

LOCALLY OWNED AND OPERATED

the Market Stores

# WEEKLY SPECIALS

May 16 - May 22, 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

## Chicken Wings



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

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

you save **4<sup>01</sup>** lb

market fresh Peru

## Seedless Grapes

Green, Red



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

you save **\$2.01/lb**

market fresh California

## Bunch Broccoli

organic



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

you save **\$3.01/lb**

market made fresh

## Mac & Cheese Pulled Pork Dinner

Approx. 400 g

Made In-Store



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

you save **\$1.01/ea**

Old Dutch

## Potato Chips

All Varieties including Ridgies



gluten free

**2<sup>700</sup>**  
for

200-235 g  
you save **\$1.49/ea**

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 May 31<sup>st</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   
BC Hot House

# Coloured Peppers

Red, Orange, Yellow



**248**  
lb  
5.47 kg



market fresh  
California

# Mandarins

2 lb/907 g



**398**  
ea

market fresh  BC

# Grape Tomatoes



**248**  
ea  
Pint



market fresh  
Washington Extra Fancy

# Cosmic Crisp Apples



**128**  
lb  
2.82 kg

market fresh  
Mexico

# Ataulfo Mangos



**198**  
ea

market fresh  
Australia

# Bartlett Pears



**148**  
lb  
3.26 kg

market fresh  BC

# Butter Lettuce



**298**  
ea



market fresh  BC

# Potatoes

680 g



**298**  
ea



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 fresh  BC

# Beets

1 lb/454 g



organic

**298**  
ea



market fresh  BC

# Ambrosia Apples

3 lb/1.36 kg



organic

**398**  
ea



market fresh  
Mexico

# Zucchini



organic

**198**  
lb  
4.37 kg

market fresh  
Mexico

# Bunch Green Kale



organic

**248**  
ea

market fresh  
California

# Baby Carrots

1 lb/454 g



organic

**298**  
ea

market fresh  
California

# Lemons

2 lb/907 g



organic

**498**  
ea



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



market fresh   
AAA Alberta Beef

## Prime Rib Roasts & Steaks



**18<sup>98</sup>**  
lb  
41.84 kg

market fresh   
AAA Alberta Beef

## Bottom Round Roasts & Steaks



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

market fresh 

## Pork Side Ribs



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

market fresh 

## Pork Blade Steaks

Bone-In



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

market fresh 

## Chicken Breast Cutlets



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

market fresh 

## Harvest Back Bacon

250 g



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

gluten free

market made fresh 

## English Banger Pork Sausages



**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



thawed for convenience

## Wild Sockeye Salmon Fillets



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



thawed for convenience

## Coconut Crusted Tilapia Fillets



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

market fresh 

## Manila Clams



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



thawed for convenience

## Machine Peeled Wild Shrimp Meat



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

market made fresh

## Halibut Phyllo Pastries

Approx. 350 g



**8<sup>98</sup>**  
ea



meet...



**Teresa D.**  
Grocery Manager  
Market on Millstream

"At the Market on Millstream we have a Grocery Team here to assist in your shopping needs. We take pride in providing our community with a vast variety of Gluten Free, Vegan, and Organic products."

market grocery



Fever-Tree

# Premium Tonic Water or Mixers

All Varieties  
4 pk

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



Yeshi

# Nutritional Yeast Dressing or Dips

All Varieties, 350 mL

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



gluten free

dairy free

nut free

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

Herdez

# Salsa

All Varieties  
453 g

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



market household

Bonterra

# Paper Towels

3 pk

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



Nature Clean

# Dishwasher Pacs

24 pk

**8<sup>98</sup>**



Tru Earth

# Laundry Detergent Strips

All Varieties  
32 pk

**11<sup>98</sup>**



# Del Monte Canned Fruit

All Varieties  
398 mL

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



Endangered Species

# Natural Chocolate Bars

All Varieties, 85 g

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



non-gmo

fair trade

Meridian Smokehouse

# Beef Jerky

All Varieties  
70 g

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



gluten free

# Ocean Spray Cranberry Juice

All Varieties  
1.77-1.89 L

**2 for 8<sup>00</sup>**



# 49th Parallel Coffee

All Varieties  
300-340 g

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



# Mancini Pasta

All Varieties  
500 g

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



# Kozlik's Canadian Mustard

All Varieties  
250 mL

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



gluten free

# Bonta Fire Roasted Tomatoes

All Varieties  
398 mL

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



# Quinta's Sauces

All Varieties  
260 g

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



gluten free

vegan



When you love food, you love The Market Stores.

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market grocery

Dempster's   
**Signature Bread**

Whole Wheat,  
Sesame  
600 g



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

Pepsi   
**Soda**

All Varieties  
12 pk



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

Walter   
**Craft Caesar Mix**

All Varieties  
946 mL



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

General Mills  
**Cereal**  
Selected Varieties  
300-437 g



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

Brust   
**Cold Brew Protein Coffee**

Light, Dark, 330 mL



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

Hellmann's   
**Mayonnaise**  
All Varieties  
710-890 mL



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

Stubborn Chef   
**Kimchi or Spicy Pickled Daikon**

All Varieties, 454 g



**10<sup>98</sup>**

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

China Lily   
**Soya Sauce**  
483 mL



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

Stubb's   
**Barbeque Sauce**  
All Varieties



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

450 mL

Simply Cocktails   
**Cocktail Mixers**

All Varieties, 480 mL




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

Casale Paradiso   
**Risotto**  
All Varieties  
250 g




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

Better Than Boullion   
**Soup Base**  
Selected Varieties  
227 g



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

market dairy

Farmer Ben's 

**Free Run Brown Large Eggs**

12 pk



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

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

Olympic   
**Yogurt**

Krema, Greek, Organic  
1.75 kg



**10<sup>98</sup>**

Island Farms   
**10% Half & Half Cream**

1 L



**3<sup>38</sup>**

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

The Market Stores   
**Cheese**

All Varieties  
500 g



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

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

Yoggu!   
**Coconut Yogurt**

All Varieties  
450 g



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

Babybel   
**Cheese**

All Varieties, 6 pk



**2 for 9<sup>00</sup>**

market frozen

Island Farms 

## Premium Ice Cream

Country Cream, Tracks, Vanilla Plus

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



1.65 L

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

Healthy Choice 

## Steamers

All Varieties

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



255-292 g

Caulipower

## Pizza

All Varieties, 310-327 g

**25% OFF** at till



Plant Up 


## Bites

All Varieties

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



24 pk/288 g

Jane's 


## Chicken Burgers, Nuggets or Strips

Selected Varieties

**10<sup>98</sup>**



700 g

Chef Enrick 

## Meat or Vegetable Pies

All Varieties, 330 g

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



*New!*



market eating healthy

Blue Diamond

## Almond Breeze

All Varieties

946 mL

gluten free

non-gmo

soy free

peanut free



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

Clif

## Builder Bars

All Varieties

68 g

gluten free

**2<sup>28</sup>**



Pacific

## Soup

All Varieties

946 mL-1 L

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



Maison Orphée 

## The Perfect Oil

500 mL

gluten free

non-gmo

**11<sup>98</sup>**



Rise 

## Kombucha

Selected Varieties

414 mL

organic

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



## Safe Catch Wild Albacore Tuna

Selected Varieties

142 g

non-gmo

**5<sup>48</sup>**



## Traditional Medicinals Tea

All Varieties

16 pk

organic

non-gmo

**4<sup>28</sup>**



## Sprague Soup

Selected Varieties

398 mL

organic

gluten free

vegan

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



## Mary's Crackers

Selected Varieties

184 g

organic

gluten free

non-gmo

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



## Nuts To You Peanut Butter

Smooth, Crunchy

organic

non-gmo

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



750 g

## Allergy Smart Cookies

All Varieties

10 pk

gluten free

non-gmo

vegan

**5<sup>28</sup>**



## Que Pasa Tortilla Chips

All Varieties

156 g

organic

gluten free

non-gmo

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



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## market bakery

market made fresh

### Lemon Zinger Cake Slice



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

market made fresh

### Blueberry Pie

8"



**11<sup>48</sup>**  
ea

market made fresh

### Lemon Macaroon Bar



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

market made fresh

### Chocolate Chip Cookies

12 pk



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

market made fresh

### Double Chocolate Brownie

8" x 8"



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

market made fresh

### Blueberry White Chocolate Scones

6 pk



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

market made fresh

### Flax Bread



**4<sup>48</sup>**  
ea

market made fresh

### Raspberry Almond Tart

4"



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

## market bulk

### Foley's Chocolate Raisins

Selected Varieties



**1<sup>78</sup>**  
100 g

• Milk  
• Dark

### Walnuts

- Halves & Pieces
- Crumbs



**1<sup>88</sup>**  
100 g

### California Pitted Dates



**1<sup>28</sup>**  
100 g

### Unsalted Super Macs Mix



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

### Voets Kaffee Coffee Beans



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

### Lentils

- Green
- French



**98¢**  
100 g

organic

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

Garden of Life

### All-in-One Protein

Garden of Life Organic All-in-one Proteins are smooth, creamy and delicious. Every sip rewards your taste buds while it helps build and repair muscles. They use the cleanest proteins, organic, non-GMO de-husked peas, with probiotics added to promote comfortable and efficient digestion. This all in one is packed with lots of vegetable sourced nutrients making

this a perfect meal replacement in several flavours.

**54<sup>98</sup>**  
907-1038 g



organic

non-gmo

vegan

Market On Millstream Only

Suku

### Vitamins 60 Gummies

SUKU means to love yourself. SUKU Vitamins promise is to deliver the cleanest, non-capsule supplements that use the highest quality ingredients to help people feel and look their best in an easy to stick to regimen.

gluten free

dairy free

soy free



**15%**  
OFF  
at till

Market on Yates & Millstream

Hyland's

### Calms Forte

Don't waste time on another restless night! Calms Forte provides stress relief and promotes natural sleep through a combination of homeopathically-prepared botanicals and minerals. This safe and gentle medicine eases your body and your mind, soothes your nerves, and reduces irritability. Find your way to gentle sleep so you can wake up rested and refreshed!



**13<sup>48</sup>**  
100 tabs

Market On Millstream Only

Emuaid

### First Aid Ointment

14-59 mL

Topical symptomatic relief for resistant skin conditions: Severe Boils, Hemorrhoids, Eczema, Cold Sores, Fungal Infections, Poison Ivy, Psoriasis, Oak & Sumac and other itchy, painful conditions.



**20%**  
OFF  
at till

Market On Millstream Only

Organic Traditions

### Supergreens

Organic Traditions Green powders are an easy and delicious way to get your green superfoods daily. A simple shake or mix in your morning smoothie, will help you unlock healthy digestion, improve cognitive function, and boost energy levels, all-day long — naturally.



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

Market On Millstream Only

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market made fresh

## Curry Cashew Pasta Salad

**188**  
100 g



Made In-Store

market made fresh

## Chipotle Chicken Salad

**198**  
100 g



Made In-Store

market made fresh

## Ham & Cheese Pasta Salad

**208**  
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

## Beef & Chicken Burrito

Approx. 400 g

**798**  
ea



Made In-Store

market made fresh

## Turkey Bacon Club Wrap

Approx. 250 g

**678**  
ea



Made In-Store

market made fresh

## Roasted Chicken Legs

BBQ, Montreal Spice

**148**  
100 g



local local  
PRODUCT BROUGHT TO YOU BY COMPANY  
Made In-Store

market fresh

## Souvlaki Pita

5 pk

**598**  
ea



market made fresh

## Cabbage Rolls

**178**  
100 g



Made In-Store

market fresh

## Prosciutto di Parma

**648**  
100 g



market fresh

## Maple Lodge Chicken Breast

**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

## Lemon Lime Bouquet

**2198**  
ea



market made fresh

## Splash of Colour Bouquet

**1998**  
ea



market made fresh

## Pastel Perfection Bouquet

**2598**  
ea



market fresh BC Grown

## Culinary Herbs

**348**  
ea



market fresh BC Grown

## Veggie Starters

6 pack

**448**  
ea



market made fresh

## Just Because Arrangement

**2898**  
ea



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