

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE FOODS

Where Community & Quality Meet



Make A Difference

When you shop with us, we give back.

*Prices in effect Date: Sept. 11 - 17, 2019

MEAT & SEAFOOD

Canadian AAA Beef Tenderloin

\$16.99 LB 37.46 kg



Meatman Sausages
Frozen

\$4.99 Each 400 g



Bone In Chicken Thighs

\$3.99 LB 8.80 kg



Grimm's Ham Steaks

\$4.49 Each 250 g



Keg BBQ Pork Back Ribs
Frozen

\$13.99 Each 700 g



PRODUCE

BC Grown McIntosh Apples

New Crop

99¢ LB 2.18 kg



Vancouver Island Grown Nantes Carrots

\$2.99 Each 3 lb Bag



BC Grown Hothouse Roma Tomatoes

\$1.49 LB 3.28 kg



California Red or Green Seedless Grapes

\$1.99 LB 4.39 kg



California Grown Celery

79¢ LB 1.75 kg



BULK

Deluxe Royal Nut Mix

\$2.29 /100g



Chocolate Covered Almonds

\$1.29 /100g



DELI

Grimm's Black Forest Ham

\$1.39 /100g



Grimm's Pastrami

\$1.89 /100g



Arbutus Ridge Macaroni Salad

89¢ /100g



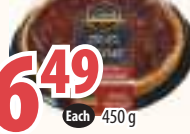
Woolwich Farms Crumbled Goat Feta

\$5.49 Each 175 g



The Worthy Crumb Pecan Crostata

\$6.49 Each 450 g



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

Heinz Beans or Pasta

398 ml Assorted Varieties

5/\$5.00



Paradise Island Cheese

\$10.49 Each

approximately 700 g Assorted Varieties



Coconut or Almond Dream Beverage

2/\$4.00

946 ml Assorted Varieties



Tre Stelle Mozzarella Balls

\$4.99 Each

340 g



Daiya Dairy Free Greek Yogurt

2/\$4.00

150 g Assorted Varieties



Nabob Coffee

\$5.99 Each

300 g Assorted Varieties



Lundberg Rice Blends

\$3.99 Each

454 g Assorted Varieties



Island Farms Classic Ice Cream

1.65L Assorted Varieties

\$4.49 Each



San Pellegrino Italian Style Sparkling Soda

\$3.99 Each

6 pack Assorted Varieties



Nuts to You ORGANIC Almond Butter

\$9.49 Each

365 g Assorted Varieties



Old Dutch Restaurant Style Totilla Chips

3/\$9.00

230-380 g Assorted Varieties



Amy's Frozen Pizza

\$6.99 Each

340-397 g Assorted Varieties



Dempsters Cinnamon Raisin Bread

2/\$6.00

680 g



Purex Liquid Laundry Detergent

\$3.99 Each

1.92-2.03L 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

