

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE  
FOODS

Where Community & Quality Meet



# SUMMER SAVINGS

\*Prices in effect Date: August 13-19 2025

## MEAT

AAA Black Angus  
Top Sirloin Steak

**\$14.99**  
LB \$33.05/kg



Lou's BBQ Ribs

610g

**\$14.99**  
EA



Island Farmhouse  
Chicken  
Drumsticks



**\$2.99**  
LB \$6.59/kg



## PRODUCE

BC Corn on the Cob

**5/\$5.00**  
Canadian Grown



Vancouver Island  
Romaine Lettuce



**\$1.59**  
EA



Little Potato Company  
BBQ Potato Tray

454g

**\$3.99**  
EA

assorted varieties



Roma Tomatoes

**\$1.49**  
LB

\$3.29/kg Grown in BC



## DELI

Grimms Montreal Smoked Meat

**\$3.29**  
/100g



McSweeneys  
Pep n Cheds

**2/\$7.00**  
assorted varieties



Reser's  
Summer Salad

454g

**\$3.99**  
EA



8" Galette  
Fruit Pie

**\$9.99**  
EA

assorted varieties



50 jobs will be created for every 1% increase in island products sold.

Support Island Products.

Keep an eye out for island products in our stores.

- ☒ Good for jobs.
- ☒ Good for our economy.
- ☒ Good for sustainability.
- ☒ Good for us all.

## Grocery

Bubly 12 pack

12x355ml

**2/\$13.00**  
assorted varieties



Villagio Bread

510-540g

**\$3.49**  
EA

assorted varieties



Blue Diamond  
Almond Breeze

946ml

**\$3.29**  
EA

assorted varieties



Island Gold Veggie  
Fed Eggs

1 doz

**\$4.99**  
EA



Kraft BBQ Sauce

455ml

**2/\$5.00**  
assorted varieties



La Cocina Tortilla  
Chips

300-400g

**2/\$7.00**  
assorted varieties



Coke, Canada Dry  
and Flavours

6x222ml

**2/\$9.00**  
assorted varieties



Lays XXL Chips

235g

**2/\$8.00**  
assorted varieties



Island Farms  
Chocolate Milk

750ml

**\$2.29**  
EA



Molson Exel  
Lo Alch Beer

12x355ml

**\$9.99**  
EA



Friskies Canned  
Cat Food

156g

**3/\$4.00**  
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

