

OUR FAMILY SERVING YOUR FAMILY SINCE 1923



# hen house®

*your local market*

**FRESH**  
NEVER FROZEN

Boneless, Skinless

**Chicken**

**Breast**

**\$3.99**  
lb.



**FRESH 80% LEAN**

**Ground Beef**

**\$6.29**  
lb.

**GROUND FRESH**  
Several Times Daily

pick your size

**Fresh Whole Atlantic Salmon Fillet**

**\$10.99**  
lb.

pick your size

**KC Strip Steak**  
10oz.

**\$10**  
ea.

**HERFORD BEEF**  
PREMIUM

**TOP CHOICE**  
2/3rds

**Harvest Hobgoblin Table Grapes**

Pretty Lady Vineyards

**JUMBO Hobgoblin Red or Green Seedless Grapes**

**\$2.88**  
lb.

LEARN MORE

Large, X-Fancy Washington Premium

**Honeycrisp Apples**

**98¢**  
lb.

Coca-Cola products  
selected varieties  
12pk./12oz. cans

**BUY THREE GET TWO FREE**

Progresso soup  
selected varieties  
18.5-19oz.

**\$1.49**

when you purchase 5

Get \$5.00 Off w/Purchase of 5 General Mills items (Mix or Match)

Go to Page 3 for more items

Blue Bunny premium ice cream  
selected varieties  
46-48oz.

**2/\$7**

ADVERTISED PRICES ARE AVAILABLE WITH YOUR REWARDS CARD. NOT RESPONSIBLE FOR PICTORIAL OR PRINTING ERRORS. WHILE SUPPLIES LAST.

October 8-14 2025

WED 8 THUR 9 FRI 10 SAT 11 SUN 12 MON 13 TUE 14

**bfs** balls food stores

**100% TEAMMATE OWNED**

CHECK OUT OUR MONTHLY

**HOT Picks!**

4 WEEKS OF SAVINGS!

**PASTA NIGHT DONE RIGHT**

**2 DAYS ONLY! BIG SALE**

**FRIDAY & SATURDAY  
OCTOBER 10TH & 11TH**



SEAFOOD

**Sea Best Ez peel raw shrimp**  
26-30ct., 16 oz. bag

**\$5.49**  
ea.

MEAT

**Johnsonville meatballs**  
selected varieties  
24oz.

**\$5.99**  
ea.

Save up to \$1.40

**Ragu pasta sauce**  
selected varieties  
16-24oz.

**\$1.59**

Save 50¢

**Best Choice pasta**  
selected varieties  
16oz.

**99¢**

Save \$1.60

**The Rustik Oven bread**  
selected varieties  
16oz.

**\$3.99**







GROCERY



Roasterie ground coffee  
selected varieties  
12oz.

\$11<sup>79</sup>



Nabisco snack crackers  
selected varieties  
3.5-8.5oz.

\$3<sup>99</sup>



Cheez-It crackers  
selected varieties  
5.75-12.4oz.

2/\$6

Frito-Lay Lay's potato chips  
selected varieties  
5-8oz.

\$2<sup>99</sup>

with purchase of 2 or \$4.49 each





Pet evaporated whole milk  
12oz.

\$1<sup>69</sup>



Old Orchard fruit juice  
selected varieties  
64oz.

2/\$4



Body Armor super drink  
selected varieties  
16oz.

99¢



Gatorade thirst quencher  
selected varieties  
8pk./20oz. bottles

\$6<sup>99</sup>



7 Up products  
selected varieties  
2 liter

2/\$3



Pepsi products  
selected varieties  
6pk./16.9oz. bottles

\$3<sup>99</sup>



Topo Chico sparkling water  
selected varieties  
8pk./12oz. cans

\$6<sup>99</sup>



Best Choice brown or powdered sugar  
selected varieties  
2lb.

\$2<sup>19</sup>



Williams chili seasoning  
selected varieties  
1-1.125oz.

4/\$5



Bush's Best chili beans  
selected varieties  
15.5-16oz.

4/\$5



Best Choice broth or stock  
selected varieties  
32oz.

\$1<sup>49</sup>



Campbell's cream of chicken or mushroom soup  
selected varieties  
10.5oz.

\$1<sup>19</sup>

DAIRY & FROZEN



Best Choice shredded or chunk cheese  
selected varieties  
6-8oz.

\$1<sup>99</sup>



Daisy cottage cheese with fruit  
selected varieties  
6oz.

\$1<sup>19</sup>



Daisy sour cream  
regular or light  
8oz.

\$1<sup>19</sup>



Marie Callender's pie  
selected varieties  
24.5-42oz.

\$7<sup>19</sup>



Mr. Dell's hash browns  
selected varieties  
24-32oz.

\$2<sup>99</sup>



Birds Eye Voila! entrees  
selected varieties  
21oz.

\$4<sup>29</sup>



The Dish pizza  
selected varieties  
16-27oz.

\$7<sup>99</sup>



Blue Bunny novelties  
selected varieties  
6-8ct.

2/\$7

HOME & HEALTH



Dove body wash  
selected varieties  
18.5oz.

\$8<sup>99</sup>



Vicks PainQuil  
selected varieties  
12oz.

\$8<sup>99</sup>



Skintimate or Edge shaving gel  
selected varieties  
7oz.

\$3<sup>99</sup>



Muscle Milk protein shake  
selected varieties  
4pk.

\$9<sup>99</sup>



Always pads  
selected varieties  
20-32ct.

\$8<sup>99</sup>



Toaster slow cooker  
4qt.

\$19<sup>99</sup>

PHARMACY



COVID & FLU SHOTS  
NOW AVAILABLE  
WALK-INS WELCOME!

Make a plan to get you and your loved ones vaccinated!



General Mills

Get \$5.00 Off w/Purchase of 5 General Mills products (Mix or Match)



General Mills cereal  
Cookie Crisp 10.6oz.,  
Honey Nut Cheerios 10.8oz.,  
Lucky Charms 10.5oz.,  
Cheerios Multi Grain 9oz.

\$1<sup>49</sup>

with purchase of 5 or \$2.49 each



Fiber One, General Mills, Mott's or Nature Valley bars  
selected varieties  
5-8ct.

\$1<sup>49</sup>

with purchase of 5 or \$2.49 each



Annie's mac and cheese  
selected varieties  
2.01-6oz.

99¢

with purchase of 5 or \$1.99 each



Betty Crocker fruit snacks  
selected varieties  
6-10ct.

\$1<sup>49</sup>

with purchase of 5 or \$2.49 each



Bugles, Chex Mix or Gardetto's  
selected varieties  
7-8.6oz.

\$1<sup>49</sup>

with purchase of 5 or \$2.49 each



Chef Jasper's  
Louisburg apple cider biscuits





Jasper Mirabile, Master Chef  
Recipe at [henhouse.com/recipes](https://henhouse.com/recipes)



PRODUCE

Driscoll's  
**Sweetest Batch blueberries**  
full pint  
**\$6<sup>98</sup>**  
pint



**Driscoll's**  
Only the Finest Berries

They are a specialty fruit grown to be extra sweet, crispy, and juicy. Packed with can't-miss flavor, these blueberries make your moments even more memorable and give "having the blues" a whole new meaning.

**Mission**

Mission  
**JUMBO hass avocados**  
**2/\$4**



**clementine mandarins**  
3lb. bag  
**\$5<sup>98</sup>**  
bag



whole or sliced  
**white mushrooms**  
8oz.  
**2/\$4**




**Stemilt**  
World Famous Fruit

Stemilt  
**bartlett or red pears**  
3lb. bag  
**\$3<sup>98</sup>**  
bag



Grown in South Baldwin by Gabe Sprugeon & Family  
**tote bag apples**  
Gala, Topaz, Fuji, Crimson Crisp, Sun Crisp or Autumn Crisp  
**\$1<sup>28</sup>**  
lb.

**BUY FRESH BUY LOCAL**



**cut ups**

IN-STORE PREPARED FRESH DAILY!

**\$1 OFF lb.**  
SELECT CHEF-PREPARED ITEMS

mild or spicy guacamole

**\$1 OFF ea.**  
SELECT CHEF-PREPARED ITEMS

Crazy Fresh 12oz. mango slices

**\$1 OFF ea.**  
SELECT CHEF-PREPARED ITEMS

Crazy Fresh 11oz. organic guacamole or picomole

**CERTIFIED ORGANICS**



**ORGANIC**  
Josie's Organics chopped salad kits assorted varieties 7.8-12oz.  
**\$6** ea.

**ORGANIC**  
whole mini bella mushrooms 8oz.  
**2/\$5**

**ORGANIC**  
baby broccoli  
**\$2<sup>48</sup>** bunch



WHAT IN THE WORLD?

**MIGHTY MONSTER GRAPES**  
**\$2<sup>88</sup>**  
LB.



- **Mighty Monster grapes** are perfect to be served at a Halloween party as 'finger' food
- These grapes are so firm you can even snap them in half and share with a friend!
- They make for a fun and tasty talking point.

GROWN IN BAKERSFIELD, CALIFORNIA

MONSTER GRAPES

**FLORAL Breast Cancer Awareness Week**

5 stem gerbera daisies  
**\$15**

4 inch pink kalanchoe in pink pot  
**\$20**

6.5 inch hydrangea  
**\$26**



**HARRY'S BREWERY** [harrysliquor.com](http://harrysliquor.com) **SCAN FOR RECIPES**

COLLECTION

Corona, Modelo, Pacifico, Dos Equis or Victoria 12pk. selected varieties 12oz. bottles or cans **2/\$30**

Truly or Jack Daniel's country cocktail 12pk. selected varieties 12oz. bottles or cans **2/\$27**

Budweiser 24pk. selected varieties 12oz. cans **\$20<sup>99</sup>**

Michelob Ultra, Stella Artois, Bud Light or Kona Wave 12pk. selected varieties 12oz. bottles or cans **2/\$26**

Miller, MGD or Coors 18pk. selected varieties 12oz. cans **\$16<sup>99</sup>**

Quirk hard seltzer 12pk. selected varieties 12oz. cans **\$14<sup>99</sup>**





HEN HOUSE GROCERY



Duncan Hines  
cake mix  
selected varieties  
15.25oz.

\$1.49



Orville  
Redenbacher's  
popcorn  
selected varieties  
3ct.

\$2.79



Sara Lee  
artesano  
brioche  
hamburger  
or hotdog buns  
16oz.

2/\$7



Duncan Hines  
brownie mix  
selected varieties  
18-18.3oz.

\$1.49



RealLemon or  
RealLime juice  
15oz.

\$1.79



Chinet  
crystal plates  
or cups  
selected varieties  
16-50ct.

\$6.19



Best Choice  
slivered or  
sliced almonds  
6oz.

\$3.19



Gatorade  
thirst quencher  
selected varieties  
28oz.

\$1.69



Best Choice  
food storage  
containers  
selected varieties  
2-6ct.

\$2.29



Duncan Hines  
frosting  
selected varieties  
14-16oz.

\$1.99



Glaceau  
Smart Water  
6pk./16.9oz. bottles

\$6.49



Dawn  
EZ squeeze  
dish soap  
selected varieties  
12.2-14.7oz.

\$2.99



Lipton  
tea  
selected varieties  
12pk./16.9oz. bottles

\$6.99



Best Choice  
ricotta cheese  
selected varieties  
15oz.

\$2.49



Nabisco  
Chips Ahoy!  
cookies  
selected varieties  
7-13oz.

\$3.99



Stash  
tea bags  
selected varieties  
18-20ct.

\$3.19



Daisy 4%  
cottage cheese  
twin pack  
10.6oz.

2/\$3



Best Choice  
saltine crackers  
selected varieties  
16oz.

2/\$3



Vlasic  
sweet relish  
10oz.

\$1.79



Best Choice  
cheese bread  
selected varieties  
11.5-13oz.

\$2.69



Best Choice  
peanut butter  
selected varieties  
16oz.

\$2.19



Idahoan  
mashed  
potatoes  
selected varieties  
1.5-4.1oz.

\$1.29



Marie  
Callender's  
shepherd's pie  
selected varieties  
11.5-11.7oz.

2/\$7



Best Choice  
mixed nuts  
or cashews  
selected varieties  
8-10.3oz.

\$4.19



Sara Lee  
butter bread  
20oz.

\$3.29



Birds Eye  
frozen  
side dishes  
selected varieties  
10-17oz.

\$2.99