

PENDER ISLAND SANTA SAC.

TRU VALUE FOODS

Where Community & Quality Meet



By shopping with us we are able to support many groups through our Spirit Board Program Including... Our Volunteer Fire Departments

*Prices in effect Date: May 1-7 2024

MEAT

Island Farmhouse Whole Frying Chickens

\$4.49
LB 9.90 kg



Master Cut Burgers

\$19.99
EA 1.36 kg box



Grimm's Sausage Rings

\$6.99
EA 300g



PRODUCE

Mexican Asparagus

4.39 kg
\$1.99
LB



B.C. Honeycrisp Apples

3lb bag
\$4.99
EA



B.C. Grape or Cherry Tomatoes

Pint clamshell
\$2.99
EA



B.C. Red or Yellow Potatoes

5lb bag
\$3.99
EA



DELI

Grimm's Sliced Montreal Smoked Beef

\$2.99
/100g



Arbutus Farms Macaroni Salad

\$1.79
/100g



Greek House Homous and Tzatziki

227g
\$3.99
EA made in Okanagan



Garlic Bread.....
made in store

2/\$6.00



Gathering Place
Island GOOD
www.gatheringplacetrading.com

Tru Value Foods is proud to carry Products from **Gathering Place Trading**, a Vancouver Island based Family Business

Grocery

Tree Island Greek or Fruit Gourmet Yogurt

325-350g
\$4.99
EA



Paradise Island Cheese

700g
\$13.49
EA



Dempster's Bagels...

regular or signature 5 or 6 pack
\$3.99
EA



Rise Organic Kombucha

414 ml
\$3.49
EA +dep



SunRype 100% Fruit Juice

900 ml
2/\$4.00
EA +dep



Island Farms Cottage Cheese

750g
\$5.99
EA



MJB Coffee

250-300g
\$5.49
EA



Old Dutch Restaurant Style or Arriba Tortilla Chips

230-295g
\$3.99
EA



Daiya Non-Dairy Cheese Shreds

200g
\$4.49
EA



Bicks Whole Dills or Polskie Ogorkie

1L
\$4.99
EA



Amy's Frozen Pizza

340-397g
\$9.49
EA



Philadelphia Cream Cheese

227-250ml
\$4.49
EA



Wasa Crispbread

230-275g
\$3.49
EA



Silver Hills Sprouted Grain Bread

430-615g
\$4.49
EA



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