

Please note that routes can be affected by weather, traffic, and delivery volume; we appreciate your patience and understanding in this, and will inform you of any drastic unforeseen changes that occur. Our Current Delivery Rates are: Free for Veterans, \$10.00 for most locations, and \$15.00 for Abbotsford, Mission, Silver Valley, North Coquitlam, Deep Cove, and West Vancouver. All deliveries are between 10am and 6pm; give us a call or send an email if you need an estimated delivery time or check the tracker link sent to you via email or text.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 CLOSED	28 Order by 5pm for Wednesday Delivery	29	30 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Port Moody, Burnaby, Richmond, Vancouver, Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission, Coquitlam, Port Coquitlam, Port Moody, Burnaby, Richmond, Vancouver, West Van, North Van	31 CLOSED	1 CLOSED	2 Order by 12pm for Sunday Delivery
3 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Coquitlam, Port Coquitlam, Port Moody, Burnaby, Richmond, Vancouver, West Van, North Van	4 Order by 5pm for Thursday Delivery	5	6 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Port Moody, Burnaby, Richmond, Vancouver, Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	7	8 Order by 5pm for Sunday Delivery	9
10 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Coquitlam, Port Coquitlam, Port Moody, Burnaby, Richmond, Vancouver, West Van, North Van	11 Order by 5pm for Wednesday Delivery	12	13 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Port Moody, Burnaby, Richmond, Vancouver, Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	14	15 Order by 5pm for Sunday Delivery	16
17 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Coquitlam, Port Coquitlam, Port Moody, Burnaby, Richmond, Vancouver, West Van, North Van	18 Order by 5pm for Wednesday Delivery	19	20 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Port Moody, Burnaby, Richmond, Vancouver, Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	21	22 Order by 5pm for Sunday Delivery	23
24 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Coquitlam, Port Coquitlam, Port Moody, Burnaby, Richmond, Vancouver, West Van, North Van	25 Order by 5pm for Wednesday Delivery	26	27 Langley, Surrey, Cloverdale, North Delta, Ladner, Tsawwassen, Delta, White Rock, Port Moody, Burnaby, Richmond, Vancouver, Maple Ridge, Pitt Meadows, Fort Langley, Aldergrove, Abbotsford, Mission	28	29 Order by 5pm for Sunday Delivery	30