

LOCALLY OWNED AND OPERATED

the
**Market
Stores**

WEEKLY SPECIALS

October 8 - October 14, 2026

When you love food, you love The Market Stores

Happy Thanksgiving!

SCAN TO VIEW
OUR FULL FLYER



Millstream
Digital Flyer



Yates
Digital Flyer

Two Stores, Two QR Codes, One Flyer

market fresh

Turkeys



3⁹⁸
lb
8.77/ kg

you save
1⁰⁰
lb

market fresh

Saanich Grown

Fall Squash



1²⁸
lb
2.82/ kg

local local
you save **\$1.21**/lb.

PRODUCT
BROUGHT TO YOU BY A
COMPANY

market fresh

California

Yams and Sweet Potatoes

organic



2⁹⁸
lb
6.57/ kg

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

market made fresh

Turkey Gravy

Made In-Store



1⁹⁸
100 g

you save **\$0.31**/100 g

Dairyland

Whipped Cream

225 g



4⁴⁸
ea

you save **\$1.11**/ea

Shop Online

express.themarketstores.com



ENTER TO WIN ONE of TWO
\$200 GIFT CARDS

One per location. Full details in-store. Draw October 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
Green Beans

2⁹⁸
lb
6.57/kg



market fresh 
BC
Brussel Sprouts

1⁶⁸
lb
3.70/kg



market fresh
California
Broccoli Crowns

2⁶⁸
lb
5.91/kg



market fresh 
BC
Carrots
5lb/2.27kg

3⁹⁸
ea



market ORGANIC produce

market fresh 
BC
McIntosh Apples
3 lb/1.36 kg

4⁹⁸
ea.



organic

market fresh 
BC
Herbs
Selected Varieties
28 g

1⁶⁸
ea



organic

market fresh 
BC
Onions
Red, Yellow

4⁹⁸
ea



organic

market fresh 
BC
Russet Potatoes
5 lb/2.27 kg

5⁹⁸
ea



organic

market meat

market fresh 
Lawrence
Ham
Bone-In

3⁹⁸
lb
8.77/kg



market fresh 
AAA Alberta Beef
**Prime Rib Roasts
& Steaks**

19⁹⁸
lb
44.05/kg



market fresh 
Rack of Pork

3⁹⁸
lb
8.77/kg



market frozen 
Grade A
Turkey

2¹⁸
lb
4.81 kg



market made fresh 
Turkey Roasts
Breast & Thigh

8⁹⁸
lb
19.80/kg



market fresh 
Grimm's
Half Hams
All Varieites
700 g

gluten free

14⁹⁸
ea



market made fresh 
**Pork Sausage
Meat**

6⁹⁸
lb
15.39/kg



market seafood

market fresh 
Wild Halibut Fillets

7⁶⁸
100 g



thawed for convenience
Wild Lobster Tails
3-4 oz

10⁹⁸
ea



thawed for convenience
Bay Scallops
60-80 Count

2⁹⁸
100 g



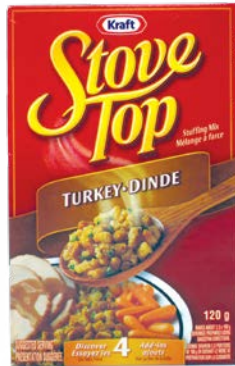
903 Yates At Quadra | 250.381.6000
7 am-11 pm

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Stove Top
Stuffing
All Varieties
120 g

2 for 4⁰⁰



Club House
Gravy Mixes
Selected Varieties
21-47 g

88¢



Ocean Spray
Cranberry Sauce
Whole, Jellied
348 mL

2⁶⁸



Farmer's Market
Pumpkin
Puree, Pie Mix
398 mL

20%
OFF
at till



organic

Old Dutch
Potato Chips
Selected Varieties
Includes Ridgies
200 - 235 g

3⁹⁸



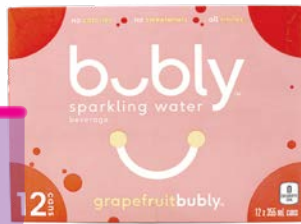
Brass Monkey Brewing
Non-Alcoholic Beer
All Varieties
473 mL

2 for 6⁰⁰



Bubly
Carbonated Water
All Varieties
12 pk

6⁷⁸



Creekmore
Coffee
All Varieties
350 - 400 g

15⁹⁸



organic

Sea Cider
Sparkling Cider
Alcohol Free
All Varieties
750 mL

12⁹⁸



Yeshi
Dressing or Dip
All Varieties
236-350 mL

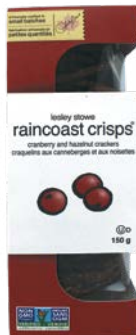
8⁹⁸



gluten free

Lesley Stowes
Raincoast Crisps
All Varieties
150 g

6⁹⁸



Walkers
Shortbread Fingers
150 g

5²⁸



Armstrong
Cheese
Selected Varieties
600 g

10⁹⁸



Dairyland
Butter
Salted, Unsalted
Selected Varieties
454 g

7⁶⁸



Farmer Ben's
Large White Eggs
12 pk

5²⁸



Tre Stelle
Feta Cheese
375 g

9⁹⁸



Dairyland
33% Whipping Cream
473 mL

4²⁸



Island Farms
Premium Ice Cream
Country Cream, Tracks, Vanilla Plus
1.65 L

7⁹⁸





market made fresh 
Pumpkin
Cheesecake
Slice

7⁹⁸
ea.



market made fresh 
Pumpkin Mini Pie
5"

6⁴⁸
ea.



market fresh 
Rustic
Baguette

4⁴⁸
ea.



market made fresh 
Butter Tarts
6 pk

6⁹⁸
ea.



New Roots 
Vitamin C8 Supplements
5-250 g, 90-180 Caps
Vitamin C8 provides an advanced, non-acidic
blend of eight buffered forms of vitamin C for
comprehensive daily support.

20%
OFF
at till



Market On Millstream Only

Pure Lab Vitamins 
All Products
60-150 Caps, 214 g
Pure Lab Vitamins mission: to create products
that offer therapeutic benefits and maintain the
purity, minimizing
non-medicinal ingredients.

gluten free
vegan

15%
OFF
at till



Market On Millstream Only

Genestra 
Pancreatin Enzyme
Formula
60 Caps
Delayed-release pancreatic enzyme
formulation. Helps to decrease
bloating after high-caloric, high-fat
meals. Aids
digestion.

37⁹⁹



Market On Millstream Only

Femarelle
Menopause
Management
56 Caps
Femarelle supplements are hormone-free,
non-GMO dietary supplement line designed to
manage menopause symptoms.

48⁹⁹



Market On Millstream Only

market bulk



Whole Raw
Cashews

organic

2⁴⁸
100 g



Thompson Raisins

78¢
100 g



market made fresh 
Daily Made Soup
Made In-Store

4⁹⁸
250 mL

5⁹⁸
350 mL



market made fresh 
Hoilday Stuffing
Made In-Store

2²⁸
100 g



market deli



market made fresh 
Cranberry Sauce
Made In-Store

1⁹⁸
ea



market made fresh 
Roasted Rosemary
Squash
Made In-Store

2⁵⁸
100 g



market fresh 
Continental
Black Forest
Ham

3⁴⁸
100 g



market floral



market made fresh 
Give Thanks
Bouquet

29⁹⁸
ea



market made fresh 
Happy Thanksgiving
Bouquet

27⁹⁸
ea



market made fresh 
Delightful Autumn
Bouquet

23⁹⁸
ea



*Florals may not be exactly as pictured

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