

LOCALLY OWNED AND OPERATED

the Market Stores

WEEKLY SPECIALS

July 2 - July 8, 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

ENTER TO WIN



FIFA Canada
Soccer Ball & Jersey!

Draw July 18th, 2026.

One set per location. Full details in-store.

market fresh AAA Alberta Beef

T-Bone Steaks



18⁹⁸
lb
41.84 kg

you save
10⁰¹
lb

market fresh Saanich
Blackberries
Pint



5⁹⁸
ea.

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

market fresh Saanich
Chard



2⁹⁸
ea

organic
local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY
you save \$2.01/ea.

market fresh Quiche
Assorted
8 inch



9⁴⁸
ea.

you save \$1.01/ea.

Kettle Brand Gourmet
Kettle Chips



All Varieties
156-198 g

**2
for
7⁰⁰**

gluten free
non-gmo
you save \$1.19/ea.

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 July 31st, 2026.



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

Blueberries



3⁹⁸
lb
8.77 kg



market fresh 
BC

Cherries



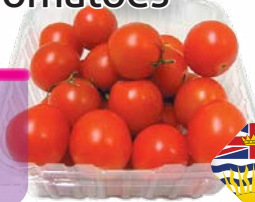
4⁹⁸
lb
10.98 kg



market fresh 
BC

Cherry Tomatoes

Pint



2⁴⁸
ea.



market fresh 
BC

Mixed Peppers

2lb/907gr



2⁹⁸
ea.



market fresh 
BC

Bunch Carrots



1⁸⁸
ea



market fresh 
BC

Portobello Mushrooms



5⁹⁸
lb
13.18 kg



market fresh 
BC

Early Nugget Potatoes



1⁴⁸
lb
3.26 kg



market fresh 
BC

Mini Cucumbers

1lb/454gr



2⁹⁸
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 fresh
California

Broccoli



organic

2⁹⁸
lb
6.57 kg

market fresh 
Saanich

Lettuces

Romaine, Red, Green



organic

3⁹⁸
ea

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY


market fresh
California

Cauliflower



organic

4⁹⁸
ea

market fresh 
BC

Beets

1 lb/454 g



organic

2⁹⁸
ea



market fresh
Mexico

Zucchini



organic

2⁴⁸
lb
5.47 kg

market fresh 
Saanich

Kale

Black and Green



organic

2⁹⁸
ea

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY



When you love food, you love The Market Stores.

market fresh 

Chicken Breast

Bone-In



market fresh 

Ground Pork



4⁹⁸
lb
10.98 kg

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

4⁹⁸
lb
10.98 kg

market made fresh 

Beef Burgers



8⁹⁸
lb
19.80 kg

market made fresh 

Chicken Breast Cutlets



8⁹⁸
lb
19.80 kg

market fresh 

Pork Shoulder Steaks

Bone-In



3⁹⁸
lb
8.77 kg

market fresh 

Grimm's Pizza & Submarine Packs

175 g



5⁶⁸
ea.

gluten free
soy free

market made fresh 

Pork Italian Sausages

Hot & Mild



6⁹⁸
lb
15.39 kg

meet...

Dakota C.

Meat Manager
Market on Millstream

If it can be done in house, it is. From fresh beef, pork, and poultry to a wide selection of frozen products, we offer a large, unique selection fit for anyone from anywhere at competitive prices. Custom cutting and ordering welcomed, so get yourself some quality meat while supporting local.



market seafood

market fresh

Wild Ling Cod Fillets

Weather Permitting



3⁴⁸
100 g



thawed for convenience
Mrs Friday's
Crab Cakes



2³⁰⁰
for

market fresh
Imitation Crab



1⁶⁸
100 g

thawed for convenience
Almond Crusted
Sole



2⁷⁸
100 g

market-frozen
Aquastar
Coconut Shrimp
28-32 Count



10⁴⁸
ea
500 g



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



Bagga Pasta

Fresh Pasta or Sauce

Selected Varieties
150-350 g

468



local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Que Pasa

Salsa
All Varieties
420 mL

548



Old Dutch

Tortilla Chips

Arriba, Restaurante
235-295 g

428



market household

Eco Max

Laundry Liquid

Selected Varieties
3 L

14⁹⁸



Sponge Towel

Ultra Pro Paper Towel

1 Roll

4⁹⁸



Palmolive

Dish Liquid
All Varieties
591 mL

3⁹⁸



De Cecco
Pasta

Selected Varieties
454 g

2 for 6⁰⁰



Il Pastaio

Pasta Sauce

Selected Varieties
500 mL

3⁹⁸



Cedar Valley

Pita Chips

Selected Varieties
180 g

448



Flow

Spring Water

All Varieties
500 mL

3 for 5⁰⁰



Roxy's

Chocolate Bar

All Varieties
65 g

6⁹⁸



Huy Fong

Sriracha Hot Chili Sauce

433 mL

5⁹⁸



Nonny

Non-Alcoholic Beer

All Varieties
4 pk

9⁹⁸



Italissima

Beans

Selected Varieties
398 mL

4 for 5⁰⁰



Black River

Lemonade

All Varieties
1 L

4⁹⁸



When you love food, you love The Market Stores.

Flyer in effect: Thursday July 2 to Wednesday July 8, 2026

market grocery

Discovery 

Coffee

All Varieties
300 g

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

fair trade



15⁹⁸

Dempster's 

Whole Grains Bread

Selected Varieties
600 g

4²⁸



Annie's

Pasta Entrees

Selected Varieties
149 - 170 g

2⁷⁰⁰ for



market dairy

Liberté 

Méditerranée Yogurt

All Varieties
500 g

4⁶⁸



Gatorade

Sports Drink

All Varieties
710 mL



2²⁸

Eve's 

Crackers

All Varieties
108 g

6⁹⁸



Stash

Tea

Selected Varieties
16-20 pk

4⁶⁸




Armstrong 

Cheese Slices

Selected Varieties
11-12 pk

5⁹⁸




Dairyland 

Milk 2 Go

Selected Varieties
325-473 mL

2²⁸



Northern Gold 

Granola

All Varieties
630-675 g



3⁶⁸

Blue Monkey

Coconut Water

1 L

4⁹⁸



Mcilhenny Tabasco

Hot Sauce

Selected Varieties
57 mL

2⁹⁸



Burnbrae 

Naturegg Egg Whites

500 g

5⁶⁸



Tre Stelle 

Feta

All Varieties
200 g

5⁹⁸



Adams

Peanut Butter

All Varieties
500 g



4⁹⁸

Vumami Foods 

Umami Bomb Chili Oil

All Varieties, 250 mL

10⁹⁸



Sundhed 

Himalayan Salt

Fine, Coarse
750 g

5⁹⁸



Paradise Island 

Cheese

All Varieties, Small Block

15% OFF at till



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

market frozen

Righteous 

Gelato or Sorbet

All Varieties
473 mL

gluten free



7⁴⁸

Cavendish 

Hashbrown Patties

All Varieties



2⁷⁰⁰
for

600 g

Wholly Veggie Burger

All Varieties, 4 pk

plant-based



6⁹⁸

El Tomas Burritos

All Varieties



2⁶⁰⁰
for

142 g

Phorozen Soups

Selected Varieties, 410-520 g



13⁹⁸

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Amy's Pizza



9⁹⁸

All Varieties
340-397 g



market speciality foods

Rise 

Kombucha

Selected Varieties
414 mL

organic



3⁶⁸

The Good Crisp
Chips

All Varieties
160 g

gluten free
non-gmo



4⁹⁸

Larabar
Energy Bars

All Varieties
45-48 g

gluten free
vegan



2⁴⁰⁰
for

True Dates
Flavoured Dates

All Varieties
100 g

gluten free
vegan



5⁴⁸

San Remo
Tomatoes

All Varieties
796 mL

organic



3⁹⁸

Califia
Almond or Oat Beverage

Selected Varieties
1.4 L

gluten free
non-gmo
vegan
soy free



5⁹⁸

Ocean's Halo
Dressing

All Varieties
355 mL

organic
vegan



9⁹⁸

Sprague
Soup

Selected Varieties
398 mL

organic
gluten free
vegan



3⁹⁸

Smart Bite
Fit Figure Rice Cakes

All Varieties
120 g

organic
gluten free



3²⁸

Maison Orphee 
Mustard

All Varieties
250 mL

organic



4⁹⁸

Santa Cruz
Lemon or Lime Juice

946 mL

organic
gluten free
non-gmo



11⁹⁸

Biotalia
Extra Virgin Olive Oil

500 mL

organic



14⁹⁸

When you love food, you love The Market Stores.

market bakery

market made fresh 

Chocolate Almond Florentine



378
ea

market made fresh 

Pecan Tart

4"



348
ea

market made fresh 
Blueberry Mini Pie

5"



648
ea

market made fresh 
Brownie Vanilla Cheesecake Square



478
ea

market made fresh 
Carrot Cake

8x8



728
ea

market made fresh 
Cheese Scone

6 pk



548
ea

market made fresh 
Lemon Cheesecake Slice



798
ea

market fresh 
Cranberry Multigrain Bread



448
ea

market bulk

Roasted Almonds
Selected Varieties



198
100 g

Salad Crunchy Mix



108
100 g

Reese's Pieces




208
100 g

Pitted Prunes 




198
100 g

Quinoa Selected Varieties 



118
100 g

Oats Rolled, Quick, Steel 



48¢
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

Freshwater Farm

Hand Soaps and Refills

500 mL - 1 L

Freshwater Farm Australia is devoted to doing what's ethically right and contributing positively to the local community. They believe in making products that are great for both our customers and our environment. From their farm, to your skin.



vegan

15%
OFF
at till

New!

Market On Millstream Only

Living Alchemy 
All Products 60-120 Caps

Living Alchemy's line of fermented, organic digestive wellness supplements addresses indigestion, bloating, gas, IBD symptoms, and general gut health. With Kefir-Kombucha fermented soy as a base, 45+ beneficial bacteria strains, and whole food herbs to target specific gut needs, our products help to bolster your gut microbiome.

organic
non-gmo
vegan



20%
OFF
at till

Market On Millstream Only

Purana 
Turkey Tail 60 Caps

Why supplement turkey tail?
- to strengthen the immune system
- to improve gastrointestinal health
- to support healthy lungs

vegan



15%
OFF
at till



Market On Millstream Only

New Roots 
Active Mag with Taurine

120 Caps
Synergistic formula featuring magnesium, potassium, and taurine, pivotal nutrients for energy metabolism, electrolyte balance, and cardiovascular function to fuel your active lifestyle.

gluten free



2998

Market On Millstream Only

Life Choice 
Thymus Gland 60 Caps

Thymus gland helps maintain immune function with added Zinc picolinate and vitamin B 6. 100% USP pharmaceutical grade.

non-gmo



15%
OFF
at till

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Flyer in effect: Thursday July 2 to Wednesday July 8, 2026



market made fresh

Andy's Potato Salad

1⁸⁸
100 g

Made In-Store



market made fresh

Stoked on Tofu

2²⁸
100 g

Made In-Store



market made fresh

Sweet and Crunchy Broccoli Salad

2⁴⁸
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

2⁴⁸
100 g

Made In-Store



market made fresh

Mediterranean Chicken Garden Salad

8⁹⁸
ea.

Approx. 400 g
Made In-Store



market made fresh

Chicken Caesar Wrap

Approx. 300 g

7⁴⁸
ea.

Made In-Store



market made fresh

Panini

Assorted
Approx. 350 g

8⁴⁸
ea.

Made In-Store



market fresh

Bean Boys Hummus

Assorted
200 g

6⁴⁸
ea.



organic
gluten free

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market fresh

Pepperoni

Assorted

2²⁸
100 g



market fresh

Maple Lodge Smoked Chicken Breast

3¹⁸
100 g



market fresh

Continental Black Forest Ham

3⁴⁸
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

July

Birthday Flower: Lily

Colour: Red

Birthstone: 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

Rainbow Rose Bouquet

25⁹⁸
ea



market made fresh

Rainbow Mum Bouquet

13⁹⁸
ea



market made fresh

Friendship Bouquet

24⁹⁸
ea



market made fresh

B.C. Fresh Bouquet

27⁹⁸
ea



market fresh BC Grown

Bromeliad

Assorted colours

22⁹⁸
ea



market made fresh

Summer Fun Arrangement

27⁹⁸
ea



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