

LOCALLY OWNED AND OPERATED

the Market Stores

WEEKLY SPECIALS

November 21 - November 27, 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

Pork Back Ribs



3⁹⁸
lb
8.77 kg

you save
6⁵¹
lb

market fresh

BC

Mixed Peppers

2 lb/907 g



3⁹⁸
ea

you save **\$2.01/ea**

market fresh

BC

Royal Gala Apples

3 lb/1.36 kg



organic

4⁹⁸
ea

you save **\$2.01/ea**

market made fresh

Cabbage Rolls



1⁶⁸
100 g

Made In-Store
you save **\$.31/100 g**

Olympic

Yogurt

Selected Varieties
1.75 kg



gluten free

11⁹⁸
ea

you save **\$2.81/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
Mexico

Asparagus



3⁹⁸
lb
8.77 kg

market fresh
BC

Bunch Carrots



1⁶⁸
ea



market fresh
Mexico

Zucchini



1²⁸
lb
2.82 kg

market fresh
BC

Brussels Sprouts



1⁹⁸
lb
4.37 kg



market fresh
California

Cauliflower



3⁹⁸
ea

market fresh
Mexico

Long English Cucumbers



1⁴⁸
ea

market fresh
Mexico

Green Beans



2⁶⁸
lb
5.91 kg

market fresh
California

Navel Oranges



1²⁸
lb
2.82 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
BC

Russet Potatoes

5 lb/2.27 kg

4⁹⁸
ea



organic



market fresh
Saanich

Fall Squash

1⁶⁸
lb
3.70 kg



organic

local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market fresh
BC

Onions

Yellow, Red
3 lb/1.36 kg

3⁹⁸
ea



organic



market fresh
BC

Cabbages

Red, Green

1⁶⁸
lb
3.70 kg



organic



market fresh
Mexico

Grape Tomatoes

2⁹⁸
ea



organic

Pint

market fresh
BC

Carrots

2 lb/907 g

3⁹⁸
ea



organic



When you love food, you love The Market Stores.

market fresh 
AAA Alberta Beef

Ribeye Roasts & Steaks



19⁹⁸
lb
44.05 kg

market made fresh 

Maui Style Beef Ribs

Boneless



13⁹⁸
lb
30.82 kg

market fresh 
Pork Blade Roasts & Steaks

Boneless



3⁹⁸
lb
8.77 kg

market fresh 
Whole Frying Chickens



3⁹⁸
lb
8.77 kg

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market made fresh 
Chicken Cordons

All Varieties



8⁹⁸
lb
19.80 kg

market fresh 
Grimm's
Turkey Pepperoni Bites

300 g



8⁴⁸
ea

gluten free

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 seafood

market fresh

Wild Rockfish Fillets



1⁹⁸
100 g



market fresh 
Manila Clams



1⁹⁸
100 g



thawed for convenience
Wild Argentine Prawns

16/20 Count



3⁹⁸
100 g



thawed for convenience
Smoked Wild Sockeye Nuggets

All Varieties



6⁹⁸
100 g



thawed for convenience
Wild Atlantic Lobster Tails

Approx. 100 g



7⁹⁸
ea



meet...



Ian T.

Store Manager, Market on Yates

"With our selection of over 18,000 grocery items we are your one stop shop. Life is busy... we make shopping easy."

market grocery



Old Dutch Tortilla Chips

Arriba, Restaurante
230-295 g



2 for 7⁰⁰

Rummo
Pasta
Selected Varieties
500 g

2 for 6⁰⁰



De Cecco
Pasta Sauce
All Varieties
400 g

3⁹⁸



market household

Gain Liquid Laundry Detergent

All Varieties
1.36 L

6⁹⁸



Caboo Bathroom Tissue

Bamboo & Sugarcane
12 pk

9⁹⁸



Glad Garbage Bags

Selected Varieties
10-48 pk

6⁹⁸



Vumami Foods Umami Bomb Chili Oil

All Varieties
250 mL

9⁹⁸



local local PRODUCT BROUGHT TO YOU BY A COMPANY

Adams Peanut Butter

Creamy, Crunchy
1 kg

8⁶⁸



Jenny Marie Crackers

All Varieties
100 g

6⁹⁸



non-gmo
vegan

local local PRODUCT BROUGHT TO YOU BY A COMPANY

Blue Monkey Coconut Cream

400 mL

2 for 5⁰⁰



organic
gluten free
non-gmo

Coyote Pancake & Waffle Mix

Selected Varieties
900 g

4⁶⁸



Siete Taco Seasoning

Mild, Spicy
37 g

2⁹⁸



gluten free
non-gmo

Favuzzi Italian Tomatoes

Peeled, Diced
796 mL

2 for 6⁰⁰



Maldon Sea Salt Flakes

240 g

7⁹⁸



Rougié Duck Fat

320 g

10⁹⁸



When you love food, you love The Market Stores.

Flyer in effect: Thursday November 21 to Wednesday November 27, 2024

market grocery

market dairy

Creekmore 
Coffee

All Varieties
350-400 g



organic

10⁹⁸

local PRODUCT
BROUGHT TO YOU BY A
COMPANY

Olivieri 
**Filled Pasta
or Sauce**

Selected Varieties
including Gnocchi



160-350 g

5⁴⁸

Hawkins 
Cheezies

210 g



2⁶⁰⁰
for

Lonetree 
Apple Cider

Selected Varieties
4 pk



gluten free

8⁹⁸

Nature's Path 
Hot Cereal

Selected Varieties
8 pk



organic

5⁹⁸

Allen's 
Vinegar

Selected Varieties
4 L



3⁴⁸

Terra Breads 
Granola

All Varieties
340 g



non-gmo

6⁹⁸

Real Foods 
Corn Thins

All Varieties
125-150 g



gluten free

non-gmo

2⁵⁰⁰
for

King Island 
**Coconut
Water**

1 L



gluten free

non-gmo

3⁹⁸

Bar Harbor 
**Sardines or
Herrings**

All Varieties, 190 g



5⁶⁸

Dal Sole 
**Extra Virgin
Olive Oil**

750 mL



organic

16⁹⁸

Maison Orphée 
Salad Dressing


All Varieties
250 mL



gluten free

non-gmo

3⁹⁸

Paradise Island 

Cheese

Selected Varieties excludes Extra Old
Large Blocks



YOU PAY ONLY
\$13.49

10⁶⁸

local PRODUCT
BROUGHT TO YOU BY A
COMPANY

Dairyland 
Milk 2 Go

Selected Varieties
325-473 mL



2⁴⁰⁰
for

Laughing Cow 
Cheese Snack

All Varieties
133 g



3⁹⁸

Spread'em 
**Cashew
Cheese**


All Varieties
200 g



gluten free

plant-based

7⁹⁸

Califa 
**Almond or
Oat Beverage**

Selected Varieties
1.4 L




gluten free

vegan

soy free

5⁶⁸

Saputo 

Shredded Cheese

All Varieties, 320 g



6⁹⁸

market frozen

Beyond Meat
Beyond Burgers

2 pk

5⁹⁸



gluten free
non-gmo
soy free

Little Northern Bakehouse
Bagels

All Varieties, 4 pk

5⁹⁸



gluten free
non-gmo
plant-based

Cheemo
Perogies

All Varieties

2 for **6⁰⁰**

815-907 g



Wong Wing
Asian Appetizers or Meals

Selected Varieties

6⁴⁸

360-680 g



Ben & Jerry's
Ice Cream

Selected Varieties

5⁶⁸

473 mL



fair trade

Amy's
Pizza

9⁶⁸



All Varieties, 340-397 g

market speciality foods

Earth's Own
Oat Nog

946 mL

3⁶⁸



gluten free
non-gmo
vegan
nut free
soy free



Que Pasa
Salsa

All Varieties
420 mL

3⁹⁸



organic

OneCoffee
Coffee Pods

All Varieties
12 pk

8⁹⁸



organic
fair trade

Clif
Kid ZBars

All Varieties
5 pk

4⁹⁸



organic
nut free

Yogi
Tea

All Varieties
16 pk

4⁹⁸



organic
non-gmo

Everland
Apple Juice

3.78 L

16⁹⁸



organic

Kind
Bars

All Varieties
40 g

2 for **3⁰⁰**



gluten free
non-gmo

Sprague
Soup

Selected Varieties
398 mL

2 for **7⁰⁰**



organic
gluten free
plant-based

Enjoy Life
Lentil Chips

All Varieties
113 g

3⁹⁸



gluten free
non-gmo
vegan

Lily's
Chocolate Style Bars

All Varieties
85 g

3⁹⁸



gluten free
non-gmo

Imagine
Broth

Selected Varieties
1 L

4⁹⁸



organic

Santa Cruz
Lemon or Lime Juice

473 mL

6⁹⁸



organic
non-gmo



When you love food, you love The Market Stores.

market bakery

market made fresh

Cherry Mini Pie

5"



5⁹⁸
ea

market made fresh

Chocolate Skor Cheesecake Tart

4"



3⁴⁸
ea

market made fresh

Berry Cheesecake Bar



4⁴⁸
ea

market fresh

Oatmeal Raisin Cookies

12 pk



6²⁸
ea

market made fresh

Lemon Cheesecake Slice



7⁴⁸
ea

market made fresh

Carrot Cake

8"x 8"



7⁴⁸
ea

market made fresh

Cheese Scone

6 pk



4⁹⁸
ea

market fresh

Flax Bread



4⁴⁸
ea

market bulk

Raw Shelled Pistachios



3⁹⁸
100 g

Sesame Sticks



1¹⁸
100 g

Redskin Peanuts



68¢
100 g

• Salted
• Unsalted

Reese's Pieces Peanut Butter Candy



1⁸⁸
100 g

Turkish Apricots



1⁷⁸
100 g

Basmati Rice



1⁰⁸
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

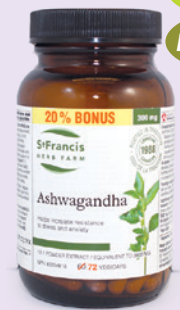
St. Francis

Ashwagandha Bonus Caps

72 caps

A classic Ayurvedic rejuvenation tonic and adaptogenic herb, our Ashwagandha Caps are prepared from a proprietary Organic ashwagandha root – KSM-66® – a clean, sustainably sourced ashwagandha backed by clinical studies supporting its positive effects on stress and anxiety – as well as stamina and performance.

organic
plant-based



15%
OFF
at till

Market On Millstream Only

Lily of the Desert Natural Products

Selected Varieties, 114 g - 3.8 L
Founded by Don Lovelace in the heartland of Texas, a passion for wellness has blossomed into an award-winning line of natural products and services. Through hard work and proven science, this company strives to deliver safe, effective, and innovative Lily of the Desert products for customers to enjoy.

10%
OFF
at till



Market on Yates & Millstream

Blume Superfood Latte Blends

Selected Varieties, 100-125 g
Made by nutritionists with organic superfoods to support your energy, digestion and sleep.

organic
plant-based



10%
OFF
at till

Market on Yates & Millstream

AOR

SAME 400 30-60 tabs

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

35%
OFF
at till



Market On Millstream Only

NewCo-BroccoSpa Cleansing Gel Makeup Remover

BroccoSpa features an exclusive synergistic blend of exotic oils, extracts, and potent antioxidants, providing a wealth of nourishment for your delicate skin. Superior ingredients that truly push the boundaries of natural skincare product performance. With Broccoli Seed Oil, Aloe Vera, Olive Leaf Extract and Shea Butter.

non-gmo
soy free
wheat free



23⁹⁸
100 mL

Market On Millstream Only

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market made fresh

Andy's Potato Salad



168
100 g

Made In-Store

market made fresh

Creamy Coleslaw



168
100 g

Made In-Store

market made fresh

Sausage Rolls

Pork Chorizo, Beef
Approx. 150 g



298
ea

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

Chef Salad

Approx. 350 g



898
ea

Made In-Store

market made fresh

West Shore Turkey Bacon Sandwich

Approx. 250 g



748
ea

Made In-Store

market fresh

Bean Boys Hummus

Assorted
200 g



648
ea

organic

market made fresh

Seven Layer Dip



168
100 g

Made In-Store

market fresh

Arla Havarti

Assorted
170-200 g



548
ea

market fresh

D'affinois French Brie



548
100 g

market baked fresh

Free Range Turkey Breast



448
100 g

market fresh

Continental Black Forest Ham



318
100 g

*Florals may not be exactly as pictured

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

Thank you Bouquet



2698
ea

market made fresh

Cool Nights Bouquet



2498
ea

market made fresh

Fun with Colour Bouquet



2298
ea

market made fresh

Bit of Cheer Bouquet



1998
ea

market fresh BC Grown

Norfolk Pine

6"



1598
ea

market made fresh

You are the Best Arrangement



2698
ea



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8 am-10 pm