



Prices in effect: Aug 5th - 11th, 2026

Island Farms Premium Ice Cream 1.65L \$6.99 Ea Assorted Varieties 	Island Farmhouse Whole Frying Chicken \$11.00/kg \$4.99 Lb 	Grimm's Deli Sliced Roast Beef Regular or Garlic \$3.69 /100g
BC Grown Peaches and Cream Corn on the Cob 4/\$5 	Vancouver Island Red or Green Cabbage \$2.18/kg 99¢ Lb 	Hertel's Bone In Pork Chop \$9.90/kg \$4.49 Lb
BC Grown Cauliflower \$3.99 Ea 	Premium Whole Pineapple \$6.99 Ea 	Hertel's Pepperoni 200g Regular or Hot \$4.99 Ea
Paradise Island Cheese 400g \$8.99 Ea Assorted Varieties 	Island Gold Large Organic Eggs 1 doz. \$7.49 Ea 	General Mills Cereals 300-430g 2/\$9 Select Varieties
Verba Madre 458ml Assorted Varieties 2/\$7 + Deposit 	Lays Potato Chips 220-235g 2/\$9 Assorted Varieties 	Hardbite Potato Chips 150g 2/\$7 Assorted Varieties
Tree Island Cream Top Yogurt 500g \$4.99 Ea Assorted Varieties 	Villagio and Rustico Bread or Buns 510-540g 2/\$7 Assorted Varieties 	Island Farms Chocolate Milk 750ml \$2.29 Ea + Deposit
Natural Bakery Rye Bread 900g \$4.99 Ea 	Dempsters Protein Bread, Bagels or Tortillas \$4.99 Ea 	Christie Crackers 162-180g 2/\$8 Select Varieties
Daiya Dairy Free Cheese 200-220g Block, Slices or Shreds \$5.49 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