



# CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE  
BC HARVEST  
CHOICES!

COMING  
SOON

FRESH  
TURKEYS

See page 2 for more  
Meat choices

Special Parksville Edition Prices Effective • October 2 - October 8, 2025

PRODUCT OF  
CANADA

## FEATURED CHOICE

Gala Apples  
BC Grown, \$2.82/KG

**\$1.28** / LB

YOU SAVE  
**48%**

PRODUCT OF  
CANADA

Organic Yellow  
German Butter Potatoes  
BC Grown, \$4.37/KG

**\$1.98** / LB

YOU SAVE  
**43%**

PRODUCT OF  
CANADA

Broccoli Crowns  
BC Grown, \$5.47/KG

**\$2.48** / LB

YOU SAVE  
**37%**

PRODUCT OF  
CANADA

SPECIAL PRICE

**\$4.99** / LB

Easy Carve Maple Ham  
Crafted in Dawson Creek, BC,  
\$11.00/KG

YOU SAVE  
**38%**

PRODUCT OF  
CANADA

SPECIAL PRICE

BUY 1 GET 1 **FREE**

Pork Tenderloin  
Fresh, Raised Without Antibiotics

MADE IN  
CANADA

FESTIVE SIDES NOW AVAILABLE

**\$15.99**

Choices Holiday  
Turkey Meal  
545g

MADE IN  
CANADA

**\$5.99**

Choices Artisan Half Fruit,  
Pecan Walnut or Pumpkin Pies  
200g - 280g

YOU SAVE  
**28%**

FAIR  
TRADE



Zazubean  
Organic  
Chocolate Bars  
80g & 85g

**\$4.99**

YOU SAVE  
**13%**

FAIR  
TRADE



Wholesome Organic  
Golden Sugar  
Also Organic Turbinado  
Sugar (680g), Organic  
Icing Sugar (454g)

**\$6.99**

YOU SAVE  
**35%**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Spinach Bunch**  
From Olera Farm, BC

**\$3.98 / EA**



**Organic Long English Cucumbers**  
Mexico Grown

**\$3.98 / EA**



**Raspberries**  
USA Grown,  
170g Pkg.

**\$5.48 / EA**

**Organic Kale**  
Green, Black or Red,  
BC Grown

**\$2.98 / EA**



**Organic Mini Red Watermelon**  
BC Grown

**\$5.98 / 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



**\$12.99 / LB**

**Top Sirloin Steaks or Roast**

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



**\$2.99 / LB**

**Whole Frying Chickens**

Island Farms Poultry, Fresh, Air Chilled,  
Island Local, Value Pack, \$6.59/KG



**\$26.99 / LB**

**Lamb Rack or Chops**

Fresh, Raised Without Antibiotics, Pasture Raised,  
Product of New Zealand, \$59.50/KG



**Split Chicken Wings**

Fresh, 100% Veggie  
Fed, Raised Without  
Antibiotics, Value  
Pack or Marinated,  
\$15.41/KG

**\$6.99 / LB**



**WILD  
CAUGHT**

**\$1.99 / 100G**

**Rockfish Fillets**  
Fresh, Ocean Wise



**Rhineland Double Smoked Bacon**  
Naturally Smoked,  
375g

**\$8.99 / EA**

**Northern Glacier Cooked Shrimp**

Hand Peeled,  
Ocean Wise, Frozen,  
340g

**\$9.99 / EA**



**Prawn Cakes**

Lemon Dill or  
Thai Chili, Frozen or  
Previously Frozen,  
Ocean Wise, 2 Pack

**\$4.98 / EA**







**Salt Spring Organic Ground Coffee**  
Select Varieties,  
284g & 285g

**\$14<sup>99</sup>**



**Harmless Harvest Organic Coconut Smoothie**  
296ml

**\$4<sup>99</sup>**  
plus deposit & eco fees



**Numi Organic Tea**  
Select Varieties,  
16 Pack & 18 Pack

**\$6<sup>99</sup>**



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

**\$16<sup>99</sup>**



**Greenhouse Organic Booster Shots**  
60ml

**\$3<sup>99</sup>**  
plus deposit & eco fees



**Justin's Organic Peanut Butter & Dark Chocolate Cups**  
Also Cashew Butter Cups, 40g

**2 FOR \$6<sup>00</sup>**



**Elias Honey**  
Select Varieties,  
375g

**\$9<sup>79</sup>**



**McVitie's Digestives Cookies**  
300g & 400g

**\$5<sup>49</sup>**



**So Delicious Frozen Dessert**  
500ml

**\$6<sup>99</sup>**

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



**Terra Real Vegetable Chips**  
Select Varieties,  
141g

**\$5<sup>99</sup>**



**Skinny Pop Popcorn**  
125g & 150g

**\$4<sup>49</sup>**



**Snack Factory Pretzel Crisps**  
200g

**\$3<sup>99</sup>**



**Sober Carpenter Non-Alcoholic Craft Beer**  
Select Varieties,  
473ml

**2 FOR \$5<sup>00</sup>**

plus deposit & eco fees



**Amy's Pizza**  
Frozen,  
340g - 397g

**\$11<sup>99</sup>**



**Good Drink Natural Iced Tea**  
473ml

**\$2<sup>99</sup>**

plus deposit & eco fees



**Old Dutch Restaurant Tortilla Chips**  
Select Varieties,  
275g - 295g

**\$4<sup>49</sup>**



**Sigdal Bakeri Norwegian Crispbread**  
190g & 235g

**\$5<sup>99</sup>**



**Sunflower Kitchen Organic Hummus**  
227g

**\$4<sup>49</sup>**





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET





**Earth's Own  
Oat Beverage**  
946ml

**2 FOR \$6.00**

plus deposit & eco fees



**Island Gold  
Free Range  
Large Eggs**  
One Dozen

**\$7.29**



**Dairyland  
Lactose Free  
Milk**  
1.89L

**\$5.99**

plus deposit & eco fees



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

**\$11.99**



**One Degree  
Organic  
Sprouted Oats**  
680g

**\$6.99**



**Sillycow Farms  
All Natural Hot  
Chocolate**  
480g

**\$8.99**



**Armstrong  
Cheddar  
Cheese**  
600g

**\$9.99**



**Meadowvale  
Creamery  
Salted Butter**  
454g

**\$5.49**



**Gay Lea Coconut  
Whipped Cream**  
Also Real Cream,  
Chocolate & Pumpkin  
Spice, 225g

**\$5.99**

## NOURISHING LIFESTYLES SINCE 1990



**Maison Orphée  
Extra Virgin  
Olive Oil**  
Select Varieties,  
750ml

**\$19.99**



**Rao's  
Pasta Sauce**  
660ml

**\$12.99**



**Stahlbush  
Island Farms  
Sustainably Grown  
Vegetables**  
Select Varieties,  
Frozen, 198g - 397g

**2 FOR \$6.00**



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

**\$8.99**



**Field Roast  
Plant-Based  
Sausages**  
368g

**\$6.99**



**Imagine  
Organic Broth**  
1L

**\$5.99**



**Better Than  
Bouillon  
Soup Base**  
Also Organic, Low  
Sodium & Vegetarian  
Varieties, 227g

**25% OFF**



**Cape Herb &  
Spice Table Top  
Grinders**  
46g - 130g

**\$4.99**



**Amano  
Organic  
Miso Paste**  
400g

**\$5.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**Hot House Mini Cucumbers**  
BC Grown,  
454g Pkg.

**\$4.48 / EA**



**Hass Avocados**  
Mexico Grown,  
Bag of 3

**\$5.48 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**



**Strawberries**  
USA Grown,  
454g Pkg.

**\$4.98 / EA**



**Cauliflower**  
USA Grown

**\$3.98 / EA**



**Asiatic Lily**  
5 Stems

**\$7.98 / EA**

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## DELI PREPARED FRESH



**Rosdown Roasted Chickens**

**\$12.99 / EA**



**Choices Casserole Entrées**  
2 Servings,  
590g ~ 710g

**\$15.99 / EA**



**Casalinga Italian Inspired Soups**  
700ml

**\$7.99 / EA**



**Choices Ready to Eat Wraps**

**\$9.99 / EA**



**Choices Ready to Bake Pizza**  
12 Inch

**\$12.99 / EA**



**Choices Antibiotic-Free Salami**  
Select Varieties

**25% OFF**



**Cows Creamery Cheese**  
1, 2 or 3 Year

**20% OFF**



**Ile De France Cheese**  
Also German Cambozola

**\$5.49 / 100G**



**Parmesan Reggiano Cheese**  
Italy

**\$5.99 / 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  
Wholesome  
Country  
Sourdough  
Bread**  
575g

**2 FOR \$9.00**



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

**2 FOR \$10.00**



**Choices  
Country French  
Bread**  
480g

**\$4.99 / EA**

# BULK FOODS



**Organic  
Baking Nuts  
& Flour**  
Bulk Bins Only,  
Select Varieties

**20% OFF**



**Bakestone  
Brothers  
Tortillas**  
Also Naan or Roti,  
300g - 500g

**\$4.49 / EA**



**Choices  
Nanaimo Bar**  
Also Peanut  
Butter or  
Espresso,  
70g - 85g

**2 FOR \$6.00**



**Queen St.  
Bakery  
Superfood  
Bagels**  
5 Pack

**\$6.99 / EA**



**Wendel's  
Apple Pie**  
Also Strawberry  
Rhubarb,  
8 Inch

**\$11.99 / EA**

# WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

## ~ COLD & FLU RELIEF ~



**Prairie Naturals  
Vitamin D3**  
1000 IU & 2500 IU  
Liquid & Softgels,  
Assorted Sizes

**BUY 1 GET 1 FREE**



**Nuun Hydration  
Electrolytes -  
Immunity, Boost,  
Hydration &  
Vitamin Tabs**  
Assorted Varieties,  
10 Tabs

**\$10.49**



**Sisu  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**CanPrev  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



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

**20% OFF**



**Vega One  
All-in-One  
Nutritional  
Shakes**  
Assorted Varieties,  
827g - 876g

**\$49.99**



**Organika  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**Natural Factors  
CurcuminRich  
Theracurmin  
Supplements**  
Assorted Varieties  
& Sizes

**15% OFF**



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

**25% OFF**



**The Soap Works  
Bar Soap**  
Assorted Varieties,  
90g - 110g

**\$2.79**



**Sundhed  
Himalayan  
Salt Lamps**  
Assorted Varieties  
& Sizes

**25% OFF**



**La Luna Candles,  
Diffusers and  
More!**  
Assorted Varieties  
& Sizes

**20% OFF**

Shop online at [ChoicesMarket](https://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

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