

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE FOODS

Where Community & Quality Meet



Happy Mother's Day!!!



*Prices in effect May 8-14 2024

Pork Tenderloin
\$4.99

LB 11.00 kg



MEAT

Island Farmhouse Bone-In Chicken Thighs
\$5.49

LB 12.10 kg



Lou's Kitchen BBQ Pork Ribs
\$13.99

EA 610g assorted varieties



PRODUCE
U.S. Corn on the Cob
4/\$3.00



Imported Lemons or Limes
3/\$2.00



B.C. Tomatoes on the Vine
\$1.79

LB 3.95 kg



B.C. Long English Cucumbers
2/\$3.00



DELI
Grimm's Old Fashioned Ham
\$1.89

/100g



Natural Pastures Comox Brie or Camembert
\$4.99

/100g



Arbutus Farms Sesame Asian Noodle Salad
\$1.79

/100g



Pepperoni Cheese Sticks
2/\$5.00



All our stores will have some floral options to brighten up your Mom's day

Grocery
Island Gold Veggie Fed Large Eggs
\$4.99

doz



Island Farms 10% Half & Half Cream
473 ml
\$2.29



Paradise Island Shredded Cheese
170-270g
\$6.49



Natrel Lactose Free Ice Cream
473 ml
\$3.99



Snowcrest Frozen Fruit
400-600g
\$4.99



Old El Paso Taco Kits
250-510g
\$3.99



Blue Diamond Almond Breeze
946 ml
2.99



Roger's Granola
650-750g
\$5.49



Kraft Salad Dressing
425 ml
\$3.49



Bubly Sparkling Flavoured Water
12 pack
2/\$12.00



Kettle Brand Kettle Chips
198g
3/\$9.99



Ocean Spray Cranberry Cocktails
1.89 L
\$4.99



Dempster's Whole Grain Bread
600g
\$3.99



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

