



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE THANKSGIVING CHOICES!

Special Parksville Edition Prices Effective • October 9 - October 15, 2025



**PRODUCT OF CANADA**

**SPECIAL PRICE**

**Choices Fresh Turkeys**  
Raised Without Antibiotics,  
Free Range, 100% Veggie Diet,  
Raised in Similkameen Valley,  
\$9.90/KG

**\$4.49 / LB**

**YOU SAVE 34%**

**FIRST OF THE SEASON**

**Organic Carrots**  
From Fountainview  
Farm, BC, 907g Bag

**\$4.98 / EA**

**PRODUCT OF CANADA**

**YOU SAVE \$200/BAG**



**MADE IN CANADA**

**Choices Turkey  
Holiday Meal**  
545g

**\$15.99**



**Choices Own  
Turkey Gravy**  
Also Shiitake  
Mushroom Gravy,  
Cranberry Sauce,  
250ml - 710ml

**FROM \$5.99**



**YOU SAVE 39%**

**\$16.99 / LB**

### Prime Rib Roast

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



**PRODUCT OF CANADA**

**SPECIAL PRICE**

**\$5.98 / EA**

### Organic Potatoes

Yellow, Red or Russet,  
From Fraserland Organics, BC,  
2.27kg Bag

**YOU SAVE \$200/BAG**



**Choices Own  
Cranberry Stuffing**

**\$2.69 / 100g**



**Choices Own  
Pumpkin Pie**  
8 Inch

**\$9.99**



### Farmer's Market Organic Pumpkin Purée

Also Organic Butternut  
Squash, 398ml

**2 FOR \$6.00**

**YOU SAVE 39%**



### Earthbound Farm Organic Vegetables

Select Varieties,  
Frozen, 255g - 300g

**2 FOR \$7.00**

**YOU SAVE 29%**



### Pacific Foods Organic Broth

946ml & 1L

**\$4.99**

**YOU SAVE 41%**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Lemons**  
Mexico Grown,  
907g Bag

**\$6.98 / EA**



**Organic Cranberries**  
Canada Grown,  
227g Bag

**\$3.98 / EA**



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

**\$5.98 / EA**

Supply may be limited due to weather conditions.

**Organic Jumbo Red Russian Garlic**  
BC Grown,  
\$37.43/KG



**\$16.98 / LB**

**Organic Assorted Squash**  
BC Grown,  
\$4.37/KG



**\$1.98 / LB**

**Brussels Sprouts**  
BC Grown,  
\$5.69/KG



**\$2.58 / 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 Turkey Breast Roast**  
or Thigh Roast, Breast Thigh Combo Roast,  
Raised Without Antibiotics, Free Range, 100%  
Veggie Diet, Raised in Similkameen Valley, Made  
in Store

**25% OFF**



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

**\$13.99 / LB**



**Pork Loin Center Cut Roast or Chops**  
Fresh, Boneless, Raised Without Antibiotics,  
\$15.41/KG

**\$6.99 / LB**



**Choices Own Sausages**  
Raised Without  
Antibiotics, In Store  
Made, Pork, Chicken  
or Turkey, Select  
Varieties

**20% OFF**



**Lean Ground Pork**  
Fresh, Raised  
Without Antibiotics,  
\$13.21/KG

**\$5.99 / LB**



**Harvest Bacon**  
500g

**\$13.99 / EA**

**Grimm's Sausage Rings**  
300g



**\$7.99 / EA**

**Sockeye Salmon Fillets**  
Ocean Wise,  
Previously Frozen or  
Frozen, Value Pack

**\$4.99 / 100G**



**BBQ Smoked Salmon Tips**  
Ocean Wise, Previously  
Frozen, Peppered or  
Original

**\$2.99 / 100G**







**Frog Friendly  
Organic Whole  
Bean Coffee**  
340g

**\$15<sup>99</sup>**



**Dairyland  
Whipping  
Cream**  
946ml

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



**Stash Tea**  
Select Varieties,  
18 Bags - 20 Bags

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



**Terra  
Original  
Granola**  
340g

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



**Canadian Heritage  
Organics 100%  
Pure Organic  
Maple Syrup**  
1L

**\$28<sup>99</sup>**



**Earth's Own  
Almond  
Beverage**  
(1.89L) Also  
Organic Soy (1.75L)

**\$4<sup>49</sup>**  
plus deposit & eco fees



**Rise Organic  
Kombucha**  
414ml

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



**Lily's No Sugar  
Added Chocolate  
Style Bars**  
80g & 85g

**\$4<sup>99</sup>**



**Chasers  
100% Cold  
Pressed Juice**  
1L

**\$13<sup>99</sup>**  
plus deposit & eco fees

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



**Triple Jim's Juice  
Organic Sweet  
Apple Cider**  
3.78L

**\$16<sup>99</sup>**  
plus deposit & eco fees



**Dairyland  
Egg Nog**  
946ml

**\$2<sup>99</sup>**  
plus deposit & eco fees



**Martinelli's  
Sparkling Apple  
Juice**  
750ml

**\$6<sup>99</sup>**  
plus deposit & eco fees



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

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



**Zevia Zero  
Sugar Soda**  
6 Pack

**\$5<sup>99</sup>**  
plus deposit & eco fees



**Hardbite  
Handcrafted-Style  
Vegetable Chips**  
150g

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



**Righteous  
Gelato &  
Sorbetto**  
Select Varieties,  
473ml

**\$7<sup>49</sup>**



**Lesser Evil  
Organic  
Popcorn**  
Select Varieties,  
142g

**\$4<sup>99</sup>**



**Avalon Organic  
Premium  
Ice Cream**  
946ml

**\$10<sup>99</sup>**





— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET





**Rabbit River  
Farms Organic  
Large Eggs**  
Free Range,  
One Dozen

**\$7<sup>99</sup>**



**Tree Island  
Cream Top  
Yogurt**  
Select Varieties,  
1.5kg

**\$10<sup>99</sup>**



**Fraser Valley  
Creamery  
Salted Butter**  
Also Unsalted,  
454g

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



**Woolwich  
Chevrai  
Goat Cheese**  
113g

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



**Millsie Creamy  
Cashew Dip**  
A Spread'em  
Kitchen Product,  
185g

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



**Faith Farms  
Cheese**  
320g & 340g

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



**Hobbs  
Pickles**  
1L

**\$12<sup>99</sup>**



**Cedar Valley  
Pita Chips**  
180g

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



**Divina Olives**  
Also Organic  
Kalamata Spread &  
Organic Bruschetta,  
Select Varieties,  
230ml - 375ml

**20% OFF**

**NOURISHING LIFESTYLES SINCE 1990**



**Nature's Choice  
Spices**  
Select Varieties  
1g - 70g

**20% OFF**

INCLUDES  
CIDER WINE  
MIX



**Tofurky Roast  
with Wild Rice  
Stuffing**  
Frozen, 736g

**\$17<sup>99</sup>**



**Schär Crackers,  
Breadsticks &  
Cookies**  
150g - 210g  
Visit our Bakery for  
more Schär selections

**20% OFF**



**Bob's Red Mill  
Baking Products**  
Includes Baking Powder,  
Baking Soda & Select  
Flours, Select Varieties  
& Sizes

**20% OFF**



**Prana Organic  
Dried Fruit,  
Baking Nuts &  
Seeds**  
150g - 300g

**20% OFF**



**Naked & Saucy  
Organic Coconut  
Aminos**  
Also Organic  
Cooking Sauces,  
296ml - 473ml

**20% OFF**



**Dairyland  
Sour Cream**  
450ml & 500ml

**2 FOR \$7<sup>00</sup>**



**Karthain's  
Organic  
Sauerkraut**  
Select Varieties,  
375ml

**\$6<sup>49</sup>**



**Eat Wholesome  
Organic Tomatoes**  
Also Organic Whole  
Kernel Corn & Sweet  
Peas, 341ml - 796ml

**20% OFF**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Heirloom Tomatoes**  
Mexico Grown,  
\$13.18/KG

**\$5.98 / LB**



**Only Goodness Organic White or Crimini Button Mushrooms**  
227g

**\$3.48 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**



**Organic Garnet or Jewel Yam**  
USA Grown,  
\$6.57/KG

**\$2.98 / LB**



**Organic Broccoli**  
USA Grown,  
\$8.77/KG

**\$3.98 / LB**



**Living Poultry Mix Herb Plant**  
Houweling's

**\$3.98 / EA**

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## DELI PREPARED FRESH



**Choices Ready to Eat Stuffed Turkey Breast**  
Antibiotic-Free

**\$4.49 / 100G**



**Choices Festive Side Dishes**

**\$1.79 / 100G**



**Choices Family Size Quiche**  
8 Inch

**\$13.99 / EA**



**Choices Dijon Maple Glazed Ham**  
Baked in Store

**\$3.49 / 100G**



**Summer Fresh Dips & Hummus**  
200g - 227g

**2 FOR \$8.00**



**Preferisco Sliced Prosciutto**  
Also Salami,  
80g - 120g

**\$8.99 / EA**



**Choices Olives & Antipasto**  
175g - 200g

**\$4.49 / EA**



**Creekside Organic Cheese**  
From Agassiz, BC

**20% OFF**



**Alexis de Portneuf Brie Cheese**  
Also Camembert,  
300g

**\$10.99 / EA**



**Choices Festive Cranberry Pumpkin Seed Baked Brie**  
in Puff Pastry, 275g

**\$12.99 / 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



**Choices Pecan Walnut Pie**  
8 Inch



**\$10.99 / EA**



**Choices Baguettes**  
Select Varieties,  
250g - 300g



**\$3.49 / EA**



**Choices Stuffing Bread**  
336g



**\$4.49 / EA**



**Choices Pumpkin Spice Shortbread Cookies**  
6 Pack



**\$5.99 / EA**



**Choices Red Onion & Rosemary Focaccia**  
Also Sundried Tomato & Olive Focaccia, 315g



**\$4.49 / EA**



**Choices Pumpkin Pie**  
8 Inch



**\$10.99 / EA**



**Golden West English Muffins**  
6 Pack



**2 FOR \$5.00**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

## ~ COLD & FLU RELIEF ~



**Nature's Way Immunity Herbs & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**New Roots Probiotics & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Platinum Naturals Oregano-8 & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Natural Factors Vitamin A, C, D & K Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**Prairie Naturals Vitamins, Supplements & Hair Care**  
Assorted Varieties & Sizes

**20% OFF**



**Progressive Multivitamins & Vitamin C**  
Assorted Varieties & Sizes

**20% OFF**



**Botanica Organic Vitamins & Supplements**  
Assorted Varieties & Sizes

**25% OFF**



**Brightside Organics Omega-3 NutraCleanse**  
1kg

**\$36.99**



**NOW Essential Oils & Topical Body Oils**  
Assorted Varieties & Sizes

**20% OFF**



**Skin Essence Face Care**  
Assorted Varieties & Sizes

**20% OFF**



**BioSil Hair, Skin, Nails**  
Assorted Varieties & Sizes

**20% OFF**



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

**\$45.99**



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



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**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

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