



100% LOCALLY OWNED AND OPERATED
TRU VALUE FOODS



Prices in effect: Apr 29th - May 5th, 2026

Bubly Sparkling Water
 12 x 355ml

\$2/13

+ Deposit
 Assorted Varieties

Boneless Pork Loin Roast
 \$9.90/kg

\$4.49 **Lb**

HOT DEAL HOT DEAL HOT DEAL

Grimm's Deli Sliced Jerk Chicken

\$2.99 **/100g**

Premium Whole Pineapple

\$5.99 **Ea**

HotHouse Rainbow Peppers
 3pk - Canadian Grown

\$3.99 **Ea**

AAA Black Angus Lean Ground Beef
 \$22.03/kg

\$9.99 **Lb**

Cathedral City English Cheddar
 200g

\$6.49 **Ea**

Assorted Varieties

HotHouse Butter Lettuce
 Canadian Grown

\$2.99 **Ea**

Fresh Strawberries
 2lb

\$7.99 **Ea**

Grimm's Garlic Sausage
 300g

\$5.99 **Ea**

Greekhouse Homous or Tzatziki
 227g

\$3.99 **Ea**

Assorted Varieties

Top Deals of the Week

Tribal Java Whole Bean Coffee
 400g

\$14.99 **Ea**

Assorted Varieties

Armstrong Block or Shredded Cheese
 500-600g

\$9.99 **Ea**

Assorted Varieties

GT's Synergy or Alive Kombucha
 480ml

2/\$9 + Deposit
 Assorted Varieties

Molson Exel Non-Alcoholic Beer
 6 x 355ml

\$5.99 **Ea** + Deposit

Miss Vickies Potato Chips
 200g

2/\$9

Assorted Varieties

Mr Noodle Instant Noodles
 85g

4/\$2

Assorted Varieties

Unico Pasta
 900g

\$3.29 **Ea**

Assorted Varieties

Snowcrest Frozen Fruit
 400-600g

\$5.99 **Ea**

Assorted Varieties

General Mill's Cereals
 300-430g

2/\$9

Select Varieties

Purex Double Roll Bathroom Tissue
 12 Roll

\$9.99 **Ea**

Laid Back Snacks
 130-140g

\$5.99 **Ea**

Assorted Varieties

Laid Back Snacks
 130-140g

\$5.99 **Ea**

Assorted Varieties