

LOCALLY OWNED AND OPERATED

the  
**Market  
Stores**

# WEEKLY SPECIALS

July 23 - July 29, 2026

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

market fresh   
AAA Alberta Beef

## Beef Short Ribs

Boneless



**16<sup>98</sup>**  
lb  
37.43 kg

you save  
**11<sup>01</sup>**  
lb

market fresh   
Saanich Grown

## Blackberries

Pint



**4<sup>68</sup>**  
ea

local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY  
you save **\$2.01/lb.**

market fresh   
BC

## Blueberries

Pint



**5<sup>98</sup>**  
ea

organic  
you save **\$3.01/ea**

market baked fresh

## Chicken Wings

Assorted



**2<sup>28</sup>**  
100 g

ISLAND  
FARMHOUSE  
POULTRY  
you save **\$0.51/ea.**

## Caffe Umbria Coffee

All Varieties

340 g



**15<sup>98</sup>**  
ea

you save **\$3.01/ea**

Shop Online

Delivery or Curbside Pickup  
[express.themarketstores.com](http://express.themarketstores.com)



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

One per location. Full details in-store. Draw July 31<sup>st</sup>, 2026.



THINK  
LOCAL  
FIRST

903 Yates At Quadra | 250.381.6000  
7 am-11 pm

[themarketstores.com](http://themarketstores.com)

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



# market produce



market fresh   
BC

## Peaches



**2<sup>98</sup>**  
lb  
6.57 kg



market fresh   
BC

## Mixed Peppers

2 lb/907 g



**3<sup>98</sup>**  
ea



market fresh   
BC

## Cauliflower

**3<sup>98</sup>**  
ea.



market fresh   
BC

## Corn on the Cob Peaches and Cream

**88¢**  
ea

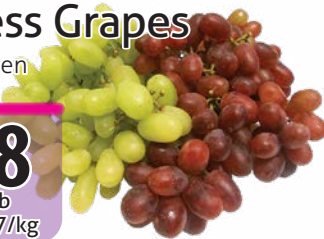


market fresh  
California

## Seedless Grapes

Red and Green

**3<sup>98</sup>**  
lb  
8.77/kg



market fresh  
Mexico  
Avocados

**98¢**  
ea



market fresh   
BC

## Carrots

5 lb/2.27 kg

**3<sup>98</sup>**  
ea.



market fresh   
BC

## Green Beans

**2<sup>98</sup>**  
lb  
6.57/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 ORGANIC produce



market fresh   
Saanich

## Cherry Tomatoes

Pint

**4<sup>98</sup>**  
ea



local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

market fresh   
Saanich

## Lettuces

Romaine, Red, Green

**3<sup>98</sup>**  
ea.



local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

market fresh   
Saanich

## Cabbages

Red, Green

**1<sup>68</sup>**  
lb  
3.70/kg



local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

market fresh   
BC

## Radishes

**2<sup>48</sup>**  
ea



organic



market fresh   
Saanich

## Zucchini

**2<sup>48</sup>**  
lb  
5.47 kg



organic

local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

market fresh   
Saanich

## Kale

Black and Green

**2<sup>98</sup>**  
ea



organic

local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY



**When you love food, you love The Market Stores.**

Flyer in effect: Thursday July 23 to Wednesday July 29, 2026



## market meat

market fresh   
Farm Fed Halal

### Chicken Thighs

Bone-In



**4<sup>98</sup>**  
lb  
10.98 kg

**FarmFed**  
THE NATURAL CHOICE 

market fresh 

### Pork Side Ribs



**4<sup>98</sup>**  
lb  
10.98 kg

market made fresh   
AAA Alberta Beef

### Maui Style Beef Ribs



**16<sup>98</sup>**  
lb  
37.43 kg

market fresh   
Farm Fed Halal

### Chicken Drumsticks



**3<sup>18</sup>**  
lb  
7.01 kg

**FarmFed**  
THE NATURAL CHOICE 

market fresh   
Pork Loin  
Cutlets



**5<sup>98</sup>**  
lb  
13.18 kg

market fresh   
Lou's Kitchen  
BBQ Pulled  
Pork

400 g



**10<sup>98</sup>**  
ea.

gluten free

market made fresh   
Pork Chorizo  
Sausages

Hot or Mild



**6<sup>98</sup>**  
lb  
15.39 kg

meet...

**Will B.**  
Meat Manager  
Market on Yates

Our full-service meat department is here to fulfill your everyday needs. From choosing the right cut to special orders, we're happy to help. Our quality products are sure to make any holiday or family dinner a special occasion.



## market seafood

market fresh 

### Steelhead Fillets

Weather Permitting



**3<sup>98</sup>**  
100 g



thawed for convenience  
Coconut Crusted  
Tilapia



**2<sup>78</sup>**  
100 g

market fresh   
Salt Spring Island  
Wild Mussels



**1<sup>18</sup>**  
100 g

local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

thawed for convenience  
Prawn Skewers

5 Per Skewer



**2 for 4<sup>00</sup>**

market frozen   
PEI  
Mussels  
In Garlic & Butter

454 g



**7<sup>98</sup>**  
ea.



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

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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



NoochPOP! 🍁

## Popcorn

All Varieties

120 g

gluten free

vegan



448



Pepsi

## Soda

All Varieties

1 L

2 for 4.00



Phillips 🍁

## Iota Non Alcoholic Beer

All Varieties

4 pk

7.98



local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

market household

Silk 'N Soft

## Bamboo Bathroom Tissue

Bleached

12 pk

8.98



Nature Clean 🍁

## Concentrated Laundry Liquid

All Varieties

1 L

10.98



Sponge Towels 🍁

## Ultra Paper Towel

All Varieties

3 pk

8.98



Favuzzi

## Pasta Sauce

Selected Varieties

480 mL

6.98



Rummo

## Pasta

Selected Varieties

500 g

2 for 7.00



Golden West 🍁

## English Muffins

Selected Varieties

6 pk

2 for 3.00



St. Dalfour

## Jam & Marmalades

Selected Varieties

225 mL

5.98



Partner's

## Sourdough Crackers

All Varieties

184 g

7.98



Italissima

## Tomatoes

All Varieties

796 mL

3.28



Maille 🍁

## Mustard

Dijon, Old Style

500 mL

7.98



Dumet

## Olives

All Varieties

150-200 g & 375 mL

4.98



China Lily 🍁

## Soya Sauce

483 mL

3.78



When you love food, you love The Market Stores.



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# market grocery

Old Dutch

## Tortilla Chips

Arriba, Restaurante

235-295 g



4<sup>28</sup>

gluten free

Dempster's

## Signature Buns

Selected Varieties

6-8 pk

4<sup>48</sup>



Not Too Sweet

## Craft Soda

All Varieties

355 mL

2<sup>500</sup> for



local PRODUCT BROUGHT TO YOU BY A COMPANY

Island Gold

## Free Range Brown Eggs

12 pk



6<sup>78</sup>

local PRODUCT BROUGHT TO YOU BY A COMPANY

Everland

## Salsa

All Varieties

500 mL



organic

5<sup>68</sup>

Snapple

## Iced Tea Beverage

All Varieties

473 mL



3<sup>500</sup> for

Takis

## Rolled Tortilla Chips

All Varieties



3<sup>98</sup>

260-280 g

Tree Island

## Cream Top Yogurt

All Varieties

500 g



4<sup>68</sup>

local PRODUCT BROUGHT TO YOU BY A COMPANY

L'ancetre

## Cheese

All Varieties

Includes Mozzarella 200 g

organic



7<sup>98</sup>

San Remo

## Beans

All Varieties

540 mL



2<sup>400</sup> for

Goccia

## Mineral Water

Still, Sparkling

750 mL



2<sup>500</sup> for

Zazubean

## Chocolate Bars

All Varieties



5<sup>98</sup>

80-85 g

Saputo

## Mozzarella Cheese

340 g



6<sup>98</sup>

LightLife

## Smart Dogs

340 g



3<sup>98</sup>

## Fever-Tree Tonic Water or Mixers

All Varieties



7<sup>98</sup>

4 pk

Stubb's

## Barbeque Sauce

All Varieties



gluten free non-gmo

4<sup>98</sup>

450 mL

## Putter's Pickles

All Varieties

1 L



gluten free non-gmo

5<sup>98</sup>

Armstrong

## Shredded Cheese

Selected Varieties



9<sup>98</sup>

500 g

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## market frozen

### Chapman's Premium Ice Cream

All Varieties  
2 L

8<sup>78</sup>



nut free  
peanut free

### Siwin Appetizers Selected Varieties

6<sup>78</sup>

454-500 g



### McCain Diced Hashbrowns

800 g

2<sup>700</sup>  
for



### Evive Smoothie Pops

All Varieties

5<sup>98</sup>

5 pk



non-gmo

### Pizzeria Prima Strada Pizza

All Varieties

15<sup>98</sup>

393-463 g



local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

### Trio Bakery Borek Twists or Bites

6<sup>98</sup>

All Varieties  
340-454 g



### Cultured Kombucha Kombucha

All Varieties  
355 mL

organic

raw

2<sup>700</sup>  
for



local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

### Cwench Sports Drink

All Varieties  
500 mL

2<sup>600</sup>  
for



### Clif Kid Zbar

5 pk

organic

6<sup>78</sup>



### Patience Fruit & Co. Juice

Selected Varieties  
946 mL

20%  
OFF  
at till



organic

non-gmo

### Noble Plant Based Jerky

All Varieties  
70 g

5<sup>98</sup>



non-gmo

### Wholesome Brown Sugar

Light, Dark  
680 g

8<sup>48</sup>



organic

non-gmo

### Eden Foods Apple Sauce

398 mL

7<sup>98</sup>



organic

### Bioitalia Extra Virgin Olive Oil

750 mL

19<sup>98</sup>



organic

gluten free

vegan

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## market bakery

market made fresh

### Blueberry White Chocolate Cheesecake Tart

4"

3<sup>98</sup>  
ea



market made fresh

### Blackberry Pie

8"

12<sup>48</sup>  
ea



market made fresh

Vanilla Slice

4<sup>78</sup>  
ea



market fresh

Lava Cake

5<sup>48</sup>  
ea



market fresh

White Chocolate Macadamia Cookies

6<sup>88</sup>  
ea



12 pk

market made fresh

Caramel Pecan Cheesecake Slice

7<sup>98</sup>  
ea



market made fresh

Raisin Scone

6 pk

5<sup>48</sup>  
ea



market fresh

Alpine Bread

4<sup>48</sup>  
ea



## market bulk

Thompson Raisins

68¢  
100 g



Sierra Mountain Trail Mix

98¢  
100 g



Chocolate Almonds  
Milk, Dark

2<sup>98</sup>  
100 g



Whole Almonds

organic  
raw

3<sup>48</sup>  
100 g



Mung Beans  
Selected Varieties

organic

1<sup>08</sup>  
100 g



Sunflower Seeds

organic  
raw

1<sup>18</sup>  
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

Birch Babe

Natural Skin Care

30-120 mL

High-quality skincare for the low-maintenance babe. Upgrade your routine with Birch Babe's award-winning formulations.

vegan



15%  
OFF  
at till

Market On Millstream Only

Blume  
Strawberry Matcha with Collagen

100 g

Blume's Strawberry Matcha Latte is a functional superfood latte powder that combines sweet, stone-ground Japanese matcha with real strawberry powder and grass-fed bovine collagen.



New!



24<sup>98</sup>

Market On Millstream Only

PVL  
Creatine

300 g

PVL creatine contains only 100% pure pharmaceutical grade tested creatine monohydrate that has been nano-micronized for the highest solubility and uptake.



15%  
OFF  
at till

Market On Millstream Only

Garden of Life

B12 Spray

58 mL

Garden of Life B-12 Spray is a delicious raspberry spray made with organic foods and herbs. One spray daily delivers 500 mcg of vegan vitamin B-12 as methylcobalamin to boost energy, support metabolism, provide immune support and promote formation of healthy red blood cells. Made without any artificial ingredients or chemical preservatives and no added sugars—just

organic  
gluten free  
non-gmo  
vegan



10%  
OFF  
at till

wholesome food with delicious organic flavour and organic stevia.

Market On Millstream Only

NutriStart

All Products

30-240 Caps, 15-100 mL

Founded in 1997, NutriStart has developed a reputation for high quality and affordable nutritional supplements. NutriStart is dedicated to combining the best of nature and science, using the highest quality ingredients produced to exacting standards based on the latest nutritional research and information.

local local  
PRODUCT  
BROUGHT TO YOU BY A  
COMPANY

non-gmo



15%  
OFF  
at till

Market On Millstream Only

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market made fresh

## Andy's Potato Salad

**1<sup>98</sup>**  
100 g

Made In-Store



market made fresh

## Fruit Salad

**2<sup>38</sup>**  
100 g

Made In-Store



market made fresh

## Moroccan Chickpea Salad

**2<sup>38</sup>**  
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 made fresh

## Chicken Caesar Salad

Approx. 300 g

**8<sup>98</sup>**  
ea

Made In-Store



market made fresh

## Portabello Mushroom Flan

**2<sup>98</sup>**  
100 g

Made In-Store



market made fresh

## Pad Thai Dinner

Chicken or Tofu  
Approx. 400 g

**9<sup>98</sup>**  
ea.



market fresh

## Tre Stelle Bocconcini

Assorted  
200 g

**5<sup>98</sup>**  
ea.



market fresh

## Garlic Coil

**2<sup>38</sup>**  
100 g



market fresh

## Sopressata Salami

**4<sup>98</sup>**  
100 g



market baked

## Alberta AAA Roast Beef

**4<sup>68</sup>**  
100 g



market fresh

## Continental Irish Ham

**3<sup>48</sup>**  
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



*July*

**Birthday Flower: Lily**

**Colour: Red**

**Birthingstone: Ruby**

### 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

## Purple Haze Bouquet

**25<sup>98</sup>**  
ea



market made fresh

## Beautiful B.C. Bouquet

**23<sup>98</sup>**  
ea



market made fresh

## Colourful Summer Bouquet

**27<sup>98</sup>**  
ea



market fresh BC Grown

## Lisianthus

4"

**3<sup>98</sup>**  
ea



market fresh BC Grown

## Hosta Plantain Lily

6"

**8<sup>98</sup>**  
ea



market made fresh

## Summer Glow Arrangement

**28<sup>98</sup>**  
ea



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