

LOCALLY OWNED AND OPERATED

the Market Stores

# WEEKLY SPECIALS

April 25 - May 1, 2024

When you love food, you love The Market Stores

## We're here to help!

Please call about our Grocery Delivery Service.

Delivery  
or  
Curbside  
Pickup



NOW PARTNERED WITH



Market on Yates

250.381.6000  
7 am - 11 pm

Market on Millstream

250.391.1110  
8 am - 10 pm

market fresh

## Pork Tenderloin



**3<sup>98</sup>**  
lb  
8.77 kg

you save  
**5<sup>01</sup>**  
lb

market fresh

## Broccoli Crowns



**2<sup>48</sup>**  
lb  
5.47 kg

you save  
**\$1.51/lb**

market fresh

## Grape Tomatoes



Pint

**3<sup>98</sup>**  
ea

you save  
**\$2.01/ea**

organic

market made fresh

## Pizza

14"



**13<sup>48</sup>**  
16 oz

Made In-Store  
you save  
**\$ .51/100 g**

## Salt Spring Coffee

All Varieties  
400 g



**12<sup>98</sup>**  
ea

you save  
**\$4.51/ea**

organic  
fair trade

PARTNERED WITH



## Shop Online

Delivery or Curbside Pickup  
[express.themarketstores.com](http://express.themarketstores.com)



### ENTER TO WIN ONE of TWO \$200 GIFT CARDS

One per location. Full details in-store. Draw April 30<sup>th</sup>, 2024.



THINK LOCAL  
FIRST

903 Yates At Quadra | 250.381.6000  
7 am-11 pm

[themarketstores.com](http://themarketstores.com)

125-2401 C Millstream Road | 250.391.1110  
8 am-10 pm



market fresh  
Peru

# Seedless Grapes

Red, Green



**3<sup>98</sup>**  
lb  
8.77 kg

market fresh  
Australia

# Bartlett Pears



**1<sup>68</sup>**  
lb  
3.70 kg

market fresh  
Washington

# Cosmic Crisp Apples



**1<sup>28</sup>**  
lb  
2.82 kg

market fresh  
Washington

# Russet Potatoes



**2<sup>98</sup>**  
ea  
5 lb/2.27 kg

market fresh  
Mexico

# Green Beans



**2<sup>98</sup>**  
lb  
6.57 kg

market fresh  
Mexico

# Mini Watermelon

Seedless



**3<sup>98</sup>**  
ea

market fresh  
Peru

# Pomegranates



**3<sup>98</sup>**  
ea

market fresh   
BC

# On the Vine Tomatoes



**1<sup>98</sup>**  
lb  
4.37 kg



meet...



**Hugh K.**

**Produce Manager**  
Market on Yates

"With an emphasis on local we provide a fabulous variety of fresh produce delivered in a funky urban setting by our friendly produce team."



market fresh  
Mexico Hot House

# Red Peppers

organic



**4<sup>98</sup>**  
lb  
10.98 kg

market fresh  
Mexico

# Cabbages

Red, Green

organic



**1<sup>48</sup>**  
lb  
3.26 kg

market fresh  
California

# Leeks

organic



**2<sup>98</sup>**  
lb  
6.57 kg

market fresh  
Mexico

# Green Kale Bunch

organic



**2<sup>48</sup>**  
ea

market fresh  
Mexico

# Zucchini

organic



**1<sup>68</sup>**  
lb  
3.70 kg

market fresh   
BC

# Long English Cucumbers

organic



**3<sup>98</sup>**  
ea



**When you love food, you love The Market Stores.**

market meat

market fresh   
AAA Alberta Beef

# Strip Loin Roasts & Steaks



**16<sup>98</sup>**  
lb  
37.43 kg

market made fresh   
AAA Alberta Beef

# Ground Sirloin Burgers



**7<sup>98</sup>**  
lb  
17.59 kg

market fresh   
Pork Loin Chops  
Boneless



**4<sup>98</sup>**  
lb  
10.98 kg

market fresh   
Chicken  
Wings



**5<sup>98</sup>**  
lb  
13.18 kg

local local **PRODUCT**  
BROUGHT TO YOU BY A  
COMPANY

market made fresh   
Turkey Breast  
Cutlets



**8<sup>98</sup>**  
lb  
19.80 kg

market fresh   
Grimm's  
Sausage  
Rings

Selected  
Varieties  
300 g



**6<sup>98</sup>**  
ea

gluten free

market made fresh   
Pork Chorizo  
Sausages

Hot, Mild



**6<sup>98</sup>**  
lb  
15.39 kg

meet...

**Brannen D.**  
Meat Manager  
Market on Yates

"The Market Stores offers high quality meats at competitive prices. From local lamb, pork and chicken to fresh made sausage and stuffed chicken breasts. The Market makes it easy to plan your next meal."



market seafood

market fresh 

# Wild Halibut Fillets



**5<sup>98</sup>**  
100 g



thawed for convenience  
Wild Sockeye  
Salmon  
Steaks

**2<sup>98</sup>**  
100 g



thawed for convenience  
Almond Sole  
Fillets

**2<sup>98</sup>**  
100 g



market made fresh   
Turkey Breast  
Cutlets



**8<sup>98</sup>**  
lb  
19.80 kg

market fresh   
Grimm's  
Sausage  
Rings

Selected  
Varieties  
300 g



**6<sup>98</sup>**  
ea

gluten free

market made fresh   
Pork Chorizo  
Sausages

Hot, Mild



**6<sup>98</sup>**  
lb  
15.39 kg

thawed for convenience  
Ready To Eat  
Prawns  
41/50 Count

**3<sup>48</sup>**  
100 g



market made fresh  
Seafood Stuffed  
Mushroom  
Caps

**1<sup>98</sup>**  
100 g



meet...



**Douglas B.**

General Manager, The Market Stores

"If you are looking for a specialty item or something unique, look here first. We've got your favourites."

market grocery



Mrs. Renfro's

**Salsa**

All Varieties  
473 mL



**5<sup>98</sup>**

Coca-Cola  
**Soda**

All Varieties  
2 L



**2<sup>68</sup>**

Old Dutch   
**Potato Chips**

All Varieties  
including Ridgies  
200-235 g



**3<sup>88</sup>**

market household

Bonterra

**Bathroom Tissue**

6 pk



**6<sup>48</sup>**

Nature Clean

**Dish Soap**

All Varieties  
740 mL



**3<sup>98</sup>**

Bio Bag

**Compostable  
Waste Bags**

Small Kitchen  
48 pk



**9<sup>98</sup>**

Sober Carpenter   
**Non-Alcoholic  
Beer or Cider**

Selected Varieties  
473 mL



**2<sup>78</sup>**

Island Nut Roastery   
**Peanut  
Butter**

All Varieties, 750 g



**9<sup>98</sup>**

Nature's Pasta  
**Pasta**

All Varieties  
454 g



**4<sup>98</sup>**

Rice Up  
**Rice Cakes**

All Varieties  
120 g



**2 for 5<sup>00</sup>**

Lesley Stowes   
**Raincoast  
Crisps**

All Varieties, 150 g



**5<sup>98</sup>**

Pringles  
**Potato Chips**

All Varieties  
148-156 g



**2 for 7<sup>00</sup>**

Annie's  
**Pasta Entrée**

Selected Varieties  
149-170 g



**2 for 6<sup>00</sup>**

Raincoast  
**Global Skipjack Tuna**

All Varieties  
142 g



**2 for 7<sup>00</sup>**

Pam  
**Vegetable Oil  
Cooking Spray**

170 g



**5<sup>98</sup>**

**When you love food, you love The Market Stores.**

Flyer in effect: Thursday April 25 to Wednesday May 1, 2024

market grocery

Phillip's   
Soda

All Varieties  
4 pk



6<sup>98</sup>

local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

Santa Cruz  
Lemonade

Selected Varieties  
946 mL

4<sup>98</sup>



organic  
non-gmo

Dandies  
Marshmallows

All Varieties  
283 g

5<sup>48</sup>



gluten free  
non-gmo  
vegan

market dairy

Island Gold   
Large Brown Eggs

12 pk



4<sup>78</sup>

local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

Arla Castello   
Cheese Slices

All Varieties  
125-175 g

4<sup>68</sup>



Island Farms   
Chocolate Milk

2 L

4<sup>98</sup>



local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

Just Egg  
Plant-Based Egg

All Varieties

20%  
OFF  
at till



non-gmo

Montellier   
Sparkling Water

All Varieties, 1L

3  
for 4<sup>00</sup>



Hunt's   
Thick & Rich  
Tomato Sauce

Selected Varieties

2  
for 5<sup>00</sup>



680 mL

CheeZ-it  
Crackers

All Varieties  
191-200 g

2  
for 7<sup>00</sup>



NoochPOP   
Popcorn

All Varieties  
120 g

4<sup>28</sup>



gluten free  
non-gmo  
vegan

San Remo  
Beans

All Varieties  
398 mL

2  
for 5<sup>00</sup>



organic  
gluten free  
vegan

Bone Brewhouse  
Flavoured  
Bone Broth

Selected Varieties

6<sup>98</sup>



gluten free

5 pk

Italissima  
Lemon or  
Lime Juice

500 mL

2  
for 6<sup>00</sup>



Matiz  
Paella Rice

1 kg

9<sup>68</sup>



Earth's Own   
Oat or  
Almond  
Beverage

Selected Varieties

4<sup>28</sup>



gluten free  
non-gmo  
vegan

1.75-1.89 L

Dairyland   
Milk 2 Go

Selected Varieties  
325-473 mL

2  
for 4<sup>00</sup>



Paradise Island   
Cheese

Small Block

6<sup>48</sup>



Selected Varieties  
No Extra Old White

local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

market frozen

Pinty's   
**Chicken**  
 All Varieties  
 750-790 g



**14<sup>98</sup>**

Salt Spring Pie Company   
**Meat Pies**  
 All Varieties, 250 g



**7<sup>98</sup>**

local local  
 PRODUCT  
 BROUGHT TO YOU BY A  
 COMPANY

Kellogg's  
**Eggo Waffles**  
 All Varieties, 270-280 g



**2<sup>800</sup>**  
 for

Rico 'n Lalo   
**Fruit Bars**  
 All Varieties, 4 pk



gluten free  
 vegan  
 nut free

**5<sup>98</sup>**

Oven Latino   
**Homestyle Empanadas**  
 All Varieties, 4 pk



**16<sup>98</sup>**

local local  
 PRODUCT  
 BROUGHT TO YOU BY A  
 COMPANY

Daiya   
**Cheezecake**



gluten free  
 vegan

**6<sup>98</sup>**

All Varieties, 400 g



Silver Hills   
**Sprouted  
 Wheat  
 Bread**



non-gmo  
 vegan  
 peanut free  
 nut free

Selected Varieties  
 430-615 g

**4<sup>98</sup>**

market eating healthy

GT's  
**Kombucha**  
 All Varieties  
 1.4 L



raw

**9<sup>98</sup>**

Spread'em   
**Creamy Cashew Dip**  
 All Varieties  
 185 g



gluten free  
 vegan

**6<sup>98</sup>**



Flow   
**Flavoured  
 Water**  
 Selected Varieties  
 500 mL



organic

**2<sup>300</sup>**  
 for

Larabar  
**Energy Bars**  
 Selected Varieties  
 45-48 g



gluten free  
 vegan

**2<sup>400</sup>**  
 for

Prana   
**Trail Mix**  
 Selected Varieties  
 150 g



organic  
 gluten free  
 non-gmo

**4<sup>98</sup>**

Frankie's   
**Cloud Snacks**  
 All Varieties  
 113-140 g



organic

gluten free

**2<sup>600</sup>**  
 for

Taste Nirvana  
**Coconut  
 Water**  
 700 mL



gluten free  
 non-gmo

**5<sup>98</sup>**

Bob's Red Mill  
**Granola**  
 Selected Varieties  
 312 g



gluten free

**6<sup>48</sup>**

Arizona Pepper  
**Harvest  
 Hot Sauce**  
 All Varieties  
 148 mL



organic

gluten free

**4<sup>68</sup>**

Applesnax   
**Apple Sauce**  
 Homestyle, Unsweetened  
 620 mL



organic  
 gluten free

**3<sup>98</sup>**

Go Bio!  
**Bouillon  
 Cubes**  
 Selected  
 Varieties



organic  
 gluten free  
 non-gmo

**3<sup>68</sup>**

54-66 g, 6 pk

When you love food, you love The Market Stores.



Flyer in effect: Thursday April 25 to Wednesday May 1, 2024

# market bakery



market made fresh

## Mini Blueberry Pie

5"



**5<sup>98</sup>**  
ea

market made fresh

## Butter Tart Bar



**2<sup>98</sup>**  
ea

market fresh   
Mayflower

vegan

## Date Square



**3<sup>98</sup>**  
ea

local PRODUCT  
BROUGHT TO YOU BY A  
local COMPANY

market made fresh   
Whole Wheat  
Banana Bread



**6<sup>98</sup>**  
ea

market baked fresh   
Raisin Scone

6 pk



**4<sup>98</sup>**  
ea

market made fresh   
Whole Wheat  
Bread



**3<sup>48</sup>**  
ea

market made fresh   
Oatmeal Cookies

12 pk



**6<sup>28</sup>**  
ea

market made fresh   
Kit Kat Cheesecake  
Slice



**7<sup>48</sup>**  
ea

# market bulk



Foley's  
Chocolate  
Almond Bark  
Selected Varieties



**1<sup>98</sup>**  
100 g

• White  
• Milk  
• Dark

Roasted  
Peanuts



**68¢**  
100 g

• Salted  
• Unsalted

Unsulphured  
Dried Mango  
Slices



**1<sup>58</sup>**  
100 g

Cranberry  
Trail Mix



**98¢**  
100 g

Split Peas

• Green  
• Yellow

organic



**68¢**  
100 g

Black  
Beans or  
Chickpeas

organic



**1<sup>18</sup>**  
100 g

meet...

## Melanie B.

Self-Care Manager, Market on Millstream

"The Market on Millstream's Self-Care department is a wonderland to be discovered! Full of a diverse range of products to boost immunity, give you energy and help you look and feel your best. Myself and my staff are delighted to assist you with your needs."



# market on Millstream self care



Aqua Omega

## Family Size Omegas & Fish Oils

450 mL, 240 caps

AquaOmega high potency fish oil is the finest, most concentrated triglyceride fish oil available on the global market. These Omega-3 fatty acids are sourced certifiably and exclusively from anchovies in the South Pacific. This, combined with Aqua Omega's patented extraction and molecular distillation process, ensures that they deliver the freshest, cleanest, most concentrated, and purest-tasting oils.



**15%**  
OFF  
at till

Market On Millstream Only

Lily of the Desert  
Products

Selected Varieties, 114 g - 3.8 L  
Founded by Don Lovelace in the heartland of Texas, a passion for wellness has blossomed into an award-winning line of natural products and services. Through hard work and proven science, this company strives to deliver safe, effective, and innovative Lily of the Desert products for customers to enjoy.



**10%**  
OFF  
at till

Market on Yates & Millstream

NutriStart

All Products 12.5 mL - 240 vcaps

NutriStart is a local, family-owned business based in Victoria, BC. They're an award-winning company that has proudly served Canadians on their journey to optimal health since 1997. NutriStart combines the best of science and nature!



**10%**  
OFF  
at till

Market On Millstream Only

CanPrev  
Probiotics 30 vcap

Feeling good starts with quality nutrition and proper digestion, but it ends with getting beneficial bacteria that support your bowel movement. After all, sluggish bowels impact other organs like the brain, liver, skin, and even your heart. The right balance of good bacteria ultimately builds up better bowel transit time for eliminating toxins and waste daily.

gluten free  
non-gmo  
dairy free  
soy free



**15%**  
OFF  
at till

Market On Millstream Only

Organyc

Cottonballs

Organyc beauty cotton balls are manufactured from GOTS-certified organic cotton. Ideal for gentle cleansing and daily use. The packaging is made with renewable raw materials and is itself compostable. These cotton balls are extremely soft, but strong. They do not contain chlorine bleach, latex, parabens, perfumes, SAP, or plastics.

organic



**4<sup>98</sup>**  
100 pk

Market On Millstream Only

903 Yates At Quadra | 250.381.6000 | 7 am-11 pm



125-2401 C Millstream Road | 250.391.1110 | 8 am-10 pm

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market made fresh

## Seven Layer Dip

**178**  
100 g



Made In-Store

market made fresh

## Greek Salad

**198**  
100 g



Made In-Store

market made fresh

## Nate's Bacon Sriracha Potato Salad

**178**  
100 g



Made In-Store

meet...



### Mark L. Deli Manager, Market on Yates

"We offer a wide variety of cheeses from around the world, as well as many from our own backyard. Local free run poultry, fresh salads, hot soups and sandwiches. Ready to eat meals if you are on the go, or customizable party platters if you are looking to entertain. Let us help plan your next meal."

market made fresh

## Marinated Vegetables

**178**  
100 g



Made In-Store

market made fresh

## Beef Lasagna

**208**  
100 g



Made In-Store

market made fresh

## Chicken Pesto Alfredo Penne

**178**  
100 g



Made In-Store

## Westshore Turkey Bacon Sandwich

**748**  
ea



with Pesto Mayo  
Approx. 275 g  
Made In-Store

## Garlic Coil

**228**  
100 g



## Maple Lodge Chicken Breast

**298**  
100 g



## Chipotle Turkey Breast

**368**  
100 g



## Irish Ham

**288**  
100 g



\*Florals may not be exactly as pictured

Yates Full Floral Design  
250.721.1113

Millstream Full Floral Design  
250.391.1110

market floral



May

Birthday Flower: Lily of the Valley

Colour: White

Birthstone: Emerald

### Blooming POSSIBILITIES

Our floral team is genius at creating eye-catching bouquets from scratch. Working with your favourite colours and flowers, from local to exotic, this team never ceases to amaze with their uniquely beautiful designs.

market made fresh

## Creamsicle Bouquet

**19<sup>98</sup>**  
ea



market made fresh

## Cherry Brandy Bouquet

**23<sup>98</sup>**  
ea



market made fresh

## Cheery Yellow Bouquet

**25<sup>98</sup>**  
ea



market fresh BC Grown

## Marigold Plant

4"

**298**  
ea



market fresh BC Grown

## Dahlia Plant

6"

**998**  
ea



market made fresh

## Simply Lovely Arrangement

**27<sup>98</sup>**  
ea



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8 am-10 pm