

LOCALLY OWNED AND OPERATED

the Market Stores

WEEKLY SPECIALS

May 2 - May 8, 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 AAA Alberta Beef

T-Bone Steaks



14⁹⁸
lb
33.02 kg

you save
8⁰¹
lb

market fresh BC Hot House

On the Vine Tomatoes



1⁶⁸
lb
3.70 kg

you save **\$1.31/lb**

market fresh BC

Ambrosia Apples



3 lb/1.36 kg

3⁹⁸
ea

you save **\$2.01/ea**

organic

market made fresh

Whole Roasted Chickens

BBQ, Montreal Steak Spice
Approx. 1.4 kg



14⁹⁸
ea

local local PRODUCT BROUGHT TO YOU BY A COMPANY Made In-Store you save **\$1.01/ea**

Portofino

Peasant Loaf

585 g



3⁹⁸
ea

local local PRODUCT BROUGHT TO YOU BY A COMPANY you save **\$2.31/ea**

PARTNERED WITH



Shop Online

Delivery or Curbside Pickup
express.themarketstores.com



ENTER TO WIN ONE of TWO \$200 GIFT CARDS

One per location. Full details in-store. Draw May 31st, 2024.



THINK LOCAL FIRST

903 Yates At Quadra | 250.381.6000
7 am-11 pm

themarketstores.com

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



market fresh
Washington

Asparagus



3⁹⁸
lb
8.77 kg

market fresh
California

Red Grapefruit



98¢
ea

market fresh
Washington
Cosmic Crisp
Apples



1²⁸
lb
2.82 kg

market fresh 
BC

Baby Potatoes



2⁹⁸
ea
680 g

market fresh 
BC

Mini Sweet Pepper



2⁹⁸
ea
454 g

market fresh 
BC

Butter Lettuce



2⁹⁸
ea

market fresh
California

Cauliflower



3⁹⁸
ea

market fresh
Mexico

Green Beans



2⁹⁸
lb
6.57 kg

meet...



Mike M.

**Produce Manager
Market on Millstream**

"We take pride in providing our family, friends and community with the best organic, BC, and island grown produce."

market ORGANIC produce



market fresh
California
Almond
Roll Dates
340 g

organic



5⁹⁸
ea

market fresh
California
Lemons
2 lb/907 g

organic



4⁹⁸
ea

market fresh
California
Bunch
Broccoli

organic



2⁹⁸
lb
6.57 kg

market fresh
Mexico
Green Kale
Bunch

organic



2⁴⁸
ea

market fresh
Mexico
Bunch
Spinach

organic



2⁹⁸
ea

market fresh 
BC
Long English
Cucumbers

organic



3⁹⁸
ea

market fresh 
AAA Alberta Beef

Meatballs



7⁹⁸
lb
17.59 kg

Made Fresh In-Store

market made fresh 

Pork Loin Chops

Bone-In



4⁹⁸
lb
10.98 kg

market made fresh 

Pork Loin Cutlets



5⁹⁸
lb
13.18 kg

market fresh 

Whole Frying Chickens



3⁹⁸
lb
8.77 kg

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

market made fresh 

Chicken Kebabs

Min. 140 g



2
for **8⁰⁰**

market fresh 

Grimm's Pepperoni

gluten free



8⁹⁸
ea

All Varieties
450 g

market made fresh 

Garlic Bratwurst Pork Sausages



6⁹⁸
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 fresh 

Wild Rockfish Fillets



1⁹⁸
100 g



thawed for convenience

Wild Salmon Lox Trim



3⁹⁸
100 g



thawed for convenience

Raw Prawn Skewers



2
for **4⁰⁰**

5 per Skewer

thawed for convenience

Wild Ahi Tuna Poke



3⁴⁸
100 g



market made fresh

Wild Salmon Burgers



3⁹⁸
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



Jarritos

Soda

All Varieties
1.5 L

2⁹⁸



Pinata

Refried Beans

398 mL

2 for 4⁰⁰



Gerolsteiner

Carbonated Natural Mineral Water

750 mL

2 for 7⁰⁰



market household

Eco Living

Dish Detergent Strips

32 pk

9⁹⁸



Old El Paso Taco Kits

All Varieties
250-400 g

4⁹⁸



Chef Boyardee Pasta

All Varieties
418-425 g

2 for 5⁰⁰



Maison Orphee Dressing or Vinaigrette

All Varieties, 250 mL

3⁹⁸



Caboo Bathroom Tissue

4 pk

4⁹⁸



Dos Amigos Enchilada Sauce

Red, Green
284 mL

2⁷⁸



Cheddies Cheddar Crackers

All Varieties, 119 g

5⁹⁸



Rufus Teague Barbeque Sauce

All Varieties
330 mL

7⁹⁸



Mrs. Meyer's Laundry Detergent

Lemon, Lavender
1.8 L

20⁹⁸



Kiju Juice

All Varieties
1 L

2 for 6⁰⁰



Terra Breads Granola

All Varieties
340 g

6⁹⁸



Gold Seal Sardines

All Varieties
125 g

3 for 5⁰⁰



When you love food, you love The Market Stores.

Flyer in effect: Thursday May 2 to Wednesday May 8, 2024

market grocery

market dairy

Old Dutch 
Tortilla Chips

Arriba,
Restaurante
230-295 g



3⁹⁸

Cholula
Hot Sauce

All Varieties
150 mL



5⁴⁸

Realemon or Realime
Lemon or Lime Juice

125 mL



98¢

Tofutti 
Better Than Cream Cheese

gluten free
vegan

Plain
227 g



3⁹⁸

Zambri's Pantry 
Tomato Sauce

All Varieties
Each



7⁹⁸

local PRODUCT
BROUGHT TO YOU BY A
local COMPANY

Garofalo
Pasta

All Varieties
500 g



2 for **6⁰⁰**

Roar
Electrolyte Beverage

All Varieties



organic
gluten free
vegan

2 for **7⁰⁰**

532 mL

New!

Armstrong 
Sliced Cheese

Selected Varieties



5²⁸

11-12 pk

Greek Gods
Yogurt

Selected Varieties
500 g



5⁹⁸

La Costena
Salsa

All Varieties
475 g



6⁹⁸

Salt Spring Sea Salt 
Infused Sea Salt

All Varieties, 45 g



7⁹⁸

vegan
local PRODUCT
BROUGHT TO YOU BY A
local COMPANY

Taj Mahal
Chutney

All Varieties
454 g



3⁹⁸

vegan

Sunrise 
Soyganic Tofu

Selected Varieties



2⁹⁸

350-454 g

organic
non-gmo
vegan

Thornloe 
Grass Fed Butter

All Varieties
250 g



7⁶⁸

Favuzzi
Soda or Iced Tea

All Varieties, 275 mL



2 for **6⁰⁰**

Mezzetta
Napa Valley Bistro Olives

All Varieties, 250 mL



6⁹⁸

Merula
Extra Virgin Olive Oil

500 mL



16⁹⁸

Naturegg 
Simply Egg Whites

500 g



4⁶⁸

gluten free

market frozen

Nikkei 🍁

Ramen Kits

All Varieties
430-460 g

9⁹⁸



Carbonaut Low Carb Bread

White, Seeded, 544 g

5⁹⁸



non-gmo
vegan
peanut free

Barakah Eats 🍁

Curry Sauce with Meat

Selected Varieties

7⁹⁸

400 g



Sol Cuisine 🍁

Plant Based Burgers

All Varieties, 284 g

5⁹⁸



gluten free
non-gmo

Lucky Foods Spring Rolls

Selected Varieties

4⁹⁸

241 g



non-gmo
vegan

Katz Gluten Free Donuts or Cinnamon Buns

6⁹⁸

All Varieties, 240-297 g



gluten free
dairy free
soy free
nut free

Creekmore 🍁

Coffee

All Varieties
350-400 g

11⁹⁸



organic

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market eating healthy

Mid-Day 🍁

Squares

All Varieties, 33 g

2 for 4⁰⁰



gluten free
non-gmo
vegan
fair trade

Natur-a Oat Beverage

All Varieties
946 mL

2 for 6⁰⁰



organic
gluten free
vegan

Made Good Granola Bars or Minis

Selected Varieties
5 pk

3⁹⁸



organic

Everland Dried Mango

150 g

7⁹⁸



organic

Zazubean Chocolate Bars

All Varieties
80-85 g

3⁹⁸



organic
gluten free
vegan

Bob's Red Mill Oats

Quick, Old Fashioned
794-907 g

8⁹⁸



gluten free

Siete Taco Seasoning

Mild, Spicy
37 g

2 for 6⁰⁰



gluten free

Canadian Heritage Maple Syrup

All Varieties
500 mL

14⁹⁸



organic

Remedy Kombucha

All Varieties
4 pk

7⁹⁸



New!

organic
vegan
raw

Ginger People Ginger

Minced, Pickled
190 g

5⁴⁸



organic

Eat Wholesome Tomatoes

All Varieties
796 mL

4⁴⁸



organic



When you love food, you love The Market Stores.

market bakery

market made fresh

Mini Sweet Dark Cheery Pie

5"



5⁹⁸
ea

market made fresh

Triple Chocolate Chunk Brownie



2⁹⁸
ea

market made fresh

Raspberry Shortbread Cookies

12 pk



7²⁸
ea

market baked fresh

Multigrain Bread



4⁴⁸
ea

market made fresh

Lemon Cheesecake Slice



7⁴⁸
ea

Cinnamon Raisin Scone

6 pk



4⁹⁸
ea

Pecan Tart

4"



2⁹⁸
ea

Mayflower Brownie

vegan



3⁹⁸
ea

local PRODUCT
BROUGHT TO YOU BY A
local COMPANY

market bulk

Reeses Pieces

2²⁸
100 g



Roasted Almonds

2⁴⁸
100 g

• Salted
• Unsalted



Dried Cranberry

1²⁸
100 g



Rainbow Mix

98¢
100 g



Basmati Rice

1³⁸
100 g

• Brown
• White



Pumpkin Seeds

1⁴⁸
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

Megafood Supplements

30 vtabs - 120 tabs

Premium supplements made with nutrients and real food from trusted farm partners who share our commitment to organic and regenerative agriculture.

non-gmo

vegetarian



10%
OFF
at till

St Francis Canadian Bitters

50 mL

Natural digestive support for soothing relief from heartburn, bloating, and gas! Features 9 certified organic herbs with bitter compounds that relieve symptoms of indigestion.

organic



15%
OFF
at till

Market On Millstream Only

Market On Millstream Only

Trophic Choline Bitartrate 250mg

Promotes healthy liver function; Helps to emulsify fats and cholesterol; Plays a critical role in memory function; Necessary for the synthesis of acetylcholine.



8⁹⁸
90 tabs

Market On Millstream Only

Allmax Ketocuts

The perfect addition to any Keto or low-carb diet, ALLMAX introduces KETOCUTS! Formulated for the ketogenic athlete to help kick-start ketosis and provide energy. KETOCUTS includes everything a Ketogenic dieter wants from effective BHB Exogenous Ketones to quality MCTs, this Ketogenic Energy Drink will increase your ketone levels, boost your energy and help support body fat reduction.



27⁹⁸
240 g

Market On Millstream Only

Veeva Stress

Veeva Stress formula helps reduce mental and physical stress and their associated symptoms, and promotes healthy mood balance. Happiness ensues. Veeva integrates body, mind and spirit using the ancient wisdom of Ayurveda alongside timeless spices (cinnamon, cloves and allspice) shown to have brain-protective properties.

gluten free

non-gmo

vegan

33⁹⁸
60 caps



62⁹⁸
120 vcap

Market On Millstream Only



market made fresh 
Sweet & Crunchy Broccoli Salad

2³⁸
100 g

Made In-Store



market made fresh 
Ham & Cheese Pasta Salad

2⁰⁸
100 g

Made In-Store



market made fresh 
Creamy Coleslaw

1⁶⁸
100 g

Made In-Store



meet...



Ylenia R.
Floral Manager
 Market on Yates

"Our floral teams create beautiful bouquets using the freshest local and imported products."

market made fresh 
Chef Salad
 Approx. 350 g

8⁹⁸
ea

Made In-Store



market made fresh 
Pulled Pork

2⁶⁸
100 g

Made In-Store



market made fresh 
Fruit Ambrosia

2⁰⁸
100 g

Made In-Store



market fresh 
Fresh is Best Salsa
 All Varieties
 375 mL

6⁴⁸
ea



market fresh 
Castello English Cheese
 Assorted, 200 g

8⁹⁸
ea



market fresh 
Mastro Calabrese Salami

4⁴⁸
100 g



market fresh 
Maple Lodge Cajun Chicken

2⁸⁸
100 g



market fresh 
Continental Honey Ham

2⁸⁸
100 g



Yates Full Floral Design
 250.721.1113

Millstream Full Floral Design
 250.391.1110

market floral



*Florals may not be exactly as pictured

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 
Fun in the Sun Bouquet

22⁹⁸
ea



market made fresh 
Friendship Bouquet

18⁹⁸
ea



market made fresh 
Bright Skies Bouquet

20⁹⁸
ea



market fresh  BC Grown
African Violet Plant

3⁹⁸
ea



market fresh  BC Grown
Shasta Daisy Plant

9⁹⁸
ea

1 Gal



market made fresh 
May in Bloom Arrangement

29⁹⁸
ea



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 7 am-11 pm

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 8 am-10 pm