

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE FOODS

Where Community & Quality Meet



# Fall Savings

Thanks for Shopping Locally.

\*Prices in effect Date: November 13-19, 2024

## MEAT

AAA Bottom Round Roast

**\$7.49**  
LB 16.51 kg



Island Farmhouse Split Bone In Chicken Breast

**\$6.49**  
LB 14.31 kg



Pork Tenderloin

**\$5.49**  
LB 12.10 kg



## PRODUCE

Mexican Avocados  
4/bag

**\$3.99**  
EA



California Celery

**\$1.99**  
EA



California Lemons

**4/\$3.00**



California Red Seedless Grapes

**\$2.99**  
LB 6.59 kg



## DELI

Grimm's Honey Ham

**\$1.89**  
/100g



Arbutus Farms Macaroni Salad

**\$1.69**  
/100g



Balderson Extra Aged White Cheddar  
250 g

**\$8.99**  
EA



Two Bite Brownies  
265 g

**\$5.49**  
EA



celebrate world kindness day  
november 13<sup>th</sup>

Kind Bars  
**4/\$5.00**  
40g Assorted Varieties



## Grocery

Olympic Organic Yogurt  
1.75 kg Tub

**\$10.99**  
EA  
assorted varieties



Island Farms Cottage Cheese  
500g

**\$3.99**  
EA  
assorted varieties



Kicking Horse Organic Ground Coffee  
284g

**\$10.99**  
EA  
assorted varieties



Clif Energy Bars  
68g

**2/\$3.50**  
assorted varieties



Adams Peanut Butter  
500g

**\$4.49**  
EA  
assorted varieties



Island Farms 18% Table Cream  
1L

**\$4.49**  
EA +dep



Amy's Organic Soup  
398ml

**\$3.99**  
EA  
assorted varieties



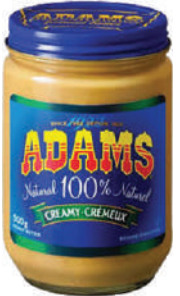
Rise Kombucha  
414 ml

**2/\$6.00**  
+dep  
assorted varieties



Adams Peanut Butter  
500g

**\$4.49**  
EA  
assorted varieties



Daiya Non-Dairy Cheese Shreds  
200g

**\$4.99**  
EA  
assorted varieties



Wasa Crispbread  
230-275g

**\$3.49**  
EA  
assorted varieties



Montellier Sparkling Water  
1Litre Bottle

**5/\$5.00**  
+dep  
assorted varieties



Kellogg's Raisin Bran Cereal  
425g

**\$4.49**  
EA



Buttercup White or Wholewheat Bread  
570g

**2/\$5.00**  
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

