

LOCALLY OWNED AND OPERATED

the
**Market
Stores**

WEEKLY SPECIALS

October 15 - October 21, 2026

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

Delivery
or
Curbside
Pickup



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 FULL FLYER



Millstream
Digital Flyer



Yates
Digital Flyer

Two Stores, Two QR Codes, One Flyer

market fresh
AAA Alberta Beef

Ribeye Roasts & Steaks



25⁹⁸
lb
57.28 kg

you save
10⁰¹
lb

market fresh
BC

Butter Lettuce



2⁹⁸
ea

you save
\$3.01/ea.

market fresh
BC

Royal Gala Apples

3 lb/1.36 kg



4⁹⁸
ea

you save
\$3.01/ea.

organic

market made fresh

Cabbage Rolls

Made In-Store



1⁹⁸
100 g

you save
\$0.41/100 g

Dempster's

Signature Bread

Whole Wheat, Sesame
600 g



4²⁸
ea

you save
\$1.01/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.



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
California
Mandarins
2 lb/907 g

3⁹⁸
ea



market fresh
Mexico
Avocados

4⁵⁰⁰
for



market fresh
BC
Coloured Peppers
Red, Orange, Yellow

1⁹⁸
lb
4.37/kg



market fresh
BC
Grape Tomatoes
Pint

2⁹⁸
ea



market ORGANIC produce

market fresh
California
Broccoli

3⁹⁸
lb
8.77/kg



market fresh
BC
Russet Potatoes
5 lb/2.27 kg

5⁹⁸
ea



market fresh
Saanich Grown
Cabbages

2⁹⁸
lb
6.57/kg



market fresh
California
Baby Carrots
1 lb/454 g

2⁴⁸
ea



market meat

market fresh
Pork Side Ribs

3⁹⁸
lb
8.77/kg



market fresh
Rossdown
**Meal Starter
Chicken Breast
Kabobs**
All Varieites
6 Skewers
Per Package

10⁹⁸
ea



market fresh
**Pork Shoulder
Roasts**

4⁹⁸
lb
10.98/kg



market fresh
AAA Alberta Beef
**Eye of Round
Roasts & Steaks**

9⁹⁸
lb
22.00 kg



market fresh
Farm Fed Halal
**Chicken
Drumsticks**

3¹⁸
lb
7.01/kg



market fresh
Grimm's
Pepperoni Bites
All Varieites
300-375 g

8⁹⁸
ea



market made fresh
**Pork Breakfast
Sausages**

6⁹⁸
lb
15.39/kg



market seafood

market fresh
Steelhead Fillets
Weather Permitting

3⁹⁸
100 g



market fresh
Salt Spring Island
Wild Mussels

1⁹⁸
100 g



thawed for convenience
**Coconut Crusted
Tilapia Fillets**

2⁷⁸
100 g



903 Yates At Quadra | 250.381.6000
7 am-11 pm

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



Level Ground 
Coffee
All Varieties
300 g

15⁹⁸



local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

The Market Stores 
Water
Distilled, Spring
4 L

4²⁸



local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Mitchell's Soup Co. 
Dried Soup Mixes
Selected Varieties

8⁹⁸ ea



Salt Spring Gaia Foods 
Chili Oil
Chimichurri available at Yates only
210 g

13⁹⁸



Stonefire 
Naan Bread
Garlic, Original
250 g

2 for 6⁰⁰



Sober Carpenter 
Non-Alcoholic Craft Beer
All Varieties
473 mL

2⁶⁸



La Cocina 
Tortilla Chips
Selected Varieties
200-400 g

3⁶⁸



Floor Family 
Those Pretzels
250 g

6⁹⁸



Babe's 
Sparkling Bee Line Elixir
All Varieties
473 mL

4²⁸



local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Silver Hills 
Bagels
All Varieties
5 pk

5⁴⁸



Olivieri 
Filled Pasta Or Sauce
Selected Varieties
Including Gnocchi
160-350 g

5⁹⁸



Island Gold 
Large Brown Eggs
12 pk

7⁶⁸



local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Dairyland 
Sour Cream
All Varieties
450-500 mL

4²⁸



local
local
PRODUCT
BROUGHT TO YOU BY A
COMPANY

Armstrong 
Shredded Cheese
Selected Varieties
500 g

10⁹⁸



Liberté 
Greek Yogurt
Selected Varieties
650-750 g

6⁹⁸



Arla Castello 
Cheese Slices
All Varieties
125-175 g

5⁹⁸



Happy Planet 
Juice
All Varieties
1.75 L

7⁹⁸



organic

Granny's 
Dishwasher Detergent
3 kg

7⁹⁸



market bakery

market made fresh 
Pear Apple Pie
8"

12⁴⁸
ea



market made fresh 
Berry Cheesecake Bar

4⁷⁸
ea.



market made fresh 
Pumpkin Cheesecake
Tart
4"

3⁹⁸
ea.



market made fresh 
Apple Cinnamon
Scone
6 pk

5⁴⁸
ea.



Purica 
Lion's Mane Supplement
60-120 Caps, 100g
Lion's Mane provides natural cognitive support to enhance memory, focus, and concentration. Step Into Unshakeable Mental Purity.

15%
OFF
at till

Market On Millstream Only



Natra 
Supplements
60 Caps
Scientifically formulated supplements harnessing the power of cellular health to enhance your lifespan and vitality.

15%
OFF
at till

Market On Millstream Only



Trophic
Cal Mag 2:1
120 Caps
Provides Calcium and Magnesium in a 2:1 Ratio to support healthy bones and teeth.

10%
OFF
at till

Market On Millstream Only



Julia Lawless Aqua Oleum
Essential Oils and
Floral Water
10-100 mL
Ethically sourced, from named plant species, authentic & not blended with other like oils. Experience the difference!

10%
OFF
at till

Market On Millstream Only



market bulk

Natural Whole
Almonds

1⁹⁸
100 g



Voets Kaffee Bulk
Coffee

2⁹⁸
100 g



market made fresh 
Moroccan Chick Pea
Salad

2³⁸
100 g

Made In-Store



market made fresh 
Ham and Cheese
Pasta Salad

2³⁸
100 g

Made In-Store



market deli

market made fresh 
7 Layer Dip

1⁶⁸
100 g

Made In-Store



market made fresh 
Ham and Swiss Croissant
Approx. 200 g
Made In-Store

7⁴⁸
ea



market fresh 
Freybe
Pepper Ham

3⁴⁸
100 g



market floral

market made fresh 
Bountiful Beauty
Bouquet

27⁹⁸
ea



market made fresh 
Cool Breeze
Bouquet

25⁹⁸
ea



market made fresh 
Pastel Posey
Bouquet

24⁹⁸
ea



*Florals may not be exactly as pictured

903 Yates At Quadra | 250.381.6000
7 am-11 pm

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