

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE
FOODS

Where Community & Quality Meet



**Proudly Canadian
owned and operated.**
You will find Canadian products
identified in our stores by a
Maple Leaf logo and thanks for
your continued support.

*Prices in effect Date: August 6th - 12th, 2025

MEAT

AAA Black Angus
Lean Ground Beef

\$9.49
LB \$20.92/kg

Boneless Pork
Sirloin Steaks

\$3.99
LB \$8.80/kg



Island Farmhouse
Boneless Skinless Chicken Breast

\$9.99
LB \$22.02/kg



PRODUCE

BC Yellow Peaches

\$2.99
LB \$6.59/kg

Beefsteak Tomatoes

\$1.59
LB \$3.51/kg



Vancouver Island
Green or Red Leaf Lettuce

2/\$3.00

HH Rainbow
Peppers

\$4.99
EA 3 pack

DELI

Pepperoni Cheese Sticks
120g

2/\$5.00
made in store

Grimms
6" Corn Tortillas
295g

2/\$5.00



Grimms
Black Forest Ham

\$1.89
/100g



8" Lattice top
Fruit Pie's
600g

\$7.99
EA assorted varieties



ENTER TO
WIN
IN-STORE

GRIMMS
FINE FOODS

**VISIT US FOR YOUR
CHANCE TO
WIN A
22" BLACKSTONE
ORIGINAL TABLE TOP
GRIDDLE.**

PROMO VALID FROM JUNE 9 - AUGUST 29, 2025

Grocery

Tree Island
Greek and Fruit Yogurt
325-350g

\$4.49
EA assorted varieties



Island Farms
Cottage Cheese
500g

\$4.29
EA assorted varieties



Hellmann's
Mayonnaise
890ml

\$7.99
EA assorted varieties



Dempsters Signature Bread
600g

\$3.99
EA assorted varieties



Best Value
Whole Bean Coffee
908g

\$19.99
EA assorted varieties



Old Dutch
Dutch Crunch Chips
200g

2/\$8.00
assorted varieties



Quaker Dipps or
Chewy Granola Bars
120-156g

2/\$6.00
assorted varieties



Spinnakers
Even Keel N/A
Cocktails
4x355ml

\$5.99
EA assorted varieties



Tostitos Chips
or Salsa

\$3.99
EA assorted varieties



Ristorante
Thin Crust Frozen Pizza
320-390g

\$5.99
EA assorted varieties



Daiya Dairy
Free Cheese Shreds
200g

\$4.99
EA assorted varieties



Cedar Valley
Pita Chips
180g

2/\$9.00
assorted varieties



Stagg Chili
425g

2/\$7.00
assorted varieties



Hundreds of Manager's Specials featured in every location!

Mayne Island - Village Bay
472 Village Bay Road
Phone 250-539-2548

Pender Island - Driftwood Centre
4605 Bedwell Harbour Road
Phone 250-629-8322

Quadra Island - Heriot Bay
1536 Heriot Bay Road
Phone 250-285-2436

Quadra Island - Quathiaski Cove
658 Harper Road
Phone 250-285-3391

We reserve the right to limit quantities. Not all items available at all stores.

www.truvaluefoods.com

