



100% LOCALLY OWNED AND OPERATED

TRU VALUE FOODS



Happy
Father's
Day

Prices in effect: June 17th - 23rd, 2026

Tribal Java Whole Bean Coffee
340-400g

\$14⁹⁹ Ea

Assorted Varieties

HOT DEAL

Alberta 38 Premium Rib Eye Steak
\$44.08/kg

\$19⁹⁹ Lb

Grimm's Deli Sliced Smoked Turkey Breast

\$3⁷⁹ /100g

Vancouver Island Grown Strawberries
1 pint

\$6⁹⁹ Ea

Del Monte Honeyglow Pineapple
Product of Costa Rica

\$6⁹⁹ Ea

Tri-Colour Mini Sweet Peppers
Grown in BC
1lb bag

\$3⁹⁹ Ea

Red or Yellow Potatoes
Grown in BC
5lb bag

\$3⁴⁹ Ea

Island Farmhouse Chicken Drumsticks

\$2⁹⁹ Lb

Alexis De Portneuf Brie or Camembert Cheese
125g

\$4⁹⁹ Ea

Assorted Varieties

Grimm's Bavarian Smokies
450g

\$7⁹⁹ Ea

Assorted Varieties

Leslie Stowe Raincoast Crisps
150g

\$6⁴⁹ Ea

Assorted Varieties

Top Deals of the Week

Gatorade Sports Drink
710ml

Assorted Varieties

2/\$4 + Deposit

Rise Kombucha
1L

Assorted Varieties

\$7⁹⁹ + Deposit Ea

Coke, Canada Dry and Flavours
2L

2/\$6 + Deposit Assorted Varieties

Doritos Chips
235-285g

2/\$9 Assorted Varieties

Island Farms Premium Ice Cream
1.65L

\$6⁹⁹ Ea

Assorted Varieties

Dempster's Original Hot Dog or Hamburger Buns
12 pack

\$3⁹⁹ Ea

Cheemo Perogies
907g

\$3⁴⁹ Ea Assorted Varieties

Clif Bar Energy Bars
68g

2/\$4 Assorted Varieties

Island Farms 18% Table Cream
1L

\$4⁸⁹ Ea

Silver Hills Sprouted Grain Bread
430-680g

\$4⁹⁹ Ea Assorted Varieties

Partake Non-Alcoholic Beer
4x355ml

\$10⁹⁹ + Deposit Assorted Varieties

Hellmann's Squeeze Mayo
340-445ml

2/\$9 Assorted Varieties

Betty Crocker Cake Mix or Frosting
375-432g/340-450g

2/\$6 Assorted Varieties

Island Farms Sour Cream
500ml

\$3⁴⁹ 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