

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE
FOODS

Where Community & Quality Meet



FINAL DAYS OF SUMMER

*Prices in effect Date: September 17th - 23rd, 2025

MEAT



Pork Tenderloin

\$4.99

LB \$11.00/kg

Island Farmhouse
Bone in Chicken Thighs



\$5.49

LB \$12.10/kg

Lou's Shaved Beef
or BBQ Pulled Pork



\$9.99

EA

PRODUCE

Vancouver Island
Corn on the Cob
Grown in BC



5/\$4.00

Vancouver Island
Green or Red
Leaf Lettuce
Grown in BC



2/\$3.00

BC Hot House Peppers
Red, Orange or Yellow



\$2.59

LB \$5.71/kg

Mexican Avocados
4 Pack



\$3.99

EA

DELI

Grimm's
Pepperoni

99¢

EA assorted varieties



Special D Donuts
6 Pack

\$7.99

EA assorted varieties



Arbutus Farms
Macaroni Salad

\$1.79

/100g



Maretti Bruschette
Chips

\$2.99

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

Island Farms
10% Cream

1L



\$3.49

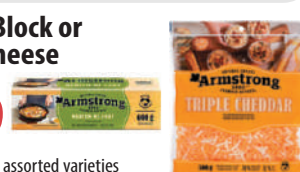
EA



Armstrong Block or
Shredded Cheese
500-600g

\$9.99

EA assorted varieties



Dempsters Bagels
5 or 6 pack

2/\$8.00

assorted varieties



Montellier
Sparkling Water
1L

3/\$4.00

assorted varieties



Heinz Beans
398ml

2/\$4.00

assorted varieties



Philadelphia Cream Cheese
227-250g

\$3.99

EA assorted varieties



Olympic Organic Yogurt
1.75kg

\$12.99

EA assorted varieties



Miss Vickie's Chips
200g

2/\$8.00

assorted varieties



Coke, Canada Dry and Flavours
2L

2/\$6.00

assorted varieties



Yogi Medicinal
and Herbal Tea
16ct

\$4.99

EA assorted varieties



Snowcrest
Frozen Fruit
400-600g

\$5.49

EA assorted varieties



Nature Clean
Dishwashing Liquid
740ml

\$4.99

EA assorted varieties



China Lily Soya Sauce
483ml

\$3.99

EA



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

