

MT FRANKLIN
600ML

CDM C/MILK HOKEY
POKEY BLK 170GM

DRANO BATHROOM
GEL 770ML

\$2.50

2997 \$4.17 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

\$3.99

5901 \$2.35 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$14.99

7034 \$1.95 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

COCA-COLA PLASTIC
BOTTLE 2LT

COCA COLA DIET
2LT

SPRITE LEMONADE
PET 2LT

\$4.39

15560 \$2.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

\$4.39

15587 \$2.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

\$4.00

15640 \$2.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

FANTA ORANGE
2LT

MOCCONA CLASSIC
F/D 200GM

SAN UP&GO
BANANA 250ML 3PK

\$4.00

15659 \$2.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

\$14.45

24467 \$7.23 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$3.99

30330 \$5.32 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SAN UP&GO CHOC
ICE 250ML 3PK

\$3.99

30373 \$5.32 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SAN SO GOOD
REGULAR 1LT

\$2.35

30752 \$2.35 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SAN SO GOOD
LITE RECAP 1LT

\$2.35

30787 \$2.35 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SAN UP&GO
STRAWBERRY 250ML 3PK

\$3.99

31210 \$5.32 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

QUEST BAR BIRTHDAY
CAKE 60GM

\$3.49

50149 \$5.82 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ENERGY
DRINKPIPELINE P 500ML

\$3.00

103026 \$6.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

DRANO KITCHEN
GEL 770ML

\$14.99

105320 \$1.95 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
CHICK PARM 150GM

\$4.49

106104 \$2.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
REDS BURGER 150GM

\$4.49

106454 \$2.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE CHICK
TERIYAKI 150GM

\$4.49

106489 \$2.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
PIZZA MELT 150GM

\$4.49

108564 \$2.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

BICKS MANGO ICED
TEA CORDIAL 750ML

\$4.99

108927 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO CAP
GOLD RUSH 600ML

\$3.29

109356 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

QUEST CUPS PEANUT
BUTTER 42GM

\$3.49

112184 \$8.31 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

QUEST BAR
SMORES 60GM

\$3.49

112192 \$5.82 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

ATKINS END TURKISH
DELIGHT 30GM

\$2.69

112213 \$8.97 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

COKE VANILLA 10
X 375ML 10PK

\$11.99

113670 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO
STRAW LEMON 600ML

\$3.29

124804 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MILKY WAY TWIN
PACK 45GM

\$1.29

125372 \$2.87 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MARS CLASSIC
SINGLE BAR 47GM

\$1.29

127298 \$2.74 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
CHILLI 170GM

\$4.49

128581 \$2.64 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

BICKFORDS RASPBERRY
CORDIAL 750ML

\$4.99

128717 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO
BERRY ICE 600ML

\$3.29

131000 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO CAP
MOUNT BLAST 600ML

\$3.29

131019 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO CAP
LEMON/LIME 600ML

\$3.29

131027 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO ZERO
BERRY ICE 600ML

\$3.29

131043 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO ZERO
MOUNT BLAST 600ML

\$3.29

131051 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO CAP
BLACKCURRANT 600ML

\$3.29

131078 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

BICKFORDS TROPICAL
CORDIAL 750ML

\$4.99

138130 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE ACTIVE
WATER MANGO 600ML

\$3.49

138405 \$5.82 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE ACTIVE
WATER APP&PCH 600ML

\$3.49

138413 \$5.82 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE ACTIVE
WATER LEMON 600ML

\$3.49

138421 \$5.82 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA SACHETS
CAPPUCCINO 10PK

\$3.79

142682 \$2.92 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA SACHETS
LATTE 10PK

\$3.79

142690 \$2.56 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA SACHETS
SKIMCAPP 10PK

\$3.79

143108 \$3.11 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA SACHETS
DOUBLE S LATTE 10PK

\$3.79

143319 \$2.71 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA SACHETS
STRONG CAPP 10PK

\$3.79

143343 \$2.87 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA SACHETS
CARAMEL LATTE 10PK

\$3.79

143431 \$2.77 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA SACHETS
SWEET CAPP 10PK

\$3.79

143458 \$2.73 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA SACHETS
VANILLA LATTE 10PK

\$3.79

143466 \$2.92 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ULTRA
FIESTA MANGO 500ML

\$3.00

143546 \$6.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CASC CORD
RASPBERRY 750ML

\$5.85

146237 \$7.80 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SANITARIUM
MARMITE 250GM

\$3.49

152709 \$1.40 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MT FRANKLIN SPARK
RASPBERRY 1.25LT

\$2.50

155539 \$2.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

COCA COLA DIET
10X375ML 10PK

\$11.99

159652 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

COCA COLA DRINK
375ML 10PK

\$11.99

159679 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SPRITE 375ML
10PK

\$11.99

159687 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

FANTA ORANGE
375ML 10PK

\$11.99

159695 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CDM CARAMILK
BLOCK 180GM

\$3.99

166748 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ULT PARADISE
GREEN 500ML

\$3.00

168161 \$6.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

BOUNTY CHOCOLATE
BAR 56GM

\$1.29

169631 \$2.30 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY DAIRY
MILK 180GM

\$3.99

172718 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD FREDDO STRAW
SHAREPACK 180GM

\$4.25

172726 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY OLD GOLD
GOLD 70% 180GM

\$3.99

172734 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

KRAFT SINGLES
LIGHT 432GM

\$7.99

172857 \$18.50 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

AUSTRALIAS OWN
BARISTA ALMOND 1LT

\$3.75

176233 \$3.75 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAD CHOMP
SHAREPACK 150GM

\$4.25

176305 \$2.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MEDIX SALINE
NASAL SPRAY 30ML

\$5.49

176575 \$18.30 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

MEDIX MENTHOL
NASAL INHALER 5ML

\$5.99

176583 \$119.80 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

MEDIX LOZENGE
HONEY & LEMON 16'S

\$3.99

176604 \$0.25 per 1EA
Specials available from 1/03/2023 until 14/03/2023.

ATKINS END CARAMEL
NOUGAT 35GM

\$2.69

178917 \$7.69 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

ATKINS END CARAMEL
NUT CHEW 34GM

\$2.69

178925 \$7.91 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SAN UP&GO NAS
CHOCOLATE 250ML 3PK

\$3.99

182422 \$5.32 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAD CARAMILK
SHAREPACK 144GM

\$4.25

182756 \$2.95 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD FREDDO PAPPLE
SHAREPACK 180GM

\$4.25

182852 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAPI DRY TONIC
4PK

\$6.99

183142 \$6.99 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAPI SPICY
GINGER BEER 4PK

\$6.99

183660 \$6.99 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

BICKS CORDIAL
PEACH TEA 750ML

\$4.99

188429 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MISSION CORN STRIPS
YELLOW 230GM

\$3.25

191994 \$1.41 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DAIRY MILK
MARBLE BLOCK 173GM

\$3.99

194490 \$2.31 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD OLD GOLD CHERRY
RIPE BLOCK 180GM

\$3.99

194503 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

EVA SARDINES IN
OLIVE OIL 115GM

\$1.49

196664 \$12.96 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

EVA MACK VEG IN
TOM SAUCE 115GM

\$1.99

196752 \$17.30 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE SALT
& VINEGAR 170GM

\$4.49

196963 \$2.64 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
CHEESE & ONION 170GM

\$4.49

196971 \$2.64 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
BBQ 170GM

\$4.49

196998 \$2.64 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
CHICKEN 170GM

\$4.49

197018 \$2.64 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
ORIGINAL 170GM

\$4.49

197026 \$2.64 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD CHERRY RIPE
SHAREPACK 180GM

\$4.25

197667 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD SPECIAL TREATS
SHAREPACK 180GM

\$4.25

197675 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD PICNIC
SHAREPACK 180GM

\$4.25

197683 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DM CARAMELLO
KOALA S/PACK 180GM

\$4.25

197739 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD CRUNCHIE
SHAREPACK 180GM

\$4.25

197747 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DM TWIRL
SHAREPACK 168GM

\$4.25

197755 \$2.53 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SNICKERS BROWNIE
BAR 44GM

\$1.29

200336 \$2.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ULTRA
GOLD 500ML

\$3.00

200811 \$6.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

R/T COFF BAGS
ITALN EXP 45GM

\$4.99

200897 \$11.09 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

R/T COFFEE BAGS
M/KENYA 45GM

\$4.99

200918 \$11.09 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SKITTLES FRUITS
200GM

\$3.19

203086 \$1.60 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CDM CHOC MAKERS
MINT CHIP 170GM

\$3.99

204521 \$2.35 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SKITTLES SOUR
CANDIES 190GM

\$3.19

206041 \$1.68 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

ICE BREAK UHT ESP
RECHARGE 500ML

\$3.25

206797 \$6.50 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

B&C BEEF BONE BROTH
GRASS FED 300ML

\$6.99

210518 \$2.33 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

B&C CHICK BONE
BROTH F/RANGE 300ML

\$6.99

210729 \$2.33 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

SKITTLES SLUSHIE
180GM

\$3.19

214738 \$1.77 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

DENCORUB ARTHRITIS
CREAM 100GM

\$6.99

217322 \$6.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

TIBALDI MIDDLE
RLESS BACON 1KG

\$14.99

221591 \$14.99 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

BICKS PAPPLE/PFRUIT
CORDIAL 750ML

\$4.99

222033 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ENERGY
DRINK 500ML

\$3.00

224063 \$6.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

WINDEX GLASS ORIGINAL
TRIGGER 500ML

\$4.25

224100 \$0.85 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

WINDEX SURF/GLASS
TRIGGER 750ML

\$4.75

225648 \$0.63 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

WINDEX GLASS CRYSTAL
RAIN TRIG 500ML

\$4.25

226173 \$0.85 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

BICKS CORDIAL
GINGER BEER 750ML

\$4.99

226288 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

BICKS CORDIAL
LEMON/BARLEY 750ML

\$4.99

226739 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

BICKS CORDIAL
LEMON 750ML

\$4.99

226771 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

BICKS CORDIAL LEM
LIME BITTERS 750ML

\$4.99

226800 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MOUNT FRANKLIN LS
PASSIONFRUIT 1.25LT

\$2.50

226931 \$2.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

LOR ESP RISTRETTO
DECAF 10PK

\$5.25

227686 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DAIRY MILK
BOYSENBERRY 180GM

\$3.99

227790 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESP LUNGO
ESTREMO 10PK

\$5.25

228013 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SKITTLES GIANTS
FRUITS 170GM

\$3.19

228355 \$1.88 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SKITTLES GIANTS
SOURS 160GM

\$3.19

228371 \$1.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS THINLY CUT
LIGHT SALTED 175GM

\$4.49

228953 \$2.57 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SAN UP&GO ENERGZE
CHOC 250ML 3PK

\$3.99

230033 \$5.32 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

BICKS CORDIAL
LIME 750ML

\$4.99

230287 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CDM FREDDO
SHAREPACK 144GM

\$4.25

230842 \$2.95 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY DAIRY MILK
SHAREPACK 144GM

\$4.25

230850 \$2.95 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CDM MILKY TOP FREDDO
SHAREPACK 144GM

\$4.25

230949 \$2.95 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VIOLET CRUMBLE
50GM

\$1.29

237593 \$2.58 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MARS SALTED CARAMEL
HONEYCOMB 47GM

\$1.29

240522 \$2.74 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
ULTIMO 10PK

\$5.25

240565 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DREAM WHITE
XMAS BLOCK 170GM

\$3.99

248452 \$2.35 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ENERGY
MANGO LOCO 500M 4PK

\$9.99

249594 \$5.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OFF KIDS
AEROSOL 150GM

\$7.99

249703 \$5.33 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OFF KIDS PUMP
SPRAY 175ML

\$7.99

250042 \$4.57 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

OFF OLE REPELLENT
SPRAY 95ML

\$8.99

250069 \$9.46 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

FLORA LIGHT
500GM

MENTOS P/FRESH
SMOOTH MINT 30GM

SPRITE LEMON PLUS
ZERO SUGAR 10PK

\$4.99

250659 \$1.00 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$1.75

250771 \$5.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$11.99

251694 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SPRITE LEMON
PLUS 10PK

MONSTER MANGO
LOCO 500ML

NYAL COLD SORE
CRM BLIS 10GM

\$11.99

251846 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

\$3.00

252881 \$6.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

\$7.99

255353 \$79.90 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
CRUNCH SALT 150GM

SMITHS CRINKLE CRUNCH
BBQ RIBS 150GM

MT FRANKLIN M/W
SPARKLING LIME 1.25LT

\$4.49

255716 \$2.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$4.49

255839 \$2.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$2.50

257981 \$2.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OAK FLAVOURED MILK
CHOCOLATE 500ML

\$2.79

259952 \$5.58 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OAK FLAVOURED MILK
STRAWBERRY 500ML

\$2.79

259960 \$5.58 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAPT TABLE ROSEMARY/
THYME 125GM

\$1.25

263046 \$1.00 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LEG PESTO BASIL
SUND/TOM 190GM

\$4.49

265324 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LEG PESTO TRAD
BASIL 190GM

\$4.49

266896 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

COCA-COLA NO
SUGAR 10PK

\$11.99

268162 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CHIPS THN SR/
CRM & ONIO 175GM

\$4.49

269317 \$2.57 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CHIPS THN
CUT ORIGINAL 175GM

\$4.49

269376 \$2.57 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CHIPS THIN
SALT & VINEG 175GM

\$4.49

269413 \$2.57 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MUG SHOT CREAMY
CHEESE PASTA 68GM

\$1.25

269480 \$1.84 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MUG SHOT TOMATO
HERB PASTA 64GM

\$1.25

269552 \$1.95 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

AOS BARISTA
MACADAMIA MILK 1LT

\$3.75

273682 \$3.75 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAD DM MORE NUTS
SALT TOFFEE 165GM

\$3.99

274394 \$2.42 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD CARAMILK
BREAKWAY TAB 180GM

\$3.99

274415 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DM MIXED
NUTS 165GM

\$3.99

274466 \$2.42 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD OLD GOLD
FRUIT & NUT 165GM

\$3.99

274642 \$2.42 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

ZYMIL FULL CREAM
MILK UHT 3PK

\$2.49

274730 \$0.33 per 100ML
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA CLSC
DRK RST 200GM

\$14.45

277771 \$7.23 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
CHOCOLATE 10PK

\$5.25

277974 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
VANILLA 10PK

\$5.25

277990 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
CAMEL 10PK

\$5.25

278088 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VEGETA STOCK
GOURMET 250GM

\$2.99

278651 \$0.12 per 10GM
Specials available from 1/03/2023 until 14/03/2023.

ECLIPSE CHEWY PINK
LEMONADE 27GM

\$1.75

279187 \$6.48 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MISSION CORN CHIPS
TACO STYLE 230GM

\$3.25

281770 \$1.41 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

R/TIMMS GRANULATED
COFFEE 100GM

\$7.99

284517 \$7.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PODRAVKA CHICKEN
SPREAD 100GM

\$1.75

285587 \$1.75 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MENTOS P/FRESH
GRAPE GUM BTL 30GM

\$1.75

285632 \$5.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MONSTER GREEN
500ML 4PK

\$9.99

286117 \$5.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ULTRA
ZERO 500ML 4PK

\$9.99

286168 \$5.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SMITHS THINLY SWT
CHLIS/CREAM 175GM

\$4.49

286483 \$2.57 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

FLORA SPREAD S/R
SNFLWR 500GM

\$4.99

287400 \$1.00 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

FLORA SPREAD
ORIGINAL 500GM

\$4.99

287419 \$1.00 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

ECLIPSE CHEWY
MINTS P/MINT 27GM

\$1.75

287574 \$6.48 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

ECLIPSE CHEWY MINTS
SPEARMINT 27GM

\$1.75

288120 \$6.48 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VANILLA COCA
COLA 2LT

\$4.39

288550 \$2.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

PAULS ZYMIL UHT
FULL CREAM LF 1LT

\$2.69

288710 \$2.69 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

KRAFT CHEDDAR
CHEESE BLOCK 250GM

\$3.69

291485 \$1.48 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SAN UP&GO HONEYCOMB
250ML 3PK

\$3.99

292082 \$5.32 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

VEGETA CHICKEN
STOCK POWDER 200GM

\$2.99

294520 \$0.15 per 10GM
Specials available from 1/03/2023 until 14/03/2023.

VEGETA BEEF STOCK
POWDER 180GM

\$2.99

294539 \$0.17 per 10GM
Specials available from 1/03/2023 until 14/03/2023.

IQN COLLAGEN FIG/
LEMON BARS 45GM

\$3.99

296331 \$8.87 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

IQN COLLAGEN BLUEBRY/
ROSE BARS 45GM

\$3.99

296382 \$8.87 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ULTRA
500ML

\$3.00

296681 \$6.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAD DM MINT
BREAKAWAY 180GM

\$3.99

299882 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MISSION TORTILLA
STRIP WHT CRN 230GM

\$3.25

300556 \$1.41 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MISSION CORN CHIP
EXTREME CHSE 230GM

\$3.25

300695 \$1.41 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
ONYX 10PK

\$5.25

308670 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
SUPERIORE 10PK

\$5.25

308697 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
RISTRETTO 10PK

\$5.25

308734 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR LUNGO
PROFONDO 10PK

\$5.25

308830 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
PAPUA 10PK

\$5.25

308937 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LOR ESPRESSO
COLOMBIA 10PK

\$5.25

308961 \$10.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SAN UP&GO VANILLA
ICE 250ML 3PK

\$3.99

309163 \$5.32 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAD DM CREME
EGG BLOCK 180GM

\$3.99

310009 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS ZYMIL UHT
LOW FAT L/FREE 1LT

\$2.69

310199 \$2.69 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

POWERADE FLO CAP
KIWI PINE 600ML

\$3.29

310682 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAD DM BREAKAWAY
TABLET 180GM

\$3.99

310703 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DM PASCALL
CLINKERS 170GM

\$3.99

310711 \$2.35 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

POWERADE ZERO FLO
STRWBRY LEMN 600ML

\$3.29

310746 \$5.48 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MUG SHOT ROAST
CHICKEN 55GM

\$1.25

311079 \$2.27 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD TREAT SIZE
FLAKE 168GM

\$4.25

311386 \$2.53 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

BICKS PEACH ICE TEA
SF CORDIAL 750ML

\$4.99

313971 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

BICKS TROP SUGAR
FREE CORD 750ML

\$4.99

313998 \$6.65 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ULTRA
FIESTA MANGO 500 4PK

\$9.99

314069 \$5.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAD OLD GOLD
BREAKWAY TAB 180GM

\$3.99

315141 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MT FRANKLIN M/
WTR NAT 1.25LT

\$2.50

317454 \$2.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SNICKERS BAR
44GM

\$1.29

317489 \$2.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MT FRANKLIN M/
WTR LEMON 1.25LT

\$2.50

317550 \$2.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

TWIX BAR 50GM

\$1.29

325366 \$2.58 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

IQN H/GLOW COLLAGEN
BEAUTY PWD 90GM

\$23.99

326641 \$26.66 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

M&MS MINIS
35GM

\$1.29

326713 \$3.69 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VEGETA BEEF STEW/
MROOM/POT 400GM

\$3.25

328284 \$0.81 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VEGETA BEEF STEW/
PEAS/POT 400GM

\$3.25

328305 \$0.81 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VEGETA PORK CASS/
POT/CARROTS 400GM

\$3.25

328372 \$0.81 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VEGETA CHICK CASS/
SPRING VEG 400GM

\$3.25

328399 \$0.81 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD TURK DELIGHT
SH/PACK 180GM

\$4.25

328698 \$2.36 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

COCA COLA NO
SUGAR 2LT

\$4.39

328778 \$2.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

NABISCO CAPT
TABLE CLAS 125GM

\$1.25

342609 \$1.00 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

NABISCO CAPT TABLE
CRPEP 125GM

\$1.25

342756 \$1.00 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MENTOS PURE FRSH
GUM BTL SMINT 30GM

\$1.75

343636 \$5.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MENTOS P/FRESH
STRAWBERRY BTL 30GM

\$1.75

343791 \$5.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY DAIRY MILK
HAZELNUT 180GM

CADBURY DAIRY MILK
ROAST ALMON 180GM

CADBURY DAIRY MILK
FRUIT AND N 180GM

\$3.99

347151 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$3.99

347178 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$3.99

347186 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CDM PACKED WITH
CRUNCHIE 180GM

CADBURY DAIRY MILK
DREAM 180GM

CADBURY DAIRY MILK
TURKISH DEL 180GM

\$3.99

347207 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$3.99

347215 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$3.99

347231 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY DAIRY MILK
BLK FOREST 180GM

CADBURY DAIRY MILK
SNACK 180GM

CADBURY DAIRY MILK
CARMELLO 180GM

\$3.99

347258 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$3.99

347266 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$3.99

347282 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY DAIRY MILK
TOP DECK 180GM

\$3.99

347338 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY DAIRY MILK
PEPPERMINT 180GM

\$3.99

347354 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY OLD GOLD
ROAST ALMOND 180GM

\$3.99

347362 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY OLD GOLD
JAMAICA RR 180GM

\$3.99

347370 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CDM MC JELLY POP
CANDY BEANIES 190GM

\$3.99

347485 \$2.10 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CADBURY OLD
GOLD DARK 180GM

\$3.99

347610 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CDM BUBBLY MILK
160GM

\$3.99

347725 \$2.49 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CDM BUBBLY MINT
160GM

\$3.99

347733 \$2.49 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SPRITE NO SUGAR
10PK

\$11.99

348146 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

CAD OLD GOLD
PEPPERMINT 180GM

\$3.99

348170 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DM TROP
PINEAPPLE 180GM

\$3.99

348242 \$2.22 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MISSION CHIPS
CHILLI & LIME 230GM

\$3.25

355725 \$1.41 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

SAN UP & GO NAS
VANILLA 250ML 3PK

\$3.99

359638 \$5.32 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

PAULS ZYMIL SKIM
UHT MILK 1LT

\$2.69

367865 \$2.69 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SPRITE NO SUGAR
2LT

\$4.00

377772 \$2.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA MOCHA
KENYA STYLE FD 200GM

\$14.45

383902 \$7.23 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA FRENCH
STYLE FD 200GM

\$14.45

383937 \$7.23 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MOCCONA ESPRESSO
STYLE FD 200GM

\$14.45

384040 \$7.23 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

QUEST COOKIES &
CREAM PROTEIN 60GM

\$3.49

384796 \$5.82 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

QUEST CHOC CHIP COOK
DOUGH BAR 60GM

\$3.49

384809 \$5.82 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

QUEST CHOCOLATE
BROWNIE BAR 60GM

\$3.49

384817 \$5.82 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

QUEST CARAMEL CHOC
CHUNK BAR 60GM

\$3.49

384833 \$5.82 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

QUEST CHOCOLATE
CHIP COOKIE 59GM

\$3.49

384868 \$5.92 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

QUEST DOUBLE CHOC
CHIP COOKIE 59GM

\$3.49

384876 \$5.92 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

COCA COLA NO
SUGAR CF 10PK

\$11.99

385430 \$3.20 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SMITHS CRINKLE
CRISP BACON 150GM

\$4.49

385860 \$2.99 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD CARAMILK
MARBLE 173GM

\$3.99

386839 \$2.31 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ULTRA
ROSA CAN 500ML

\$3.00

387815 \$6.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

MONSTER ULTRA
ROSA 500ML 4PK

\$9.99

387823 \$5.00 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

SNICKERS WHITE
BAR 40GM

\$1.29

392657 \$3.23 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

M&MS MILK 49GM

\$1.29

397095 \$2.63 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

M&MS PEANUT
46GM

\$1.29

397183 \$2.80 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

JCS CASHEWS
SALTED 500GM

\$13.99

410288 \$27.98 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

JCS CASHEWS
UNSALTED 500GM

\$13.99

410296 \$27.98 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

JCS MIXED NUTS
SALTED PREM 350GM

\$8.49

416196 \$24.26 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

JCS MIXED NUTS
UNSALTED PREM 350GM

\$8.49

416209 \$24.26 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

A/GROVE FETTA
140GM

\$4.25

428613 \$30.36 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

JCS OUTBACK MIX
500GM

\$10.49

464921 \$20.98 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

NAT BEEF & CARMELISED
ONION 2PK

\$7.49

478311 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

JCS CORN CHIPS
NATURAL 500GM

\$6.49

498590 \$1.30 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

JCS BACKYARD
BBQ MIX 375GM

\$6.49

500451 \$17.31 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

JCS PISTACHIOS
SALTED 375GM

\$11.99

501294 \$31.97 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

NAT CURRIED CHCKN
PIES 360G 2PK

\$7.49

560999 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

NAT CLSC BEEF/CHEESE
PIES 360G 2PK

\$7.49

569803 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

CAD DREAM WITH
OREO 170GM

\$3.99

602319 \$2.35 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OAK SPLICE PINE
LIME 600ML

\$3.50

608155 \$5.83 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

LEMNOS TRADITIONAL
FETTA 400GM

\$7.49

610538 \$1.87 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

TIBALDI SKINLESS
FRANKFURTS 1.55KG

\$13.99

616964 \$9.03 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

C/NB MASTER LOWER
CARB BREAD 680GM

\$3.69

620293 \$0.54 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OAK CHOC MINT
FLAVOURED MILK 600ML

\$3.50

623152 \$5.83 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

PAULS CUSTARD
VANILLA BEAN 170GM

\$2.49

626564 \$1.46 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VAALIA YOG L/FAT S/
BERRY MANGO 4PK

\$4.75

628121 \$0.79 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS CUSTARD
CHOCOLATE 150G 6PK

\$6.25

628316 \$0.69 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS CUSTARD VIOLET
CRUMBLE 170GM

\$2.49

636033 \$1.46 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS CUST C/CHUP
S/BRY CREAM 170GM

NAT PULLED PORK
PIE 2PK

PATTIES MINI
COMBOS 1KG

\$2.49

636092 \$1.46 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$7.49

637853 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$14.99

643436 \$1.50 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

JCS SESH SNACKS
CAMPFIRE 130GM

JCS SESH SNACKS
DROVERS 130GM

JCS SESH SNACKS
NIPPERS 130GM

\$4.25

646987 \$3.27 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$4.25

646995 \$3.27 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$4.25

647007 \$3.27 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

JCS SESH SNACKS
EASY RIDER 130GM

JCS SESH SNACKS
SALTIES 115GM

JCS SESH SNACKS
DESERT HEAT 130GM

\$4.25

647031 \$3.27 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$4.25

647066 \$3.70 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

\$4.25

647090 \$3.27 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

NIPPYS ORANGE/MANG
COLD PRS 450ML

\$2.49

655541 \$5.53 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OAK CHOC
HONEYCOMB 600ML

\$3.50

671146 \$5.83 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

JCS POP FICTION P/
CORN S/SALT 80GM

\$2.49

676297 \$3.11 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

JCS POP FICTION P/
CORN BUTTER 100GM

\$2.49

676369 \$2.49 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

JCS POP FICTION P/
CORN CHEDDAR 100GM

\$2.49

676414 \$2.49 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

JCS POP FICTION P/
CORN SWT/SLT 120GM

\$2.49

676537 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

NAT CHICKEN &
CAMEMBERT 2PK

\$7.49

679383 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

NAT CHNKY BEEF R/
WINE & MUSHRM 2PK

\$7.49

679391 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

NAT CLASSIC BEEF
& PEPPER 2PK

\$7.49

679404 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VAALIA L/F FRN
VAN YOG 4PK

\$4.75

689936 \$0.79 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VAALIA R/F FRN
VAN YOG 900GM

\$5.99

696722 \$0.67 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

LEMNOS HALOUMI
BLOCK 600GM

\$11.99

698533 \$19.98 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

NAT CHICKEN &
MUSHROOM 2PK

\$7.49

699835 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VAALIA LF LUSC
BERRIES 900GM

\$5.99

716885 \$0.67 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VAALIA L/F LEMON
CREME 4PK

\$4.75

717044 \$0.79 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

NAT CHEESE
BURGER 180G 2PK

\$7.49

717933 \$2.08 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

C/NB MASTER 9 GRN
S/WICH 680GM

\$3.69

740164 \$0.54 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

C/NB MASTER 9
GRAIN TOAST 680GM

\$3.69

740172 \$0.54 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS CUSTARD
VANILLA 140GM

\$1.79

900041 \$1.28 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS CUSTARD
CHOCOLATE 140GM

\$1.79

900068 \$1.28 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS BLUEY
CHOCOLATE MILK 250ML

\$2.19

902856 \$8.76 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

VAALIA L/F NATURAL
YOGHURT 900GM

\$5.99

903277 \$0.67 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS SIMPLY FRESH
MEAL BASEST 450GM

\$4.99

903285 \$1.11 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS S/FRESH M/BASE
BTR CHKN 450GM

\$4.99

903322 \$1.11 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS S/FRESH M/BASE
CARBONARA 450GM

\$4.99

903605 \$1.11 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS BLUEY
STRAWBERRY MILK 250ML

\$2.19

903621 \$8.76 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OAK CARAMEL WHITE
CHOC MILK 600ML

\$3.50

906443 \$5.83 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

PAULS ZYMIL FULL
FAT L/F MILK 1LT

\$3.99

906881 \$3.99 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

PAULS BANANA
CUSTARD 70GM

\$1.49

907163 \$2.13 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS VANILLA
CUSTARD 70GM

\$1.49

907569 \$2.13 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VAALIA PROBIOTIC
KEFIR PLAIN 700GM

\$5.99

907796 \$0.86 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

VAALIA PROBIOTIC
KEFIR VANILLA 700GM

\$5.99

907817 \$0.86 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA MEXICAN STYLE
SALSA DIP 220GM

\$4.25

908561 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA HOMMUS EX/
RICH TAHINI DI 200GM

\$4.25

908596 \$2.13 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

RED ROCK THAI
CHILLILIMECASHEW 150GM

\$4.25

908617 \$2.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS ZYMIL L/F
LAC/FREE MILK 1LT

\$3.79

909652 \$3.79 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OBELA GARNISHED
TABOULI 220GM

\$4.25

913707 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

RED ROCK DELI DIPS
CHILLI CAPS 150GM

\$4.25

913731 \$2.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OAK FLV MILK
CHOCOLATE 600ML

\$3.50

916369 \$5.83 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OAK FLAVOURED MILK
STRAWBERRY 600ML

\$3.50

916457 \$5.83 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OBELA HOMMUS
CAMELISED ONION 220GM

\$4.25

922611 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA HOMMUS SPICY
HARISSA 220GM

\$4.25

922726 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA HOMMUS SWT
BEETROOT 220GM

\$4.25

922734 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA GRKSTYL YGHRT
CUCUM/DILL 220GM

\$4.25

922769 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

INGHAM BRST TENDER
STHN STYLE 400GM

\$6.49

923470 \$16.23 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

KRAFT SINGLES
REGULAR 432GM

\$7.99

923489 \$18.50 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

RED ROCK DELI DIP
RST PUMP/ON 150GM

\$4.25

924975 \$2.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

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

\$4.25

925003 \$2.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA HOMMUS SMOOTH
CLASSIC 220GM

\$3.89

930742 \$1.77 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

C/NB MASTER M/GRAIN
SANDWICH 700GM

\$3.69

932588 \$0.53 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS CUSTARD
STRAWBERRY 70GM

\$1.49

944933 \$2.13 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA HOMMUS PINE
NUT GARNISH 220GM

\$4.25

951981 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA HOMMUS ZESTY
JALAPENO GR 220GM

\$4.25

952044 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

RED ROCK DIP
BEETROOT/FETTA 150GM

\$4.25

953741 \$2.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

RED ROCK DELI DIP
CAP/PEP 150GM

\$4.25

953821 \$2.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

INGHAM CHICKEN
BRST TENDERS 400GM

\$6.49

956192 \$16.23 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

INGHAM CHICKEN
TENDERS CHILLI 400GM

\$6.49

956619 \$16.23 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

FLORA SPREAD
BUTTERY 500GM

\$4.99

957945 \$1.00 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS CUSTARD S/
PACK VANILLA 6PK

\$6.25

961282 \$0.69 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

RRD BASIL PESTO
PECORINO&CASH 150GM

\$4.25

967393 \$2.83 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

C/NB MASTER LOAF
WHITE SANDWCH 700GM

\$3.69

972467 \$0.53 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

C/NB MASTER LOAF
TOAST 700GM

\$3.69

972600 \$0.53 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

C/NB MASTER W/MEAL
SAND LOAF 700GM

\$3.69

972619 \$0.53 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

C/NB MASTER W/MEAL
TOAST LOAF 700GM

\$3.69

972790 \$0.53 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

B/EYE FISH
FINGERS 375GM

\$5.99

980707 \$15.97 per 1KG
Specials available from 1/03/2023 until 14/03/2023.

PAULS BLUEY
BANANA MILK 250ML

\$2.19

990147 \$8.76 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

4N20 PIE ANGUS
BEEF/PEPPER 4PK

\$8.99

992724 \$1.28 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

4N20 MEAT FREE
PIE 700G 4PK

\$8.99

992732 \$1.28 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

4N20 PIE ANGUS
CHEESE/BACON 4PK

\$8.99

992740 \$1.28 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

4N20 PIE ANGUS
BEEF 700G 4PK

\$8.99

992783 \$1.28 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

NIPPYS ORANGE NAS
COLD PRESS 450ML

\$2.49

994279 \$5.53 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

NIPPYS APPLE/BLKCRT
COLD PRESS 450ML

\$2.49

994295 \$5.53 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

NIPPYS APPLE COLD
PRESSED 450ML

\$2.49

994308 \$5.53 per 1LT
Specials available from 1/03/2023 until 14/03/2023.

OBELA GARN HOMMUS
LEMON DUKKAH 220GM

\$4.25

996696 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

OBELA GARN HOMMUS
RST CAPSICUM 220GM

\$4.25

996709 \$1.93 per 100GM
Specials available from 1/03/2023 until 14/03/2023.

PAULS STRAWBERRY
CUSTARD POUCH 140GM

\$1.79

996899 \$1.28 per 100GM
Specials available from 1/03/2023 until 14/03/2023.