

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND



Where Community & Quality Meet



IS HERE.

Look for Vancouver Island and Gulf Island products identified with this logo - let's support local!

*Prices in effect March 13, 2019 - March 19, 2019

MEAT & SEAFOOD

AAA Prime Rib Roast

\$10⁹⁹ LB 24.23kg



Boneless Skinless Chicken Breast

\$5⁹⁹ LB 13.21kg



Harvest Wieners

\$5⁹⁹ Each 450g



Boneless Pork Butt Roast

\$3⁴⁹ LB 7.69kg



Sunrise Ground Turkey Chubbs
frozen

\$3⁹⁹ Each 454g



PRODUCE

Mex/Peru Asparagus

\$3⁴⁹ LB 7.69kg



BC Long English Cucumbers New Crop

4/\$5⁰⁰



Washington Baker Russet Potatoes

69¢ LB 1.52kg



BC Treefruit Ambrosia Apples Extra Fancy

\$1⁴⁹ LB 3.28kg



Mexican Symphony Tomatoes

\$3⁴⁹ Each 1 pint Clamshell



BULK

Chocolate Covered Peanuts or Raisins

99¢ /100g



Sesame Stix

99¢ /100g



DELI

Maple Lodge Cooked Chicken Breast

\$1²⁹ /100g



Grimms Bavarian Meatloaf

\$1³⁹ /100g



Arbutus Farms Spinach Dip

\$1⁰⁹ /100g



Balderson Cheese 3 Year

\$11⁹⁹ Each 280g



Two Bite Brownies

2/\$7⁰⁰ 280g



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

SunRype Pure Apple Juice
1L

5/\$5⁰⁰ +dep



Island Farms Cottage Cheese
500g Assorted Varieties

\$3²⁹ Each



Natrel Premium Chocolate Milk

\$2³⁹ Each 1L Assorted



Soups ETC
Fresh Soup

2/\$10⁰⁰ 750ml Assorted Varieties



Old Dutch Potato Chips

3/\$8⁰⁰ 255g Assorted Varieties



Clover Leaf White Tuna

2/\$6⁰⁰ 170g Assorted Varieties



Clif Energy Bars

4/\$5⁰⁰ 68g Assorted Varieties



Olympic Organic Yogurt
650g Assorted Varieties

\$3⁹⁹ Each



Paradise Island Feta Cheese

\$3⁹⁹ Each 200gr tub Assorted Varieties



Dempsters Original Hamburger and Hot Dog Buns

2/\$5⁰⁰ dozen Assorted Varieties



Annie's Baked Bunny Crackers

\$3⁴⁹ Each 213g Assorted



Eggo Waffles

\$2⁹⁹ Each 280g Assorted Flavours



Coke, Sprite, Canada Dry and Flavours

4/\$5⁰⁰ +dep 1L Assorted Varieties



Yogi Natural Tea

\$4⁴⁹ Each 16 pack 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

