



Prices in effect: Aug 12th - 18th, 2026

Bubly Sparkling Water
12 x 355ml

\$6.99

Ea



+ Deposit
Assorted Varieties



Island Farmhouse Chicken Legs
\$7.70/kg

\$3.49



Lb



Grimm's Deli Sliced Pizza
Pepperoni or Salami

\$1.99

/100g



Vancouver Island Romaine Lettuce

\$1.99

Ea



BC Grown Yellow Peaches
\$7.70/kg

\$3.49

Lb



Australian Grass Fed Striploin Steak
\$30.85/kg

\$13.99

Lb



Alexis De Portneuf Brie or Camembert Cheese
125g

\$4.99

Ea

Assorted Varieties



BC Grown Red, Yellow or Orange Peppers
\$4.39/kg

\$1.99

Lb



BC Hothouse Tomatoes on the Vine
\$4.39/kg

\$1.99

Lb



Grimm's Bavarian Smokies
375-450g

\$8.99

Ea

Assorted Varieties



Grimm's Pepperoni Sticks
Assorted Varieties

3/\$3



Top Deals of the Week

Island Farms Classic Ice Cream
1.65L

\$5.99

Ea

Assorted Varieties



Tribal Java Whole Bean Coffee
340-400g

\$12.99

Ea



Assorted Varieties

Blue Monkey Sparkling Juice
4 x 250ml

\$4.99

Ea

+ Deposit
Assorted Varieties



Dempsters Original Hot Dog or Hamburger Buns
12 pack

\$3.99

Ea



Silver Hills Sprouted Grain Bread
430-680g

\$4.99

Ea

Assorted Varieties



Primo Pasta
454g

2/\$3

Assorted Varieties



Kettle Brand Kettle Chips
198g

2/\$8

Assorted Varieties



Clif Energy Bar
68g

2/\$4

Assorted Varieties



Silver Hills Sprouted Grain Bread
430-680g

\$4.99

Ea

Assorted Varieties



Hawkins Cheezies
210g

2/\$7



Sunrype 100% Fruit Juice
900ml

2/\$5

Ea

+ Deposit
Assorted Varieties



ED Smith Triple Fruit Jam
500ml

\$4.99

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