

LOCALLY OWNED AND OPERATED

the Market Stores

WEEKLY SPECIALS

November 14 - November 20, 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

Chicken Wings

Raw



4⁹⁸
lb
10.98 kg

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

you save **4⁰¹** lb

market fresh

Washington

Cosmic Crisp Apples



1²⁸
lb
2.82 kg

you save **\$1.21/lb**

market fresh

BC

Russet Potatoes

5 lb/2.27 kg



organic

4⁹⁸
ea

you save **\$2.01/ea**

market made fresh

Whole Roasted Chickens

BBQ, Montreal Spice
Approx. 1.4 kg



14⁴⁸
ea

Made In-Store
you save **\$1.01/ea**

Barbara's Cheez Puffs

All Varieties
155-198 g



gluten free

2 for **6⁰⁰**

you save **\$1.29/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 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 
BC

Mixed Peppers

2 lb/907 g



3⁹⁸
ea



market fresh
Mexico

Long English Cucumbers



1⁸⁸
ea


market fresh 
BC

Butter Lettuce



2⁴⁸
ea



market fresh 
BC

Brussels Sprouts



1⁹⁸
lb
4.37 kg



market fresh
Mexico

Bunch Green Onions



88¢
ea

market fresh
California

Seedless Grapes



3⁹⁸
lb
8.77 kg

Red, Green

market fresh
California

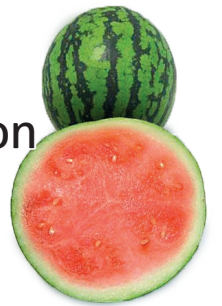
Pomegranates



2⁴⁸
ea

market fresh
Mexico

Mini Watermelon



2⁴⁸
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

Royal Gala Apples



organic

4⁹⁸
ea

3 lb/1.36 kg



market fresh
California

Baby Peeled Carrots

1 lb/454 g



organic

2⁴⁸
ea

market fresh 
Saanich

Bunch Green Kale



organic

2⁹⁸
ea

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market fresh 
BC

Cabbages

Red, Green



organic

1⁶⁸
lb
3.70 kg



market fresh
Mexico

Grape Tomatoes



organic

2⁹⁸
ea

Pint

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

Strip Loin Roasts & Steaks



16⁹⁸
lb
37.43 kg

market made fresh 

Ground Sirloin Burgers



7⁹⁸
lb
17.59 kg

Made In-Store

market fresh 

Pork Loin Chops

Bone-In



4⁹⁸
lb
10.98 kg

market made fresh 

Pork Loin Cutlets



5⁹⁸
lb
13.18 kg

market made fresh 

Turkey Thigh Cutlets



7⁹⁸
lb
17.59 kg

market fresh 

The Keg Fully Cooked Back Ribs

700 g



18⁹⁸
ea

market made fresh 

Italian Pork Sausages

Hot, Mild



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

thawed for convenience

Wild Sockeye Salmon Fillets



3⁹⁸
100 g



thawed for convenience

Wild Machine Peeled Shrimp Meat



3⁴⁸
100 g

market fresh

Wild Imitation Crab Meat



1⁴⁸
100 g



thawed for convenience

Wild Ahi Tuna Poke



3⁴⁸
100 g



market made fresh

Salmon Phyllo Pastries

Approx. 350 g



6⁹⁸
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

Fresh Is Best

Tortilla Chips

Selected Varieties
250-300 g

4⁶⁸



Athletic Brewing

Non-Alcoholic Beer

All Varieties
6 pk

9⁹⁸



Nature's Path

Cereal

Selected Varieties
275-400 g

5⁹⁸



market household

Live Clean Hand Soap

Selected Varieties
500 mL

5⁹⁸



Whistler Water

4 L

3⁹⁸



Raincoast Global Skipjack Tuna

All Varieties
142 g

2 for 7⁰⁰



Orville Redenbacher Popcorn

Selected Varieties
6-8 pk

5⁹⁸



Bonterra Bathroom Tissue

9 pk

7⁴⁸



Smart Bite Fit Figure Rice Cakes

Selected Varieties
120 g

2 for 6⁰⁰



Hausmacher Egg Noodles

All Varieties
500 g

4⁹⁸



Kraft Cheez Whiz

450 g

5⁹⁸



Eco Max Laundry Detergent

Selected Varieties
3 L

12⁹⁸



Salt Spring Kitchen Hot Sauce

All Varieties
118 mL

7⁹⁸



Kii Naturals Artisan Crisps

Selected Varieties
150 g

5⁹⁸



San Remo No Salt Added Beans

All Varieties
398 mL

1⁵⁸



When you love food, you love The Market Stores.

Flyer in effect: Thursday November 14 to Wednesday November 20, 2024

market grocery

Pepsi 
Soda

All Varieties
12 pk



6⁹⁸

Covered Bridge
Potato Chips

All Varieties
142-170 g



2 for 7⁰⁰

Salt Spring Coffee 
Coffee

All Varieties
400 g



13⁹⁸

Rao's
Pasta Sauce

All Varieties
660 mL



9⁹⁸

Silly Cow
Hot Chocolate

All Varieties
479 g



7⁹⁸

Idahoan
Instant Mashed Potatoes

All Varieties



2 for 3⁰⁰

113-116 g

Bonne Maman
Jam, Jellies
or Spreads

All Varieties



5⁹⁸

250-280 mL, 370 g

Kraft 
Shake'n Bake

Selected Varieties
140-184 g



3⁶⁸

Old El Paso
Salsa

Selected Varieties



4⁹⁸

650 mL

Kraft 
Jet Puff Marshmallows

All Varieties
400 g



2⁹⁸

Taylor's of Harrogate
Tea

All Varieties
20 pk



5⁹⁸

Italissima
Olives

Selected Varieties



2 for 4⁰⁰

398 mL

market dairy

Island Gold 

Free Range
Eggs

12 pk

organic



7²⁸

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Siggi's 
Skyr Yogurt

All Varieties
650-750 g



6⁴⁸

Nuts For Cheese 
Cashew
Spread

All Varieties
210 g

organic
vegan



7⁶⁸

Tre Stelle 
Cream
Cheese

Selected Varieties



3⁹⁸

200 g

Dairyland 
Lactose Free
Milk

All Varieties
1.89 L



5⁴⁸

Faith Farms 
Cheese

All Varieties



5⁹⁸

360-380 g

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Island Farms 
Classic Ice Cream

Selected Varieties
 1.65 L

5⁹⁸



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

Holy Napoli 
Pizza

All Varieties, 10"

7⁹⁸




Little Northern Bakehouse
Wide Slice Loaf

Selected Varieties, 567 g

5⁹⁸



gluten free
non-gmo
vegan

McCain 
Deep n Delicious Cakes

All Varieties, 510 g

6⁴⁸



Siwin 
Dumplings or Potstickers

5⁹⁸

All Varieties
 454-500 g



Green Organic
Vegetables

4⁶⁸



All Varieties, 300-500 g

Green Cuisine 
Tempeh

All Varieties
 170-225 g

gluten free
vegan



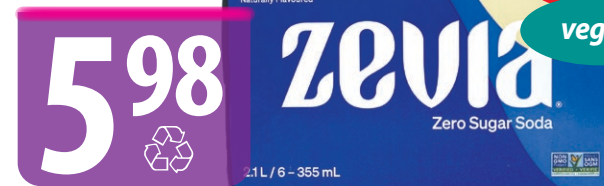
2⁷⁰⁰
 for

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

Zevia
Natural Soda

All Varieties
 6 pk

gluten free
non-gmo
vegan



Larabar
Energy Bars

Selected Varieties
 45-48 g

gluten free
non-gmo
vegan
soy free



Bone Brewhouse 
Flavoured Bone Broth

Selected Varieties
 5 pk

gluten free
non-gmo
dairy free



7⁶⁸

Kiju 
Juice Boxes

All Varieties
 4x200 mL

organic
non-gmo



2⁷⁰⁰
 for

Nuts To You
Peanut Butter

Smooth, Crunchy
 750 g

organic
non-gmo



8⁹⁸

GoGo 
Quinoa

All Varieties
 375 g

gluten free
non-gmo
plant-based



4⁷⁸

Amy's
Soup

All Varieties
 398 mL

organic
non-gmo



2⁸⁰⁰
 for

Blue Diamond
Almond Breeze

All Varieties
 946 mL

gluten free
soy free
peanut free



2⁶⁰⁰
 for

Annie's
Bunnies

Cheddar, Graham
 213 g

organic



4⁶⁸

Muir Glen
Tomatoes

All Varieties
 796 mL

organic
non-gmo



4⁹⁸

Applesnax 
Applesauce

Selected Varieties
 6 pk

organic
gluten free



3⁹⁸

When you love food, you love The Market Stores.



market bakery

market made fresh 
Market Chews



1⁹⁸
ea

market made fresh 
Apple Cinnamon Mini Pie



5⁹⁸
ea

market made fresh 
Brownie Chocolate Cheesecake Square



4⁴⁸
ea

market fresh 
Lemon Macaroon Bar



3⁴⁸
ea

market fresh 
Chocolate Chip Cookies



6²⁸
ea

market fresh 
Multigrain Bread



4⁴⁸
ea

market made fresh 
Blueberry Cheesecake Slice



7⁴⁸
ea

market made fresh 
Butterscotch Pecan Scones



4⁹⁸
ea

market bulk

Whole Natural Almonds



1⁴⁸
100 g

Thompson Raisins



58¢
100 g

Raw Energy Mix



98¢
100 g

Foley's Chocolate Peanuts



1⁵⁸
100 g
Selected Varieties

Voets Kaffee Bulk Coffee



2⁴⁸
100 g

Mung Beans



88¢
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

Salus
Beet Crystals

Red Beet Crystals are produced without carrier substances in a special drying procedure from organic red beet juice. The finished product contains all of the valuable constituents of the fresh beets and is naturally sweet tasting and instantly soluble.



organic

vegan

24⁹⁸
200 g

Market On Millstream Only

Prairie Naturals 
Men's Health

60-120vcap
 Prairie Natural's Men's line is a support system to meet the changing needs of his body also helps with the healthy lifestyle.

gluten free
vegan



15%
OFF at till

Market On Millstream Only

St Francis 
Women's Line 50-100 mL

Hormonal health issues can arise from imbalances in the body – leading to inconvenient and sometimes painful symptoms. But traditional plant medicines can help to restore, balance, and soothe the irritation and discomfort many women experience from common issues like PMS, menopause, and urinary tract infections. This complete line of tinctures, capsules, and topical formulas effectively addresses the symptoms and underlying issues of women's common health concerns.



15%
OFF at till

Market On Millstream Only

Progressive 
Grass Fed Whey with MCT & Collagen 700 g


Progressive Grass Fed Whey + Collagen & MCT provides a powerful and nutritious combination of key ingredients to fuel your body. Each delicious scoop contains 25 grams of protein including 16 grams of grass fed whey protein, 10 grams of hydrolyzed collagen and 3 grams of medium chain triglycerides (MCT).

gluten free



10%
OFF at till

Market On Millstream Only

Made by Mother Nature 
All Products 35 mL-200 g

These products are Responsibly Sourced, and Certified Fair Trade, providing livable wages for Farmers. They believe only pure natural ingredients should touch your skin, therefore all ingredients are Certified Organic, simple and all natural with no harsh chemicals, synthetic fragrances or fillers. The packaging is biodegradable meaning you can use it in your compost and it will naturally break down and become part of the Earth again.

fair trade



10%
OFF at till

Market On Millstream Only



market made fresh

Ramen Noodle Salad



1⁹⁸
100 g

Made In-Store

market made fresh

Smoked Salmon Lox Bagel



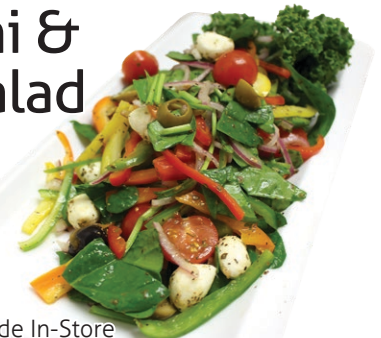
Approx. 250 g

8⁴⁸
ea

Made In-Store

market made fresh

Bocconcini & Tomato Salad



2²⁸
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

Wild West Coast Pasta Salad



2²⁸
100 g

Made In-Store

market made fresh

Chicken Caesar Wraps



Approx. 300 g

6⁴⁸
ea

Made In-Store

market fresh

Soup

Assorted
700 mL

7⁹⁸
ea



market fresh

Hummus or Babaganoush



4⁹⁸
ea

Assorted
200-240 g

vegan

market fresh

German Salami



3⁷⁸
100 g



market fresh

Real Bacon Bits



4⁹⁸
100 g

market fresh

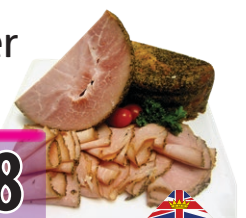
Roast Beef



4⁷⁸
100 g

market fresh

Pepper 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

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

Jewel Tone Bouquet



25⁹⁸
ea

market made fresh

Pink Pizzazz Bouquet



22⁹⁸
ea

market made fresh

Green & White Bouquet



27⁹⁸
ea

market fresh BC Grown

Premium Alstroemeria Bunch



8⁹⁸
ea

5 Stem

market fresh BC Grown

Peace Lily Plant



7⁴⁸
ea

4"

market made fresh

Cool Nights Arrangement



26⁹⁸
ea



903 Yates At Quadra | 250.381.6000
7 am-11 pm

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