

LOCALLY OWNED AND OPERATED

the
**Market
Stores**

WEEKLY SPECIALS

January 25 - January 31, 2024

When you love food, you love The Market Stores



CONGRATULATIONS TO OUR

Giveaway
WINNERS

Market on Yates

Mari W, Cassidy B, Mike R,
Jeremy C, David L

Market on Millstream

Angela T, Jennifer Y, Heather O,
Bev N, Barbara D

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
Mexico

Avocados



1⁶⁸
ea

you save
\$1.01/ea

market fresh
California

**Bunch
Broccoli**



organic

2⁹⁸
lb
6.57kg

you save
\$3.01/lb

market smokehouse

**Smoked Aged
Cheddar
Cheese**



3⁴⁸
100 g

Smoked In-Store
you save
\$1.51/100 g

La Croix
**Sparkling
Water**

All Varieties
8 pk



5⁹⁸

you save
\$1.51/ea

PARTNERED
WITH



Shop Online

Delivery or Curbside Pickup
express.themarketstores.com



**ENTER TO WIN ONE of 2
\$200 GIFT CARDS**

One per location. Full details in-store. Draw January 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 produce

market fresh
Washington Extra Fancy

Cosmic Crisp Apples



148
lb
3.26 kg

market fresh
California

Cara Cara Oranges



168
lb
3.70 kg

market fresh
Washington

Bartlett Pears



148
lb
3.26 kg

market fresh
BC

Butter Lettuce



298
ea

market fresh
Hawaii

Papaya



398
lb
8.77 kg

market fresh
Mexico

Mini Watermelon



398
ea

market fresh
California

Cauliflower



298
ea

market fresh
Little Potato Company

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 ORGANIC produce

market fresh
California

Bunch Beets



298
ea

market fresh
California

Carrots

2 lb/907 g



398
ea

market fresh
California

Lemons

2 lb/907 g



398
ea

market fresh
BC

Ambrosia Apples



148
lb
3.26 kg

market fresh
California

Head Lettuce



298
ea

market fresh
BC

Cabbages

Red, Green



148
lb
3.26 kg



When you love food, you love The Market Stores.

Flyer in effect: Thursday January 25 to Wednesday January 31, 2024

market meat

market fresh 
AAA Alberta Beef

Strip Loin Roasts & Steaks



14⁹⁸
lb
33.02 kg

market made fresh 
AAA Alberta Beef

Ground Sirloin Burgers



7⁹⁸
lb
17.59 kg

market fresh 

Pork Tenderloin



5⁴⁸
lb
12.08 kg

market fresh 

Pork Side Ribs



3⁹⁸
lb
8.77 kg

market made fresh 

Chicken Cordons



8⁹⁸
lb
19.80 kg

market fresh 

Fully Cooked Back Ribs

700 g



16⁹⁸
ea

market made fresh 

English Banger 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 

Trout Fillets



4⁹⁸
100 g



thawed for convenience
**Wild Ahi Tuna
Steaks**



3⁹⁸
100 g

thawed for convenience
**Wild Argentine
Red Prawns**

16/20 Count



3⁹⁸
100 g

thawed for convenience
**Smoked Wild
Sockeye Nuggets**
All Varieties



6⁴⁸
100 g

market made fresh
**Halibut Phyllo
Pastries**
Approx. 350 g



8⁹⁸
ea

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

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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



Betty Crocker

Cake Mix or Frosting

All Varieties
375-461 g



2 for 5⁰⁰

Milano 
Coffee
All Varieties
340 g

13⁹⁸



organic
fair trade



Paqui
Tortilla Chips
All Varieties
155 g

2 for 8⁰⁰



gluten free
non-gmo

market household

Dr Bronner's
Pure-Castile Soap

All Varieties
140 g

4⁹⁸



Fleecy
Dryer Sheets

Selected Varieties
80 pk

5⁹⁸



Bonterra 
Bathroom Tissue

6 pk

5⁹⁸



Aroy-D
Coconut Milk
400 mL

2 for 4⁰⁰



Adriana's 
Corn Tortillas
12 pk

4⁹⁸



local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Vumami Foods 
Umami Bomb
Chili Oil
All Varieties
250 mL

10⁹⁸



vegan
local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

The Keg 
Salad Dressings

All Varieties
475 mL

4⁹⁸



gluten free

Castelanotti
Extra Virgin Olive Oil

Selected Varieties
750 mL

19⁹⁸



Lesley Stowe 
Raincoast Crisps

All Varieties
150 g

5²⁸



non-gmo

Heinz 
Beans or Pasta

All Varieties
398 mL

3 for 5⁰⁰



Quaker 
Instant Oatmeal

Selected Varieties
264-344 g

2 for 7⁰⁰



San Remo
Tomato Sauce
680 mL

2 for 6⁰⁰



When you love food, you love The Market Stores.

Flyer in effect: Thursday January 25 to Wednesday January 31, 2024

market grocery

Adams

Peanut Butter

Creamy, crunchy
1 kg



848

Coca-Cola
Soda
All Varieties
1 L



3 for 5.00

Old Dutch
Dutch Crunch Potato Chips

All Varieties
200 g



2 for 7.00

Olympic

Yogurt

Krema, Greek, Organic
1.75 kg

gluten free



10.98



El Faro
Flour
1.81 kg



14.98

Il Pastaio
Fresh Egg Pasta
All Varieties
500 g



4.98

Golden West
English Muffins
All Varieties
6pk



2 for 3.00

Bonne Maman
Jams, Jellies
and Spreads
All Varieties



5.98

Texana
Long Grain
Rice
Brown, White



5.98

Wasa
Crispbread
All Varieties
230-275 g



4.28

Mezzetta
Napa Valley
Bistro Olives
All Varieties



6.98

Italissima
Fire Roasted
Diced Tomatoes
398 mL



2.88

Samyang
Instant
Noodles
All Varieties



8.98

Paradise Island
Cheese
Small Block



5.98

Selected Varieties No Extra Old White

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

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market frozen

Konscious

Onigiri

All Varieties
204 g

gluten free

non-gmo

vegan

5⁹⁸



Holy Napoli
Pizza

All Varieties, 10"

7⁹⁸



Manna Organics
Mighty Manna
Bread

2⁷⁰⁰
for

All Varieties, 350-400 g

organic

vegan



Katz
Donuts &
Cinnamon Buns

6⁹⁸

All Varieties, 240-297 g

gluten free

dairy free

nut free

soy free



So Delicious
CocoWhip

255 g

4⁸⁸

gluten free

non-gmo

vegan



Beyond Meat
Beyond Burgers

6⁹⁸

2 pk

gluten free

non-gmo

soy free



VitaLite

Cheese
Alternative

Selected Varieties

200 g

gluten free

vegan

plant-based

soy free

3⁹⁸



Babe's

Bee Line
Jun Elixer

2⁷⁰⁰
for



All Varieties
473 mL

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Hardbite

Vegetable Chips

Selected Varieties
150 g

4⁹⁸



gluten free

non-gmo

Chaser's

Orange
Juice

1 L

10⁹⁸



Smart Sweets
Candy

All Varieties
50 g

2⁶⁰⁰
for

gluten free

plant-based

peanut free



Evive
Smoothie
Cubes

All Varieties
405 g

8⁹⁸



gluten free

non-gmo

vegan

Wildbrine

Fermented
Vegetables

All Varieties
500 mL

8⁹⁸



non-gmo

My Butcher
Bone Broth

Chicken, Beef
700 mL

6⁹⁸

gluten free



Pacific
Soup

All Varieties
946 mL - 1 L

5⁹⁸



organic

gluten free

Traditional Medicinals
Tea

All Varieties
16 pk

3⁹⁸

organic

non-gmo



Everland
Beans

All Varieties
398 mL

2⁵⁰⁰
for

organic

gluten free

vegan



Kiju
Juice

All Varieties
4 x 200 mL

2⁶⁰⁰
for



organic

non-gmo

When you love food, you love The Market Stores.

Flyer in effect: Thursday January 25 to Wednesday January 31, 2024

market bakery

market made fresh

White Chocolate Raspberry Cheesecake Tart

3⁴⁸
ea 4"



market made fresh

Butter Tart Bar

2⁹⁸
ea



market made fresh
Pear Apple Pie
8"

11⁴⁸
ea



market made fresh
Double Chocolate Cookies
12 pk

6²⁸
ea



market baked fresh
Flax Bread

4⁴⁸
ea



market made fresh
Raisin Scones
6 pk

4⁹⁸
ea



market made fresh
Skor Cheesecake Slice

7⁴⁸
ea



market made fresh
Cinnamon Buns
4 pk

7⁹⁸
ea



market bulk

Foley's Chocolate Covered Peanuts

1⁷⁸
100g



Roasted Cashews

2³⁸
100g



Unsalted Super Mac Mix

2⁹⁸
100g



Dried Mango

3³⁸
100g



Sunflower Seeds

1³⁸
100g



Steel Cut Oats

68¢
100g



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

Vega

Sport Products

3.7-837 g

vegan

PEAK PLANT PERFORMANCE! Vega SPORT Protein: Finish your workout strong with 30g of plant-based protein, 5g BCAAs, tart cherry and probiotics, all built to help you reset for round two. Vega Pre-Workout Energizer: Power up & power through. Get a boost from naturally sourced caffeine to help you muscle through your toughest workouts. Vega SPORT Hydration: Get quenched. Helps you stay hydrated with electrolytes, plus vitamin C for immune support. Vega Sport Recovery@: Get ready to reset. helps you

hit the ground running with 17g of plant-based carbohydrates, turmeric and magnesium – helping to get you back in the game.



15%
OFF
at till

Market on Yates & Millstream

Ener-C
Electrolytes 30 pk

non-gmo

Ener-C will help to increase and maintain your energy levels, due to the invigorating force of the B-vitamin complexes and electrolytes it contains. Is Ener-C that miracle cold and flu fighter you have been searching for? You can be the judge of that. Just make sure you keep your levels of Vitamin C and zinc up, and see how you fair while everyone else is down and out with the cold and flu.



10%
OFF
at till

Market On Millstream Only

Auomere Ayurvedic
Cinnamon Herbal
Toothpaste

non-gmo

The newest variety of Auomere toothpaste, now with a spicy cinnamon flavour. Contains 23 special herbal extracts for optimum oral hygiene, including Neem and Peelu. Each tube lasts 3x longer than regular toothpaste.



6⁹⁸
75 mL

Market On Millstream Only

Subi
Greens 280 g

20+ real, whole ingredients, 4+ servings of vegetables in every scoop, and 60% of your daily nutrition. Subi greens is the easiest way to get your daily serving of vegetables!



33⁹⁸
280 g

Market On Millstream Only

Bell Lifestyle
Natural Health Products

non-gmo

Tea Bags, 60 caps, 500 mL

Bell Lifestyle's team of experts bring together clinical experience, traditional knowledge and up to date research to help create formulations like no other and develop new products. With over 12 categories of wellness products to support you in your healthy lifestyle.



20%
OFF
at till

Market On Millstream Only

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market made fresh

Andy's Potato Salad

1⁶⁸
100 g

Made In-Store



market made fresh

Ham & Cheese Pasta Salad

2⁰⁸
100 g

Made In-Store



market made fresh

Stoked on Tofu Salad

1⁷⁸
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

Mediterranean Farfalle Pasta Salad

1⁸⁸
100 g

Made In-Store



market made fresh

Twice Baked Potato with Bacon Chives & Cheddar

4⁹⁸
ea

Made In-Store



market fresh

Eugene's Homous or Tzatziki

4⁴⁸
ea

200 g
local local
PRODUCT BROUGHT TO YOU BY A COMPANY



market made fresh

Mediterranean Garden Chicken Salad

8⁹⁸
ea

Approx. 300 g
Made In-Store



market fresh

Castello Cheese

Assorted
200 g

8⁹⁸
ea



market fresh

Bubbies Kosher Dill Pickles

1 L

12⁹⁸
ea



market fresh

Maple Lodge Chicken Breast

2⁸⁸
100 g



market fresh

Continental Irish 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

January

Birthday Flower: Carnation
Colour: Dark Red
Birthstone: Garnet

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

Rose & Lily Bouquet

22⁹⁸
ea



market made fresh

BC Fresh Bouquet

20⁹⁸
ea



market made fresh

Cherry Brandy Bouquet

25⁹⁸
ea



market made fresh

Just for You Bouquet

16⁹⁸
ea



market fresh

African Violet Plant

3⁹⁸
ea



market made fresh

Lemon Lime Arrangement

27⁹⁸
ea



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7 am-11 pm

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8 am-10 pm