

LOCALLY OWNED AND OPERATED

the
**Market
Stores**

WEEKLY SPECIALS

August 13 - August 19, 2026

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

We're here to help!

Delivery
or
Curbside
Pickup



Please call about our Grocery Delivery Service.

Market on Yates

250.381.6000
7 am - 11 pm

Market on Millstream

250.391.1110
8 am - 10 pm

market fresh

Split Chicken Wings



4⁹⁸
lb
10.98 kg

local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

you save
4⁰¹
lb

market fresh
BC

Mixed Pepper

2 lb/907 g



3⁹⁸
ea

you save
\$3.01/ea

market fresh
Saanich Grown

Lettuces

Romaine, Red and Green



organic

3⁹⁸
ea

local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY
you save
\$1.01/ea

market made fresh

Seven Layer Dip



1⁶⁸
100 g

you save
\$0.31/100 g

Galloping Goose

Coffee

All Varieties
300 g



12⁹⁸
ea

local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY
you save
\$4.51/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 August 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 produce

market fresh 
BC

Corn on the Cob



4 for **3.00**

market fresh 
Saanich Grown

Blackberries

Pint



4.98
ea

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

market fresh 
BC

Cauliflower



3.98
ea

market fresh 
Saanich Grown

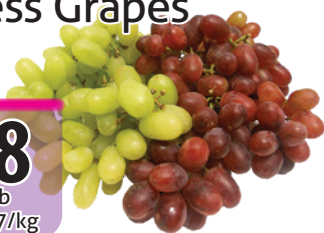
Walla Walla Onions



1.68
lb
3.70/kg

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

market fresh
California
Seedless Grapes
Green, Red



3.98
lb
8.77/kg

market fresh
Mexico
Avocados



98¢
ea

market fresh 
BC
Carrots
2 lb/907 g



1.98
ea.

market fresh 
BC

Green Beans



2.98
lb
6.57/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 ORGANIC produce

market fresh 
Saanich Grown
Cherry Tomatoes
Pint



4.98
ea

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

market fresh 
Saanich Grown
Chard



2.98
ea

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

market fresh 
Saanich Grown
Cabbages
Red, Green



1.68
lb
3.70/kg

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

market fresh 
BC
Peaches



2.98
lb
6.57/kg



market fresh 
Saanich Grown
Zucchini



2.48
lb
5.47/kg

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

market fresh 
Saanich Grown
Kale
Black and Green



2.98
ea

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



When you love food, you love The Market Stores.

Flyer in effect: Thursday August 13 to Wednesday August 19, 2026

market meat

market fresh 
AAA Alberta Beef

Beef Sirloin Tip Steaks & Roasts



9⁹⁸
lb
22.00 kg

market fresh 

Pork Loin Chops

Bone-In



3⁹⁸
lb
8.77 kg

market fresh 

Ground Turkey

Thigh



8⁹⁸
lb
19.80 kg

market fresh 
AAA Alberta Beef

Flank Steak



19⁴⁸
lb
42.95 kg

market fresh 

Pork Belly

Skinless



5⁹⁸
lb
13.18 kg

market fresh 

Pepperoni Topping

250 g



4⁹⁸
ea

gluten free

market made fresh 

Turkey Sausages



8⁹⁸
lb
19.82 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 Grey Cod Fillets

Weather Permitting



3⁶⁸
100 g



thawed for convenience
Almond Crusted
Sole Fillets



2⁷⁸
100 g

thawed for convenience
Mrs. Fridays
Crab Cakes



1⁴⁸
ea

thawed for convenience
Hakkaido Scallops

10-20 Count



7⁹⁸
100 g

market-frozen
Aquastar
Coconut Shrimp

28-32 Count
500 g



10⁴⁸
ea

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

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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



Lays

Potato Chips

Selected Varieties

Includes Oven Baked

177-235 g



2 for 8⁰⁰

Arizona

Beverages

All Varieties

680 mL

2 for 3⁰⁰



Floor Family

Those Pretzels

250 g

6⁹⁸



market household

Wet Ones

Disinfecting Hand Wipes

Selected Varieties

40 pk

4⁶⁸



Nature Clean Dish Soap

All Varieties

740 mL

4⁴⁸



Sponge Towel Ultra Pro Paper Towel

1 Roll

4⁹⁸



Salt Spring Kitchen

Preserves

Selected Varieties

270 mL

8⁹⁸



local PRODUCT
BROUGHT TO YOU BY A
local COMPANY

Arnott's

Tim Tam Cookies

All Varieties

200 g

4⁷⁸



Favuzzi

Pasta

Selected Varieties

Includes Gnocchi

500 g

4⁹⁸



Fragassi Pasta Sauce

All Varieties

480 mL

6⁹⁸



Bachan's

Japanese BBQ Sauce

All Varieties

355 mL

9⁹⁸



Falesca Molisana

Beans

All Varieties

398 mL

3 for 5⁰⁰



Anna's Skinny Thins Crackers

All Varieties

150 g

3⁶⁸



Guinness

Non Alcoholic Beer

4 pk

11⁹⁸



San Vincenzo Extra Virgin Olive Oil

1 L

12⁹⁸



When you love food, you love The Market Stores.



Flyer in effect: Thursday August 13 to Wednesday August 19, 2026

market grocery

Villaggio 🍁

Bread or Buns

Selected Varieties

510-540 g / 6-8 pk



3⁹⁸

El Sabroso

Tortilla Chips

All Varieties

284 g



4⁹⁸

33 Acres 🍁

Sparkling Water

All Varieties

355 mL



2²⁸

Italissima Sparkling Juice

All Varieties

750 mL



3⁶⁸

Olivieri 🍁

Filled Pasta Or Sauce

Selected Varieties

Includes Gnocchi

160-350 g



5⁹⁸

Salsa Gonzales Condiment

Selected Varieties

250 mL



6⁹⁸

El Valle Potato Chips

All Varieties

140-150 g

gluten free



4⁶⁸

San Remo Mediterranean Salt

Fine, Coarse

1 kg



1⁹⁸

Salt Spring Gaia Foods Chili Oil

Chimichurri available

at Yates only

210 g



12⁹⁸

Nonna Pia Balsamic Glaze

All Varieties

250 mL

gluten free

non-gmo



7⁹⁸

Sparkmouth Mocktails

All Varieties

4 pk



5⁷⁸

Unico Tomatoes

All Varieties

796 mL



2 for 5⁰⁰

market dairy

Armstrong 🍁

Cheese Slices

Selected Varieties

11-12 pk



5⁹⁸

Siggi's 🍁

High Protein Yogurt

All Varieties

4 pk



3⁹⁸

Dairyland Milk 2 Go

Selected Varieties

325-473 mL



2²⁸

Big Mountain Foods 🍁

Soy-Free Tofu

All Varieties

280-340 g

gluten free

non-gmo

vegan



4⁴⁸

Elmhurst

Oat Creamer

All Varieties

473 mL



6⁹⁸

Tre Stelle 🍁

Shredded Cheese

All Varieties



5⁹⁸

Including Crumbled Feta

170-200 g

market frozen

Island Farms 

Classic Ice Cream

Selected Varieties
1.65 L

6⁹⁸



local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Chef Bombay Dinner Entrée's

Selected Varieties

5⁹⁸



240-350 g

Little Northern Bakehouse Bread

Selected Varieties

5⁹⁸



454-482 g

gluten free
non-gmo

Phorzen Soups

Selected Varieties

13⁹⁸



410-520 g

local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Nature's Path Waffles

All Varieties

4⁹⁸



210 g

organic

Green Giant Valley Selections Vegetables

3⁶⁸



All Varieties
400-500 g

Brew Dr.

Kombucha

All Varieties
414 mL

2 for 7⁰⁰



market speciality foods

Daiya 

Cheeze Shreds, Slices, Blocks

Selected Varieties

4⁹⁸



200-220 g

gluten free
non-gmo
vegan
soy free
peanut free



Everland 

Coconut Water

520 mL

2 for 4⁰⁰



gluten free
non-gmo



GoMacro Bars

All Varieties
65-69 g

3⁶⁸



organic
gluten free
vegan

Silver Hills Bagels

All Varieties
5 pk

4⁹⁸



organic
non-gmo
nut free
peanut free



Nuts to You Peanut Butter

Smooth, Crunchy
750 g

9⁹⁸



organic
gluten free
non-gmo

Justin's Chocolate Nut Butter Cups

Peanut Butter, Cashew
2 pk

2 for 5⁰⁰



organic
gluten free
non-gmo

Celestial Seasonings Tea

Selected Varieties
18-20 pk

5⁴⁸



Good Good Keto Fruit Spreads

Selected Varieties
306 mL

6⁹⁸



vegan
non-gmo

Prana Granolove

All Varieties
300 g

4⁹⁸



organic
non-gmo

Pacific Broth

Selected Varieties
946 mL - 1L

4⁹⁸



organic

Dan D Pak Oats

Rolled, Quick
1 kg

4⁹⁸



organic

When you love food, you love The Market Stores.

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market bakery

market made fresh

Skor Tart

4"



3⁹⁸
ea

market made fresh

Cherry Pie

8"



12⁴⁸
ea

market fresh
Butter Tart Bar



3⁷⁸
ea

market made fresh
Berry Cheesecake Bar



4⁷⁸
ea

market made fresh
Blueberry White Chocolate Scones

6 pk



5⁴⁸
ea

market fresh
Three Cheese Bread



5⁴⁸
ea

market made fresh
Vanilla Cheesecake Slice



7⁹⁸
ea

market fresh
Apple Cinnamon Strudel

4 pk



6⁹⁸
ea

market bulk

Natural Whole Almonds



1⁹⁸
100 g

Dried Cranberries



1⁰⁸
100 g

Ju Jubes
Regular, Sour



88¢
100 g

Reese's Pieces



2¹⁸
100 g

Voets Kaffee Bulk Coffee



2⁹⁸
100 g

Pumpkin Seeds



1⁷⁸
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

PLV

ISO Clear Protein 650 g

A light, juice-style dairy-free protein powder. It delivers 20g of protein, 80 calories, and 0g of sugar per scoop. Formulated with beef and plant proteins, it is infused with amino acids and vitamins for fast absorption without the heavy texture of a traditional shake.

67⁹⁸



dairy free

Market On Millstream Only

Simply Protein Protein Bars

Selected Varieties, 40 g

Each bar delivers 10g of protein, 9g of fibre and only 8g of sugar. Big taste, satisfying texture, snack-time upgraded.



20%
OFF
at till

gluten free
non-gmo

Pure Lab Vitamins All Products

60-150 caps, 214 g

Pure Lab Vitamins began in 2010 in the heart of Ottawa. Their mission: to create products that not only offer genuine therapeutic benefits but also maintain the utmost purity, minimizing non-medicinal ingredients.



15%
OFF
at till

gluten free
vegan

Market On Millstream Only

Now Xylitol Sweetener Packets

75 Packets

Xylitol is a convenient, low-calorie alternative to sugar. Derived from non-GMO corn, they have a low glycemic impact and do not promote tooth decay.



10%
OFF
at till

Market On Millstream Only

Nuud Natural Deodorant 45 g

Nuud is a 100% natural, vegan anti-odorant that stays effective for days at a time. This super effective formula works with your body's natural microbiome.

New!



25⁹⁹

Market On Millstream Only

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market made fresh

Chunky Chicken Salad

2⁴⁸
100 g

Made In-Store

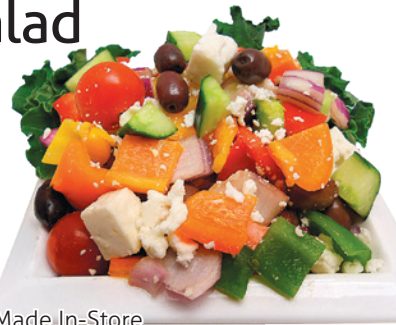


market made fresh

Greek Salad

2²⁸
100 g

Made In-Store

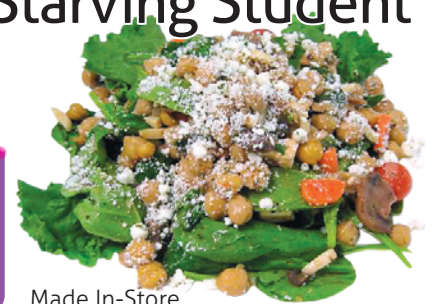


market made fresh

Enda's Starving Student Salad

2²⁸
100 g

Made In-Store



meet...



Mark L.

Deli Manager, Market on Yates

"We offer a wide variety of cheeses from around the world, as well as many from our own backyard. Local free run poultry, fresh salads, hot soups and sandwiches. Ready to eat meals if you are on the go, or customizable party platters if you are looking to entertain. Let us help plan your next meal."

market made fresh

Chef Salad

Approx. 300 g

8⁹⁸
ea

Made In-Store



market made fresh

Beef Lasagna

2²⁸
100 g

Made In-Store



market made fresh

Chicken Caesar Wraps

300 g

6⁹⁸
ea.

Made In-Store



market fresh

Parmesan Salami

3⁶⁸
100 g



market fresh

Stuffed Manzanillos Olives

1⁹⁸
100 g



market fresh

Real Bacon Bits

4⁹⁸
100 g



market fresh

Maple Lodge Chicken Breast

3¹⁸
100 g



market fresh

Continental Black Forest Ham

3⁴⁸
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



August

Birthday Flower: Gladiolus

Colour: Light Green

Birthstone: Peridot

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

Simply Elegant Bouquet

27⁹⁸
ea



market made fresh

Berry Delight Bouquet

24⁹⁸
ea



market made fresh

Heat Wave Bouquet

25⁹⁸
ea



market fresh BC Grown

Aloe Vera

4"

6⁹⁸
ea



market fresh BC Grown

Pot Rose

4"

6⁹⁸
ea



market made fresh

Summer Sizzle Arrangement

28⁹⁸
ea



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8 am-10 pm