

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE BONUS POINTS WEEK!

Special Parksville Edition Prices Effective • October 16 - October 22, 2025

PRODUCT OF
CANADA

SPECIAL PRICE

Organic
Gala Apples
BC Grown, 1.36kg Bag

\$6.98 / EA

RECEIVE
100 BONUS POINTS
= \$1.00 VALUE



**Kettle Brand
Potato Chips**
Also Air Fried,
156g & 198g

\$3.99

RECEIVE
100 BONUS POINTS
= \$1.00 VALUE



**Zazubean Organic
Chocolate Bars**
Select Varieties,
80g & 85g

\$5.49

RECEIVE
50 BONUS POINTS
= 50¢ VALUE



PRODUCT OF
CANADA

SPECIAL PRICE

\$1.98 / EA

**Long English
Cucumber**
BC Grown

RECEIVE
50 BONUS POINTS
= 50¢ VALUE



PRODUCT OF
CANADA

GLUTEN
FREE

SPECIAL PRICE

\$7.99 / EA

**Greenfield
Bacon**
Raised Without
Antibiotics, 375g

RECEIVE
100 BONUS POINTS
= \$1.00 VALUE



**Andalou Naturals
Shampoo &
Conditioner**
340ml

\$9.99

RECEIVE
150 BONUS POINTS
= \$1.50 VALUE



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

2 FOR \$9.00

RECEIVE
100 BONUS POINTS
= \$1.00 VALUE



MADE IN
CANADA

Roasted Chickens
Raised Without
Antibiotics

\$14.99

RECEIVE
200 BONUS POINTS
= \$2.00 VALUE

MADE IN
CANADA



**CanPrev
Magnesium
Bis-Glycinate 200**
120 Caps

\$21.99

RECEIVE
200 BONUS POINTS
= \$2.00 VALUE

SEE IN STORE
FOR MORE
SPECIALS

PRODUCE FRESH • LOCAL • ORGANIC



Organic Bunched Carrots
BC Grown

\$3.98 / EA

Organic Venus Grapes
BC Grown,
907g Pkg.



\$9.98 / EA



Organic Blackberries
USA Grown,
170g Pkg.

\$6.98 / EA



Organic Mini Persian Cucumbers
Mexico Grown,
454g Pkg.

\$5.98 / EA

Organic Avocados
Mexico Grown



2 FOR \$5.00

Tomatoes On the Vine
BC Grown,
\$5.47/KG



\$2.48 / 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



\$9.99 / LB

Organic Lean Ground Beef

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported from
Australia, \$22.02/KG



\$12.99 / LB

Thomas Reid Organic Chicken Breast

Boneless, Skinless, Local, Free Range, Non- GMO,
Air Chilled, Raised in the Fraser Valley, \$28.64/KG



\$15.99 / LB

Striploin Grilling Steaks

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported from
Australia, or Roast, \$35.25/KG



Chicken Drumsticks

100% Veggie Fed,
Raised Without
Antibiotics, Fresh,
Value Pack, Also
Marinated, \$9.90/KG

\$4.49 / LB



Split Chicken Wings

Island Farm Poultry,
Fresh, Air Chilled,
Value Pack,
\$13.21/KG

\$5.99 / LB



**Soup Etc!
Fresh Soups**
Local, Select
Varieties, 700ml

2 FOR \$14.00

Pork Back Ribs
Fresh, Raised
Without Antibiotics,
\$19.82/KG



\$8.99 / LB

Steelhead Fillets
Fresh, Ocean Wise,
Value Pack



\$3.99 / 100G

Crab Cakes
Ocean Wise,
Previously Frozen,
2 Pieces per Package



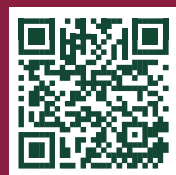
\$4.98 / EA

BECOME A PREFERRED SHOPPER

Join today to receive
exclusive discounts and collect
points on your purchases.

Scan here to join

When you hit 2,000 points,
you'll receive
\$20 off your groceries!



CHOICES
PREFERRED
SHOPPER



CHOICES
PREFERRED
SHOPPER



STOCK UP & GET MORE BONUS POINTS!



Rao's Pasta Sauce
660ml

\$11.99

RECEIVE
200 BONUS POINTS = \$200 VALUE



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

\$16.99

RECEIVE
200 BONUS POINTS = \$200 VALUE



Nuts to You
Almond Butter
Select Varieties, 365g

\$9.99

RECEIVE
100 BONUS POINTS = \$100 VALUE



Maison Orphée
Extra Virgin
Olive Oil
Select Varieties, 750ml

\$19.99

RECEIVE
300 BONUS POINTS = \$300 VALUE



Celestial
Seasonings Tea
20 Bags

\$4.99

RECEIVE
100 BONUS POINTS = \$100 VALUE



Happy Planet
Organic Valencia
Orange Juice
1.75L

\$7.99

plus deposit & eco fees

RECEIVE
100 BONUS POINTS = \$100 VALUE



Bragg Organic Apple
Cider Vinegar
946ml

\$8.99

RECEIVE
100 BONUS POINTS = \$100 VALUE



Greenhouse Organic
Oat & Almond Milk
Select Varieties, 946ml

\$5.99

plus deposit & eco fees

RECEIVE
100 BONUS POINTS = \$100 VALUE



Eco Max
Laundry Wash
3L

\$14.99

RECEIVE
200 BONUS POINTS = \$200 VALUE

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



Health-Ade
Organic Kombucha
473ml

\$3.99

plus deposit & eco fees



Greenhouse
Organic
Booster Shots
60ml

2 FOR \$8.00

plus deposit & eco fees



Whistler Glacial
Spring Water
1L

2 FOR \$4.00

plus deposit & eco fees



Freeyum
Soft Baked Oat
Bars & Cookies
135g & 154g

\$3.99



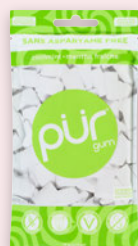
Le Pain des Fleurs
Organic Buckwheat
Crispbread
150g

\$5.99



Leclerc
Celebration
Cookies
Select Varieties,
280g

\$4.79



Pur Gum
Pouches & Mint Tins,
Also 9 Pack
Blister-Packs,
30g & 77g

25% OFF



Love Child
Organics
Fruit Purée
128ml

2 FOR \$6.00



Rico 'n Lalo
All Natural
Fruit Bars
Frozen, 4 Pack

\$5.99



Avalon Organic 2% Milk

Also Homogenized,
Select Varieties,
1.89L

\$7.49

plus deposit & eco fees



Carbonaut Granola

283g

\$10.99



Organic Meadow 2% Organic Milk

4L

\$10.99

plus deposit & eco fees



Earth's Own Oat Barista Blend

Also Oat Light
Barista & Almond
Barista, 946ml

\$5.49



Olympic Organic Yogurt

Select Varieties,
650g

\$4.99



gomacro Organic Macrobar

65g & 69g

2 FOR \$7.00



Saputo Shredded Cheese

320g

\$6.99



Violife 100% Vegan Slices & Shreds

Alternative to Cheese,
200g

\$5.99



Armstrong Cheddar Cheese Sticks

(10 Pack), Also
Cheddar & Sausage
Combos (180g)

\$5.99

NOURISHING LIFESTYLES SINCE 1990



Pastificio G. Di Martino Pasta

500g

2 FOR \$7.00



Rizopia Organic Brown Rice Pasta

Also Organic Quinoa
& Organic Wild Rice
Pasta, 340g - 454g

25% OFF



Italpasta

(900g) Also Oven
Ready Lasagna
Noodles (375g)

\$3.99



Mutti Italian Tomatoes

Also Strained Passata
& Tomato Paste,
Select Varieties,
156ml - 796ml

20% OFF



Sunrise Tofu

Firm & Extra Firm,
350g & 500g

2 FOR \$6.00



Amy's Pizza

Frozen, 340g - 397g

\$10.99



Patak's Curry Sauces, Pastes & Chutneys

250ml - 400ml

25% OFF



Cha's Organics Premium Organic Coconut Milk

Also Organic Full
Coconut Cream, Select
Varieties, 400ml

\$3.99



Barakah Eats South Asian Influenced Heat & Serve Meals

Frozen, 400g

\$8.99



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET

PRODUCE FRESH • LOCAL • ORGANIC

PRODUCT OF CANADA



**Hot House
Symphony
Heirloom
Tomatoes**
BC Grown,
1 Dry Pint

\$2⁹⁸ / EA

PRODUCT OF CANADA



**Mini Sweet
Peppers**
BC Grown,
454g Pkg.

\$3⁹⁸ / EA

**Gourmet
Bouquet**

\$24⁹⁸ / EA



PRODUCT OF CANADA



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

\$2⁹⁸ / EA



**Organic
Celery**
USA Grown,
\$4.37/KG

\$1⁹⁸ / LB

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DELI PREPARED FRESH

MADE IN CANADA



**Choices
Pasta Entrées**
405g ~ 550g

\$10⁴⁹ / EA

MADE IN CANADA



**Choices
Croissant
Sandwiches**

\$8⁹⁹ / EA

MADE IN CANADA



Choices Soups
In House Made,
500ml

2 FOR \$10⁰⁰

MADE IN CANADA



**Vegetable
Gyoza**
Also Chicken
or Pork

12 FOR \$4⁸⁰

MADE IN CANADA



**Choices Broccoli
& Cheddar Egg
Muffins**
Also Spinach &
Feta, 80g ~ 90g

2 FOR \$4⁵⁰

MADE IN CANADA



**Choices
Antibiotic Free
Black Forest Ham**
Also Honey Ham

\$3⁹⁹ / 100G

PRODUCT OF CANADA



**Happy Days
Goat Cheese**

15% OFF



**Castello
Cheese Wedges
Cheddar**
Also Gouda or
Havarti, 200g

\$7⁹⁹ / EA



**Latteria Italiana
Reggiano Cheese**
Also Grana Padano,
Organic, Grass Fed
or Aged, 200g

20% OFF

BECOME A PREFERRED SHOPPER

Join today to receive exclusive discounts and collect points on your purchases. When you hit 2,000 points, you'll receive \$20 off your groceries!



BAKERY FRESH BAKED • WHOLESOME

MADE IN CANADA **NEW** Choices Cheddar Sourdough Loaf 380g



\$4.99 / EA

MADE IN CANADA **NEW** Choices Cinnamon Raisin Sourdough Loaf 430g



\$4.99 / EA

MADE IN CANADA Choices Signature Banana Bread Also Orange Cranberry Loaf, 300g - 454g



\$7.99 / EA

BULK FOODS

Organic Chocolate Almonds, Candy & Snacks Bulk Bins Only, Select Varieties



20% OFF

MADE IN CANADA Choices Carrot Cake Tray Also Tres Leches or Low Carb Chocolate Mousse, 210g - 330g



\$8.99 / EA

MADE IN CANADA Choices Nanaimo Bars Also Brownie or Cheesecake, 150g - 230g



\$7.99 / EA

MADE IN CANADA Carbonaut Low Carb Bread 550g **GLUTEN FREE**



\$8.99 / EA

MADE IN CANADA Rebel Foods Cookies 10 Pack **GLUTEN FREE**



\$8.99 / EA

WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

~ COLD & FLU RELIEF ~

Sisu Ester-C & Supplements Assorted Varieties & Sizes



20% OFF

MADE IN CANADA Healthology Lung-FX & Supplements Assorted Varieties & Sizes



20% OFF

PRODUCT OF CANADA Organika Immune Support & Supplements Assorted Varieties & Sizes



25% OFF

Nature's Way Sambucus & Zinc Supplements Assorted Varieties & Sizes



20% OFF

ARCTIC-D Nordic Naturals Fish Oil Supplements Assorted Varieties & Sizes



20% OFF

PRODUCT OF CANADA FeraPro Iron Supplements Assorted Varieties & Sizes



15% OFF

PRODUCT OF CANADA Wild Rose Herbal D-Tox 1 Kit



\$55.99

CANADIAN OWNED Whole Earth & Sea MultiVitamins Mens & Womens, Regular and 50+, 60 Tablets



\$37.99

MADE IN CANADA Purica Recovery & Curcumin Supplements Assorted Varieties & Sizes



20% OFF

Dr. Bronner's Non GMO Organic Castile Soap Assorted Varieties, 237ml



\$10.99

CANADIAN OWNED Santevia Alkaline Water Pitchers, Water Systems & More Assorted Varieties & Sizes



20% OFF

WELEDA Skin Food Face Care Assorted Varieties & Sizes



25% OFF

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

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