



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • September 25 - October 1, 2025



SPECIAL PRICE

Sirloin Tip Roast or Steaks

Raised Without Antibiotics,
100% Grass Fed, Pasture
Raised, Value Pack,
Imported from Australia,
\$17.61/KG

\$7.99 / LB

YOU SAVE
43%

SPECIAL PRICE

Russet Potatoes

BC Grown,
2.27kg Bag

\$3.48 / EA

YOU SAVE
40%



PRODUCT OF
CANADA



\$10.99 / EA

Choices Artisan Fruit Pies 8 Inch

YOU SAVE
15%



\$6.99 / EA

Rosstown Roasted Half Chickens

YOU SAVE
\$3.00



FAIR
TRADE



SPECIAL PRICE

2 FOR \$7.00

Alter Eco Organic Chocolate Bars

75g - 84g

YOU SAVE
36%



PRODUCT OF
CANADA

SPECIAL PRICE

\$2.98 / LB

Organic Honeycrisp Apples

BC Grown, \$6.57/KG

YOU SAVE
\$1.00 / LB

FEATURED CANADIAN CHOICE

Earth's Choice Organic Coffee

Rainforest Alliance,
Whole Bean or
Ground Varieties
340g

\$10.99

YOU SAVE
38%

MADE IN
CANADA



Natural Factors Vitamins & Supplements

Assorted Varieties
& Sizes

15% OFF



NutraSea Omega-3 Fish Oil Supplements

Assorted Varieties
& Sizes

20% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Organic Concord Grapes
BC Grown,
907g Pkg.

\$9.98 /EA



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

\$2.98 /EA



Orange, Red or Yellow Peppers
BC Grown,
\$6.57/KG

\$2.98 /LB

Organic Raspberries
USA Grown,
170g



\$5.98 /EA

Yellow Onions
BC Grown,
1.36kg Bag



\$3.98 /EA

Organic Green or Red Grapes
USA Grown,
\$9.88/KG



\$4.48 /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



Boneless Skinless Chicken Breasts
Island Farm Poultry, Fresh, Air Chilled,
Value Pack, \$17.61/KG

\$7.99 /LB



Beef Stir Fry
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Imported from Australia,
\$19.82/KG

\$8.99 /LB



Boneless Pork Sirloin Chops
Fresh, Raised Without Antibiotics,
or Roast, \$11.00/KG

\$4.99 /LB



Pork Schnitzel
Fresh Made In Store, Raised Without Antibiotics,
\$19.82/KG

\$8.99 /LB



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

\$8.99 /LB



Old Country Pasta
Locally Made,
Select Varieties

20% OFF

Shorba Bone Broth
Locally Made,
Frozen, 750ml



\$13.99 /EA



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

\$4.79 /EA

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



\$9.99 /EA



**Kettle Brand
Potato Chips**
Party Size, 368g

\$5.49



**Tonica Organic
Kombucha**
355ml

BUY 1 GET 1 FREE
plus deposit & eco fees



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

2 FOR \$7.00



**Pro Bar
Meals
On The Go**

Also Bolt Organic
Chews, Select
Varieties, 60g - 85g

\$3.99



Larabar
45g & 48g

3 FOR \$6.00



Tate's Cookies
198g

\$8.99



**Whistler
Glacial
Spring Water**
1.5L

2 FOR \$4.00

plus deposit & eco fees



**Traditional
Medicinals
Organic Tea**
16 Bags

\$4.99



**Blue Monkey
Organic
Coconut Water**
1L

\$4.99

plus deposit & eco fees

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



**Edward & Sons
Organic Brown
Rice Snaps**
100g

\$4.49



**Organic Meadow
Organic Cheese**
168g

\$7.99



**Sensible Portions
Veggie Chips
& Straws**
141g & 142g

\$3.69



**GLUTEN
FREE**



**Nina's
Pierogies**
Select Varieties,
400g & 500g

\$11.99



**Indianlife
Authentic Meals**
Also Sauces,
Papadums &
Chutney, Frozen,
Select Varieties

25% OFF



**Caulipower
Pizza**
Frozen,
Select Varieties,
310g & 312g

\$8.99



**Navitas
Organics
Organic Cacao
Powder & Nibs**
227g - 454g

25% OFF



**Lakanto
Monkfruit
Sweetener**
Select Varieties,
235g - 800g

25% OFF



**Patience
Organic
Baking Fruit**
Select Varieties,
142g - 283g

25% OFF



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET



Terra Granola
800g & 850g

\$15⁹⁹



Yoggu!
Coconut Yogurt
450g

\$6⁹⁹



Stahlbush Farms
Sustainable Fruit
Frozen,
Select Varieties,
283g - 300g

\$5⁴⁹



Elmhurst Milked
Nuts & Oats
(946ml), Also
Barista Almond
& Oat and Oat
Creamers (473ml)

\$7⁹⁹
plus deposit & eco fees



The Greek Gods
Organic
Plain Yogurt
500g

\$6⁴⁹



Nuts To You
Organic
Peanut Butter
500g

\$6⁹⁹



Bob's Red Mill
Buttermilk
Pancake Mix
Also Buckwheat
Pancake Mix (680g)
& Granola (312g)

\$6⁴⁹



Uncle Luke's
Organic
Maple Syrup
1L

\$29⁹⁹



Crofter's
Organic
Premium
Fruit Spread
383ml

\$6⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Amy's
Organic Soups
398ml

\$4⁴⁹



Acropolis
Organics
Organic Extra
Virgin Olive Oil
1L

\$48⁹⁹



Allen Family
Foods Soup
Also Chili &
Meals On The Go,
400ml

\$4⁴⁹



Eden
Organic Beans
398ml

2 FOR \$7⁰⁰



Annie's
Pasta
149g - 170g

2 FOR \$6⁰⁰



Gogo Quinoa
Organic Pasta
Select Varieties,
227g

\$3⁹⁹



Seatales
Sustainably
Caught Albacore
Also Skipjack Tuna
& Sardines, Select
Varieties, 120g & 142g

25% OFF



Bubbies Pickles
(1L), Also
Sauerkraut
(750ml)

\$10⁹⁹



Arla Apetina
Feta Cubes
Select Varieties,
200g

\$5⁹⁹

PRODUCE FRESH • LOCAL • ORGANIC



Grape Tomatoes
BC Grown,
1 Dry Pint

\$2⁹⁸ / EA



Nante Carrots
BC Grown,
1.36kg Bag

\$3⁹⁸ / EA



Gourmet Bouquet

\$24⁹⁸ / EA



Organic Celery
USA Grown,
\$3.26/KG

\$1⁴⁸ / LB



Mandarins
Grown in South
Africa, 907g Bag

\$5⁴⁸ / EA



Gerbera
5 Stems

\$7⁹⁸ / EA

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DELI PREPARED FRESH



Choices Quiche
Family Size

\$12⁹⁹



Choices Hot Beef Chili
Also Turkey,
16oz

2 FOR \$12⁰⁰



Choices Heatable Potato Side Dishes
Also Baked in Store
Scalloped Potatoes

\$1⁷⁹ / 100G



Choices Ready To Eat Sandwiches
Also New Salmon
Salad Sandwich,
120g - 200g

\$6⁹⁹ / EA



Zorbas Spanakopita Pies
Also Mushroom &
Parmesan, 185g

2 FOR \$10⁰⁰



Choices Smoked Turkey Breast
Also Cooked

\$4⁴⁹ / 100G



Queen's Castle Cheese Slices
150g

\$9⁹⁹ / EA



Coombe Castle English Cheese
150g - 200g

\$9⁹⁹ / EA



Alexis D' Portneuf Brie Cheese
Also Camembert,
300g

\$12⁹⁹ / EA

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



Silver Hills Organic Sprouted Breads
510g - 680g

2 FOR \$10.00



Choices Vegan Double Chocolate Crunch Cookies
Also Almond Crunch, 6 Pack

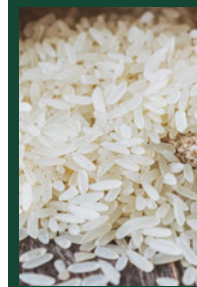
\$6.99 / EA



Choices Pumpkin Pie
Also Pecan Walnut, 8 Inch

\$9.99 / EA

BULK FOODS



Organic Rice, Beans & Grains
Bulk Bins Only, Select Varieties

20% OFF



Dempster's Bagels
5-6 Pack

\$4.99 / EA



Choices Mini Butter Tarts
4 Pack

2 FOR \$8.00



Carbonaut Bread
Low Carb, 355g - 544g

\$6.99 / EA



Wendel's Apple Pie or Strawberry Rhubarb, 8 Inch

\$11.99 / EA

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Prairie Naturals Creatine Monohydrate
Bonus Size (300g+100g)

BUY 1 GET 1 FREE



St. Francis Herb Farm Herbal Supplements
Assorted Varieties & Sizes

20% OFF



AOR Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Genestra Vitamins & Supplements
Select Varieties & Sizes

10% OFF



Progressive Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Enzymedica Digestive Enzymes
Assorted Varieties & Sizes

20% OFF



Garden of Life Proteins & Sport Supplements
Assorted Varieties & Sizes

20% OFF



Boiron Homeopathic Remedies
Assorted Varieties & Sizes

20% OFF



Lily of the Desert Aloe Vera Juice or Gel
Assorted Varieties & Sizes

20% OFF



Everyone For Every Body 3 in 1 Soap
Assorted Varieties, 946ml

\$19.99



Mad Hippie Facial Care
Assorted Varieties & Sizes

20% OFF



Oneka Shampoo & Conditioners
Assorted Varieties, 500ml

\$11.99

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

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@ChoicesMarket

CHOICES MARKET

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.