varieties, 45g - 750g

25% OFF



Greenhouse Organic Almond & Oat Milk
946ml

\$4⁹⁹

plus deposit & eco fees



We Love Van Liquid Honey Bears
375g

\$7⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Naked & Saucy Organic Cooking Sauces
Select Varieties, 296ml

\$5⁹⁹

OTHER SELECT PRODUCTS 20% OFF



Maison Orphée Organic Mustard
250ml

\$4⁹⁹



L'Ancêtre Organic Grass Fed Cheese
Also Organic Mozzarella, 325g

\$12⁹⁹



Gold Seal Wild Pink Salmon
213g

\$4⁴⁹



Bragg Organic Apple Cider Vinegar
946ml

\$8⁹⁹



Spread'em Cashew Cheeze
200g

\$7⁹⁹



Partners Artisan Crackers
Select Varieties, 114g - 142g

\$4⁹⁹



Amy's Pizza
Frozen, 340g - 397g

\$10⁹⁹



Earthbound Farm Organic Vegetables
Frozen, 255g - 300g

2 FOR \$7⁰⁰

PRODUCE FRESH • LOCAL • ORGANIC



Organic Hass Avocado
Mexico Grown

2 FOR \$4.00



Zucchini
B.C. Grown,
\$3.48/Kg

\$1.58 / LB



Gourmet Bouquet

\$24.98



Organic Mango
Mexico Grown

2 FOR \$5.00



Sun Rich Pineapple or Watermelon Chunks or Fruit Salad
Made in Canada, 425g or 369g

\$6.48



Sunflower
3 Stems

\$5.98

DELI PREPARED FRESH



Rosdown Roasted Half Chickens

\$6.99 / EA



Choices Traditional Macaroni Salad
Also Potato or Coleslaw

\$1.79 / 100G



Asian Tastes with Peanut Dressing & Salmon Patty Salad
or Summer Potato & Salmon, 390g - 440g

\$9.99 / EA



Choices Veggie Cakes
140g

2 FOR \$6.00



Zorbas Spanakopita
2 Pack

\$7.99 / EA



Black Forest Ham
or Capiccoli

\$2.99 / 100G



Saputo Bocconcini
200g

\$6.99 / EA



Aged Parmesan Petals
or Asiago Shreds

\$3.99 / 100G



Krinos Organic Cow Feta Cheese
150g

\$6.49 / EA

SALT SPRING GELATO
NOW AVAILABLE



BAKERY FRESH BAKED • WHOLESOME



**Silver Hills
Sprouted
Power Bread**
430g-615g

2 FOR \$9.00



**Uprising
Jumbo
Gingersnap
Cookies**
6 Pack

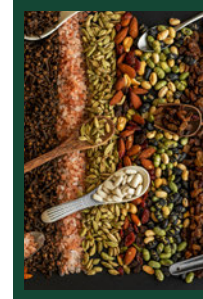
2 FOR \$9.00



**Choices Onion
& Rosemary
Focaccia**
or Sundried
Tomato & Olive,
315g

\$4.49 / EA

BULK FOODS



**Organic
Bulk Foods**
Loose Only,
Select Varieties

20% OFF



**Choices
Tiramisu Cake**
Traditional or
Strawberry, 600g

\$18.99 / EA



**Silver Hills
Organic Buns**
Hamburger or
Hot Dog, 6 Pack

2 FOR \$10.00



**Schär
Breads, Rolls,
Baguettes or
Pizza Crusts**
200g - 400g

20% OFF



**Carbonout
Buns**
Hamburger or
Hot Dog, Including
Gluten Free, 5 Pack

\$6.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**New Roots
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Vega Protein
& Greens**
Assorted Varieties
& Sizes

\$34.99



**Nordic Naturals
Fish Oil
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Flora Organic
Flax Oil**
Assorted Sizes

20% OFF



**Preferred
Nutrition
Berberine**
Select Sizes

20% OFF



**Flora
Probiotics**
Assorted Varieties
& Sizes

20% OFF



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

20% OFF



**Natural Factors
Magnesium
Supplements**
Assorted Varieties
& Size

15% OFF



**Andalou Naturals
Face & Body Care**
Assorted Varieties
& Size

25% OFF



**Jasón Naturals
Body Wash**
Assorted Varieties,
887ml

\$15.49



**Himalaya
Botanique
Natural
Toothpaste**
Assorted Varieties,
113g - 150g

\$6.49



**Wild Rose
Herbal D-Tox**
1 Kit

\$55.99

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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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