

LOCALLY OWNED AND OPERATED

the
**Market
Stores**

WEEKLY SPECIALS

September 24 - September 30, 2026

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



**NATIONAL DAY
FOR TRUTH AND
RECONCILIATION**

**SCAN TO VIEW
OUR FULL FLYER**



**Millstream
Digital Flyer**



**Yates
Digital Flyer**

Two Stores, Two QR Codes, One Flyer

market fresh

Boneless Skinless Chicken Breast



market fresh
BC

Colored Peppers

Red, Orange, Yellow



2.48
lb
5.47/kg

you save \$2.51/lb.

market fresh
Saanich Grown

Chard



organic

2.98
ea

you save \$2.01/ea.

market made fresh

West Shore Turkey Sandwich

Approx. 250 g
With Bacon, Havarti
Cheese, Pesto Mayonnaise
and Red Onion.



7.98
ea

Made In-Store
you save \$1.01/ea.

Lays

Potato Chips

Includes Oven Baked
Selected Varieties

177-235 g



2 for 8.00

you save \$0.99/ea

6.78
lb
14.95 kg

local local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

you save 7.01
lb

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.



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

**San Marzano
Tomatoes**

2⁹⁸
ea

284 g



market fresh
Mexico
Avocados

4 for 5⁰⁰



market fresh
South Africa
Navel Oranges

3 lb/1.36 kg

3⁹⁸
ea



market fresh 
BC
Russet Potatoes

98¢
lb
2.16 kg



market ORGANIC produce

market fresh 
BC

Royal Gala Apples

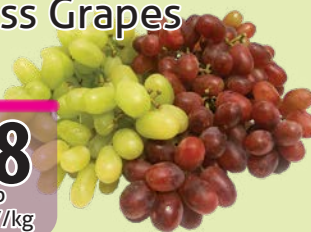
3 lb/1.36 kg

4⁹⁸
ea.



market fresh
California
Seedless Grapes
Green, Red

3⁹⁸
lb
8.77/kg



market fresh 
Saanich Grown
Cabbages
Red, Green

1⁶⁸
lb
3.70/kg



market fresh 
Saanich Grown
Kale
Black, Green

2⁹⁸
ea.

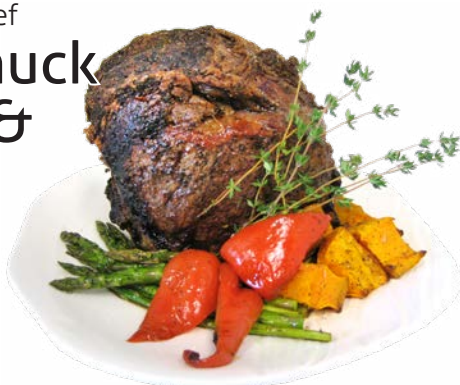


market meat

market fresh 
AAA Alberta Beef

**Beef Chuck
Steaks &
Roasts**

9⁹⁸
lb
22.00 kg



market fresh 
Pork Loin Chops
Bone-In

3⁹⁸
lb
8.77 kg



market made fresh 
**Chicken Breast
Kabobs**

5⁹⁸
ea



market made fresh 
AAA Alberta Beef
Beef Burgers



8⁹⁸
lb
19.80 kg

market fresh 
Pork Belly
Skinless



5⁹⁸
lb
13.18 kg

market fresh  **gluten free**
Grimm's
Sizzlin Smokies
All Varieites
450 g



8⁹⁸
ea

market frozen 
Stapleton's
Sausages
400-450 g



20% OFF
at till

market seafood

market fresh 
Wild Grey Cod Fillets
Weather Permitting

3⁶⁸
100 g



market fresh 
Manilla Clams

1⁹⁸
100 g



thawed for convenience 
**Bacon Wrapped
Scallop Skewers**

5⁹⁸
ea



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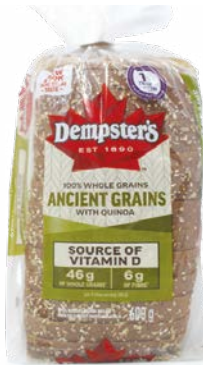


Dempster's 

Whole Grains Bread

Selected Varieties

600 g



4²⁸

Starbucks

Coffee

All Varieties

340 g



12⁹⁸

Simply Poultry 

Chicken Cordon

Swiss or Broccoli and Cheese

2 pk



4⁶⁸

Little Creek 

Dressing

All Varieties

295 mL



organic
vegan

6⁹⁸

Mezzetta

Pasta Sauce

All Varieties

709 mL



8⁷⁸

Rummo

Pasta

Selected Varieties

500 g



2⁷⁰⁰
for

So Delicious

Dairy Free Frozen Dessert

All Varieties

500 mL



vegan

6⁹⁸

Rise

Kombucha

Selected Varieties

414 mL



3⁶⁸

Liberté

Méditerranée Yogurt

Selected Varieties

500 g



4⁶⁸

Rolling Meadow 

Grass Fed Half & Half Cream

473 mL



4²⁸

Dairyland 

Protein Milk

Selected Varieties

1.89 L



5⁹⁸

My Butcher 

Bone Broth

Chicken, Beef

700 mL



7⁹⁸

Saputo 

Shredded Cheese

Selected Varieties

320 g



7⁴⁸

Heluva Good

Sour Cream Dip

All Varieties

250 g



2⁹⁸

Cheemo 

Perogies

Selected Varieties

815-907 g



3²⁸

Royale 

Bathroom Tissue

Selected Varieties

9-12 pk



11⁹⁸

market bakery

market made fresh 
**Strawberry Rhubarb
Mini Pie**

5"

6⁴⁸
ea.



market fresh 
Lava Cake

5⁴⁸
ea.



market made fresh 
**Cranberry White
Chocolate Scone**

6 pk

5⁴⁸
ea.



market made fresh 
**Caramel Pecan
Cheesecake
Slice**

7⁹⁸
ea.



market on Millstream self care

Provita Nutrition 
All Supplements

30-90 Caps
Discover Provita Nutrition's
science-backed natural
supplements, crafted in
Canada to support your

15%
OFF
at till

Market On Millstream Only



Vega
All Products

Selected Varieties, 4.2-918 g
Convenient, tasty, plant nutrition,
made to fuel whatever moves
you. Purposeful, innovative and
responsible, from seed to the
very last sip.

15%
OFF
at till

Market On Millstream & Yates



Great Lakes
Collagen

12-284 g
Add magic to your daily
wellness ritual. This unflavored,
quick-dissolving collagen
blends effortlessly without
altering taste or texture.

15%
OFF
at till

Market On Millstream Only



Jade Leaf
Matcha

1-100 g
Matcha is the most premium variety
of Japanese green tea leaves ground
into a fine powder. Enjoy matcha to
support well-being and concentration.

15%
OFF
at till

Market On Millstream & Yates



market bulk

Almonds

organic

3⁴⁸
100 g



**Raw Sunflower
Seeds**

organic

1¹⁸
100 g



market made fresh 
Andy's Potato Salad

1⁸⁸
100 g

Made In-Store



market made fresh 
**Curry Chicken
Cashew Pasta Salad**

2²⁸
100 g

Made In-Store



market deli

market made fresh 
Beef Lasagna

2²⁸
100 g

Made In-Store



market fresh 
**Continental
Honey Ham**

3⁴⁸
100 g



market made fresh 
**Alberta AAA
Roast Beef**

4⁵⁸
100 g

Made In-Store



market floral

market made fresh 
**Yellow On Yellow
Bouquet**

25⁹⁸
ea



market fresh  BC Grown
**Ornamental
Pepper Plant**

4⁹⁸
ea

4"



market made fresh 
**Harvest
Arrangement**

27⁹⁸
ea



*Florals may not be exactly as pictured

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