

LOCALLY OWNED AND OPERATED

the Market Stores

WEEKLY SPECIALS

October 31 - November 6, 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



Market on Yates

250.381.6000
7 am - 11 pm

Market on Millstream

250.391.1110
8 am - 10 pm

PARTNERED WITH



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

BC
Sweet Mini
Peppers

1 lb/454 g

348
ea



you save **\$2.51/ea**

market fresh

BC
Ambrosia
Apples

3 lb/1.36 kg

498
ea



you save **\$2.01/ea**

organic

market made fresh

Stuffed
Peppers

Approx. 250 g

498
ea



Made In-Store
you save **\$1.51/ea**

La Cocina

Tortilla
Chips

All Varieties
300-400 g

368
ea



you save **\$1.51/ea**

gluten free

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 November 30th, 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

Cosmic Crisp Apples



1.28
lb
2.82 kg

market fresh
Mexico

Avocados



2.30
for

market fresh 
BC

Leeks



1.68
lb
3.70 kg



market fresh
California

Bunch Celery



1.98
ea

market fresh
California

Romaine Hearts

3 pk



2.98
ea

market fresh 
BC

Carrots

3 lb/1.36 kg



2.48
ea



market fresh
Mexico

Zucchini



1.28
lb
2.82 kg

market fresh 
BC Hot House

Beefsteak Tomatoes



1.68
lb
3.70 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 fresh
California

Seedless Grapes

Red, Green

organic



3.98
lb
8.77 kg

market fresh
California

Bunch Radishes

organic



2.48
ea

market fresh
New Zealand

Kiwi Fruits

1 lb/454 g

organic



4.98
ea

market fresh
Mexico

Grape Tomatoes

Pint

organic



2.98
ea

market fresh 
BC

Cabbages

Red, Green

organic



1.68
lb
3.70 kg



market fresh
Peru

Ginger

85-113 g

organic



1.98
ea



When you love food, you love The Market Stores.

market fresh 
AAA Alberta Beef

T-Bone Steaks



16⁹⁸
lb
37.43 kg

market made fresh 

Maui Style Beef Ribs

Boneless



13⁹⁸
lb
30.82 kg

market fresh 
Pork Side Ribs



3⁹⁸
lb
8.77 kg

market fresh 
Pork Blade Steaks

Bone-In



3⁹⁸
lb
8.77 kg

market made fresh 
Turkey Breast Cutlets



8⁹⁸
lb
19.80 kg

market fresh 
Grimm's
Sizzlin' Smokies

All Varieties
450 g



7⁹⁸
ea

gluten free

market made fresh 
Turkey Sausages

All Varieties



8⁹⁸
lb
19.80 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 Fillets



3⁹⁸
100 g



thawed for convenience
Raw Prawn Skewers



2 for 4⁰⁰

5 per Skewer

thawed for convenience
Almond Sole Fillets



2⁹⁸
100 g

thawed for convenience
Wild Ahi Tuna Steaks



3⁹⁸
100 g



market made fresh
Seafood Stuffed Mushroom Caps



1⁹⁸
100 g



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



Hardbite

Potato Chips

All Varieties
150 g



gluten free

non-gmo

vegan

2 for 7⁰⁰



Arizona Beverages

All Varieties
680 mL



2 for 3⁰⁰

Katjes Candy

All Varieties
170-200 g



vegan

2 for 6⁰⁰

market household

Nature Clean

Laundry Detergent Strips

All Varieties
32 pk



6⁹⁸

Purex

Bathroom Tissue

Selected Varieties
8-12 Roll



9⁹⁸

Sapadilla

Hand or Dish Soap

All Varieties
354-475 mL



8⁹⁸

Martinelli's Sparkling Juice

All Varieties
750 mL



5⁹⁸

Kauai Coffee Co. Ground Coffee

All Varieties
283 g



8⁹⁸

Unico Beans

All Varieties
540 mL



2 for 4⁰⁰

Favuzzi Pasta
Selected Varieties
500 g



4⁹⁸

Rummo Pasta Sauce
All Varieties
340 g



4⁶⁸

Nando's Peri Peri Sauce
All Varieties
250 mL



non-gmo

6⁹⁸

Oilala Olives
All Varieties
560 g



9⁹⁸

Merula Extra Virgin Olive Oil
500 mL



18⁹⁸

Hengstenberg Bavarian Sauerkraut
720 mL



3⁹⁸



When you love food, you love The Market Stores.

Flyer in effect: Thursday October 31 to Wednesday November 6, 2024

market grocery

Pepsi 
Soda

All Varieties
2 L



2⁶⁸


Whittakers 
Chocolate

All Varieties
200 g

4⁹⁸



Old Country Pasta
Heat & Serve Pasta

All Varieties
450 g

5⁹⁸



Northern Gold
Granola

All Varieties
630-675 g



2^{for} 7⁰⁰

Saman Bakery 
Artisan Bread

All Varieties

non-gmo



4⁹⁸

350-430 g

GH Cretors
Popcorn

All Varieties
184-227 g

gluten free

non-gmo



4⁶⁸

Want-Want
Superslim
Rice Crisps

All Varieties

gluten free

non-gmo

plant-based



3⁶⁸

100g

Loacker
Quadratini
Wafers

All Varieties



4⁶⁸

220-250 g

Twinings
Tea

All Varieties
20 pk



4⁹⁸

Babci
Polish Style
Mustard

All Varieties



5⁶⁸

250 mL

Island Jerky 
Beef Jerky

All Varieties
80 g



4⁹⁸

local PRODUCT
BROUGHT TO YOU BY A
COMPANY

Falesca Molisana
Crushed Strained
Tomatoes

680 mL



2^{for} 7⁰⁰

market dairy

Island Gold 

Brown Free Run
Large Eggs

12 pk



5⁶⁸

local PRODUCT
BROUGHT TO YOU BY A
COMPANY

Tre Stelle 
Mozzarella Ball

340 g



6⁹⁸

Sunrise 
Tofu

Selected Varieties
180-350 g



non-gmo

plant-based

25%
OFF
at till

Dairyland 
Milk 2 Go

Selected Varieties
325-473 mL



2^{for} 4⁰⁰

Dairyland 
Sour Cream

All Varieties
500 mL



3⁹⁸

Saputo 
Shredded Cheese

All Varieties, 320 g



6⁹⁸

market frozen

Pinty's [🍁]
Chicken

All Varieties
750-790 g



14⁹⁸

Katz
Donuts
All Varieties



6⁹⁸

240-297 g

gluten free
dairy free
nut free
soy free

McCain [🍁]
Potato Patties



6⁹⁸

1.3 kg

Amy's
Burritos or Wraps
All Varieties, 142-170 g



4⁶⁸

gluten free
vegan
nut free
soy free

Häagen-Dazs
Ice Cream or bars
400-450 mL



5⁶⁸

All Varieties
Including 3 -4 pk Bars,

Legends Haul [🍁]
Wooza Pizza



12⁹⁸

All Varieties
500-700 g



market speciality foods

Little Creek [🍁]
Dressing

All Varieties
750 mL



organic
gluten free
non-gmo
vegan

14⁹⁸

local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Phillips Brewing & Malting Co. [🍁]
Iota Non-Alcoholic Beer

All Varieties
4 pk



6⁹⁸

PRODUCT
BROUGHT TO YOU BY A
COMPANY

Alter Eco
Chocolate Bars

All Varieties
75-80 g



3⁹⁸

organic
gluten free
non-gmo
fair trade

Remedy
Kombucha

All Varieties
4 pk



non-gmo
raw

7⁹⁸

Fatso [🍁]
Hybrid Peanut Butter

All Varieties
500 g



gluten free
non-gmo
plant-based

7⁹⁸

local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

900° [🍁]
Pizza Dough

Each



organic

6⁹⁸

local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

FreeYumm [🍁]
Crackers

All Varieties
120 g



gluten free
non-gmo
vegan
soy free
peanut free

3⁹⁸

Nupasta
Konjac Pasta

All Varieties
210 g



gluten free
non-gmo

2 for 6⁰⁰

Plum-M-Good [🍁]
Rice Cake Thins

All Varieties
95 g



organic
gluten free

2 for 6⁰⁰

Bob Snail
Fruit Rolls or Jelly Snacks

All Varieties
90-100 g



gluten free
non-gmo
vegan

2 for 7⁰⁰

Dan-D Pak
Oats

Rolled,
Quick
1 kg



organic

4⁹⁸

San Remo
Tomatoes

All Varieties
796 mL



organic
gluten free
non-gmo
vegan

3⁹⁸

When you love food, you love The Market Stores.

market bakery



market made fresh

Mini Pumpkin Pie

5"



5⁹⁸
ea

market fresh

Triple Chocolate Chunk Brownie



3⁴⁸
ea

market made fresh

Raspberry Almond Tart

4"



2⁹⁸
ea

market made fresh

Brownie Vanilla Cheesecake Square



4⁴⁸
ea

market fresh

Plain Macarons

12 pk



8⁹⁸
ea

market made fresh

Strawberry Cheesecake Slice



7⁴⁸
ea

market made fresh

Cranberry White Chocolate Scone

6 pk



4⁹⁸
ea

market fresh

White Sandwich Bread



3⁴⁸
ea

market bulk



Wine Gums



1³⁸
100 g

Peanut M&Ms



2¹⁸
100 g

Pitted Prunes



1⁹⁸
100 g

Walnut Halves & Pieces



2⁹⁸
100 g

Raw Sunflower Seeds



1¹⁸
100 g

Sesame Seeds

Selected Varieties



1²⁸
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



Nutrastart

All Products 15 mL-240 caps

Nutrastart was founded in 1997 to provide you with the most effective nutritional supplements to help you achieve an optimal healthy lifestyle. Sustainability and respect for nature are guiding values at Nutrastart. They believe that health and vitality come from whole food nourishment and look to nature to guide the formulation of products.



15%
OFF
at till

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Market On Millstream Only

AOR

SAMe 400

Boosts mood and emotional well-being. Relieves symptoms of osteoarthritis. Provides a researched dose in a convenient form of SAMe.

gluten free
non-gmo
vegetarian



50⁹⁸
30 tabs

83⁹⁸
60 tabs

Market On Millstream Only

Party Smart

Herbal Hangover Supplement 1-12 caps

When alcohol is consumed, it is mainly converted into acetaldehyde by the liver. The build-up of acetaldehyde in the liver results in the "not so great" next morning. PartySmart supports the liver and a better morning by speeding up the eradication of acetaldehyde from the liver.



15%
OFF
at till

Market On Millstream Only

Organic Traditions

Berry Blast Antioxidant

A blend of organic blueberry powder, organic acai berry powder, organic freeze dried maqui berry powder and organic camu camu berry powder.

A host of antioxidants to aid in preventing cell damage, reducing inflammation, supporting your immune system and lowering your risk of illness and disease.

organic
non-gmo



15%
OFF
at till

Market On Millstream Only

Attitude

Baby Products

30 g - 473 mL

Dermatological tested baby care products that contain only clean ingredients to pamper your bundle of joy. Nothing more, nothing less and nothing to worry about.



15%
OFF
at till

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market made fresh

Moroccan Chickpea Salad

1⁹⁸
100 g



Made In-Store

market made fresh

Ham & Swiss Croissant

Approx. 200 g

6⁴⁸
ea



Made In-Store

market made fresh

Chicken Wings

2²⁸
100 g



Made In-Store



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

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 fresh

Tre Stelle Ricotta

Assorted

475 g

7⁹⁸
ea



market fresh

Hornby Island Pate

Herb, Red Pepper

225 g

9⁹⁸
ea



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

market fresh

Eugene's Homous or Tzatziki

200 g

4⁴⁸
ea



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

market fresh

Zorbas Dips

Assorted

227 g

15% OFF
at till



market made fresh

Meatballs

Approx. 2 oz

1⁶⁸
ea



Made In-Store

market fresh

Prosciutto di Parma Prosciutto

6⁹⁸
100 g



market fresh

Maple Lodge Smoked Chicken Breast

2⁸⁸
100 g



market fresh

Continental Honey Ham

3¹⁸
100 g



Yates Full Floral Design
250.721.1113

Millstream Full Floral Design
250.391.1110

market floral



November

Birthday Flower: Chrysanthemum

Colour: Indigo, Green

Birthstone: Citrine, Topaz

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

Simply Elegant Bouquet

26⁹⁸
ea



market made fresh

Bright & Cheery Bouquet

23⁹⁸
ea



market made fresh

Friendship Bouquet

19⁹⁸
ea



market made fresh

Carnation Bouquet

15⁹⁸
ea



market fresh BC Grown

Rosemary Upright Plant

3⁹⁸
ea



market made fresh

Harvest Moon Arrangement

29⁹⁸
ea



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