

POLIDENT FRESH
ACTIVE 36'S

\$5.69

7050 \$0.16 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

PAULS F/CREAM
MILK 6PK

\$4.99

11973 \$4.16 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

PAULS CHOC MILK
6PK

\$5.25

11981 \$4.38 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

EDG BEETROOT
SLICED 425GM

\$1.95

80143 \$4.59 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

CAD DAIRY MILK
DREAM BLOCK 50GM

\$1.29

102592 \$2.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RED KELLYS TAS SWT
CHILLI/LIME 250ML

\$3.99

112715 \$1.60 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

OREO COOKIE
GOLDEN 133GM

\$2.19

125612 \$1.65 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DORITOS THAI
SWEET CHILLI 150GM

\$3.75

128485 \$2.50 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MOCCONA SACHETS
CAPPUCCINO 10PK

\$3.79

142682 \$2.92 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MOCCONA SACHETS
LATTE 10PK

\$3.79

142690 \$2.56 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MOCCONA SACHETS
SKIMCAPP 10PK

\$3.79

143108 \$3.11 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MOCCONA SACHETS
DOUBLE S LATTE 10PK

\$3.79

143319 \$2.71 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MOCCONA SACHETS
STRONG CAPP 10PK

\$3.79

143343 \$2.87 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MOCCONA SACHETS
CARAMEL LATTE 10PK

\$3.79

143431 \$2.77 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MOCCONA SACHETS
SWEET CAPP 10PK

\$3.79

143458 \$2.73 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MOCCONA SACHETS
VANILLA LATTE 10PK

\$3.79

143466 \$2.92 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA
STRAWBERRY 64GM

\$4.25

156240 \$6.64 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

ECLIPSE CHEWY MINTS
SPEARMINT 93GM

\$4.25

156400 \$4.57 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

ECLIPSE CHEWY MINTS
PEPPERMINT 93GM

\$4.25

156427 \$4.57 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RED KELLYS CRMY
CHIPOTLE RANCH 250ML

\$3.99

159433 \$1.60 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA
SPEARMINT 46PC 64GM

\$4.25

163002 \$6.64 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA
PEPPERMINT 46PC 64GM

\$4.25

163088 \$6.64 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD MORO NZ
60GM

\$1.29

167740 \$2.15 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OREO COOKIE
CHOC SPLIT 133GM

\$2.19

180400 \$1.65 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OREO COOKIE
CHOCOLATE 133GM

\$2.19

180419 \$1.65 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OREO COOKIE RED
VELVET 133GM

\$2.19

180427 \$1.65 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OREO COOKIE
ORIGINAL 133GM

\$2.19

180486 \$1.65 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAPI DRY TONIC
4PK

\$7.25

183142 \$7.25 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

CAPI GRAPEFRUIT
4PK

\$7.25

183214 \$7.25 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

CAPI SPICY
GINGER BEER 4PK

\$7.25

183660 \$7.25 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

MULTIX CLING 33
CM 60MT

\$2.69

186722 \$0.04 per 1MT
Specials available from 4/01/2023 until 17/01/2023.

SORBENT DOUBLE
LENGTH 4PK

\$5.99

193164 \$0.42 per 100SH
Specials available from 4/01/2023 until 17/01/2023.

SORB VANILLA FACIAL
TISSUES 170PK

\$2.19

193498 \$1.29 per 100EA
Specials available from 4/01/2023 until 17/01/2023.

EVA SARDINES IN
OLIVE OIL 115GM

\$1.49

196664 \$12.96 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

EVA SARDINES WITH
HOT PEPPERS 115GM

\$1.49

196728 \$12.96 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

EVA MACK FILLETS IN
OLIVE OIL 115GM

\$1.99

196736 \$17.30 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

EVA MACK VEG IN
TOM SAUCE 115GM

\$1.99

196752 \$17.30 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

DORITOS CHEESE
SUPREME 170GM

\$3.75

197034 \$2.21 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DORITOS NACHO
CHEESE 170GM

\$3.75

197042 \$2.21 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DORITOS
ORIGINAL 170GM

\$3.75

198053 \$2.21 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DORITOS
MEXICANA 170GM

\$3.75

198061 \$2.21 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD BOOST
LAYERS 32GM

\$1.29

200379 \$4.03 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DIFFLAM BLK E/BRY
IMMUNE DROPS 20PK

\$4.75

200977 \$0.24 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

DIFFLAM HON/LEM
IMMUNE DROPS 20PK

\$4.75

201005 \$0.24 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

DIFFLAM MEN/EUCL
IMMUNE DROPS 20PK

\$4.75

201013 \$0.24 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

DURO TUSS DRY
LIQUID COUGH 200ML

\$13.99

201048 \$7.00 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

DURO TUSS CHESTY
LIQUID COUGH 200ML

\$13.99

201064 \$7.00 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

DURO TUSS COLD/FLU
LIQUID COUG 200ML

\$13.99

201179 \$7.00 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

NYAL PARACETAMOL+CAFFEINE
TABS 20PK

\$4.49

201312 \$0.22 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

CADBURY BAR FRY'S
TURKISH DELGT 55GM

\$1.29

204118 \$2.35 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAPI BLOOD
ORANGE 4PK

\$7.25

206420 \$7.25 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

NYAL COLD&FLU
DAY&NIGHT 24'S

\$12.99

206711 \$0.54 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

ICE BREAK UHT ESP
RECHARGE 500ML

\$3.25

206797 \$6.50 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

CAD CHERRY RIPE
DOUBLE DIPPED 47GM

\$1.29

210542 \$2.74 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA BUBBLEMINT
BOTTLE 64GM

\$4.25

211780 \$6.64 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD CARAMILK
TWIRL 39GM

\$1.29

214922 \$3.31 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD PICNIC
LAYERS 34GM

\$1.29

220783 \$3.79 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD CHERRY RIPE
LAYERS 35GM

\$1.29

220804 \$3.69 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

TOBLERONE MILK
CHOCOLATE BAR 50GM

\$1.29

224055 \$2.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA LEMON
LIME WHT BTL 64GM

\$4.25

228638 \$6.64 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD TWIRL
STRAWBERRY 39GM

\$1.29

230762 \$3.31 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DORITOS GUACAMOLE
& SALSA 150GM

\$3.75

231095 \$2.50 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OREO DOUBLE
STUFF 147GM

\$2.19

231888 \$1.49 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD CRUNCHIE
50GM

\$1.29

236179 \$2.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD ROLLS DAIRY
MILK 55GM

\$1.29

236187 \$2.35 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD CHUNKY
CAMELLO 55GM

\$1.29

236224 \$2.35 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD CHUNKY
HAZEL NUT 55GM

\$1.29

236267 \$2.35 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD FLAKE 30GM

\$1.29

236427 \$4.30 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

NYAL DRY COUGH
200ML

\$7.99

237542 \$4.00 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

YERBI ENERGY
DRINK 4PK

\$9.99

239003 \$9.99 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

EDG BEETROOT
SWEET SLICED 425GM

\$1.95

239863 \$4.59 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

NYAL PARACETAMOL
500MG TABS 20'S

\$2.75

240119 \$0.14 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

NYAL PARACETAMOL
500MG CAPS 20'S

\$2.75

240186 \$0.14 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

NYAL IBUPROFEN
200MG TABS 24'S

\$3.65

240194 \$0.15 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

MENTOS MINT ROLL
14 PC 37.5GM

\$1.29

241453 \$3.44 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MENTOS S/MINT
ROLL 14PC 37.5GM

\$1.29

241461 \$3.44 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MENTOS FRUIT
ROLL 14PC 37.5GM

\$1.29

241488 \$3.44 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

KRAFT CHEDDAR
CHEESE SLICES 250GM

\$3.99

247425 \$15.96 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

MENTOS RAINBOW
ROLL 37.5GM

\$1.29

250050 \$3.44 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD DAIRY MILK MC
JELLY BEANIE 50GM

\$1.29

252638 \$2.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

NYAL CHESTY COUGH
NON DROWSY 200ML

\$7.99

255345 \$4.00 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

NYAL COLD SORE
CRM BLIS 10GM

\$7.99

255353 \$79.90 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

NYAL DECON
NASAL SPRAY 15ML

\$8.69

255361 \$57.93 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

NYAL BRONCHITIS
MIX 200ML

\$7.99

255417 \$4.00 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

RED KELLYS BALSAMIC
DRESSING 250ML

\$4.99

257770 \$2.00 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

OAK FLAVOURED MILK
CHOCOLATE 500ML

\$2.75

259952 \$5.50 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

OAK FLAVOURED MILK
STRAWBERRY 500ML

\$2.75

259960 \$5.50 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

DIFFLAM PLUS ANAEST
H&L LOZ 16'S

\$8.99

260021 \$0.56 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

DIFFLAM PLUS ANAES
BERRY LOZ 16'S

\$8.99

260048 \$0.56 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

CAPT TABLE ROSEMARY/
THYME 125GM

\$1.25

263046 \$1.00 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

SHOWER POWER
SQUEEZE PACK 750ML

\$6.99

267186 \$0.93 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

ALFOIL MED ROAST
TRAY HNDL 1EA

\$4.49

270449
Specials available from 4/01/2023 until 17/01/2023.

CAD DM BREAKAWAY
BAR 44GM

\$1.29

274378 \$2.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

P/DENT P/GRIP CRM
FRSH MINT 60GM

\$12.99

278133 \$21.65 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA INTENSE
MINT BOTTLE 64GM

\$4.25

279152 \$6.64 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

PODRAVKA CHICKEN
SPREAD 100GM

\$1.69

285587 \$1.69 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

MENTOS CIRCUS
FUN 37.5GM

\$1.29

286547 \$3.44 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

KRAFT CHEDDAR
CHEESE BLOCK 500GM

\$7.25

291477 \$1.45 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

IQN MARINE COLLAGEN
BEAUTY PWD 90GM

\$29.99

296390 \$33.32 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WRIGS MINTS EXT
WHITE 46PC 64GM

\$4.25

297297 \$6.64 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OREO COOKIE
CINNAMON BUN 135GM

\$2.19

300513 \$1.62 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OREO COOKIE CHOC
HAZELNUT 135GM

\$2.19

300732 \$1.62 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

NYAL COUGH
COLD/FLU TBL 24'S

\$12.99

313066 \$0.54 per 1EA
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA SPEARMINT
BOTTLE 67GM

\$4.25

318844 \$6.34 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA PEPPERMINT
BOTTLE 67GM

\$4.25

319302 \$6.34 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

IQN H/GLOW COLLAGEN
BEAUTY PWD 90GM

\$24.99

326641 \$27.77 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DIFFLAM FORTE
THROAT SPRAY 15ML

\$13.99

327695 \$93.27 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

NYAL CHILD COLD/
FLU MEDICINE 200ML

\$13.99

327820 \$7.00 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

NYAL ANTIVIRAL COLD
SORE CREAM 5GM

\$7.99

327927 \$159.80 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

SORBENT FACIAL
SOFT WHITE 170'S

\$2.19

338650 \$1.29 per 100EA
Specials available from 4/01/2023 until 17/01/2023.

OZ KLN CARPET POWER
TRIG PK 500ML

\$7.36

340611 \$1.47 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

NABISCO CAPT
TABLE CLAS 125GM

\$1.25

342609 \$1.00 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

NABISCO CAPT TABLE
CRPEP 125GM

\$1.25

342756 \$1.00 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DUCK DEEP ACTION
GEL CITRUS 750ML

\$3.69

343249 \$0.49 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

DUCK DEEP ACT GEL
LTD EDITION 750ML

\$3.69

343265 \$0.49 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

DUCK DEEP ACTION
GEL PINE 750ML

\$3.69

343281 \$0.49 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

DUCK DEEP ACTION
GEL LAVENDER 750ML

\$3.69

343337 \$0.49 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

DUCK FOAMING BLEACH
GEL MARINE 750ML

\$3.69

343345 \$0.49 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

SORBENT FACIAL
SOFT HYPO 170'S

\$2.19

349472 \$1.29 per 100EA
Specials available from 4/01/2023 until 17/01/2023.

POLIDENT MAX SEAL
FIXATIVE CRM 40GM

\$10.99

350086 \$27.48 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD CARAMILK
FLAKE 30GM

\$1.29

358950 \$4.30 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DORITOS CHEESE SPRM
FLAMNG HOT 150GM

\$3.75

364613 \$2.50 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RED KELLYS TAS SP
ITALIAN DRES 250ML

\$3.99

365392 \$1.60 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

RED KELLYS CAESAR
DRESSING 250ML

\$3.99

365448 \$1.60 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

RED KELLYS TAS TRAD
DRESSING 250ML

\$3.99

365456 \$1.60 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

RED KELLYS TAS LEM/
MYRT DRESS 250ML

\$3.99

365472 \$1.60 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

RED KELLYS TAS BASIL/
GRL DRESS 250ML

\$3.99

365499 \$1.60 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

HANDEE ULTRA
CRSP WHITE 2PK

\$3.79

365675 \$3.16 per 100EA
Specials available from 4/01/2023 until 17/01/2023.

CAD BAR BOOST
60GM

\$1.29

369967 \$2.15 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

SORBENT FRANGIPANI
FACIAL TISS 170PK

\$2.19

370917 \$1.29 per 100EA
Specials available from 4/01/2023 until 17/01/2023.

BREAKA MILK
CHOCOLATE LLIFE 6PK

\$6.79

373499 \$4.53 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

CADBURY TWIRL
BREAKAWAY BAR 40GM

\$1.29

374504 \$3.23 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD FRUIT NUT
50GM

\$1.29

381587 \$2.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WRIG EXTRA WHITE
SPEARMINT 64GM

\$4.25

384243 \$6.64 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD CARAMILK
BAR 45GM

\$1.29

386986 \$2.87 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

EUROPE SUMMER
ROLL 40GM

\$1.29

396244 \$3.23 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

EUROPE NOUGAT
HONEY LOG 40GM

\$1.29

396295 \$3.23 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD DAIRY MILK
50GM

\$1.29

396316 \$2.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD CHERRY RIPE
52GM

\$1.29

396332 \$2.48 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD TWIRL 39GM

\$1.29

396340 \$3.31 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

CAD PICNIC 46GM

\$1.29

396367 \$2.80 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

JCS CASHEWS
SALTED 500GM

\$13.99

410288 \$27.98 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

JCS CASHEWS
UNSALTED 500GM

\$13.99

410296 \$27.98 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

JCS MIXED NUTS
SALTED PREM 350GM

\$8.49

416196 \$24.26 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

JCS MIXED NUTS
UNSALTED PREM 350GM

\$8.49

416209 \$24.26 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

JCS OUTBACK MIX
500GM

\$10.49

464921 \$20.98 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

JCS CORN CHIPS
NATURAL 500GM

\$6.49

498590 \$1.30 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

JCS WALNUTS NAT
AUSTRALIAN 350GM

\$8.49

499534 \$24.26 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

JCS BACKYARD
BBQ MIX 375GM

\$6.49

500451 \$17.31 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

NAT PARTY PIES
6PK

\$6.49

503468 \$2.16 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

NAT CURRIED CHICKEN
PARTY PIES 6PK

\$7.99

503513 \$2.22 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

JCS WALNUTS
NATURAL 350GM

\$8.49

569045 \$24.26 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

NAT LITTLE BEEF
ROLLS 360G 6PK

\$6.49

569897 \$1.80 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

ING CHICKEN
LOAF

\$9.99

586558 \$9.99 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

CAD DREAM WITH
OREO BAR 45GM

\$1.29

602167 \$2.87 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

C/NB MASTER LOWER
CARB BREAD 680GM

\$3.69

620293 \$0.54 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

PAULS CUSTARD
VANILLA BEAN 170GM

\$2.69

626564 \$1.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

PAULS CUSTARD
CHOCOLATE 150G 6PK

\$6.49

628316 \$0.72 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

PAULS CUSTARD VIOLET
CRUMBLE 170GM

\$2.69

636033 \$1.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

PAULS CUST C/CHUP
S/BRY CREAM 170GM

\$2.69

636092 \$1.58 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

4N20 BUTTER
CHICKEN PIE 4PK

\$9.99

641406 \$1.43 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

PETERS FROSTY
FRT NAT TROP 8'S

\$7.49

652746 \$1.25 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

A/GROVE FULL
CREAM MILK 3LT

\$6.29

664894 \$2.10 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

A/GROVE FARM
LIGHT MILK 3LT

\$6.79

664915 \$2.26 per 1LT
Specials available from 4/01/2023 until 17/01/2023.

JCS POP FICTION P/
CORN S/SALT 80GM

\$2.49

676297 \$3.11 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

JCS POP FICTION P/
CORN BUTTER 100GM

\$2.49

676369 \$2.49 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

JCS POP FICTION P/
CORN CHEDDAR 100GM

\$2.49

676414 \$2.49 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

JCS POP FICTION P/
CORN SWT/SLT 120GM

\$2.49

676537 \$2.08 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

TIBALDI SHORT
CUT BACON 1KG

\$12.59

688239 \$12.59 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

VAALIA R/F FRN
VAN YOG 900GM

\$5.99

696722 \$0.67 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

VAALIA LF LUSC
BERRIES 900GM

\$5.99

716885 \$0.67 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

WILDERNESS
PORTERHOUSE STEAK 1RW

\$34.99

737029
Specials available from 4/01/2023 until 17/01/2023.

C/NB MASTER 9 GRN
S/WICH 680GM

\$3.69

740164
\$0.54 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

C/NB MASTER 9
GRAIN TOAST 680GM

\$3.69

740172
\$0.54 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

JCS DELICIOUS
ENERGY MIX 500GM

\$9.99

747040
\$19.98 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

NAT CHKN/CAMEMBERT
MINI PIES 6PK

\$7.99

779093
\$1.90 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

4N20 TRADITIONAL
PIES 4PK 700GM

\$9.99

900607
\$1.43 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

4N20 BEEF CHSE
PIES 4PK 700GM

\$9.99

900615
\$1.43 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DUE SOUTH VANILLA
BEAN I/CRM 1LT

\$10.99

900674
\$1.10 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

4N20 CHICK/VEG
PIE PK4 700GM

\$9.99

900877
\$1.43 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

VAALIA L/F NATURAL
YOGHURT 900GM

\$5.99

903277 \$0.67 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

PHILA SWEET CHILLI
PHILLY 150GM

\$3.49

905256 \$23.27 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

VAALIA PROBIOTIC
KEFIR PLAIN 700GM

\$5.79

907796 \$0.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

VAALIA PROBIOTIC
KEFIR VANILLA 700GM

\$5.79

907817 \$0.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

DUE SOUTH S/BERRY
RIPPLE I/CRM 1LT

\$10.99

907913 \$1.10 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

DUE SOUTH CHOCOLATE
ICECREAM 1LT

\$10.99

907921 \$1.10 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

PHILA ORIGINAL
140GM

\$3.49

908449 \$24.93 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

OBELA MEXICAN STYLE
SALSA DIP 220GM

\$4.25

908561 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA HOMMUS EX/
RICH TAHINI DI 200GM

\$4.25

908596 \$2.13 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RED ROCK THAI
CHILLILIMECASHEW 150GM

\$4.25

908617 \$2.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

FLORA WITH BUTTER
SPREAD 450GM

\$5.99

911816 \$1.33 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA GARNISHED
TABOULI 220GM

\$4.25

913707 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RED ROCK DELI DIPS
CHILLI CAPS 150GM

\$4.25

913731 \$2.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA HOMMUS
CAMELISED ONION 220GM

\$4.25

922611 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA HOMMUS SPICY
HARISSA 220GM

\$4.25

922726 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA HOMMUS SWT
BEETROOT 220GM

\$4.25

922734 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA GRKSTYL YGHRT
CUCUM/DILL 220GM

\$4.25

922769 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

KRAFT SINGLES
REGULAR 216GM

\$4.69

923411 \$21.71 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

RED ROCK DELI DIP
RST PUMP/ON 150GM

\$4.25

924975 \$2.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RED ROCK DELI DIP
TOM/FET/BAS/ 150GM

\$4.25

925003 \$2.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA HOMMUS SMOOTH
CLASSIC 220GM

\$3.89

930742 \$1.77 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

C/NB MASTER M/GRAIN
SANDWICH 700GM

\$3.69

932588 \$0.53 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA HOMMUS PINE
NUT GARNISH 220GM

\$4.25

951981 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

OBELA HOMMUS ZESTY
JALAPENO GR 220GM

\$4.25

952044 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RED ROCK DIP
BEETROOT/FETTA 150GM

\$4.25

953741 \$2.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RED ROCK DELI DIP
CAP/PEP 150GM

\$4.25

953821 \$2.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

INGHAM CHICKEN
KIEV 350GM

\$10.99

959246 \$31.40 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

PAULS CUSTARD S/
PACK VANILLA 6PK

\$6.49

961282 \$0.72 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

RRD BASIL PESTO
PECORINO&CASH 150GM

\$4.25

967393 \$2.83 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

C/NB MASTER LOAF
WHITE SANDWCH 700GM

\$3.69

972467 \$0.53 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

C/NB MASTER LOAF
TOAST 700GM

\$3.69

972600 \$0.53 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

C/NB MASTER W/MEAL
SAND LOAF 700GM

\$3.69

972619 \$0.53 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

C/NB MASTER W/MEAL
TOAST LOAF 700GM

\$3.69

972790 \$0.53 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

FROSTY FRUITS
WATERMELON 8PK

\$7.49

977188 \$1.25 per 100ML
Specials available from 4/01/2023 until 17/01/2023.

TIBALDI SIGNATURE
HAM OFF BONE 120GM

\$3.99

979546 \$33.25 per 1KG
Specials available from 4/01/2023 until 17/01/2023.

PRESIDENT BUTTER
UNSALTED 200GM

\$4.29

991457 \$2.15 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

PRESIDENT BUTTER
SALTED 200GM

OBELA GARN HOMMUS
LEMON DUKKAH 220GM

OBELA GARN HOMMUS
RST CAPSICUM 220GM

\$4.29

991617 \$2.15 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

\$4.25

996696 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.

\$4.25

996709 \$1.93 per 100GM
Specials available from 4/01/2023 until 17/01/2023.