

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE
FOODS

Where Community & Quality Meet



Fall Savings

*Prices in effect Oct 22-Oct 28, 2025

MEAT

AAA Black Angus
Top Sirloin Steaks

\$14⁹⁹

LB \$33.05/kg



Island Farmhouse
Chicken Legs



\$2⁹⁹

LB \$6.59/kg



Pork Side Ribs

\$3⁹⁹

LB \$8.80/kg



PRODUCE

Gala or
Ambrosia
Apples 3lb bag

\$3⁹⁹

EA Grown in BC



Large
Avocados

2/\$3

EA

Grown in Mexico



Red
Grapefruits
3lb bag

\$4⁹⁹

EA Grown in South Africa



Hothouse Mixed
Colour Peppers
3pk

\$3⁹⁹

EA Grown in Canada



DELI

Cervelat Salami

\$2⁷⁹

100g \$6.15/kg



Saputo Bocconcini Cheese
200g

\$5⁹⁹

EA

assorted varieties



Greekhouse Homous
or Tzatziki
227g

\$3⁹⁹

EA assorted varieties



Greekhouse Pita Bread
400g

\$3⁹⁹

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

Pepsi 12 Pack

12x355ml



2/\$15

assorted varieties

Free Range
Eggs

1 dozen



\$6⁴⁹

EA brand varies by location



Olympic Organic Yogurt
650g

\$4⁹⁹

EA assorted varieties



Old Dutch Original or
Ridgies Potato Chips
235g

2/\$7

EA assorted varieties



Blue Diamond
Almond Breeze
946ml

\$3⁴⁹

EA assorted varieties



Dempsters Whole
Grain Bread 600g

\$3⁹⁹

EA assorted varieties



Monster Energy Drink
458-473ml

2/\$6

assorted varieties



Perfectly Imperfect Frozen Berries
1.75kg

\$9⁹⁹

EA assorted varieties



Doritos Chips
235-285g

2/\$8

assorted varieties



Dempsters English Muffins
6pk

\$3⁹⁹

EA assorted varieties



Unico Canned Beans
540ml

2/\$4

assorted varieties



Island Farms Chocolate Milk
750ml

\$2²⁹



EA



Kind Granola
312g

\$5⁴⁹

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

