

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • August 21 - August 27, 2025

BUILD YOUR BURGER!

SPECIAL PRICE

Hot House Large
Tomato
BC Grown, \$4.37/KG

\$1.98 / LB

PRODUCT OF
CANADA

YOU SAVE
34%

FEATURED CHOICE

All Choices Own
Ground Poultry
100% Veggie Fed, Turkey
or Chicken, Raised Without
Antibiotics or Organic,
Fresh

20% OFF

PRODUCT OF
CANADA

Castello
Cheese Slices
125g - 175g

\$5.99

PRODUCT OF
CANADA

YOU SAVE
33%

Organic Green
Leaf, Red Leaf or
Romaine Lettuce
BC Grown

2 FOR \$5.00

PRODUCT OF
CANADA

YOU SAVE
37%

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

2 FOR \$9.00

MADE IN
CANADA

YOU SAVE
43%

WEDNESDAY, AUGUST 27 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.

PRODUCT OF
CANADA

Rabbit River Farms
Free Run Large Eggs
Veggie Fed, One Dozen



\$6.99

YOU SAVE
12%

GLUTEN
FREE



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

2 FOR \$6.00

YOU SAVE
36%

MADE IN
CANADA



Purica Vitamins
& Supplements
Assorted Varieties & Sizes

20% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Organic Corn on the Cob
BC Grown

4 for \$5.00



Organic Black Plums
BC Grown,
907 Bag

\$8.98 / EA



Organic Sunrise Apples
BC Grown,
1.36kg Bag

\$5.98 / EA

Only Goodness Organic White or Crimini Mushrooms
BC Grown, 227g



\$2.98 / EA

Organic Jumbo Red Russian Garlic

BC Grown,
\$44.05/KG



\$19.98 / LB

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



\$2.98 / LB

Product appearance may differ from that shown in the flyer. Product availability is subject to variation across stores.

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$12.99 / LB

Top Sirloin Steak or Roast

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported from Australia, \$28.64/KG



15% OFF

All Whole Chickens

Fresh, Raised Without Antibiotics, Organic, or Island Farm Poultry, Raised in B.C.



\$6.99 / LB

Pork Chops

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



Thomas Reid Organic Chicken Breast

Boneless, Skinless, Local, Free Range, Non- GMO, Air Chilled, Raised in the Fraser Valley, \$28.64/KG

\$12.99 / LB



\$4.49 / 100G

Sockeye Salmon Fillet
Fresh, Ocean Wise



Harvest Wieners
Original or All Beef, 450g

\$6.99 / EA

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



2 for \$8.00

Mississippi Honey Mustard Mayonnaise
375g



\$5.99 / EA



**Yes!i
Dressing & Dip**
Made With
Nutritional
Yeast, 350ml

\$6.99



**Woolwich
Chevreai Goat
Cheese**
also Chevreai
Crumbles, 113g

\$4.29



**Sunflower
Kitchen Organic
Hummus**
227g

\$4.29



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

2 FOR \$8.00



**Las Margaritas
Salsa**
Fresh - Original
Recipe

\$7.49



**Casa Fiesta
Refried Beans**
398ml, Also Chipotle
Peppers & Taco
Seasoning Mix
(212ml & 35g)

25% OFF



**Old Dutch
Potato Chips**
Also Ridgies,
200g & 235g

2 FOR \$7.00



**Santa Cruz
Organic
Lemonade**
also Organic Iced
Tea Lemonade,
946ml

\$4.99
plus deposit & eco fees



**Fiji Natural
Spring Water**
1L

\$2.99
plus deposit & eco fees

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



**Motherlove
Kombucha &
Water Kefir**
355ml

\$2.99
plus deposit & eco fees



Kind Nut Bars
1 Ingredient Nuts
40g

\$1.79



**Berri Fresh Cold
Pressed Juice**
370ml

\$5.49
plus deposit & eco fees



**Maeve
Chocolate Bars**
70g

\$6.99



**So Delicious
Frozen Dessert**
500ml

\$6.49



**Chocxo Organic
Dark Chocolate
Cups**
98g

\$6.99



**Chapman's
Frozen Yogurt**
also Rainbow
Sorbet, 2L

\$6.49



**Melona
Frozen Dessert
Bars**
Non-Dairy, 8 Pack

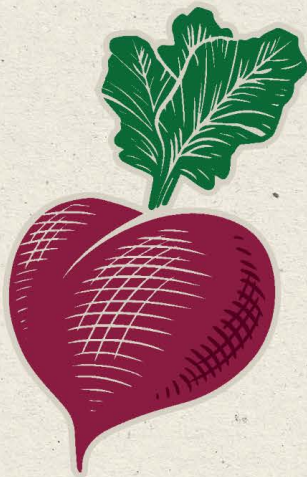
\$5.49



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

\$9.99

AUGUST 27 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.**



Nature's Path Organic Waffles
Includes Chia, Homestyle, Berry & Chocolate Chip, Frozen, 210g

\$5.49



Uncle Luke's Organic Maple Syrup
250ml

\$7.99



Tree Island Cream Top Yogurt
500g

\$4.99



Blue Diamond Almond Breeze Beverage
946ml

2 FOR \$5.00

plus deposit & eco fees



Nuts To You Almond Butter
365g

\$9.99



A2 Milk
Easier on Digestion, 2L

\$6.99

plus deposit & eco fees



Tre Stelle Shredded Cheddar Cheese
200g also Parmesan Cheese, 170g

\$5.49



Avalon Organic Butter
454g

\$13.99



Once Upon A Farm Organic Baby Food
also Organic Smoothies, 85ml - 105 ml

\$3.29

NOURISHING LIFESTYLES SINCE 1990



Rizopia Organic Brown Rice Pasta
also Organic Quinoa Pasta, 340g & 454g

2 FOR \$7.00



Mutti Italian Cherry & Baby Roma Tomatoes
398ml

\$4.29



Only Goodness Organic Pasta
500g

\$3.99



Lundberg Family Farms Sustainably Grown Rice
907g

\$10.99



Kaslo Sourdough Pasta
made with Natural Sourdough & Durum Wheat, Select Varieties, 454g

\$9.99



Only Goodness Plant Based Bolognese Style Pasta Sauce
Also Pasta Sauce, 500ml & 680ml

\$7.99



Lundberg Family Farms Organic Brown Rice Cakes
also Organic Mini Rice Cakes, 142g & 168g

\$5.49



Safe Catch Wild Albacore Tuna
142g

\$5.99



Laiki Rice Crackers
100g

2 FOR \$8.00

PRODUCE FRESH • LOCAL • ORGANIC



Bunched Carrots
BC Grown

\$1.98 / EA



Hot House Mini Cucumber
BC Grown,
454g Bag

\$2.48 / EA



Gourmet Bouquet

\$24.98 / EA



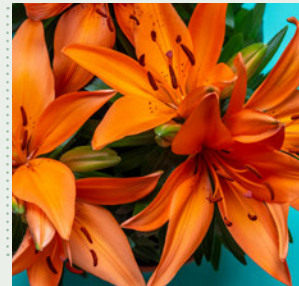
Organic Strawberry
USA Grown, 454g

\$6.98 / EA



Grapefruit
South Africa
Grown,
1.36kg Bag

\$5.98 / EA



Lily
3 Stems

\$8.98 / EA

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DELI PREPARED FRESH



Roasted Chickens
Antibiotic Free

\$15.99 / EA



Choices Pasta Salads

\$1.89 / 100G



Choices Wild Salmon Lox Bagels

\$8.99 / EA



Choices Quiche
4.25 Inch

2 FOR **\$10.00**



Summer Fresh Dips & Hummus
200 - 227g

2 FOR **\$8.00**



Italian Prosciutto & Salami
Assorted Varieties,
80g - 120g

\$8.99 / EA



El Señor Quesero Mexican Cheeses
190g - 300g

20% OFF



Bella Casara Burrata Cheese
250g

\$15.99 / EA



Apetina Feta Cheese in Oil
Great for Salad
Toppers, 100g

2 FOR **\$7.00**

WEDNESDAY,
AUGUST 27 ONLY

PARKSVILLE

ONE DAY SALE **15% OFF***

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

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BAKERY FRESH BAKED • WHOLESOME



**Choices
Avocado
Brioche Bread**
420g

\$5.99 / EA



**Choices
Artisan
Olive & Feta
Sourdough
Bread**
500 g

\$5.99 / EA



**Chocies
Artisan
Cookies**
6 Pack

\$6.99 / EA

BULK FOODS



**Organic
Nut Mixes**
Loose Only,
Select Varieties

20% OFF



**Choices
Artisan Fruit
Half Pies**
280g

\$6.49 / EA



**Silver Hills
Organic Sprouted
Power Bread**
510g - 680g

2 FOR \$10.00



**Pastry Box
Cloud Cakes**
Limoncello,
Coconut,
Strawberry,
Chocolate, 6 Inch

\$14.99 / EA



**Choices Low
Carb Cookies
& Cream
Cheesecake**
or Chocolate
Mousse, 50g - 60g

\$4.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

\$22.99



**Organika
Electrolytes**
Assorted Varieties
& Sizes

30% OFF



**Platinum
Naturals
Multivitamins**
Assorted Varieties
& Sizes

20% OFF



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

20% OFF



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

15% OFF



**Natural Factors
Probiotics**
Assorted Varieties
& Sizes

15% OFF



**Enerex
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**CanPrev Beauty
Supplements**
Select Varieties
& Sizes

20% OFF



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

20% OFF



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

25% OFF



**Aura Cacia
Essentials Oils**
Assorted Varieties
& Sizes

25% OFF



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

\$5.79



Shop online at [ChoicesMarket](https://www.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

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.