

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

**TRU VALUE
FOODS**

Where Community & Quality Meet



We Love to Give Back

By shopping with us we are able to support many groups through our Spirit Board Program Including... Our Island Volunteer Fire Departments.

* Prices in effect Date: OCT 15th - 21st 2025

MEAT

**AAA Black Angus
Striploin Steak**

\$18⁹⁹

LB \$41.87/kg



**Island Farmhouse
Split Chicken Wings**



\$4⁹⁹

LB \$11.00/kg



Grimms Sausage Rings
300g

\$7⁹⁹

EA assorted varieties



PRODUCE

**Jack-O-Lantern
Pumpkins**

\$5⁹⁹

EA Grown in Canada



**Avery Farms
Lettuce Mix**
280-315g

\$3⁹⁹

EA Grown in BC



**Vancouver Island
Red Beets**
5lb

\$2⁹⁹

EA Grown on Vancouver Island



**Hothouse Tomatoes
on the Vine**

\$1⁹⁹

LB Grown in Canada



DELI

**Grimms Montreal
Smoked Meat**

\$3²⁹

100g



McSweeneys Pep n Cheds
90g

2/\$7

assorted varieties



**Saltspring Kitchen
Jams and Preserves**
250ml

\$8⁹⁹

EA assorted varieties



**Balderson Royal Canadian
2 Year Aged Cheddar**
280g

\$9⁹⁹

EA



Tru Value Foods is Proud to Carry Portofino European Bakery Products in all of Our Stores

GROCERY

Adams Peanut Butter

1kg

\$9⁹⁹

EA Crunchy or Creamy



Rogers All Purpose Flour
5kg

\$6⁹⁹

EA



**Island Farms
Cottage Cheese**
500g

\$4²⁹

EA assorted varieties



**Old Dutch Dutch
Crunch Chips**
200g

2/\$8

assorted varieties



Christie Crackers
180-200g

2/\$8

assorted varieties



Amy's Frozen Burritos
156-170g

\$3⁴⁹

EA assorted varieties



Lays Chips
235g

2/\$8

assorted varieties



Dempsters Bagels
5 or 6 pack

\$4⁴⁹

EA assorted varieties



Campbells Broth
900ml

2/\$5

assorted varieties



Elias Creamed or Liquid Honey
500g

\$7⁹⁹

EA



Villagio Bread
510-540g

\$3⁴⁹

EA assorted varieties



Family Size Cheerios
585-725g

\$6⁹⁹

EA assorted varieties



**Tribal Java Whole
Bean Coffee**

400g

\$14⁴⁹

EA 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

