



Prices in effect: Aug 26th - Sept 1st, 2026

Fernwood Whole Bean Coffee
454g

\$15⁹⁹

Ea Assorted Varieties



Island Farmhouse Chicken Thighs
\$13.21/kg

\$5⁹⁹



Grimm's Deli Sliced Black Forest Ham

\$1⁹⁹
/100g



Vancouver Island Romaine Lettuce

\$1⁹⁹



BC Grown Bartlett Pears
\$5.05/kg

\$2²⁹

Lb



Alberta 38 Premium Rib Eye Steak
\$48.49/kg

\$21⁹⁹

Lb



Saputo Sliced Cheese
160-180g

\$4⁹⁹

Ea Assorted Varieties



BC Grown Roma Tomatoes
\$4.39/kg

\$1⁹⁹

Lb



Whole Cantaloupe
\$2.18/kg

99¢

Lb



Meatman's Sausages
400g

Includes English Breakfast, German Bratwurst, Mild or Hot Italian, Maple Pork or Pork and Apple

\$7⁴⁹

Ea Select Varieties



Two Bite Chocolate or Vanilla Cupcakes
284g

\$5⁹⁹

Ea



Top Deals of the Week

Island Farms Premium Ice Cream
1.65L

\$6⁹⁹



Ea Assorted Varieties



Island Farms Sour Cream
500ml

\$3⁴⁹

Ea Assorted Varieties



Villagio & Rustico Bread or Buns
510-540g

2/\$7

Ea Assorted Varieties



Tofino Probiotic Kombucha
355ml

2/\$5



+ Deposit Assorted Varieties



Adams Peanut Butter
500g

\$4⁹⁹

Ea Assorted Varieties



SunRype 100% Pure Blue Label Apple Juice
1L

2/\$5

+ Deposit



Island Farms 18% Table Cream
1L

\$4⁸⁹

Ea Assorted Varieties



Molson Exel Non Alcoholic Beer
6x355ml

\$5⁹⁹

Ea + Deposit



Quaker Instant Oatmeal
240-344g

2/\$9

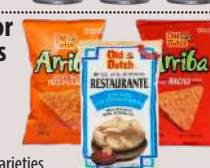
Ea Assorted Varieties



Old Dutch Arriba or Restaurante Chips
235-295g

2/\$9

Ea Assorted Varieties



Nature's Path Value Sized Organic Cereal
605-907g

\$10⁹⁹

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