

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE FOODS

Where Community & Quality Meet



Seasons Greetings from all of us at Tru Value Foods

*Prices in effect Date: December 18-25, 2024

MEAT

Fresh Turkeys raised without antibiotics

\$4⁹⁹ LB 11.00 kg



Spiral Hams

\$4⁹⁹ LB 11.00 kg



Harvest Bacon

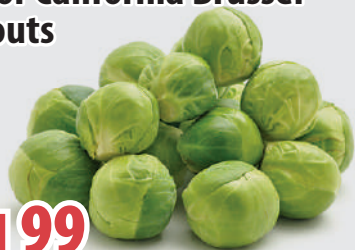
\$11⁴⁹ Each 500g



PRODUCE

B.C. or California Brussel Sprouts

\$1⁹⁹ LB 4.39 kg



California Yams

\$1⁴⁹ LB 3.28 kg



DELI

Woolwich Fresh Goat Cheese
Assorted Varieties

\$4⁴⁹ Each 113g log



Mastro Charcuterie Trio
Assorted Varieties

\$7⁹⁹ Each 150g



Arbutus Farms Yam and Potato Salad

\$1⁷⁹ /100g



Grimm's Classic Ham

\$1⁸⁹ /100g



California Celery

\$1⁹⁹ Each



B.C. Russet Potatoes

\$2⁹⁹ Each 5lb bag



Holiday Store Hours

	<i>Pender</i>	<i>Mayne</i>	<i>Q-Cove</i>	<i>Heriot Bay</i>
<i>Dec. 24th</i>	9:30-6	10-5	9-5	8-5
<i>Dec. 25th</i>	Closed	Closed	Closed	Closed
<i>Dec. 26th</i>	11-3	10-2	2-6	10-2
<i>Dec. 31st</i>	9:30-6	10-5	9-5	8-5
<i>Jan. 1st</i>	Closed	Closed	10-2	2-6

Grocery

Fernwood Organic Fair Trade Coffee

\$11⁹⁹ Each 454g



Island Farms Aerosol Whipped Cream

\$3⁹⁹ Each

225g



Ocean Spray Cranberry Sauce

2/\$5⁰⁰

348 ml Assorted Varieties



Coke, Sprite, Canada Dry and Flavours

\$7⁴⁹ Each +dep

12x355ml cans Assorted Varieties



Paradise Island Random Cut Cheese

20% off

approx 227g

Assorted Varieties



Christie Snack Crackers

\$3⁴⁹ Each

175-200g Assorted Varieties



Old Dutch Potato Chips and Ridgies

\$3⁹⁹ Each

200-235g Assorted Varieties



Island Farms Egg Nog

\$2⁹⁹ Each +dep 1L



Simply Orange Juice

\$4⁴⁹ Each +dep

1.54 L Assorted Varieties



Stove Top Stuffing Mix

2/\$3⁰⁰

120g Assorted Varieties



Montellier Sparkling Water

99¢ +dep

11 Assorted Varieties



Green Giant Frozen Vegetables

\$3⁹⁹ Each

750g Assorted Varieties



Dempster's Bagels... regular or signature

\$3⁹⁹ Each

5 or 6 pack Assorted Varieties



Phillip's iOTA N/A Craft Beer

\$5⁹⁹ Each +dep

4 pack 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

