

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE
FOODS

Where Community & Quality Meet



HAPPY LABOUR DAY!

*Prices in effect Date: August 27 - September 2, 2025

MEAT

AAA Black Angus
Striploin Steaks

\$24⁹⁹
LB \$55.09/kg



Island Farmhouse
Split Chicken Wings



\$6⁹⁹
LB \$15.41/kg



Grimm's
Pepperoni

450g

\$9⁹⁹
EA assorted varieties



PRODUCE

BC Sunrise Apples

\$1⁹⁹
LB \$4.39/kg Grown in BC



Red or Green
Seedless Grapes

\$2⁹⁹
LB \$6.59/kg



Russet Potatoes

5lb bag

\$3⁶⁹
EA Grown in BC



Romaine Lettuce

\$1⁵⁹
EA Grown in BC



DELI

Grimm's Classic Ham

\$1⁸⁹
/100g



Grimm's Bulk Pizza
Pepperoni or Salami

\$1⁷⁹
/100g



English Bay Cookies

12 pack

\$4⁹⁹
EA assorted varieties



Greek House
Homous

227g

\$3⁴⁹
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

Island Farms
Premium
Ice Cream

1.65L

\$6⁴⁹
EA assorted varieties



Old Dutch Original or
Ridgies Potato Chips

235g

2/\$7⁰⁰
assorted varieties



Fernwood Coffee

454g

\$14⁹⁹
EA assorted varieties



Island Farms Sour Cream

500ml

2/\$7⁰⁰
assorted varieties



Clif Bars

68g

2/\$4⁰⁰
assorted varieties



Island Gold Free Range Eggs

carton

\$6⁴⁹
EA



Silver Hills Bread

430-615g

\$4⁹⁹
EA assorted varieties



Nature's Path
Eco pack Cereals

675-907g

\$9⁹⁹
EA assorted varieties



Island Farms
18% Cream

1L

\$4⁶⁹
EA



Coke, Canada Dry
and Flavours

12x355ml

\$9⁴⁹
EA assorted varieties



Monster Energy Drink

458-473ml

2/\$6⁰⁰
EA assorted varieties



Dempster's 10" Tortillas

6-10pk

\$4⁴⁹
EA assorted varieties



Unico Pasta

900g

\$3²⁹
EA assorted varieties



Tim Hortons Soup

540ml

2/\$7⁰⁰
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

