



# CHOICES MARKET

100% BC OWNED AND OPERATED

# PARKSVILLE WEEKLY CHOICES!

Special Parksville Edition Prices Effective • September 11 - September 17, 2025

WILD  
CAUGHT

**SPECIAL PRICE**

**Sockeye  
Salmon Fillets**

Previously Frozen or Frozen,  
Ocean Wise, Value Pack

**\$4.49 / 100g**

YOU SAVE  
**15%**

PRODUCT OF  
CANADA

**SPECIAL PRICE**

**\$5.98 / EA**

**Organic Gala Apples**  
BC Grown, 1.36kg Bag

YOU SAVE  
**\$2.00**

PRODUCT OF  
CANADA

**SPECIAL PRICE**

**\$3.98 / EA**

**Organic Long English Cucumbers**  
BC Grown

YOU SAVE  
**20%**

PRODUCT OF  
CANADA

**Roasted  
Chickens**  
Antibiotic Free

YOU SAVE  
**\$3.00**

**\$16.99**

MADE IN  
CANADA

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

YOU SAVE  
**42%**

**2 FOR \$9.00**

CANADIAN  
OWNED

**TERRA-  
GRANOLA**  
ORIGINAL  
GRANOLA  
ORIGINAL

**Terra Original  
Granola**  
800g & 850g

YOU SAVE  
**35%**

**\$12.99 / EA**

MADE IN  
CANADA

**49th Parallel Organic  
Whole Bean Coffee**  
340g

**\$16.99 / EA**

YOU SAVE  
**25%**



**AOR Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**

## FEATURED CANADIAN CHOICE

PRODUCT OF  
CANADA

**Vega Sport  
Protein**  
Assorted Varieties,  
801g - 837g

**BUY 1 GET 1  
FREE**





# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Green or Black Kale**  
BC Grown, Sold by the Bunch

**\$2.98 / EA**



**Organic Hass Avocadoes**  
Mexico Grown

**2 FOR \$5.00**



**Green or Red Grapes**  
USA Grown,  
\$6.57/KG

**\$2.98 / LB**

**Organic Field Tomatoes**

BC Grown,  
\$6.57/KG

**\$2.98 / LB**



**Organic Zucchini**

BC Grown,  
\$6.13/KG

**\$2.78 / LB**



**Yellow Potatoes**

BC Grown,  
2.27 kg Bag

**\$5.48 / 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



**\$16.99 / LB**

**Ribeye Steaks or Roast**

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



**30% OFF**

**Chicken Thighs**

Fresh, Raised Without Antibiotics or  
Organic, Island Farm Poultry, Value Pack,  
Farm Raised in BC



**\$13.99 / LB**

**Leg of Lamb Roast**

Fresh, Boneless, Raised Without Antibiotics,  
Pasture Raised, Product of New Zealand,  
\$30.84/KG



**\$5.99 / LB**

**Pork Butt Roast or Steaks**

Fresh, Boneless, Raised Without Antibiotics,  
\$13.21/KG



**\$8.99 / LB**

**Eye of Round Roast or Steaks**

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



**Rosdown Marinated Chicken Breast**  
Boneless, Skinless,  
Raised Without Antibiotics, 350g

**\$9.99 / EA**



**\$7.99 / EA**

**Helmut's Artisan Bacon**

Select Varieties, Locally Sourced, Crafted in  
Vernon, BC, 375g

**All Frozen Legends Haul Products**  
Burgers, Grinds,  
Sausages



**25% OFF**





**Galerie Au  
Chocolat  
Organic  
Chocolate Bars**  
100g

**\$5.99**



**Peace River  
Organic Honey**  
500g

**\$12.99**



**Nuts To You  
Almond Butter**  
365g

**\$9.99**



**Blue Diamond  
Almond Breeze**  
1.89L

**\$4.99**

plus deposit & eco fees



**Blue Diamond  
Nut-Thins**  
120g

**\$5.49**



**Blue Monkey  
Organic  
Coconut Water**  
1L

**\$4.99**

plus deposit & eco fees



**Remedy  
Organic  
Kombucha**  
4 Pack

**\$7.99**

plus deposit & eco fees



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

**2 FOR \$7.00**



**Whistler  
Glacial  
Spring Water**  
1.5L

**2 FOR \$4.00**

plus deposit & eco fees

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



**Hardbite  
Potato Chips**  
Cooked in 100%  
Avocado Oil,  
128g

**\$3.29**



**Sunflower  
Kitchen  
Hummus**  
Selected Varieties,  
227g

**2 FOR \$7.00**



**Siete  
Tortilla Chips**  
Also Cinnamon  
Churro Strips, 142g

**\$6.49**



**Mid-Day Squares  
Functional  
Protein & Fibre  
Squares**  
4 Pack

**\$8.99**



**Island Farms  
Premium  
Ice Cream**  
Select Varieties,  
1.65L

**\$7.99**



**Tate's Bake Shop  
Cookies**  
Includes Gluten-Free  
Varieties, 198g

**\$8.99**



**Love Good Fats  
Protein Bars**  
Gluten-Free,  
39g & 40g

**2 FOR \$5.00**

SAVE  
MORE ON  
A CASE



**Westpoint  
Naturals Nut  
Mixes**  
Select Varieties,  
150g

**20% OFF**



**O'Doughs  
Bagel Thins**  
300g

**\$3.99**





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET





**Yoggu!**  
**Coconut Yogurt**  
450g

**\$6.99**



**Tru Taste Cafe**  
**Waffles**  
400g

**\$6.99**



**Shady Maple**  
**Farms Organic**  
**Maple Syrup**  
500ml

**\$16.99**



**Liberté**  
**Méditerranée**  
**Yogurt**  
500g

**\$4.99**



**Holy Crap**  
**Organic**  
**Superseed**  
**Blend Cereal**  
225g

**\$7.99**



**Avalon Organic**  
**Probiotic Yogurt**  
650g

**\$5.99**



**La Chaudière**  
**Organic Cheese**  
Lactose Free  
Old & Gouda,  
Select Varieties,  
168g ~ 200g

**\$8.99**



**Arla Organic**  
**Cream Cheese**  
**Product**  
200g

**\$4.99**



**Nuts For**  
**Cheese Organic**  
**Cashew Spread**  
120g

**\$8.99**

## NOURISHING LIFESTYLES SINCE 1990



**Amy's**  
**Organic Soups**  
398ml

**\$4.49**



**Amy's**  
**Bean & Rice**  
**Burritos**  
Select Varieties,  
Frozen, 170g

**\$3.99**

Gluten-Free  
Varieties  
**\$4.49**



**Holy Napoli**  
**Pizza**  
Frozen,  
355g ~ 385g

**\$9.99**



**Acropolis**  
**Organics**  
**Organic Extra**  
**Virgin Olive Oil**  
500ml & 1L

**25% OFF**



**Avafina**  
**Organics**  
**Quinoa, Seeds**  
**& Spices**  
110g ~ 425g

**25% OFF**



**Fody IBS Friendly**  
**Assorted Products**  
Includes Salad,  
Dressings, Salsa &  
Pasta Sauce,  
227ml ~ 547ml

**25% OFF**



**Chickapea**  
**Organic Pasta**  
227g

**\$4.99**



**Karthain's**  
**Organic**  
**Sauerkraut**  
375ml

**\$5.99**



**Granny's**  
**Ultra Liquid**  
**Laundry Wash**  
High Efficiency,  
2x Concentrated,  
3.78L

**\$8.99**

# PRODUCE FRESH • LOCAL • ORGANIC



**Mixed Coloured  
Hot House  
Peppers**  
Canada Grown,  
907g Bag

**\$5.98 / EA**



**Sun Rich  
Pineapple  
Spears**  
907g

**\$7.98 / EA**



**Gourmet  
Bouquet**

**\$24.98 / EA**



**Organic  
Cauliflower**  
USA Grown

**\$5.98 / EA**



**Organic Mini  
Watermelon**  
USA Grown

**\$5.98 / EA**



**Crazy Daisy**

**\$7.98 / EA**

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## DELI PREPARED FRESH



**Choices  
Family Size  
Casseroles**  
590g ~ 710g

**\$14.99 / EA**



**Choices  
Veggie Cakes**  
140g

**2 FOR \$6.00**



**Choices  
Artisan Turkey  
Sandwiches**  
Also Roast Beef  
or Ham

**\$9.99 / EA**



**Vancouver  
Soup Company**  
700ml

**\$7.99 / EA**



**Beef Sausage  
Rolls**  
Also Turkey,  
130g

**2 FOR \$5.00**



**Sundried  
Tomato Turkey  
Breast**  
Also Dijon

**\$4.49 / 100G**



**Choices  
Sandwich  
Fillings**  
Also New Chickpea  
Smash, 350g

**\$7.99 / EA**



**Tre Stelle  
Feta Cheese**  
Also Lactose Free  
Cheese, 200g

**\$6.99 / EA**



**Parmesan  
Reggiano  
Cheese**  
Italy

**\$4.99 / 100G**

## DISCOVER THOUSANDS OF CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are. From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.



100% BC OWNED



CHOICES.MARKET



# BAKERY FRESH BAKED • WHOLESOME



**Choices  
Baker's  
Crusty Loaf**  
450g

**\$2.99 / EA**



**Choices  
Seeded  
Sourdough  
Rye Bread**  
760g

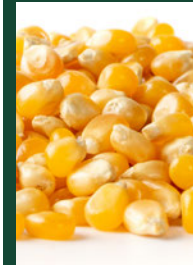
**\$5.99 / EA**



**Choices  
Cake Slices**  
120g - 150g

**2 FOR \$7.00**

# BULK FOODS



**Organic  
Popcorn,  
Sesame Sticks  
& Mixed Nuts**  
Bulk Bins Only,  
Select Varieties

**20% OFF**



**Choices  
Wheat Free  
Muffins**  
4 Pack

**\$5.99 / EA**



**Uprising  
Jumbo  
Gingersnap  
Cookies**  
6 Pack

**\$4.99 / EA**



**Bakestone  
Brothers  
Organic  
Tortillas**  
344g

**\$4.99 / EA**



**Little  
Northern  
Bakehouse  
Wide Loaves**  
539g - 567g

**\$4.99 / EA**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

**20% OFF**



**Prairie Doctor  
Herbal  
Tinctures**  
Assorted Varieties  
& Sizes

**20% OFF**



**Boiron  
Homeopathic  
Remedies**  
Assorted Varieties  
& Sizes

**20% OFF**



**Barebells  
Protein Bars**  
Assorted Varieties  
& Sizes

**2 FOR \$8.00**



**Manitoba  
Harvest  
Hemp Hearts**  
Also Hemp Yeah!  
Proteins, Assorted  
Varieties & Sizes

**25% OFF**



**Platinum  
Naturals  
Oregano 8  
Supplements**  
Also Vitamin  
D3, Assorted  
Varieties & Sizes

**20% OFF**



**Garden of Life  
Dr. Formulated  
Probiotic**  
Assorted Varieties  
& Sizes

**20% OFF**



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

**15% OFF**



**Dr. Hauschka  
Facial Care**  
Assorted Varieties  
& Sizes

**20% OFF**



**Acure  
Face, Hair &  
Body Care**  
Assorted Varieties  
& Sizes

**20% OFF**



**Divine Essence  
Organic  
Essential Oils**  
Assorted Varieties  
& Sizes

**BUY 1 GET 1 FREE**



**Oneka  
Shampoo &  
Conditioners**  
Assorted Varieties,  
500ml

**\$11.99**

Shop online at [ChoicesMarket](https://ChoicesMarket.com) @ChoicesMarket /DiscoverChoicesMarket X@ChoicesMarket



**PARKSVILLE, BC**  
319 Island Highway East, Parksville  
Open 8:00am - 9:00pm Daily | Phone: 250-947-8000



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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