

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

**TRU VALUE FOODS**

Where Community & Quality Meet



Spring has Sprung

\*Prices in effect April 10 - 16, 2019

**MEAT & SEAFOOD**

**Fresh Halibut Fillets**  
Skin on

**\$4.49**  
/100g



**Boneless Center Cut Pork Chops**

**\$3.49**  
LB 7.69kg



**Boneless Skinless Chicken Breast**

**\$5.99**  
LB 13.21kg



**Lean Ground Beef**

**\$5.49**  
LB 12.10kg



**Duso's Fresh Pasta and Sauces**

**20% OFF**



**PRODUCE**

**California Navel Oranges**

**99¢**  
LB 2.18kg



**California Bunched Carrots**

**2/\$3.00**



**B.C Long English Cucumbers**

**4/\$5.00**



**Texas Red Grapefruit**

**4/\$3.00**



**Fresh Express Caesar Salad Mix**

**\$3.99**  
Each 9.7oz bag



**BULK**

**Roasted Cashews**

**\$2.29**  
/100g



**Ju Jubes**

**49¢**  
/100g



**DELI**

**Grimms Maple Smoked Ham**

**\$1.59**  
100g



**Castello Blue Cheese**  
Assorted Varieties

**\$4.59**  
Each 125g



**Grimms Smoked Turkey Breast**

**\$2.79**  
100g



**Arbutus Farms Bean Salad**

**89¢**  
100g



**Two Bite Brownie**

**2/\$7.00**  
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**

**Island Farms Ice Cream**

4 Litre Pail  
Assorted Varieties

**\$5.99**  
Each



**Tre Stelle Shredded Cheese**

**\$3.99**  
Each

170g-200g Assorted Varieties



**Island Farms Cream Cheese**

**\$4.49**  
Each

500g Assorted Varieties



**Krema Greek Style Yogurt**

500g Assorted Varieties

**\$2.99**  
Each



**Natrel Lactose Free 10% Cream**

**\$3.49**  
1L



**Paradise Island Feta Cheese**

**\$3.49**  
Each

200g tub Assorted Varieties



**Purex Ultra Bathroom Tissue**

**\$5.99**  
Each

12 roll



**Level Ground Direct Fair Trade Coffee**

**\$9.99**  
Each

454g Assorted Varieties



**Powerade Sports Drink**

**2/\$2.00**  
+dep

710mL Assorted Varieties



**Dempster Whole Grain Bread**

**2/\$6.00**

600g Assorted Varieties



**Lundberg Rice Chips**

**\$2.99**

170g Assorted Varieties



**Fever Tree Tonic Water and Sodas**

**2/\$3.00**  
+dep

200mL Assorted Varieties



**McVites Digestives or Hob Nobs Cookies**

**2/\$5.00**

300-400g Assorted Varieties



**Camino Organic Chocolate bars**

**\$3.49**  
Each

100g 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

