

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE FOODS

Where Community & Quality Meet



ENJOY THE UNOFFICIAL FIRST LONG WEEKEND OF THE SUMMER.

*Prices in effect May 15-21, 2019

MEAT & SEAFOOD

AAA Angus T-Bone Steaks

\$10⁴⁹ LB 23.13 / kg



Pork Tenderloin

\$5⁴⁹ LB 12.10 / kg



Split Bone-In Chicken Breast

\$4⁴⁹ LB 9.90 / kg



Sockeye Salmon Fillets Prev Frozen

\$3⁶⁹ /100g



Harvest Bacon

\$10⁹⁹ Each 500 g



PRODUCE

BC Grown Tomatoes on the Vine



\$1²⁹ LB 2.84 / kg

Mexican Seedless Watermelon

59¢ LB 1.30 / kg



California Clementine Mandarin Oranges

\$3⁹⁹ Each 2 lb / bag



California Red or Green Leaf Lettuce



\$1²⁹ Each

Fresh Express Cello Spinach

2 / \$5⁰⁰ 8 oz / bag



BULK

Expo Mix.... great for hiking

99¢ /100g



Roasted Almonds... salted or unsalted

\$2²⁹ /100g



DELI

Honey Ham

\$1¹⁹ /100g



Arbutus Farms Potato Salad

89¢ /100g



Freybe European Wieners

\$2⁴⁹ /100g



Gizella Cheese Cake Assorted Varieties

\$10⁹⁹ Each 600 g



Arla Sliced Cheese Assorted Varieties

\$4⁹⁹ Each 145-165 g



50 jobs will be created for every 1% increase in island products sold.

Support Island Products.

- Good for jobs.
- Good for our economy.
- Good for sustainability.
- Good for us all.

Grocery

Island Farms Vanilla Plus Ice Cream

1.65L Assorted Varieties



\$4⁴⁹

Natrel Butter.... salted or unsalted

\$3⁹⁹ Each

454g



Island Farms Sour Cream

2 / \$3⁰⁰

250ml



Heinz Picnic Pack... mustard ketchup, relish

\$4⁹⁹ Each

3 pack



Post Alpha Bits, Honeycomb or Sugar Crisp Cereal

\$2⁹⁹ Each

340-400g



Santa Cruz Organic Lemonade

946ml Assorted Varieties



2 / \$5⁰⁰ +dep

Paradise Island Cheese

\$5⁹⁹ Each

approx 400g Assorted Varieties



Canada Bread Hot Dog or Hamburger Buns

2 / \$5⁰⁰ Each

12 pack Assorted Varieties



Kraft Squeeze Miracle Whip

\$3⁴⁹ Each

650ml Assorted Varieties



Coke, Sprite, Canada Dry & Flavours

2 / \$8⁰⁰ +dep Each

12 pack Assorted Varieties



Bullseye BBQ Sauce

2 / \$5⁰⁰

425ml Assorted Varieties



Old Dutch Potato Chips

3 / \$8⁰⁰ Each

255g Assorted Varieties



Kraft Marshmallows... campfire necessity

2 / \$4⁰⁰

400g Assorted Varieties



Kettle Brand Kettle Chips

2 / \$5⁰⁰ Each

220g 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

