

LOCALLY OWNED AND OPERATED

the Market Stores

WEEKLY SPECIALS

March 14 - March 20, 2024

When you love food, you love The Market Stores

HAPPY
ST. PATRICK'S
DAY

market fresh

Pork Back Ribs



3⁹⁸
lb
8.77 kg

you save
7⁰¹
lb

market fresh
Mexico

Grape Tomatoes

Pint

2⁴⁸
ea



you save
\$3.51/ea

market fresh
BC Extra Fancy

Royal Gala Apples



1⁴⁸
lb
3.26 kg

you save
\$1.51/lb

organic

market made fresh

Daily Soup

Made In-Store



4⁹⁸
250 mL

5⁴⁸
350 mL

Faith Farms

Cheese

Selected Varieties
360 g



5⁹⁸
ea

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

you save
\$2.01/ea

PARTNERED
WITH



Shop Online

Delivery or Curbside Pickup
express.themarketstores.com



One Bike Per Store
Per Week!

Full details in-store.



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
Mexico

Green Beans



2⁶⁸
lb
5.91 kg

market fresh
Mexico

Mini Watermelon



2⁹⁸
ea

market fresh
Washington

Anjou Pears



1⁴⁸
lb
3.26 kg

market fresh

Washington Extra Fancy

Cosmic Crisp Apples



1²⁸
lb
2.82 kg

market fresh 
BC

Parsnips



2⁴⁸
lb
5.47 kg

market fresh 
BC

Cabbages

Red, Green



98¢
lb
2.16 kg

market fresh
Mexico

Mini Sweet Peppers

1lb/454 g



3⁹⁸
ea

market fresh
California

Red Grapefruit



98¢
ea

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 ORGANIC produce

market fresh
California

Bunch Broccoli



organic

2⁹⁸
lb
6.57 kg

market fresh
California

Cauliflower



organic

4⁴⁸
ea

market fresh
California

Head Lettuce



organic

2⁹⁸
ea

market fresh
Mexico Hot House

Red Peppers



organic

5⁹⁸
lb
13.18 kg

market fresh 
BC

Russet Potatoes



organic

3⁹⁸
ea

5 lb/2.27 kg

market fresh
Mexico

Long English Cucumbers



organic

2⁹⁸
ea



When you love food, you love The Market Stores.

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

market meat

market fresh 
AAA Alberta Beef

Ribeye Roasts & Steaks



21⁹⁸
lb
48.45 kg

market made fresh 

Beef Meatballs



7⁹⁸
lb
17.59 kg

Ground Fresh In-Store

market fresh 

Ground Pork



3⁹⁸
lb
8.77 kg

market fresh 

Bone-In Chicken Thighs



4⁹⁸
lb
10.98 kg

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

market made fresh 

Chicken Breast Cutlets



8⁹⁸
lb
19.80 kg

market fresh 

Sizzlin' Smokies

450 g



6⁹⁸
ea

gluten free

market 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



3⁴⁸
100 g

thawed for convenience

Coconut Crusted Tilapia Fillets



2⁹⁸
100 g

market fresh 

Manila Clams



1⁹⁸
100 g

thawed for convenience

Machine Peeled Wild Shrimp Meat



3⁴⁸
100 g

market made fresh

Salmon Phyllo Pastries

Approx. 350g



6⁹⁸
ea

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meet...



Douglas B.

General Manager, The Market Stores

"If you are looking for a specialty item or something unique, look here first. We've got your favourites."

market grocery



Olivieri

Filled Pasta or Sauce

Selected Varieties including Gnocchi 160-350 g



5⁴⁸

Kettle

Potato Chips

All Varieties

198 g

2⁷⁰⁰ for



gluten free
non-gmo

Fever-Tree

Premium Tonic Water & Mixers

All Varieties, 4 pk

5⁹⁸



market household

Tide

Laundry Liquid

Selected Varieties 1.09-1.36 L

10⁹⁸



Caboo

Bathroom Tissue

Bamboo & Sugarcane 12 pk

9⁹⁸



Eco Max

Dish Wash Liquid

All Varieties 740 mL

4⁶⁸



Heineken

0.0% Alcohol Beer

6 pk

10⁹⁸



Raincoast

Global Skipjack Tuna

All Varieties

142 g

2⁷⁰⁰ for



Realemon or Realime

Lemon or Lime Juice

All Varieties 125 mL

98¢



Snyder's

Pretzels

Selected Varieties 240 g

2⁷⁰⁰ for



Zambri's Pantry

Tomato Sauce

All Varieties, Each

7⁹⁸



local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Mancini

Pasta

All Varieties 500 g

4⁹⁸



Euro Goods

Soup

All Varieties 720 mL

3⁹⁸



The Keg

Prepared Horseradish

250 mL

3⁹⁸



Hidden Valley

Dressing

All Varieties 437 mL

4⁴⁸



When you love food, you love The Market Stores.

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

market grocery

Dempster's English Muffins

All Varieties
6 pk



3⁶⁸

Taj Mahal Chutney

All Varieties
454 g



3⁹⁸

Lundberg Rice

Selected Varieties
907 g



8⁹⁸

Hardbite Rugged Potato Chips

All Varieties, 275 g



4⁹⁸

Fresh is Best Taco Shells

Yellow, Tri-Colour
12 pk



3⁹⁸

Haribo Candies

Selected Varieties
120-175 g



2 for 6⁰⁰

Savor Crackers

All Varieties
170-185 g



2 for 5⁰⁰

Camino Cocoa Powder

All Varieties



6⁴⁸

224 g

Stagg Chili

All Varieties
425 g



2 for 7⁰⁰

Bonta Fire Roasted Tomatoes

398 mL



2 for 5⁰⁰

Aroy-D Sweet Chili Sauce

720 mL



4⁶⁸

Foster's Pickled Asparagus

All Varieties



7⁶⁸

500 mL

market dairy

Island Gold 

White Veggie Fed Eggs

12 pk



4⁹⁸

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Castello Cheese

Camembert,
Brie
125 g



4⁹⁸

Siggi's Skyr Yogurt

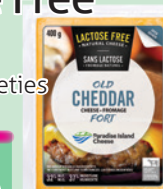
All Varieties
650-750 g



5⁹⁸

Paradise Island Lactose Free Cheese

Selected Varieties
400 g



8⁹⁸

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Heluva Good Sour Cream Dip

All Varieties
250 g



2 for 6⁰⁰

Spread'em Kitchen Cashew Cheese

Selected Varieties, 200 g



7⁹⁸

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market frozen

Green Giant

Valley Selections Vegetables

All Varieties
400-500 g

2 for 7⁰⁰



Chapman's Ice Cream

All Varieties, 2 L

5⁶⁸



Chef Bombay Dinner Entrées

All Varieties, 240-350 g

5⁹⁸



Katz Gluten Free Donuts or Cinnamon Buns

6⁹⁸

All Varieties, 240-297 g



gluten free
dairy free
nut free
soy free

Dr. Oetker Pizza

Selected Varieties

5⁹⁸

325-410 g



Bremner's Fruits

8⁹⁸

Selected Varieties, 600 g



organic

Tribal Java Coffee Beans

All Varieties
340-400 g

10⁹⁸



organic
fair trade



market eating healthy

Campo Sur Extra Virgin Olive Oil

9⁷⁸

500 mL



organic

Guayaki Yerba Mate Energy Drinks

All Varieties of Cans, 458 mL

2 for 6⁰⁰

New!



gluten free

Amy's Soup

All Varieties
398 mL

2 for 8⁰⁰



Clif Builder Bars

All Varieties
68 g

2²⁸



gluten free
non-gmo

Mary's Crackers

Selected Varieties
184 g

6⁹⁸



organic
gluten free
non-gmo

Bob's Red Mill 1 To 1 Baking Flour

1.24 kg

10⁹⁸



gluten free

Italissima Beans

Selected Varieties
398 mL

4 for 5⁰⁰



Zevia Energy Drink

Selected Varieties
355 mL

2 for 4⁰⁰



gluten free
non-gmo
vegan

Oat of the Ordinary Oatmeal

All Varieties
360 g

8⁹⁸



gluten free
vegan

Smart Bite Fit Figure Rice Cakes

All Varieties
120 g

3²⁸



organic
gluten free
non-gmo
vegan

Kiju Juice

All Varieties
1 L

2 for 6⁰⁰



organic

When you love food, you love The Market Stores.

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market bakery

market made fresh

Key Lime Cheesecake Slice

7⁴⁸
ea



market fresh
Mayflower

Cranberry Almond Blondie

3⁹⁸
ea



vegan

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market made fresh

Bumble Berry Pie 5"

5⁹⁸
ea



market made fresh

Multigrain Bread

4⁴⁸
ea



market made fresh

Silk Chocolate Truffle Bar

2⁹⁸
ea



vegan

market made fresh

Raisin Scones 6 pk

4⁹⁸
ea



market made fresh

Chocolate Chip Cookies 12 pk

6²⁸
ea



market made fresh

Key Lime Tart 4"

2⁹⁸
ea



market bulk

Foley's Chocolate Peanuts Selected Varieties

1⁷⁸
100 g



• Milk
• Dark

Pistachios Salted with Shell

2⁶⁸
100 g



Dried Cranberries

1²⁸
100 g



Island Nut Roastery Trail Mixes

• Sea to Sky Mix
• One Sailing Wait

2²⁸
100 g



Oats • Rolled • Quick

48¢
100 g



organic

Raw Sunflower Seeds

1⁵⁸
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

Healthology

GO-LAX + Fibre

60 vcap, 120 vcap, 210-240 g

GO-LAX gently and effectively relieves occasional constipation by stimulating the natural peristaltic action of the colon and drawing water into the bowel to soften stool. SOLUBLE FIBRE BLEND provides a blend of Baobab and Acacia fibres that help to manage weight, lower cholesterol, reduce heart disease risk, and promote healthy digestion. DAILY FIBRE BLEND helps promote regular bowel movements, which are essential for the elimination of toxins from the body. We should be having at least one fully evacuated, easy-to-pass bowel movement daily for optimal health.

20%
OFF
at till



organic

gluten free

non-gmo

vegan

Market On Millstream Only

Andalou

Skin+ Hair Care

18-251 mL

Fruit stem cell science is Andalou's signature innovation. It is a revolutionary, patented liposomal technology, which promotes and protects the vitality and longevity of skin stem cells, resulting in enhanced skin health and visible results. Effective, natural Hair Care without the sulphates and silicones — because you deserve it! Target all of your hair care concerns and choose from a range of products for dull, damaged, colored, thinning, or dehydrated hair types.

20%
OFF
at till



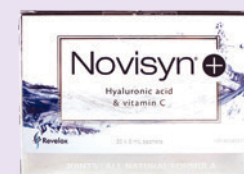
Market On Millstream Only

Revelox

Novisyn+

Novisyn Oral Hyaluronan is a simple and convenient solution to joint pain and arthritis. Remarkably, its hydrating effects also make it a potent anti-aging skin moisturiser. Novisyn+ scientifically developed oral Hyaluronan with added vitamin C to keep your body moving.

46⁹⁸
30 pk



Market On Millstream Only

Veeva

Stress Formula

Veeva Stress Formula helps reduce mental and physical stress and their associated symptoms, and promotes healthy mood balance. Happiness ensues. Veeva integrates body, mind and spirit using the ancient wisdom of Ayurveda alongside timeless spices (cinnamon, cloves and allspice) shown to have brain-protective properties.

33⁹⁸
60 caps

62⁹⁸
60 caps



Market On Millstream Only

Garden of Life

Mykind Plant Iron

This delicious cranberry-lime liquid provides 10mg of plant iron from Organic Curry Leaves and is made only from whole foods, delivering whole food Vitamin C from Organic Amla Berries to help with iron absorption, along with vitamins B6 and B-12. It is free of chemical preservatives and artificial ingredients.

20⁹⁸
240 mL



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market made fresh

Mediterranean Farfalle Salad

1⁸⁸
100 g

Made In-Store



market made fresh

Norm's Three Cheese Tortellini

1⁹⁸
100 g

Made In-Store

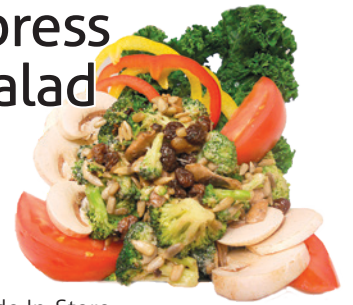


market made fresh

Orient Express Broccoli 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 fresh
Fresh is Best
Salsa
All Varieties
375 mL

6⁶⁸
ea



market fresh
Triple Cream Brie

4⁴⁸
100 g



market fresh
Bubbies
Kosher Dill Pickles
1 L

13⁹⁸
ea



market fresh
Mastro
Prosciutto Salami

4⁵⁸
100 g



market fresh
Roasted Chicken Legs
• BBQ
• Montreal Spice

1²⁸
100 g



market fresh
Real Bacon Bits

4⁹⁸
100 g



market made fresh
Pulled Pork

2⁶⁸
100 g

Made In-Store



market fresh
Freybe
Pepper Ham

2⁷⁸
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

March

Birthday Flower: Jonquil
Colour: Light Blue
Birthingstone: Aquamarine

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
Friendship Bouquet

16⁹⁸
ea



market made fresh
Green is Great Bouquet

21⁹⁸
ea



market made fresh
Luck of the Irish Bouquet

24⁹⁸
ea



market fresh BC Grown
Oxalis Plant
4"

6⁹⁸
ea



market fresh BC Grown
Tropical Plant
6"

10⁹⁸
ea



market made fresh
Lucky You Arrangement

29⁹⁸
ea



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