

LOCALLY OWNED AND OPERATED

the
**Market
Stores**

WEEKLY SPECIALS

September 3 - September 9, 2026

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

Delivery Available

We're here to help!

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

SCAN TO VIEW
OUR DIGITAL FLYER



Millstream
Digital Flyer



Yates
Digital Flyer

Two Stores, Two QR Codes, One Flyer

market fresh

Boneless Skinless Chicken Breast

Halal



6⁷⁸
lb
14.95 kg

FarmFed
THE NATURAL CHOICE

you save
6⁰¹
lb

market fresh
BC

Royal Gala Apples



1⁶⁸
lb
3.70/kg

you save **\$1.31/lb.**

market fresh
Saanich Grown

Chard



2⁹⁸
ea

you save **\$2.01/lb.**

market made fresh

Whole Roasted Chickens

BBQ or Montreal Spice
Aprox. 1.4 kg
Made In-Store



14⁴⁸
ea

you save **\$1.01/ea.**

Island Farms

Premium Ice Cream

Country Cream, Tracks, Vanilla Plus
1.65 L



7⁹⁸
ea

you save **\$2.01/ea**

Shop Online

express.themarketstores.com



ENTER TO WIN ONE of TWO
\$200 GIFT CARDS

One per location. Full details in-store. Draw September 30th, 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

Broccoli Crowns



2⁴⁸
lb
5.47 kg



market fresh 
BC

Grape Tomatoes

Pint



2⁹⁸
ea



market fresh
Mexico
Avocados



98¢
ea

market fresh 
BC

Bartlett Pears



1⁴⁸
lb
3.26/kg



market fresh 
BC

Mixed Peppers

2 lb/907 g



3⁹⁸
ea.



market fresh 
BC

Green Beans



2⁹⁸
lb
6.57/kg



market fresh
South Africa

Red Grapefruit



98¢
ea

market fresh 
BC

Zucchini



98¢
lb
2.16 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

organic



4⁹⁸
ea

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market fresh 
BC

Sunrise Apples

3 lb/1.36 kg

organic



4⁹⁸
ea

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market fresh 
Saanich

Cabbages

Red, Green

organic



1⁶⁸
lb
3.70/kg

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

market fresh 
BC

Radishes

organic



2⁹⁸
lb
6.57/kg



market fresh 
Saanich

Lettuces

Romaine, Green, Red Leaf

organic



3⁹⁸
ea

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

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.

Flyer in effect: Thursday September 3 to Wednesday September 9, 2026

market meat

market fresh 
AAA Alberta Beef

Striploin Roasts & Steaks



18⁹⁸
lb
41.84 kg

market fresh 

Pork Shoulder Roasts

Boneless



3⁹⁸
lb
8.77 kg

market fresh

Ground Chicken Breast



8⁹⁸
lb
19.80 kg

market made fresh 

Beef Sliders



8⁹⁸
lb
19.80 kg

market fresh 

Pork Loin Chops

Boneless



3⁹⁸
lb
8.77 kg

market fresh 

Garlic Sausage

500 g

gluten free



10²⁸
ea

market made fresh 

Pork Andouille Sausages



6⁹⁸
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



3³⁸
100 g



thawed for convenience
**Wild Argentine
Prawns**



3⁹⁸
100 g

market made fresh 
**Seafood Stuffed
Portobello
Mushrooms**



2⁹⁸
100 g

thawed for convenience
**Wild Ahi Tuna
Poke**



2⁹⁸
100 g

market frozen
**Aquastar
Tempura Shrimp**
31-40 Count
500 g



13²⁸
ea

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

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meet...



Ian T.
Store Manager, Market on Yates

"With our selection of over 18,000 grocery items we are your one stop shop. Life is busy... we make shopping easy."

market grocery



Hawkins

CheeZies

All Varieties

210 g



2 for 6⁰⁰

La Croix

Sparkling Water

All Varieties

8 pk

5⁶⁸



Golden West

English Muffins

Selected Varieties

6 pk

2 for 3⁰⁰



market household

Caboo
Bathroom
Tissue

12 pk

8⁹⁸



Nature Clean
Laundry Liquid

All Varieties

3 L

13⁹⁸



Sponge Towels
Ultra Paper Towel

All Varieties

3 pk

9⁹⁸



Classico

Pasta Sauce

Selected Varieties

218-650 mL

4⁴⁸



Italissima

Pasta

All Varieties

500 g

2 for 4⁰⁰



Athletic Brewing

Non-Alcoholic Beer

All Varieties

6 pk

10⁹⁸



Smart Bite

Fit Figure Rice Cakes

All Varieties

120 g

2 for 6⁰⁰



Fresh Is Best

Tortilla Chips

Selected Varieties

250-300 g

4⁴⁸



Mrs. Renfro's

Salsa

Includes Cheese Dip

All Varieties

473 mL

5⁹⁸



Ocean's

Skipjack Light Tuna

All Varieties

170 g

2 for 4⁰⁰



Hot Kid

Rice Crisps

Selected Varieties

100 g

2 for 6⁰⁰



Kraft

Dressing

All Varieties

425 mL

3⁹⁸



When you love food, you love The Market Stores.

Flyer in effect: Thursday September 3 to Wednesday September 9, 2026

market grocery

Old Dutch

Potato Chips

Includes Ridgies, Dutch Crunch, Veggie

Selected Varieties

200-235 g



3⁹⁸

gluten free

Happy Planet

Juice

All Varieties
1.75 L



organic

7⁶⁸

Silver Hills

Sprouted Wheat Bread

All Varieties
430-680 g



non-gmo

vegan

nut free

peanut free

5²⁸

Orca

Vintage Sodas

All Varieties
355 mL



2^{for} 4⁰⁰

Bob Snail

Fruit Snacks

All Varieties
84-100 g



non-gmo

2^{for} 8⁰⁰

Coyote

Pancake Mix

All Varieties
900 g



4⁹⁸

Clever

Mocktails

All Varieties
355 mL



2⁸⁸

Rufus Teague Barbeque Sauce

All Varieties, 330 mL



gluten free

non-gmo

8⁹⁸

Traditional Medicinals Tea

All Varieties
16 pk



organic

non-gmo

5⁹⁸

Clif

Kid Zbar

5 pk

organic



5⁹⁸

Annie's Cheddar or Graham Bunnies

Selected Varieties



4⁶⁸

San Remo Beans

All Varieties
540 mL



2^{for} 4⁰⁰

market dairy

Island Gold

Free Range Brown Eggs

12 pk



6⁷⁸

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Dairyland

Chocolate Milk

Old Fashioned 3.25%
946 mL



2^{for} 7⁰⁰

Tre Stelle

Shredded Cheese

Including Crumbled Feta
All Varieties
170-200 g



5⁹⁸

Olympic Yogurt

Selected Varieties
1.75 kg



20%
OFF
at till

Earth Balance Plant Butter Spread

Original, Soy Free
425 g



6⁹⁸

Armstrong

Cheese

Selected Varieties



10⁹⁸

600 g

market frozen

McCain

Superfries

Includes Tasti Taters & Smiles

Selected Varieties

454-800 g

4⁶⁸

Belmont

Beef Burgers

All Varieties

13⁹⁸

852 g

Bone Brewhouse

Chicken Bone Broth

Selected Varieties

7⁹⁸

600 mL

Daiya

Pizza or Flatbread

Selected Varieties

8⁹⁸

331-550 g

Pinty's

Chicken

All Varieties, 700-790 g

15⁹⁸

Chapman's

Super Ice Cream

7⁹⁸

Cone or Bar
Selected Varieties
8-18 pk

Farm Girl

Cereal or Granola

Selected Varieties

280-300 g

9⁹⁸

gluten free

vegan

Chasers

Cold Pressed Juice

Selected Varieties

500 mL

6⁹⁸

Tribal Java

Whole Bean Coffee

All Varieties

340-400 g

14⁹⁸

Kiju

Juice Boxes

All Varieties

4x200 mL

2 for 7⁰⁰

organic

non-gmo

Maison Orphée

Mustard

All Varieties

250 mL

4⁹⁸

organic

Glutino

Gluten Free Wafer Cookies

All Varieties

130-200 g

5⁹⁸

non-gmo

Chocxo

Chocolate Cups or Snaps

Selected Varieties

98 g

6⁹⁸

organic

gluten free

non-gmo

Canadian Heritage

Maple Syrup

All Varieties

500 mL

14⁹⁸

organic

Everland

Ketchup

750 mL

6⁹⁸

organic

non-gmo

Larabar

Energy Bars

Selected Varieties

45-48 g

2 for 4⁰⁰

gluten free

non-gmo

Belsoy

Soy Pudding

All Varieties

4 pk

5⁹⁸

gluten free

vegan

peanut free

Bob's Red Mill

Oats

Quick, Old Fashioned

794-907 g

9⁹⁸

gluten free

non-gmo

When you love food, you love The Market Stores.

Flyer in effect: Thursday September 3 to Wednesday September 9, 2026

market bakery

market made fresh

Cherry Mini Pie

5"



6⁴⁸
ea

market made fresh

Key Lime Tart

4"



3⁴⁸
ea

market made fresh
Turtle Brownie
Square



4⁷⁸
ea

market made fresh
Skor Cheesecake
Slice



7⁹⁸
ea

market made fresh
Cheese Scone
6 pk



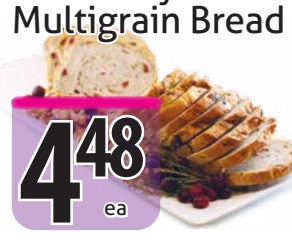
5⁴⁸
ea

market made fresh
Flax Oat Bar
6 pk



8⁹⁸
ea

market fresh
Cranberry
Multigrain Bread



4⁴⁸
ea

market fresh
Chocolate Chip
Cookies
12 pk



6⁸⁸
ea

market bulk

Salted Pistachios
In Shell



2⁶⁸
100 g

Unsulphered
Dried Mango
Slices



1⁸⁸
100 g

Rainbow
Trail Mix



1⁰⁸
100 g

Chocolate Almonds
Milk, Dark



2⁹⁸
100 g

Popcorn



68¢
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

Purica

Magnesium 150-300 g

Essential magnesium supplement. Well-absorbed form of magnesium, so it gets in your bloodstream, instead of causing loose stool. Needs for muscle function support and tissue formation.



15%
OFF
at till

Market On Millstream Only

Good Protein
Vegan Protein 440-880 g

Selected Varieties

Complete + effortless nutrition starts here—fibre, protein, minerals & more in every sip! Start your day off right with Good Protein! Everything your body craves in one shake.



15%
OFF
at till

Market On Millstream & Yates

Genestra
Fit For School
Probiotic

25 Chews
Children's immune support formula - Helps support immune function and upper respiratory tract health



10%
OFF
at till

Market On Millstream Only

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-medical ingredients.



15%
OFF
at till

Market On Millstream Only

St. Francis
Skin Harmony Facial
Oil Blend 30 mL

Skin Harmony is a nourishing organic blend of castor oil, rose hip oil, and black seed that provides fatty acids, antioxidants, and vitamins all in one rich, but lightweight formula!



17⁹⁸

New!

Market On Millstream Only

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market made fresh

Ramen Noodle Salad

2²⁸
100 g



Made In-Store

market made fresh

Smoke Salmon Lox Bagel

Approx. 250 g

9⁴⁸
ea



Made In-Store

market made fresh

Bocconcini and Tomato Salad

2³⁸
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

2³⁸
100 g



Made In-Store

market made fresh

Chicken Caesar Wraps

Approx. 300 g

7⁴⁸
ea.



Made In-Store

market fresh

Tre Stelle Ricotta

Assorted
475 g

7⁹⁸
ea.



market made fresh

Seven Layer Dips

1⁶⁸
100 g



Made In-Store

market fresh

Castello Havarti

Assorted
170-200 g

6⁹⁸
ea



market fresh

Real Bacon Bits

4⁹⁸
100 g



market made fresh

Roast Beef

4⁷⁸
100 g



Made In-Store

market fresh

Freybe Pepper 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

September

Birthday Flower: Aster
Colour: Deep Blue
Birthstone: Sapphire

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

Back To School Bouquet

24⁹⁸
ea



market made fresh

Supporting Local Bouquet

25⁹⁸
ea



market made fresh

Here Comes Fall Bouquet

27⁹⁸
ea



market fresh BC Grown

Sunflower Bunch

5 Stem

10⁹⁸
ea



market fresh BC Grown

Pot Mum

6"

10⁹⁸
ea



market made fresh

Mellow Yellow Arrangement

27⁹⁸
ea



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8 am-10 pm