

MT FRANKLIN
600ML

\$2.50

2997 \$4.17 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CADBURY MINI
FINGERS 116GM

\$3.49

6322 \$3.01 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CADBURY MINI FREDDO
& FRIENDS 139GM

\$3.49

6330 \$2.51 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OREO MINI
CHOCOLATE 157GM

\$3.49

12087 \$2.22 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OREO MINI
ORIGINAL 157GM

\$3.49

12095 \$2.22 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

COCA-COLA PLASTIC
BOTTLE 2LT

\$4.00

15560 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

COCA COLA DIET
2LT

\$4.00

15587 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SPRITE LEMONADE
PET 2LT

\$4.00

15640 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

FANTA ORANGE
2LT

\$4.00

15659 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SAN SO GOOD
REGULAR 1LT

\$2.25

30752 \$2.25 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SAN SO GOOD
LITE RECAP 1LT

\$2.25

30787 \$2.25 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

VEGETA ORG GOURMET
STK PWD 160GM

\$3.49

101290 \$0.22 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ENERGY
DRINKPIPELINE P 500ML

\$3.00

103026 \$6.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
CHICK PARM 150GM

\$3.99

106104 \$2.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

333 COUNTRY STYLE
APPLE SAUCE 250GM

\$2.99

106147 \$1.20 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
REDS BURGER 150GM

\$3.99

106454 \$2.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE CHICK
TERIYAKI 150GM

\$3.99

106489 \$2.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
PIZZA MELT 150GM

\$3.99

108564 \$2.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SAN SO GOOD
OAT NAS UHT 1LT

\$2.79

109268 \$2.79 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO CAP
GOLD RUSH 600ML

\$3.00

109356 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

EVA SARDINES IN
VEGETABLE OIL 115GM

\$1.49

111392 \$12.96 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

ATKINS END CHOC
COVERED ALMOND 5PK

\$12.99

112336 \$8.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

RED KELLYS TAS SWT
CHILLI/LIME 250ML

\$3.99

112715 \$1.60 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

COKE VANILLA 10
X 375ML 10PK

\$10.50

113670 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO
STRAW LEMON 600ML

\$3.00

124804 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SAN UP&GO CHOC
ICE MALT 250ML 6PK

\$6.99

127706 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

DIFFLAM DUAL
HONEY&LEMON LOZ 32'S

\$9.99

128135 \$0.31 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

DIFFLAM PLUS ANAEST
H&L LOZ 32'S

\$13.99

128143 \$0.44 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

DURO TUSS LINGER
COUGH LIQUID 200ML

\$13.49

128565 \$6.75 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
CHILLI 170GM

\$3.99

128581 \$2.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

NYAL DECONGESTANT
TABLETS 24'S

\$9.99

128792 \$0.42 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

NYAL GENTLE NASAL
SPRAY SALINE 30ML

\$7.99

129445 \$26.63 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

DIFFLAM PLUS TRIPLE
BERRY LOZ 32'S

\$13.99

129779 \$0.44 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

DIFFLAM PLUS ANAEST
THROAT SPR 30ML

\$16.99

129795 \$56.63 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

NIPPYS PINK G/FRUIT
COLD PRESS 1LT

\$4.49

129840 \$4.49 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO
BERRY ICE 600ML

\$3.00

131000 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO CAP
MOUNT BLAST 600ML

\$3.00

131019 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO CAP
LEMON/LIME 600ML

\$3.00

131027 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO ZERO
BERRY ICE 600ML

\$3.00

131043 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO ZERO
MOUNT BLAST 600ML

\$3.00

131051 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO CAP
BLACKCURRANT 600ML

\$3.00

131078 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MCLNS PROTECT
F/MINT 170GM

\$2.69

134658 \$1.58 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

POWERADE ACTIVE
WATER MANGO 600ML

\$3.00

138405 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE ACTIVE
WATER APP&PCH 600ML

\$3.00

138413 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE ACTIVE
WATER LEMON 600ML

\$3.00

138421 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MOCCONA SACHETS
CAPPUCCINO 10PK

\$3.79

142682 \$2.92 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOCCONA SACHETS
LATTE 10PK

\$3.79

142690 \$2.56 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOCCONA SACHETS
SKIMCAPP 10PK

\$3.79

143108 \$3.11 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOCCONA SACHETS
DOUBLE S LATTE 10PK

\$3.79

143319 \$2.71 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOCCONA SACHETS
STRONG CAPP 10PK

\$3.79

143343 \$2.87 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOCCONA SACHETS
CARAMEL LATTE 10PK

\$3.79

143431 \$2.77 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOCCONA SACHETS
SWEET CAPP 10PK

\$3.79

143458 \$2.73 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOCCONA SACHETS
VANILLA LATTE 10PK

\$3.79

143466 \$2.92 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ULTRA
FIESTA MANGO 500ML

\$3.00

143546 \$6.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CASC CORD
RASPBERRY 750ML

\$5.65

146237 \$7.53 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

FLORA PRO ACTIVE
BUTTERY 250GM

\$6.25

146536 \$2.50 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MT FRANKLIN SPARK
RASPBERRY 1.25LT

\$2.50

155539 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

ROSES GIFT BAG
150GM

\$5.15

158190 \$3.43 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

TOBLERONE GIFT
POUCH 120GM

\$5.15

158254 \$4.29 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CADBURY DAIRY MILK
GIFT BOX 220GM

\$6.99

158350 \$3.18 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

RED KELLYS CRMY
CHIPOTLE RANCH 250ML

\$3.99

159433 \$1.60 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

FERRERO ROCHER
COLLECTION T15 172.2GM

\$12.99

159644 \$7.54 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

COCA COLA DIET
10X375ML 10PK

\$10.50

159652 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

COCA COLA DRINK
375ML 10PK

\$10.50

159679 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SPRITE 375ML
10PK

\$10.50

159687 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

FANTA ORANGE
375ML 10PK

\$10.50

159695 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

KIDDYLICIOUS VEGGIE
STRAWS 12GM

\$2.25

166254 \$18.75 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ULT PARADISE
GREEN 500ML

\$3.00

168161 \$6.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

RAID EARTH OPTIONS
MIK 320GM

\$7.99

168911 \$2.50 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCK COCONUT
DESICCATED 250GM

\$2.29

174481 \$9.16 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

MEDIX EPSOM
SALTS 1KG

\$5.99

176540 \$0.60 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MEDIX IBUPROFEN
SOFT GEL CAPS 20'S

\$3.99

176559 \$0.20 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

ATKINS END CARAMEL
NUT CHEW 5PK

\$12.99

178984 \$7.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

ATKINS END MILK
CHOCOLATE 5PK

\$12.99

178992 \$8.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

ATKINS L/CARB CHOC
PROTEIN SHK 330ML

\$3.99

179012 \$1.21 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

ATKINS L/CARB
CRISPBREAD 100GM

\$3.99

179020 \$3.99 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SAN UP&GO NAS
VANILLA 250ML 6PK

\$6.99

182406 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SAN UP&GO NAS
CHOCOLATE 250ML 6PK

\$6.99

182414 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CAPI SODA WATER
750ML

\$3.49

184022 \$4.65 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CAPI TONIC 750ML

\$3.49

184065 \$4.65 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CAPI SPARKLING
MINERAL WATER 750ML

\$2.99

184081 \$3.99 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

NICABATE MINIMINT
LOZ 1.5MG 60PK

\$31.99

187880 \$0.53 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

NICABATE MINI
1.5MG 20PK

\$11.99

187899 \$0.60 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

NICABATE GUM EX/
FRESH MINT 2MG 30PK

\$12.99

187901 \$0.43 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

NICABATE CLEAR
PATCH 21MG 7PK

\$32.99

187928 \$4.71 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

BATISTE DRY SHAMPOO
ROSE GOLD 350ML

\$14.99

195688 \$4.28 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

BATISTE DRY SHAMPOO
DIVINE DAR 350ML

\$17.99

195784 \$5.14 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

EVA SARDINES IN
OLIVE OIL 115GM

\$1.49

196664 \$12.96 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

VEGETA CHICKEN
STOCK CUBES 60GM

\$1.25

196859 \$0.21 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

VEGETA BEEF STOCK
CUBES 60GM

\$1.25

196947 \$0.21 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE SALT
& VINEGAR 170GM

\$3.99

196963 \$2.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
CHEESE & ONION 170GM

\$3.99

196971 \$2.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
BBQ 170GM

\$3.99

196998 \$2.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
CHICKEN 170GM

\$3.99

197018 \$2.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
ORIGINAL 170GM

\$3.99

197026 \$2.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ULTRA
GOLD 500ML

\$3.00

200811 \$6.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA FIERY
JALAPENO 95GM

\$2.45

202630 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP
SMKD 95GM

\$2.45

204302 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

ICE BREAK UHT ESP
RECHARGE 500ML

\$3.49

206797 \$6.98 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CADBURY ROSES
225GM

\$6.49

210921 \$2.88 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ENERGY
DRINK 500ML

\$3.00

224063 \$6.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MOUNT FRANKLIN LS
PASSIONFRUIT 1.25LT

\$2.50

226931 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

LOR ESP RISTRETTO
DECAF 10PK

\$5.99

227686 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESP LUNGO
ESTREMO 10PK

\$5.99

228013 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SAN UP&GO
BANANA 250ML 6PK

\$6.99

228494 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CHUPA CHUP THE
BEST OF BAG 96GM

\$1.99

228814 \$2.07 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS THINLY CUT
LIGHT SALTED 175GM

\$3.99

228953 \$2.28 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SAN UP&GO
STRAWBERRY 250ML 6PK

\$6.99

230092 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CAD TWIRL BITES
STRAWBERRY 110GM

\$3.69

230973 \$3.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JOHNNOS TOMATO
CHUTNEY 400GM

\$6.25

233015 \$1.56 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CHAPSTICK LIP BALM
S/BERRY 4.2GM

\$3.99

233381 \$95.00 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CHAPSTICK LIP
COND 15+ 4.2GM

\$3.99

233410 \$95.00 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JOHNNOS TOMATO
RELISH 400GM

\$6.25

233496 \$1.56 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JOHNNOS GREEN
TOMATO PICKLE 400GM

\$6.25

233509 \$1.56 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JOHNNOS CHUTNEY
WITH ATTITUDE 400GM

\$6.25

233517 \$1.56 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JOHNNOS WORCESTERSHIRE
SCE 520GM

\$6.25

233998 \$1.20 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JOHNNOS TOMATO
SAUCE 520GM

\$6.25

234472 \$1.20 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JOHNNOS SPICY
BBQ SAUCE 520GM

\$6.25

234528 \$1.20 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

AUST OWN ALMOND
MILK U/SWEET 1LT

\$2.25

237147 \$2.25 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

VIOLET CRUMBLE
50GM

\$1.29

237593 \$2.58 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
ULTIMO 10PK

\$5.99

240565 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCLNS SENSITIVE
T/PASTE 100GM

\$4.99

245542 \$4.99 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SAN UP&GO ENERGIZE
CHOC 250ML 6PK

\$6.99

246625 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

WRIG EXTRA WHITE
SPEARMINT TAB 14'S

\$1.99

247134 \$7.37 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

WRIG EXTRA WHITE
PEPPERMINT TAB 14'S

\$1.99

247249 \$7.37 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCK SEA SALT
GRINDER 115GM

\$4.49

248356 \$0.39 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

MCK BLK PEPPER
GRINDER 55GM

\$4.49

248364 \$0.82 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

WRIG EXTRA PAPPLE/
COCONUT 27GM

\$1.99

248823 \$7.37 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ENERGY
MANGO LOCO 500M 4PK

\$9.00

249594 \$4.50 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

OFF OLE REPELLENT
SPRAY 95ML

\$9.49

250069 \$9.99 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

ATKINS END CHOC
COCONUT 5PK

\$12.99

250237 \$6.50 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

ATKINS DAYBREAK S/
SALT CARAMEL 5PK

\$11.99

250261 \$6.48 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

ATKINS DAYBREAK
HNUT CRISP 5PK

\$11.99

250536 \$6.48 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

ATKINS ADV COOKIES
& CREAM 5PK

\$12.99

250544 \$8.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SPRITE LEMON PLUS
ZERO SUGAR 10PK

\$10.50

251694 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SPRITE LEMON
PLUS 10PK

\$10.50

251846 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MONSTER MANGO
LOCO 500ML

\$3.00

252881 \$6.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CAD FLAKE BITES
PILLOW 150GM

\$3.69

255492 \$2.46 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
CRUNCH SALT 150GM

\$3.99

255716 \$2.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE CRUNCH
BBQ RIBS 150GM

\$3.99

255839 \$2.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

23RD STREET G&T
0% ALCOHOL 4PK

\$13.99

256655 \$11.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

RED KELLYS BALSAMIC
DRESSING 250ML

\$4.99

257770 \$2.00 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

MT FRANKLIN M/W
SPARKLING LIME 1.25LT

\$2.50

257981 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

OAK FLAVOURED MILK
CHOCOLATE 500ML

\$2.79

259952 \$5.58 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

OAK FLAVOURED MILK
STRAWBERRY 500ML

MCK SHREDDED
COCONUT 215GM

CAD DM STRAWBERRY
BLOCK 343GM

\$2.79

259960 \$5.58 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

\$2.99

261921 \$13.91 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

\$6.49

262465 \$1.89 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

SAN UP&GO ENERGZE
VANILLA 250M 6PK

SAN UP&GO ENERGZE
COFFEE 250ML 6PK

COCA-COLA NO
SUGAR 10PK

\$6.99

267602 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

\$6.99

268082 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

\$10.50

268162 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CHIPS THN SR/
CRM & ONIO 175GM

SMITHS CHIPS THN
CUT ORIGINAL 175GM

SMITHS CHIPS THIN
SALT & VINEG 175GM

\$3.99

269317 \$2.28 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

\$3.99

269376 \$2.28 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

\$3.99

269413 \$2.28 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CAD FAVOURITES
DARK 352GM

\$11.99

274618 \$3.41 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
CHOCOLATE 10PK

\$5.99

277974 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
VANILLA 10PK

\$5.99

277990 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCK GROUND
RICE 375GM

\$1.69

278037 \$4.51 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
CARAMEL 10PK

\$5.99

278088 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

VEGETA STOCK
GOURMET 250GM

\$2.49

278651 \$0.10 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP LITE
S/WATER 95GM

\$2.45

278758 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

NIPPYS BLOOD ORANGE
COLD PRESS 1LT

\$4.49

279048 \$4.49 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

WRIG EXTRA INTENSE
MINT TAB 27GM

\$1.99

279179 \$7.37 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

5 GUM SWEET
MINT STICK 32GM

\$1.99

279347 \$6.22 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

B&C BEEF BONE BROTH
GR/F NAT 100GM

\$19.99

279857 \$2.00 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

B&C BEEF BONE BROTH
GR/F+MROOM 100GM

\$19.99

279945 \$2.00 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

MCK CREAM OF
TARTAR 125GM

\$3.99

282271 \$3.19 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

5 GUM BLUEBERRY
32GM

\$1.99

282335 \$6.22 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

5 GUM WATERMELON
32GM

\$1.99

282693 \$6.22 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

WARD MCK BAKING
POWDER 125GM

\$2.49

285288 \$1.99 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

VEGETA GOURMET
STOCK PWD 1KG

\$9.99

285544 \$0.10 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

PODRAVKA CHICKEN
SPREAD 100GM

\$1.99

285587 \$1.99 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER GREEN
500ML 4PK

\$9.00

286117 \$4.50 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ULTRA
ZERO 500ML 4PK

\$9.00

286168 \$4.50 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SMITHS THINLY SWT
CHLIS/CREAM 175GM

\$3.99

286483 \$2.28 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

VANILLA COCA
COLA 2LT

\$4.00

288550 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

WRIG EXTRA ENV
SPEARMINT 14'S

\$1.99

289692 \$7.37 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

WRIG EXTRA ENV
PEPPERMINT 14'S

\$1.99

289705 \$7.37 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

KRAFT CHEDDAR
CHEESE BLOCK 250GM

\$3.49

291485 \$1.40 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

KRAFT CHEESE
STICKS 240GM

\$5.49

291653 \$13.73 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

VEGETA CHICKEN
STOCK POWDER 200GM

\$2.49

294520 \$0.12 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

VEGETA BEEF STOCK
POWDER 180GM

\$2.49

294539 \$0.14 per 10GM
Specials available from 29/03/2023 until 11/04/2023.

IQN COLLAGEN FIG/
LEMON BARS 45GM

\$3.99

296331 \$8.87 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

IQN COLLAGEN BLUEBRY/
ROSE BARS 45GM

\$3.99

296382 \$8.87 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ULTRA
500ML

\$3.00

296681 \$6.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

J/WEST TUNA STRT
ASN MALAY CUR 95GM

\$2.45

305031 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

NICABATE GUM 4MG
XFRESH MINT 30'S

\$12.99

307993 \$0.43 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

MACLEANS EXTRM CLEAN
WHITENING 170GM

\$4.49

308400 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MACLEANS EXTRM
FRESH CLEAN 170GM

\$3.99

308419 \$2.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
ONYX 10PK

\$5.99

308670 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
SUPERIORE 10PK

\$5.99

308697 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
RISTRETTO 10PK

\$5.99

308734 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR LUNGO
PROFONDO 10PK

\$5.99

308830 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
PAPUA 10PK

\$5.99

308937 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LOR ESPRESSO
COLOMBIA 10PK

\$5.99

308961 \$11.52 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

POWERADE FLO CAP
KIWI PINE 600ML

\$3.00

310682 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

POWERADE ZERO FLO
STRWBRY LEMN 600ML

\$3.00

310746 \$5.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ULTRA
FIESTA MANGO 500 4PK

\$9.00

314069 \$4.50 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MT FRANKLIN M/
WTR NAT 1.25LT

\$2.50

317454 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MT FRANKLIN M/
WTR LEMON 1.25LT

\$2.50

317550 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MCK FLOUR RICE
375GM

\$1.69

318609 \$4.51 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

IQN H/GLOW COLLAGEN
BEAUTY PWD 90GM

\$24.99

326641 \$27.77 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

COCA COLA NO
SUGAR 2LT

\$4.00

328778 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

JW TUNA TEMPTERS
SWT CHILLI 95GM

\$2.45

329930 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

CAD CURLY WURLY
SQUIRLIES 110GM

\$3.69

333454 \$3.35 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

WRIG EXTRA ENV
STRAWBERRY 14'S

\$1.99

333614 \$7.37 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP
LEM/PEP 95GM

\$2.45

334297 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP
ONION SCE 95GM

\$2.45

334318 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP Z/
VINIGRET 95GM

\$2.45

334326 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP
TOM/BSL 95GM

\$2.45

334334 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP
CHILLI 95GM

\$2.45

334342 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

VEGETA SUPERIOR
CHICKEN STOCK 500ML

\$3.99

338175 \$0.80 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

VEGETA SUPERIOR
BEEF STOCK 500ML

\$3.99

338263 \$0.80 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

SAN UP&GO VANILLA
ICE 250ML 6PK

\$6.99

347688 \$4.66 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SPRITE NO SUGAR
10PK

\$10.50

348146 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP
IND CURRY 95GM

\$2.45

349974 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

CADBURY
FAVOURITES 373GM

\$11.99

351687 \$3.21 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

KIDDYLICIOUS CHEESY
STRAWS 12GM

\$2.25

354722 \$18.75 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CAD DM TOP DECK
340GM

\$6.49

358803 \$1.91 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCLNS PROTECT
M/MINT 170GM

\$2.69

362845 \$1.58 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

BATISTE VOLUME
DRY SHAMPOO 350ML

\$17.99

362853 \$5.14 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

OZKLEEN MOULD
POWER TRIGGER 500ML

\$6.99

364226 \$1.40 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

RED KELLYS TAS SP
ITALIAN DRES 250ML

\$3.99

365392 \$1.60 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

RED KELLYS CAESAR
DRESSING 250ML

\$3.99

365448 \$1.60 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

RED KELLYS TAS TRAD
DRESSING 250ML

\$3.99

365456 \$1.60 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

RED KELLYS TAS LEM/
MYRT DRESS 250ML

\$3.99

365472 \$1.60 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

RED KELLYS TAS BASIL/
GRL DRESS 250ML

\$3.99

365499 \$1.60 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

MCK GELATINE
100GM

\$3.99

368577 \$3.99 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP
MANGO/CHILLI 95GM

\$2.45

369465 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA IN OLIVE
OIL BLEND 95GM

\$2.45

369852 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

RAID MIK 1SHOT
ODRLSDOUBLE NOZ 320GM

\$7.99

371784 \$2.50 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

RAID FIK 1SHOT
ODRLSDOUBLE NOZ 320GM

\$7.99

371792 \$2.50 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

ROCHER GIFT BOX
T16 200GM

\$12.99

372701 \$6.50 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP
SWTCRN/MAYO 95GM

\$2.45

374213 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

J/W TUNA TEMP CHNKY
SPRINGWTR 95GM

\$2.45

374301 \$25.79 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

MACLEANS T/BRUSH
JUN SFT 7+ 1EA

\$2.99

376067 \$2.99 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

SPRITE NO SUGAR
2LT

\$4.00

377772 \$2.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

ATKINS END CHERRY
COCONUT MULT 5PK

\$12.99

384884 \$7.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

COCA COLA NO
SUGAR CF 10PK

\$10.50

385430 \$2.80 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SMITHS CRINKLE
CRISP BACON 150GM

\$3.99

385860 \$2.66 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ULTRA
ROSA CAN 500ML

\$3.00

387815 \$6.00 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

MONSTER ULTRA
ROSA 500ML 4PK

\$9.00

387823 \$4.50 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

CAD DAIRY MILK
CARAMELLO 345GM

\$6.49

389933 \$1.88 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CAD DAIRY MILK
360GM

\$6.49

392382 \$1.80 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CAD FRUIT & NUT
360GM

\$6.49

392403 \$1.80 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CAD CARAMILK
315GM

\$6.49

392411 \$2.06 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CAD OLD GOLD RUM
& RAISIN 315GM

\$6.49

392438 \$2.06 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MEDIX IBUPROFEN
MINI CAPS 25'S

\$3.49

392534 \$0.14 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

MEDIX PARACETAMOL
RAPID 20'S

\$4.49

392542 \$0.22 per 1EA
Specials available from 29/03/2023 until 11/04/2023.

BATISTE EDEN DRY
SHAMPOO 350ML

\$14.99

398020 \$4.28 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

BATISTE TROPICAL
DRY SHAMPOO 350ML

\$14.99

398039 \$4.28 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

BATISTE BRUNETTE
DRY SHAMPOO 350ML

\$17.99

398055 \$5.14 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

BATISTE ORIGINAL
DRY SHAMPOO 350ML

\$14.99

399170 \$4.28 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

JCS CASHEWS
SALTED 500GM

\$13.99

410288 \$27.98 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

JCS CASHEWS
UNSALTED 500GM

\$13.99

410296 \$27.98 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

JCS ALMONDS NAT
AUSTRALIAN 500GM

\$9.49

412056 \$18.98 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

M/BRUNTS FRESH EGG
WAFFLES 8PK 165GM

\$3.69

453165 \$2.24 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

M/BRUNTS CINNAMON
WAFFLES 165GM

\$3.69

453173 \$2.24 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

M/BRUNTS CHOC
WAFFLES 8PK 165GM

\$3.69

453202 \$2.24 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS CORN CHIPS
NATURAL 500GM

\$6.49

498590 \$1.30 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS WALNUTS NAT
AUSTRALIAN 350GM

\$8.49

499534 \$24.26 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

MOKATE CHOCO
BELG CHOC 8PK

\$3.69

500160 \$1.85 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS SUPER TASTY
CRANBERRIES 500GM

\$7.49

501403 \$14.98 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

NAT SAUSAGE
ROLLS 720GM 12PK

\$8.99

503505 \$1.25 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS PEANUTS
UNSALTED 500GM

\$4.99

525560 \$9.98 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

MOKATE INST 3IN1
STICKS BAG 10PK

\$3.69

552702 \$2.17 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE INST 2IN1
STICKS BAG 10PK

\$3.69

552788 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE INST 3IN1
STRG ST BAG 10PK

\$3.69

552841 \$2.17 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE ICE COFFEE
CHOC MINT 8PK

\$3.69

554011 \$3.08 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS ALMONDS
NATURAL USA 500GM

\$9.49

569010 \$18.98 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

JCS WALNUTS
NATURAL 350GM

\$8.49

569045 \$24.26 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

NAT PARTY PIES
720GM 12PK

\$8.99

585467 \$1.25 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

FLORA SPREAD PRO
ACTIVE 250GM

\$6.25

600161 \$2.50 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PRESIDENT SPREADABLE
C/CHEESE 200GM

\$3.99

610554 \$2.00 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

C/NB MASTER LOWER
CARB BREAD 680GM

\$3.69

620293 \$0.54 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCCAIN PIZZA SLICE
HAM&P/APPLE 600GM

\$8.49

622651 \$1.42 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCCAIN PIZZA SL
CHS/BACN 600GM

\$8.49

622694 \$1.42 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CAD DAIRY MILK
VANILLA 360ML 4PK

\$8.99

626759 \$2.50 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

PAULS CUSTARD
CHOCOLATE 150G 6PK

\$6.99

628316 \$0.78 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

NIPPYS APPLE/GING
COLD PRESS 1LT

\$4.99

628842 \$4.99 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

NIPPYS APP/ORG/
CARR COLD PRS 1LT

\$4.99

628869 \$4.99 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

BATISTE BLUSH DRY
SHAMPOO 350ML

\$14.99

635129 \$4.28 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

4N20 BUTTER
CHICKEN PIE 4PK

\$10.99

641406 \$1.57 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PATTIES MINI
COMBOS 1KG

\$14.99

643436 \$1.50 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

A/GROVE SIG CRUNCH
R/W&THYME 40GM

\$4.49

646186 \$11.23 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

A/GROVE SIG CRUNCH
B/TRUFFLE 40GM

\$4.49

646194 \$11.23 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

NIPPYS BFASST JUICE
COLD PRESS 1LT

\$4.49

656667 \$4.49 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

BIRDS EYE POTATO
GEMS 900GM

\$5.99

671269 \$6.66 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

JCS POP FICTION P/
CORN S/SALT 80GM

\$2.49

676297 \$3.11 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS POP FICTION P/
CORN BUTTER 100GM

\$2.49

676369 \$2.49 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS POP FICTION P/
CORN CHEDDAR 100GM

\$2.49

676414 \$2.49 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS POP FICTION P/
CORN SWT/SLT 120GM

\$2.49

676537 \$2.08 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCCAIN PIZZA SL
M/LOVERS 600GM

\$8.49

686209 \$1.42 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

TIBALDI SHORT
CUT BACON 1KG

\$12.99

688239 \$12.99 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

MOKATE LATTE
CLASSIC 10PK

\$3.69

688335 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE LATTE
CARAMEL 10PK

\$3.69

688343 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE LATTE
SALT CML 10PK

\$3.69

688351 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE LATTE
VANILLA 10PK

\$3.69

688378 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE LATTE
IRSH CRM 10PK

\$3.69

688394 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE LATTE
MACCHATO 10PK

\$3.69

688415 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE CAPP
CLASSIC 10PK

\$3.69

688466 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE CAP
UNSWT TAST 10PK

\$3.69

688474 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE CAPPUCINO
CHOC 10PK

\$3.69

688482 \$2.64 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE COCONUT
LATTE 8PK

\$3.69

688503 \$3.29 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE RICE
LATTE 8PK

\$3.69

688546 \$3.29 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE OAT
LATTE 8PK

\$3.69

688554 \$3.29 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE CHOCO
WHIT CHOC 8PK

\$3.69

688562 \$1.85 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE ICED
COFF CARML 8PK

\$3.69

688570 \$3.08 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE ICED
COFF MOCHA 8PK

\$3.69

688589 \$3.08 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MOKATE ICED COFF
WHT CHOC 8PK

\$3.69

688597 \$3.08 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

A/GROVE SIG CRUNCH
PARMESAN 40GM

\$4.49

699034 \$11.23 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

R/DAIRY TASTY CHED
SHRED CHSE 450GM

\$8.49

699982 \$18.87 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

WILDERNESS
PORTERHOUSE STEAK 1RW

\$32.99

737029
Specials available from 29/03/2023 until 11/04/2023.

C/NB MASTER 9 GRN
S/WICH 680GM

\$3.69

740164 \$0.54 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

C/NB MASTER 9
GRAIN TOAST 680GM

\$3.69

740172 \$0.54 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

JCS DELICIOUS
ENERGY MIX 500GM

\$9.99

747040 \$19.98 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

JCS PEANUTS
SALTED 500GM

\$4.99

779448 \$9.98 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

A/GROVE SIG CHRUNCH
S/PAPRIKA 40GM

\$4.49

783439 \$11.23 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PAULS CUSTARD
VANILLA 140GM

\$1.99

900041 \$1.42 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PAULS CUSTARD
CHOCOLATE 140GM

\$1.99

900068 \$1.42 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

4N20 TRADITIONAL
PIES 4PK 700GM

\$10.99

900607 \$1.57 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

4N20 BEEF CHSE
PIES 4PK 700GM

\$10.99

900615 \$1.57 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

4N20 CHICK/VEG
PIE PK4 700GM

\$10.99

900877 \$1.57 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PAULS SIMPLY FRESH
MEAL BASEST 450GM

\$5.25

903285 \$1.17 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CADBURY CARAMILK
MULTI 4PK

\$8.99

903349 \$2.50 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

LEMNOS CHS
HALOUMI AUST 180GM

\$6.99

903592 \$38.83 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

PAULS S/FRESH M/BASE
CARBONARA 450GM

\$5.25

903605 \$1.17 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LEMNOS FETTA CHS
SMOOTH 200GM

\$4.99

904982 \$24.95 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

NESTLE MILO TUB
1.2LT

\$8.99

904990 \$0.75 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

PHILA SWEET CHILLI
PHILLY 150GM

\$3.99

905256 \$26.60 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

PRESIDENT BRIE
ROLL 200GM

\$5.99

906072 \$29.95 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

MCCAIN PIZZA SLICES
SUPREME 600GM

\$8.49

906435 \$1.42 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCCAIN U/THIN PIZZA
MARGHERITA 300GM

\$8.49

906654 \$2.83 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PAULS BANANA
CUSTARD 70GM

\$1.49

907163 \$2.13 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PAULS VANILLA
CUSTARD 70GM

\$1.49

907569 \$2.13 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PHILA ORIGINAL
140GM

\$3.99

908449 \$28.50 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

OBELA MEXICAN STYLE
SALSA DIP 220GM

\$4.25

908561 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OBELA HOMMUS EX/
RICH TAHINI DI 200GM

\$4.25

908596 \$2.13 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

RED ROCK THAI
CHILLILIMECASHEW 150GM

\$4.25

908617 \$2.83 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CADBURY DAIRY MILK
CAMELLO 4PK

\$8.99

911939 \$2.50 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

SAN SO GOOD
ALMOND MILK 1LT

\$3.49

913125 \$3.49 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

SO GOOD ALMOND
UNSW BOTTLE 1LT

\$3.49

913168 \$3.49 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

OBELA GARNISHED
TABOULI 220GM

\$4.25

913707 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

RED ROCK DELI DIPS
CHILLI CAPS 150GM

\$4.25

913731 \$2.83 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

TIBALDI LONG RINDLESS
BACON 2.5KG

\$34.98

913969 \$13.99 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

OBELA HOMMUS
CAMELISED ONION 220GM

\$4.25

922611 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OBELA HOMMUS SPICY
HARISSA 220GM

\$4.25

922726 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OBELA HOMMUS SWT
BEETROOT 220GM

\$4.25

922734 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OBELA GRKSTYL YGHRT
CUCUM/DILL 220GM

\$4.25

922769 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

RED ROCK DELI DIP
RST PUMP/ON 150GM

\$4.25

924975 \$2.83 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

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

\$4.25

925003 \$2.83 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OBELA HOMMUS SMOOTH
CLASSIC 220GM

\$3.99

930742 \$1.81 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

C/NB MASTER M/GRAIN
SANDWICH 700GM

\$3.69

932588 \$0.53 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PAULS CUSTARD
STRAWBERRY 70GM

\$1.49

944933 \$2.13 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LEMNOS ORGANIC
CHS HALOUMI 180GM

\$6.99

948467 \$38.83 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

OBELA HOMMUS PINE
NUT GARNISH 220GM

\$4.25

951981 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OBELA HOMMUS ZESTY
JALAPENO GR 220GM

\$4.25

952044 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCCAIN PIZZA U/THN
TANDOORI 320GM

\$8.49

952642 \$2.65 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

RED ROCK DIP
BEETROOT/FETTA 150GM

\$4.25

953741 \$2.83 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

RED ROCK DELI DIP
CAP/PEP 150GM

\$4.25

953821 \$2.83 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

INGHAM CHICKEN
KIEV 350GM

\$10.99

959246 \$31.40 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

PAULS CUSTARD S/
PACK VANILLA 6PK

\$6.99

961282 \$0.78 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PRESIDENT
CAMEMBERT 200GM

\$6.99

962824 \$34.95 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

PRESIDENT BRIE
200GM

\$6.99

962832 \$34.95 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

RRD BASIL PESTO
PECORINO&CASH 150GM

\$4.25

967393 \$2.83 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

C/NB MASTER LOAF
WHITE SANDWCH 700GM

\$3.69

972467 \$0.53 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LEMNOS CHEESE FETTA
FULL CREAM 180GM

\$4.99

972520 \$27.72 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

C/NB MASTER LOAF
TOAST 700GM

\$3.69

972600 \$0.53 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

C/NB MASTER W/MEAL
SAND LOAF 700GM

\$3.69

972619 \$0.53 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LEMNOS SLT RED
HALOUMI 180GM

\$6.99

972651 \$38.83 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

C/NB MASTER W/MEAL
TOAST LOAF 700GM

\$3.69

972790 \$0.53 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

TIBALDI SIGNATURE
HAM OFF BONE 120GM

\$3.99

979546 \$33.25 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

CAD CRUNCHIE
BARS 4PK

\$8.99

981259 \$3.00 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

MCCAIN PIZZA U/THN
PEPPERONI 310GM

\$8.49

981451 \$2.74 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

MCCAIN PIZZA U/THN
ANGUS BEEF 320GM

\$8.49

984273 \$2.65 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

LEMNOS SMTH REDUCED
FAT FETTA 200GM

\$4.99

987407 \$24.95 per 1KG
Specials available from 29/03/2023 until 11/04/2023.

CAD OREO TUB
1.2LT

\$8.99

988020 \$0.75 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

CADBURY CHERRY
RIPE STICKS 4PK

\$8.99

993823 \$2.50 per 100ML
Specials available from 29/03/2023 until 11/04/2023.

NIPPYS ORANGE NAS
COLD PRESS 1LT

\$4.49

994316 \$4.49 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

NIPPYS CLOUDY APPLE
COLD PRES 1LT

\$4.49

994332 \$4.49 per 1LT
Specials available from 29/03/2023 until 11/04/2023.

OBELA GARN HOMMUS
LEMON DUKKAH 220GM

\$4.25

996696 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

OBELA GARN HOMMUS
RST CAPSICUM 220GM

\$4.25

996709 \$1.93 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

PAULS STRAWBERRY
CUSTARD POUCH 140GM

\$1.99

996899 \$1.42 per 100GM
Specials available from 29/03/2023 until 11/04/2023.

CADBURY DAIRY MILK
HAZELNUT 4PK

\$8.99

999950 \$2.50 per 100ML
Specials available from 29/03/2023 until 11/04/2023.