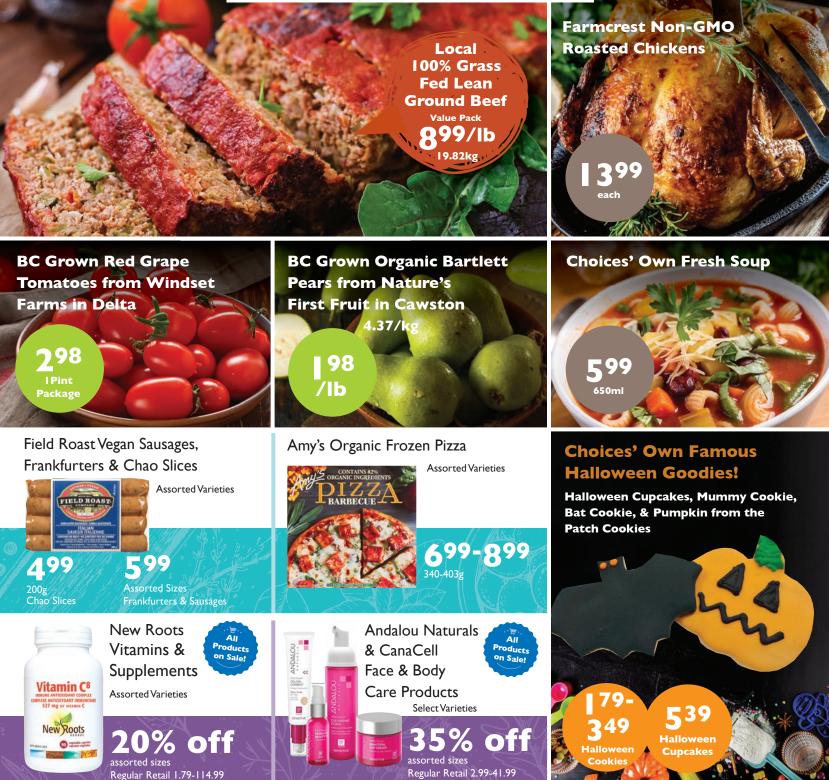
WEEKLY SPECIALS!

HOIC

100% BC OWNED AND OPERATED



Physical Distancing: Please remain 2 metres from others. One customer using the checkout belt at a time.Thank you.

Prices Effective October 22 - 28, 2020.

PRODUCE







MEAT

Local Boneless Skinless Chicken Breasts Raised Without Antibiotics Value Pack 24.23/kg

| 099 /Ib



Pinty's Eat Well Breaded Chicken





Local Organic Chicken Wings 15.41/kg

699 /Ib

Local Bacon No Nitrates Added 24.23/kg

> 1099 /lb

Butterfly Chicken Made In-Store 999 each

100% Grass Fed Ribeye Steaks from Australia Value Pack 35.25/kg /lb

Sablefish Fillets Previously Frozen 52.89/kg

23⁹⁹ /lb

i Ag









CHOICES' OWN FRESHLY BAKED GOODS

Garlic Bread Party Size Cakes Keto Puddings Morning Glory Made with Roasted Garlic Butter Carrot, Ganache, Decadent & Tuxedo Assorted varieties Vegan Muffins 249 Mini 4 Pacl 329 399 99 549 600g 320g Regula

Haunted House Cancellations

For many years, we've had the pleasure of inviting kids, parents, ghosts, goblins and other assorted ghouls into our Kerrisdale and Burnaby Crest stores to enjoy some much needed spooks on Halloween. It is with heavy heart that we must regretfully cancel our annual haunted house tradition due to safety concerns surrounding COVID-19. These haunted houses have always been amazing community events that truly bring the neighbourhood together for a fun night and we are sad to see them go. We hope that you will be able to enjoy a spooky Halloween Eve without us this year, but most importantly, a SAFE ONE.

GROCERY



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Kerrisdale - 1888 W 57th Ave,Vancouver Yaletown - 1202 Richards St,Vancouver Cambie - 3493 Cambie St,Vancouver Kitsilano - 2627 W 16th Ave,Vancouver Commercial Drive - 1045 Commercial Dr,Vancouver

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WELLNESS

North Vancouver - 801 Marine Dr, North Vancouver South Surrey - 3248 King George Blvd, Surrey Burnaby Crest - 8683 10th Ave, Burnaby Abbotsford - 3033 Immel St, Abbotsford Kelowna - 1937 Harvey Ave, Kelowna

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.