

LOCALLY OWNED AND OPERATED

the Market Stores

WEEKLY SPECIALS

May 9 - May 15, 2024

When you love food, you love The Market Stores

HAPPY MOTHER'S DAY

May 12, 2024

market fresh 

Boneless Skinless Chicken Breast



798
lb
17.59 kg

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

you save **501** lb

market fresh Washington

Cosmic Crisp Apples



128
lb
2.82 kg

you save **\$1.21/lb**

market fresh 

On the vine Tomatoes



organic

298
lb
6.57 kg

you save **\$2.01/lb**

market fresh 

Soup Etc.

Soup

Assorted
700 mL



798
ea

you save **\$1.01/ea**

Pepsi 

Soda

All Varieties
2 L



2 **500**
for

you save **\$0.99/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 
BC

Grape Tomatoes

Pint



2⁴⁸
ea

market fresh
Mexico

Mini Watermelon



3⁹⁸
ea

market fresh
California
Lemons
& Limes



68¢
ea

market fresh  BC

Potatoes

Red, Yellow



98¢
lb
2.16 kg



market fresh
Mexico

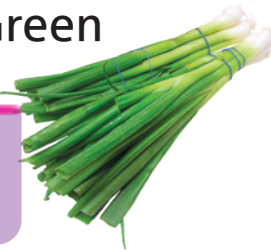
Ataulfo Mangos



1⁹⁸
ea

market fresh
Mexico

Bunch Green Onions



98¢
ea

market fresh  BC

Red Beets



98¢
lb
2.16 kg



market fresh
California

Fennel



1⁹⁸
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  Saanich

Bunch Radishes



organic

2⁹⁸
ea

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

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

Leeks



organic

3⁹⁸
lb
8.77 kg

market fresh  BC

Long English Cucumbers



organic

3⁹⁸
ea



market fresh 
AAA Alberta Beef

Beef Tenderloin Roasts & Steaks



34⁹⁸
lb
77.12 kg

market made fresh 

Beef Kebabs

Min. 140 g



28⁰⁰
for

market fresh 

Pork Tenderloin



4⁹⁸
lb
10.98 kg

market fresh 

Rack of Pork Roasts



5⁹⁸
lb
13.18 kg

market made fresh 

Chicken Cordons

All Varieties



8⁹⁸
lb
19.80 kg

market fresh 

Harvest Bacon



10⁹⁸
ea
All Varieties
500 g

gluten free

market made fresh 

Pork Breakfast 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 seafood

market fresh 

Steelhead Fillet

348
100 g



thawed for convenience

Wild Atlantic Lobster Tails

Approx. 100 g

7⁹⁸
ea



thawed for convenience

Wild Argentine Red Prawns

16/20 Count

3⁹⁸
100 g



thawed for convenience

Smoked Sockeye Nuggets

All Varieties

648
100 g



market made fresh

Salmon Phyllo Pastries

Approx. 350 g

6⁹⁸
ea



meet...



Jason B.
Store Manager, Market on Millstream

"We love & understand food at the Market Stores. Whether it be our passion to support and buy local to our comprehension of culinary choices, depending on lifestyles and health needs, we are your destination store for everything that is great about food. Foodies unite come on down to the Market Stores tonight!"

market grocery



Dempster's

Villaggio Bread

All Varieties
510-540 g



368

Sparkmouth Tonic Water

Selected Varieties
4 pk

548



Giovanni Rana Lasagna

All Varieties
1.1 kg

1898



market household

Gain Liquid Laundry Detergent

All Varieties
1.36 L

698



Fleecy Dryer Sheets

Selected Varieties
80 pk

598



Method All Purpose Cleaner

All Varieties
828 mL

498



Italissima Beans

Selected Varieties
398 mL

3 for 400



Kraft Shake'n Bake

Selected Varieties
140-184 g

368



Mitchell's Soup Co. Dried Soup Mixes

Selected Varieties
Each

698



BC Brine Pickled Vegetables

All Varieties, 500 mL

798



local local PRODUCT BROUGHT TO YOU BY A COMPANY

Justin's Chocolate Cups

All Varieties, 2 pk

2 for 500



The Good Crisp Chips

All Varieties
160 g

468



Oilala Olives

Selected Varieties
560 g

998



Nongshim Instant Noodle Cups

All Varieties
75 g

2 for 300



San Remo Tomatoes

Selected Varieties
796 mL

2 for 500



When you love food, you love The Market Stores.



Flyer in effect: Thursday May 9 to Wednesday May 15, 2024

Olivieri 
Filled Pasta or Sauce

Selected Varieties including Gnocchi 160-350 g



5.48

Betty Crocker
Cake Mix or Frosting

Selected Varieties 375-461 g



2.500 for

McVities
Cookies

Digestives, Hob Nobs Selected Varieties 300-400 g



2.800 for

Paradise Island 
Cheese

All Varieties Large Block



25% OFF at till

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

Mezzetta
Pasta Sauce

All Varieties 709 mL



6.48

Rummo
Gluten Free Pasta

All Varieties, 400 g



4.98

d'arbo
Jam

All Varieties 350 mL



4.98

Earth Balance 
Buttery Spread

1.3 kg



13.98

gluten free non-gmo vegan

Arla 
Cheese Snacks

All Varieties 168 g, 8 pk



4.98

Bob's Red Mill
Peanut Butter Bar

All Varieties 50 g



1.68

Dalla Terra
Roasted Red Peppers

500 mL



4.98

Enjoy Life 
Lentil Chips

All Varieties 113 g



4.28

gluten free non-gmo vegan

Minute Maid 
Simply Juice

All Varieties including Lemonade 1.54 L



4.98

Elmhurst
Oat Creamer

All Varieties 473 mL



5.98

gluten free non-gmo vegan

Maison Orphee
Mustard

All Varieties 250 mL



4.28

organic gluten free non-gmo

Proud Source
Spring Water

750 mL



3.98

Bar Harbor
Sardines or Kippers

All Varieties 190 g



4.98

Tree Island 
Yogurt

Selected Varieties 350 g



4.48

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

market frozen

Amy's
Pizza
All Varieties
340-397 g



9⁹⁸

McCain
Superfries
454-800 g



4⁹⁸

Selected Varieties
including Tasti Taters

Lucky Foods
Spring Rolls
Selected Varieties



5⁹⁸

241 g

The Keg
Ice Cream
All Varieties, 500 mL



7⁶⁸

House of Yee
Dumplings
Selected Varieties



11⁹⁸

15 pk

Earthbound Farms
Vegetables
Selected Varieties



2⁷⁰⁰
for

300-400 g

Fernwood Coffee Company

Coffee

All Varieties
454 g



organic
fair trade

13⁹⁸

local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market eating healthy

Rock Coast
Protein Bars

All Varieties, 55 g



2⁷⁰⁰
for

local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Karthein's
Sauerkraut

All Varieties
375 mL



organic
gluten free

6⁹⁸

Schar
Bread or
Ciabatta Buns

Selected Varieties
200-400 g



gluten free
non-gmo
soy free

7⁹⁸

Triple Jim's
Apple Cider
3.78 L



organic

14⁹⁸

Farmer's Market
Pumpkin
Puree
398 mL



organic
non-gmo

2⁷⁰⁰
for

Fitbite
Cassava
Chips

All Varieties
100 g



gluten free
non-gmo

3⁹⁸

Imagine
Broth
Selected Varieties
1 L



organic

4⁹⁸

Plum-M-Good
Rice Cakes
All Varieties
185 g



organic
gluten free

2⁸⁰⁰
for

Yogi
Tea
All Varieties
16 pk



organic
non-gmo

5⁴⁸

Dal Sole
Extra Virgin
Olive Oil
750 mL



organic

17⁹⁸

Everland
Ketchup
575 mL



organic
vegan

5⁹⁸

When you love food, you love The Market Stores.

market bakery

market made fresh

Pear Apple Pie

8"



11⁴⁸
ea

market made fresh

Silk Chocolate Truffle Bar



3⁴⁸
ea

market made fresh

Butter Tart

4"



2⁹⁸
ea

market made fresh

Monster Cookies

12 pk



6²⁸
ea

market made fresh

Alpine Bread



4⁴⁸
ea

market fresh

Mayflower Mix Berry Bar

vegan



3⁹⁸
ea

market made fresh

Skor Cheesecake Slice



7⁴⁸
ea

market made fresh

Cheese Scone

6 pk



4⁹⁸
ea

market bulk

Foley's Chocolate Peanuts

Selected Varieties



1⁷⁸
100 g

• Milk
• Dark

Roasted Cashews



2²⁸
100 g

• Salted
• Unsalted

Strathcona Mix



2¹⁸
100 g

Dried Mango

organic



3³⁸
100 g

Sunflower Seeds

organic



1⁴⁸
100 g

Salted Pumpkin Seeds

organic



3²⁸
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

Healthology Lung FX

LUNG-FX works by providing antioxidant support while at the same time working as an expectorant to help eliminate excess mucous from the upper respiratory passages.



gluten free
vegan

28⁹⁸
90 vcap

Aeryon Wellness Supplements

12-60 caps, 50's
After spending 25 years struggling with eating disorders, hormonal issues, and an unhealthy relationship with food and her body, Aeryon created Aeryon Wellness to help women from all walks of life find sustainable health and wellness. With the mission to "Empower Women With Holistic Health," Aeryon Wellness is passionate to educate and support women to become their best selves, Mind, Body, and Spirit.



10%
OFF
at till

Market On Millstream Only

NOW Serums

30 mL
High potency Hyaluronic Acid Serum naturally reduces the appearance of fine lines and smoothes the skins surface to protect delicate tissue. Bakuchiol, is clinically tested to smooth, refine, and renew texture for overall younger-looking skin. Dark Spot Serum restores skin's youthful glow with clinically tested ALPAFLOR GIGAWHITE, an extract of alpine plants shown to significantly improve the appearance of age spots and even out skin tone over a 12-week time period. Licorice Extract, Vitamin C, and a multi-fruit extract aid in evening skin tone.



gluten free

15%
OFF
at till

Market On Millstream Only

Biosteel Proteins 462g - 1800 g
Biosteel Whey Protein Isolate (WPI) is an rBGH hormone-free whey isolate from grass fed cattle to provide a superior formula of protein with no artificial colours or flavours. Recovery Protein is the perfect source to refuel the body after an intense bout of exercise. This unique mix provides both protein and carbs which are both vital for proper recovery and growth. BioSteel's Plant-Based Protein includes brown rice, pea, and pumpkin seed proteins.

gluten free
non-gmo



15%
OFF
at till

Market On Millstream Only

Purica Skin Care

This product is specifically designed to reduce UV-related skin sensitivity and damage, while also acting as a potent source of antioxidants. It provides cellular protection against harmful free radicals commonly associated with aging and supports joint health, making it a comprehensive solution for both skin and joint care.



gluten free
non-gmo
vegan

32⁹⁸
60 vcaps

Market On Millstream Only



market made fresh

Andy's Potato Salad



168
100 g

Made In-Store

market made fresh

Fruit Salad



208
100 g

Made In-Store

market made fresh

Seafood Salad



218
100 g

Made In-Store

meet...



Jack L.
Deli Manager
Market on Millstream

"We can customize our deli trays to fit your needs. Organic veggie tray? Special Requests? No problem!!"

market made fresh

Quiche

Assorted
8"

848
ea

Made In-Store

market made fresh

Stuffed Peppers

Approx. 250 g

598
ea

Made In-Store

market made fresh

Chicken Caesar Salad Wraps

Approx. 300 g

648
ea

Made In-Store

market made fresh

Spinach Dip

228
100 g

Made In-Store

market fresh
Freybe

Lyoner Sausage

198
100 g



market fresh
Freybe

Mexican Salami

368
100 g



market fresh
Maple Lodge

Smoked Chicken Breast

288
100 g



market fresh
Continental

Black Forest 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

You Are the Best Bouquet

4298
ea



2598
ea



market made fresh

Sweet Surprise Bouquet

2298
ea



market fresh BC Grown

Azalea Plant

6"

1998
ea



market made fresh

Love You Mom Arrangement

3398
ea



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7 am-11 pm

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