

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE FOODS

Where Community & Quality Meet



HAPPY FATHER'S DAY

Celebrating Dads on Father's Day, but grateful all year long.

*Prices in effect June 12 - 18, 2019

Lean Ground Beef
\$5.49 LB 12.10 / kg



MEAT & SEAFOOD

Pork Back Ribs
 Cryovac Pack
\$5.49 LB 12.10 / kg



Island Farmhouse Chicken Legs
\$3.49 LB 7.69 / kg



Sunrise Ground Turkey Chubs
 Frozen
\$3.99 Each 454 g



Grimm's Sizzlin Smokies
\$5.99 Each 450 g



PRODUCE
New Zealand Premium Royal Gala Apples



\$1.49 LB 3.28 / kg

California Broccoli Crowns
\$1.79 LB 3.95 / kg



Georgia Sweet Vidalia Onions
\$3.99 Each 3 lb bag



DELI
Maple Lodge Cooked Chicken
\$1.39 (100g)



Arbutus Pasta Salad
89¢ (100g)



Kalamata Olives
\$1.69 (100g)



Mexican Large Seedless Green Grapes
\$2.99 LB 6.59 / kg



Fresh Express Coleslaw
2/\$4.00 14 oz bag



Shepherds Cow Feta
\$4.39 Each 200 g



Worthy Crumb Raisin Tarts
\$4.99 Each 510 g



BULK
Wrapped Candy
99¢ (100g)



Crystalized Ginger
\$1.99 (100g)





Proud to be selling Island Farmhouse Poultry from Vancouver Island

Grocery
Nestlé Pure Life Water
 12x500 ml
2/\$5.00 +dep



Island Farms Sour Cream
\$1.29 Each
 250 ml Assorted Varieties



Delissio Rising Crust Pizza
\$5.99 Each
 604-888 g Assorted Varieties



Old Dutch Restaurant Style Tortilla Chips
\$2.99 Each
 230-380 g Assorted Varieties



Olympic Organic Yogurt
 1.75 kg Tub Assorted Varieties
\$7.99 Each



Paradise Island Random Cut Cheese
20% OFF
 Assorted Varieties



Minute Maid Frozen Lemonade or Limeade
4/\$5.00
 295 ml Assorted Varieties



Silver Hills Sprouted Grain Bread
\$3.49 Each
 430-615 g Assorted Varieties



Island Farms Whipping Cream
\$2.29 Each
 473 ml



Roger's Granola
\$3.99 Each
 700-750 g Assorted Varieties



Hornby Organic Energy Bars
2/\$4.00
 80 g Assorted Varieties



Parkay Margarine
\$3.49 Each
 1.28-1.36 kg Assorted Varieties



Hunt's Snack Pack Puddings
4/\$5.00
 4 pack Assorted Varieties



Lundberg Rice Chips
\$2.99 Each
 170 g 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
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