

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE END OF SUMMER SAVINGS!

Special Parksville Edition Prices Effective • August 28 - September 3, 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**



PRODUCT OF
CANADA

SPECIAL PRICE

\$14.98 / EA

Yellow Flesh Peaches

BC Grown, 2.27kg Box

YOU SAVE
34%



SPECIAL PRICE

\$4.98 / EA

Organic Hass Avocados

Mexico Grown, Bag of 3

YOU SAVE
\$2.00

SATURDAY, AUGUST 30 ONLY

PARKSVILLE ANNIVERSARY SALE & BBQ!

**10% OFF
ENTIRE STORE***
INCLUDING SALE ITEMS

IN-STORE PURCHASE, INCLUDING ITEMS ON SALE
THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.
*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.
One Day sale offer valid at Parksville location only.
See page 5 for details. Sale not available online.



MADE IN
CANADA

Castello
Cheese Slices
125g ~ 175g

YOU SAVE
22%

\$6.99 / EA



MADE IN
CANADA

Silver Hills Organic
Sprouted Power
Bread
510g ~ 680g

YOU SAVE
21%

2 FOR \$10.00



MADE IN
CANADA

ALL ITEMS
ON SALE

New Roots
Vitamins &
Supplements
Assorted Varieties
& Sizes

20% OFF



PRODUCT OF
CANADA

Island Farms
Classic Ice
Cream
1.65L

YOU SAVE
33%

\$5.99

FEATURED CANADIAN CHOICE

Covered Bridge Potato Chips

Select Varieties,
142g & 170g

2 FOR \$7.00

YOU SAVE
25%

MADE IN
CANADA



PRODUCE FRESH • LOCAL • ORGANIC



Organic Bunched Carrots
From Olera Farm, BC

\$3.48 / EA



Organic Lemons
Grown in Peru,
907g Bag

\$5.98 / EA



Organic Roma Tomatoes
BC Grown,
\$7.67/KG

\$3.48 / LB

Organic Celery
BC Grown,
\$5.47/KG



\$2.48 / LB



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



\$4.98 / LB

Organic Prune Plums
BC Grown,
907g Pkg.



\$8.98 / EA



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

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



15% OFF

All Boneless Skinless Chicken Thighs
Fresh, Raised Without Antibiotics or Conventional



\$5.98 / EA

Fresh Marinated Chicken Breast Kabobs
100% Veggie Fed, Raised Without Antibiotics,
Made in Store, 110g ~ 130g, 2 Pack
works out to \$2.99 per skewer



25% OFF

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



\$8.99 / LB

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



Island Farm Poultry Drumsticks
Fresh, Air Chilled,
Value Pack, \$5.49/kg

\$2.49 / LB



Maple Leaf All Natural Hot Dogs
Filler Free,
Select Varieties,
375g

\$4.99 / EA

Smoked Sockeye Salmon Nuggets
Ocean Wise, Previously Frozen



\$5.99 / 100G



Steelhead Fillet
Fresh, Ocean Wise,
Value Pack

\$3.99 / 100G

Northern Glacier Shrimp

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

\$9.99 / EA



PARKSVILLE ANNIVERSARY SALE & BBQ

SATURDAY, AUGUST 30



To celebrate Choices Parksville's anniversary!
319 Island Hwy East, Parksville

Enjoy free coffee & tea while you shop
From 11:00 am – 1:00 pm:

- Spin the Wheel • Face Painting • BBQ
- Complimentary slice of anniversary cake

All proceeds will be donated to the Society of Organized Services.

*Anniversary sale offer valid at Choices Parksville location only.
Sale not available online. Excludes gift card purchases.



SHOP ONLINE AT **CHOICES.MARKET**  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket



**Cwench
Sports
Hydration
Drink**
500ml

\$2⁹⁹

plus deposit & eco fees



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

2 FOR \$7⁰⁰



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

\$10⁹⁹

plus deposit & eco fees



**Brew Dr.
Organic
Kombucha**
Select Varieties,
414ml

\$2⁹⁹

plus deposit & eco fees



**Guayakí
Organic
Yerba Mate**
458ml

2 FOR \$7⁰⁰

plus deposit & eco fees



**Whistler Glacial
Spring Water**
4L

\$4⁴⁹

plus deposit & eco fees



**Happy Pops
All Natural
Ice Pops**
4 Pack

\$6⁹⁹



**Righteous
Gelato &
Sorbetto**
473ml

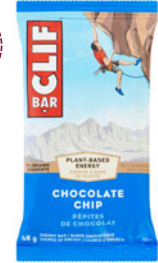
\$6⁹⁹



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

\$5⁹⁹

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



**Clif Bar
Energy Bar**
68g

2 FOR \$4⁰⁰



**49th Parallel
Organic Whole
Coffee Beans**
Select Varieties,
340g

\$16⁹⁹



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

\$6⁹⁹



**Zazubean
Organic
Chocolate Bars**
80g & 85g

\$5⁴⁹



**Pukka
Organic Tea**
20 Bags

\$6⁹⁹



**Bob Snail
Fruit Rolls**
100g

2 FOR \$7⁵⁰



**Barbara's
Cheez Puffs
& Curls**
155g & 198g

2 FOR \$7⁰⁰



**Hippie Snacks
Crunchers**
110g

\$4⁴⁹



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

\$4⁹⁹



**Terra
Original
Granola**
340g

\$7⁹⁹



**Olympic
Organic Yogurt**
Select Varieties,
1.75kg

\$12⁹⁹



**Nature's Path
Organic Cereal**
Also Organic
Envirokidz,
Select Varieties,
283g - 400g

\$5⁴⁹



**Maple Hill
Organic Free
Range Extra
Large Eggs**
1 Dozen

\$7⁹⁹



**Yoggu!
Coconut Yogurt**
450g

\$6⁹⁹



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

\$5⁴⁹
plus deposit & eco fees



**Armstrong
Cheddar
Cheese**
600g

\$9⁹⁹



**Saputo
Mozzarellissima
Cheese**
340g

\$6⁹⁹



**Bioitalia
Organic
Fruit Purée**
120g

4 FOR \$7⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**Asian Family
Cooking Sauces**
Also Sesame Oil,
Water Chestnuts
& Bamboo Shoots,
200ml - 360ml

25% OFF



Porta Pizza
400g - 500g

\$10⁹⁹



**Bioitalia
Organic Pasta**
500g

\$2⁹⁹



**Wildbrine
Organic
Sauerkraut**
Also Organic
Kimchi, 500ml

\$9⁹⁹



**Bragg
Organic Apple
Cider Vinegar**
Raw & Unfiltered,
946ml

\$8⁹⁹



**Maison Orphée
Organic Extra Virgin
Olive Oil**
Also Organic Sesame,
Canola & Sunflower, Select
Varieties, 500ml & 750ml

25% OFF



**Echoclean
2x Concentrated
Laundry Wash**
Liquid, 2.95L

\$16⁹⁹



**Only Goodness
Bamboo Dinner
Napkins**
Also Wooden Utensils,
Paper Plates, Select
Varieties

20% OFF



**VIP
Dish Soap**
740ml

2 FOR \$6⁰⁰



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

PRODUCE FRESH • LOCAL • ORGANIC



Black Plums
BC Grown,
\$9.88KG

\$4.48 / LB



Mini Watermelon
USA Grown

\$4.98 / EA



Sunflower
3 Stems

\$5.48 / EA



Sun Rich Grillers
Broccoli & Cauliflower, Sweet Potato or Fajita Mix, 316g - 528g

\$8.98 / EA



Sun Rich Fruit Cups
Fruit Salad, Apples, Grapes, Pineapple, Cantaloupe or Watermelon Chunks, 251g - 312g

\$4.98 / EA



Gourmet Bouquet

\$24.98 / EA

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

DELI PREPARED FRESH



Summer Fresh Toppers
255g

\$5.49 / EA



Rossdown Roasted Chickens

\$12.99 / EA



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

15% OFF



Spinach & Feta Twisters
Also Ricotta & Feta, 185g

2 FOR \$7.00



Choices Fresh Rolls
148g - 245g

\$6.49 / EA



Choices Cajun or Italian Chicken Snack Bites
225g

\$6.99 / EA



Choices Smoked Turkey Breast
Also Cooked

\$4.49 / 100g



Edam Cheese

\$3.99 / 100g



Babybel Cheese
Also Laughing Cow, 40g - 240g

20% OFF

**PARKSVILLE
ANNIVERSARY
SALE & BBQ**



**10% OFF
ENTIRE STORE***
INCLUDING SALE ITEMS

JOIN US SATURDAY, AUGUST 30

To celebrate Choices Parksville's anniversary!

319 Island Hwy East, Parksville

- Complimentary slice of anniversary cake from 11:00 am - 1:00 pm
- BBQ from 11:00 am - 1:00 pm • Enjoy free coffee & tea while you shop
- Spin the Wheel and Face Painting from 11:00 am - 1:00 pm

All proceeds will be donated to the Society of Organized Services.

*Anniversary sale offer valid at Parksville location only. Sale not available online.

BAKERY FRESH BAKED • WHOLESOME



**Choices
Hamburger
Buns**
Also Hot Dog,
6 Pack

2 FOR \$8.00



**Choices
Signature
Cookies**
12 Pack

\$5.99 / EA



**Choices
Muffins**
4 Pack

\$5.99 / EA

BULK FOODS



**Organic Chocolate
Covered Almonds
& Organic
Popcorn**
Bulk Bins Only,
Select Varieties

20% OFF



**Mount Royal
Bagels**
6 Pack

\$6.99 / EA



**Olivia's
Cake Pops**
6 Pack

\$8.99 / EA



**Choices
Lemon
Meringue
Pie**
6 Inch

\$7.99 / EA



**Schär
Breads**
Also Buns
or Baguettes,
40g - 240g

20% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**AlgaeCal
Plant
Calcium**
90 Caps

\$36.99



**Iron Vegan
Sprouted Protein**
Also Sports
Nutrition
Supplements,
Assorted Varieties
& Sizes

20% OFF



**Flora
Organic
Flax Oil**
Assorted Sizes

20% OFF



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

20% OFF



**Flora
Probiotics**
Assorted Varieties
& Sizes

20% OFF



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

15% OFF



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

\$34.99



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

20% OFF



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

20% OFF



**Mineral Fusion
Natural
Cosmetics**
Assorted Varieties
& Sizes

20% OFF



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

\$6.49



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

\$55.99



Shop online at ChoicesMarket.com



@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.