

MT FRANKLIN  
600ML

**\$2.49**

2997 \$4.15 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

PAULS F/CREAM  
MILK 6PK

**\$4.99**

11973 \$4.16 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

PAULS CHOC MILK  
6PK

**\$5.49**

11981 \$4.58 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

OREO MINI  
CHOCOLATE 157GM

**\$3.49**

12087 \$2.22 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

OREO MINI  
ORIGINAL 157GM

**\$3.49**

12095 \$2.22 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

COCA-COLA PLASTIC  
BOTTLE 2LT

**\$3.99**

15560 \$2.00 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

COCA COLA DIET  
2LT

**\$3.99**

15587 \$2.00 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

SPRITE LEMONADE  
PET 2LT

**\$3.99**

15640 \$2.00 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

FANTA ORANGE  
2LT

**\$3.99**

15659 \$2.00 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

SHOWER POWER  
TRIGGER PK 500ML

**\$6.99**

62826 \$1.40 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

MCK LENTILS RED  
SPLIT 375GM

**\$2.25**

79812 \$6.00 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MCK PEAS GREEN  
SPLIT 500GM

**\$1.75**

79847 \$3.50 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ENERGY  
DRINKPIPELINE P 500ML

**\$2.99**

103026 \$5.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

RRD DELI PC TRIO  
OF CHEESE 150GM

**\$5.49**

106577 \$3.66 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

BICKS MANGO ICED  
TEA CORDIAL 750ML

**\$4.99**

108927 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE FLO CAP  
GOLD RUSH 600ML

**\$2.99**

109356 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

COKE VANILLA 10  
X 375ML 10PK

**\$10.50**

113670 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MCK SOUP MIX  
500GM

**\$1.75**

119132 \$3.50 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MCK PEAS YELLOW  
SPLIT 500GM

**\$1.75**

119140 \$3.50 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MCK PEARL  
BARLEY 500GM

**\$1.75**

119159 \$3.50 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE FLO  
STRAW LEMON 600ML

**\$2.99**

124804 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MILKY WAY TWIN  
PACK 45GM

**\$1.29**

125372 \$2.87 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MARS CLASSIC  
SINGLE BAR 47GM

**\$1.60**

127298 \$3.40 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CONN VANILLA  
4PK

**\$8.49**

127570 \$2.36 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

IN A BISKIT  
CHICKEN 160GM

**\$2.45**

128127 \$1.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

IN A BISKIT  
DRUMSTIX 160GM

**\$2.45**

128151 \$1.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

BICKFORDS RASPBERRY  
CORDIAL 750ML

**\$4.99**

128717 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

RRD CHEF CO CRISPY  
PORK BELLY 150GM

POWERADE FLO  
BERRY ICE 600ML

POWERADE FLO CAP  
MOUNT BLAST 600ML

**\$5.49**

128979 \$3.66 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$2.99**

131000 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

**\$2.99**

131019 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE FLO CAP  
LEMON/LIME 600ML

POWERADE FLO ZERO  
BERRY ICE 600ML

POWERADE FLO ZERO  
MOUNT BLAST 600ML

**\$2.99**

131027 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

**\$2.99**

131043 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

**\$2.99**

131051 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE FLO CAP  
BLACKCURRANT 600ML

CAD CARAMILK WALLABY  
SHAREPACK 144GM

BICKFORDS TROPICAL  
CORDIAL 750ML

**\$2.99**

131078 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

**\$4.49**

134500 \$3.12 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$4.99**

138130 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE ACTIVE  
WATER MANGO 600ML

**\$2.99**

138405 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE ACTIVE  
WATER APP&PCH 600ML

**\$2.99**

138413 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE ACTIVE  
WATER LEMON 600ML

**\$2.99**

138421 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MOCCONA SACHETS  
CAPPUCCINO 10PK

**\$3.79**

142682 \$2.92 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MOCCONA SACHETS  
LATTE 10PK

**\$3.79**

142690 \$2.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MOCCONA SACHETS  
SKIMCAPP 10PK

**\$3.79**

143108 \$3.11 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MOCCONA SACHETS  
DOUBLE S LATTE 10PK

**\$3.79**

143319 \$2.71 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MOCCONA SACHETS  
STRONG CAPP 10PK

**\$3.79**

143343 \$2.87 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MOCCONA SACHETS  
CARAMEL LATTE 10PK

**\$3.79**

143431 \$2.77 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MOCCONA SACHETS  
SWEET CAPP 10PK

**\$3.79**

143458 \$2.73 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MOCCONA SACHETS  
VANILLA LATTE 10PK

**\$3.79**

143466 \$2.92 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ULTRA  
FIESTA MANGO 500ML

**\$2.99**

143546 \$5.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

CASC CORD  
RASPBERRY 750ML

**\$5.99**

146237 \$7.99 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI PC SWT  
CHILI&SCR 165GM

**\$5.49**

155395 \$3.33 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI PC  
HON/SOY/CHK 165GM

**\$5.49**

155467 \$3.33 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI PC  
SEA SALT 165GM

**\$5.49**

155483 \$3.33 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI PC  
SALT&VINEGAR 165GM

**\$5.49**

155491 \$3.33 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MT FRANKLIN SPARK  
RASPBERRY 1.25LT

**\$2.49**

155539 \$1.99 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI PC  
LIME/PEPPER 165GM

**\$5.49**

157366 \$3.33 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

ROSES GIFT BAG  
150GM

**\$5.15**

158190 \$3.43 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

TOBLERONE GIFT  
POUCH 120GM

**\$5.15**

158254 \$4.29 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CADBURY DAIRY MILK  
GIFT BOX 220GM

**\$6.99**

158350 \$3.18 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

FISH/FRND  
SPEARMINT 25GM

**\$2.25**

159572 \$9.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

COCA COLA DIET  
10X375ML 10PK

**\$10.50**

159652 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

COCA COLA DRINK  
375ML 10PK

**\$10.50**

159679 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

SPRITE 375ML  
10PK

**\$10.50**

159687 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

FANTA ORANGE  
375ML 10PK

**\$10.50**

159695 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ULT PARADISE  
GREEN 500ML

**\$2.99**

168161 \$5.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

BOUNTY CHOCOLATE  
BAR 56GM

**\$1.29**

169631 \$2.30 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD FREDDO STRAW  
SHAREPACK 180GM

**\$4.49**

172726 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD CHOMP  
SHAREPACK 150GM

**\$4.49**

176305 \$2.99 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MEDIX IBUPROFEN  
ROUND TABLETS 24'S

**\$2.99**

176516 \$0.12 per 1EA  
Specials available from 26/04/2023 until 9/05/2023.

MEDIX PARACETAMOL  
CAPLETS 20'S

**\$2.25**

176532 \$0.11 per 1EA  
Specials available from 26/04/2023 until 9/05/2023.

CAD CARAMILK  
SHAREPACK 144GM

**\$4.49**

182756 \$3.12 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD FREDDO PAPPLE  
SHAREPACK 180GM

**\$4.49**

182852 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAPI DRY TONIC  
4PK

**\$6.79**

183142 \$6.79 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.



CAPI SPICY  
GINGER BEER 4PK

**\$6.79**

183660 \$6.79 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

BICKS CORDIAL  
PEACH TEA 750ML

**\$4.99**

188429 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MULTIX >DT<  
STAND UP BAG 3'S

**\$2.99**

189712 \$1.00 per 1EA  
Specials available from 26/04/2023 until 9/05/2023.

CAD CHERRY RIPE  
SHAREPACK 180GM

**\$4.49**

197667 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD SPECIAL TREATS  
SHAREPACK 180GM

**\$4.49**

197675 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD PICNIC  
SHAREPACK 180GM

**\$4.49**

197683 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD DM CARAMELLO  
KOALA S/PACK 180GM

**\$4.49**

197739 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD CRUNCHIE  
SHAREPACK 180GM

**\$4.49**

197747 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD DM TWIRL  
SHAREPACK 168GM

**\$4.49**

197755 \$2.67 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

SNICKERS BROWNIE  
BAR 44GM

**\$1.29**

200336 \$2.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ULTRA  
GOLD 500ML

**\$2.99**

200811 \$5.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

R/T COFF BAGS  
ITALN EXP 45GM

**\$4.99**

200897 \$11.09 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

R/T COFFEE BAGS  
M/KENYA 45GM

**\$4.99**

200918 \$11.09 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

ICE BREAK UHT ESP  
RECHARGE 500ML

**\$3.49**

206797 \$6.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

B&C BEEF BONE BROTH  
GRASS FED 300ML

**\$6.99**

210518 \$2.33 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

B&C CHICK BONE  
BROTH F/RANGE 300ML

**\$6.99**

210729 \$2.33 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

CADBURY ROSES  
225GM

**\$6.49**

210921 \$2.88 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JIFFY FIRELIGHTERS  
ECONOMY 24'S

**\$4.49**

211502 \$0.19 per 1EA  
Specials available from 26/04/2023 until 9/05/2023.

DENCORUB ARTHRITIS  
CREAM 100GM

**\$6.99**

217322 \$6.99 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MEDIX EUCALYPTUS  
SPRAY 200GM

**\$7.99**

218843 \$4.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MEDIX EUCALYPTUS  
OIL SOLUTION 200ML

**\$5.99**

218982 \$3.00 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

BICKS PAPPLE/PFRUIT  
CORDIAL 750ML

**\$4.99**

222033 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ENERGY  
DRINK 500ML

**\$2.99**

224063 \$5.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

BICKS CORDIAL  
GINGER BEER 750ML

**\$4.99**

226288 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

BICKS CORDIAL  
LEMON/BARLEY 750ML

**\$4.99**

226739 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

BICKS CORDIAL  
LEMON 750ML

**\$4.99**

226771 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

BICKS CORDIAL LEM  
LIME BITTERS 750ML

**\$4.99**

226800 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MOUNT FRANKLIN LS  
PASSIONFRUIT 1.25LT

**\$2.49**

226931 \$1.99 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESP RISTRETTO  
DECAF 10PK

**\$5.49**

227686 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

IN A BISKIT SMOKY  
MEAT LOVERS 160GM

**\$2.45**

227731 \$1.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

IN A BISKIT LOADED  
CHEESE 160GM

**\$2.45**

227758 \$1.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESP LUNGO  
ESTREMO 10PK

**\$5.49**

228013 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

W/KING POWER  
CLNR LEMON 1LT

**\$3.25**

229235 \$0.33 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

W/KING B/ROOM  
GEL LEM 750ML

**\$3.49**

229243 \$0.47 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

BICKS CORDIAL  
LIME 750ML

**\$4.99**

230287 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

CDM FREDDO  
SHAREPACK 144GM

**\$4.49**

230842 \$3.12 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CADBURY DAIRY MILK  
SHAREPACK 144GM

**\$4.49**

230850 \$3.12 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CDM MILKY TOP FREDDO  
SHAREPACK 144GM

**\$4.49**

230949 \$3.12 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

WHITE KING SURFACE  
SPRAY LEM 500ML

**\$3.49**

232805 \$0.70 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

JOHNNOS TOMATO  
CHUTNEY 400GM

**\$6.25**

233015 \$1.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JOHNNOS TOMATO  
RELISH 400GM

**\$6.25**

233496 \$1.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JOHNNOS GREEN  
TOMATO PICKLE 400GM

**\$6.25**

233509 \$1.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JOHNNOS CHUTNEY  
WITH ATTITUDE 400GM

**\$6.25**

233517 \$1.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JOHNNOS WORCESTERSHIRE  
SCE 520GM

**\$6.25**

233998 \$1.20 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JOHNNOS TOMATO  
SAUCE 520GM

**\$6.25**

234472 \$1.20 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JOHNNOS SPICY  
BBQ SAUCE 520GM

**\$6.25**

234528 \$1.20 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

RRD CHEF CO CRISP  
FRIED CHICK 150GM

**\$5.49**

236654 \$3.66 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

AUST OWN ALMOND  
MILK U/SWEET 1LT

**\$2.49**

237147 \$2.49 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

VIOLET CRUMBLE  
50GM

**\$1.29**

237593 \$2.58 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MARS SALTED CARAMEL  
HONEYCOMB 47GM

**\$1.29**

240522 \$2.74 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
ULTIMO 10PK

**\$5.49**

240565 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ENERGY  
MANGO LOCO 500M 4PK

**\$8.99**

249594 \$4.50 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

QUEST CHOC CHIP  
COOKIE DOUGH 4PK

**\$13.99**

250149 \$23.32 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

SPRITE LEMON PLUS  
ZERO SUGAR 10PK

**\$10.50**

251694 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

SPRITE LEMON  
PLUS 10PK

**\$10.50**

251846 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER MANGO  
LOCO 500ML

**\$2.99**

252881 \$5.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI PC DIJ  
MUST/HON 150GM

**\$5.49**

255548 \$3.66 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

23RD STREET G&T  
0% ALCOHOL 4PK

**\$14.99**

256655 \$12.49 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MT FRANKLIN M/W  
SPARKLING LIME 1.25LT

**\$2.49**

257981 \$1.99 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

OAK FLAVOURED MILK  
CHOCOLATE 500ML

**\$2.79**

259952 \$5.58 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

OAK FLAVOURED MILK  
STRAWBERRY 500ML

**\$2.79**

259960 \$5.58 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

CAD DM STRAWBERRY  
BLOCK 343GM

**\$4.75**

262465 \$1.38 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAPT TABLE ROSEMARY/  
THYME 125GM

**\$1.69**

263046 \$1.35 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

COCA-COLA NO  
SUGAR 10PK

**\$10.50**

268162 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

SWISSPERS CTN TIPS  
PAPERSTEM 120PK

**\$2.49**

269800 \$2.08 per 100EA  
Specials available from 26/04/2023 until 9/05/2023.

SORBENT T/  
TISSUE HYPO 8PK

**\$7.99**

270190 \$0.55 per 100SH  
Specials available from 26/04/2023 until 9/05/2023.

CAD FAVOURITES  
DARK 352GM

**\$10.99**

274618 \$3.12 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
CHOCOLATE 10PK

**\$5.49**

277974 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
VANILLA 10PK

**\$5.49**

277990 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
CARAMEL 10PK

**\$5.49**

278088 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGETA STOCK  
GOURMET 250GM

**\$2.79**

278651 \$0.11 per 10GM  
Specials available from 26/04/2023 until 9/05/2023.

SORBENT THK&LGE  
TISSUE 95'S

**\$2.15**

282183 \$2.26 per 100EA  
Specials available from 26/04/2023 until 9/05/2023.



R/TIMMS GRANULATED  
COFFEE 100GM

**\$7.99**

284517 \$7.99 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

FISH/FRND  
CITRUS S/F 25GM

**\$2.25**

285624 \$9.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER GREEN  
500ML 4PK

**\$8.99**

286117 \$4.50 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ULTRA  
ZERO 500ML 4PK

**\$8.99**

286168 \$4.50 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

VANILLA COCA  
COLA 2LT

**\$3.99**

288550 \$2.00 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

KRAFT CHEDDAR  
CHEESE BLOCK 250GM

**\$3.69**

291485 \$1.48 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

FISH/FRND S/FREE  
BLACKCURRANT 25GM

**\$2.25**

293085 \$9.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGETA CHICKEN  
STOCK POWDER 200GM

**\$2.79**

294520 \$0.14 per 10GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGETA BEEF STOCK  
POWDER 180GM

**\$2.79**

294539 \$0.16 per 10GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGEASE RAW MUSHROOM  
POWDER 10GM

**\$4.99**

296198 \$49.90 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGEASE RAW CAULIFLOWER  
POWDER 10GM

**\$4.99**

296219 \$49.90 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGEASE RAW BROCCOLI  
POWDER 10GM

**\$4.99**

296235 \$49.90 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGEASE RAW PUMPKIN  
POWDER 20GM

**\$4.99**

296243 \$24.95 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGEASE RAW SPINACH  
POWDER 10GM

**\$4.99**

296307 \$49.90 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VEGEASE RAW BEETROOT  
POWDER 20GM

**\$4.99**

296323 \$24.95 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

IQN COLLAGEN FIG/  
LEMON BARS 45GM

**\$3.49**

296331 \$7.76 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

IQN COLLAGEN BLUEBRY/  
ROSE BARS 45GM

**\$3.49**

296382 \$7.76 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ULTRA  
500ML

**\$2.99**

296681 \$5.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

IN A BISKIT BBQ  
160GM

**\$2.45**

297334 \$1.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

NUTELLA PET  
220GM

**\$3.99**

305322 \$1.81 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

FISH/FRND HONEY  
LEMON S/F 25GM

**\$2.25**

306894 \$9.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
ONYX 10PK

**\$5.49**

308670 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
SUPERIORE 10PK

**\$5.49**

308697 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
RISTRETTO 10PK

**\$5.49**

308734 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR LUNGO  
PROFONDO 10PK

**\$5.49**

308830 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
PAPUA 10PK

**\$5.49**

308937 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LOR ESPRESSO  
COLOMBIA 10PK

**\$5.49**

308961 \$10.56 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE FLO CAP  
KIWI PINE 600ML

**\$2.99**

310682 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

POWERADE ZERO FLO  
STRWBRY LEMN 600ML

**\$2.99**

310746 \$4.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

CAD TREAT SIZE  
FLAKE 168GM

**\$4.49**

311386 \$2.67 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

BICKS PEACH ICE TEA  
SF CORDIAL 750ML

**\$4.99**

313971 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

BICKS TROP SUGAR  
FREE CORD 750ML

**\$4.99**

313998 \$6.65 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ULTRA  
FIESTA MANGO 500 4PK

**\$8.99**

314069 \$4.50 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MT FRANKLIN M/  
WTR NAT 1.25LT

**\$2.49**

317454 \$1.99 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

SNICKERS BAR  
44GM

**\$1.29**

317489 \$2.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MT FRANKLIN M/  
WTR LEMON 1.25LT

**\$2.49**

317550 \$1.99 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

TWIX BAR 50GM

IQN H/GLOW COLLAGEN  
BEAUTY PWD 90GM

M&MS MINIS  
35GM

**\$1.29**

325366 \$2.58 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$21.99**

326641 \$24.43 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$1.29**

326713 \$3.69 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD TURK DELIGHT  
SH/PACK 180GM

COCA COLA NO  
SUGAR 2LT

MCK WHOLE LENTIL  
GREEN 375GM

**\$4.49**

328698 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$3.99**

328778 \$2.00 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

**\$1.75**

336890 \$4.67 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

NABISCO CAPT  
TABLE CLAS 125GM

NABISCO CAPT TABLE  
CRPEP 125GM

SPRITE NO SUGAR  
10PK

**\$1.69**

342609 \$1.35 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$1.69**

342756 \$1.35 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$10.50**

348146 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

FISHERMANS FRIEND  
ORIGN 25GM

**\$2.25**

356840 \$9.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

FISH/FRND  
ANISEED 25GM

**\$2.25**

356867 \$9.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

FISH/FRND S/F  
FRESH MINT 25GM

**\$2.25**

356875 \$9.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD DM TOP DECK  
340GM

**\$4.75**

358803 \$1.40 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

ROCHER GIFT BOX  
T16 200GM

**\$11.99**

372701 \$6.00 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

SPRITE NO SUGAR  
2LT

**\$3.99**

377772 \$2.00 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

SORBENT THK LGE  
HYPO F/TISSUE 95'S

**\$2.15**

382635 \$2.26 per 100EA  
Specials available from 26/04/2023 until 9/05/2023.

SORBENT THK LGE  
MENT F/TISSUE 90'S

**\$2.35**

382678 \$2.61 per 100EA  
Specials available from 26/04/2023 until 9/05/2023.

COCA COLA NO  
SUGAR CF 10PK

**\$10.50**

385430 \$2.80 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

CAD DRINKING CHOC  
CANISTER 250GM

**\$3.79**

386898 \$1.52 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD DRINKING CHOC  
NEAPOLITAN 250GM

**\$3.79**

386900 \$1.52 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ULTRA  
ROSA CAN 500ML

**\$2.99**

387815 \$5.98 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

MONSTER ULTRA  
ROSA 500ML 4PK

**\$8.99**

387823 \$4.50 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

CAD DAIRY MILK  
CAMELLO 345GM

**\$4.75**

389933 \$1.38 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD DAIRY MILK  
360GM

**\$4.75**

392382 \$1.32 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD FRUIT & NUT  
360GM

**\$4.75**

392403 \$1.32 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD CARAMILK  
315GM

**\$4.75**

392411 \$1.51 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CAD OLD GOLD RUM  
& RAISIN 315GM

**\$4.75**

392438 \$1.51 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

M&MS MILK 49GM

**\$1.29**

397095 \$2.63 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

M&MS PEANUT  
46GM

**\$1.29**

397183 \$2.80 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

KINDER HAPPY  
HIPPO COCOA 5PK

**\$3.99**

399904 \$3.80 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

KINDER HAPPY HIPPO  
HAZELNUT 5PK

**\$3.99**

399998 \$3.80 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS CASHEWS  
SALTED 500GM

**\$13.99**

410288 \$27.98 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

JCS CASHEWS  
UNSALTED 500GM

**\$13.99**

410296 \$27.98 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

JCS MIXED NUTS  
SALTED PREM 350GM

**\$8.49**

416196 \$24.26 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

JCS MIXED NUTS  
UNSALTED PREM 350GM

**\$8.49**

416209 \$24.26 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

JCS OUTBACK MIX  
500GM

**\$10.49**

464921 \$20.98 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.



T/BAKE BEEF PIE  
FAMILY 750GM

**\$11.99**

481668 \$1.60 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

T/BAKE COTTAGE  
PIE FAMILY 900GM

**\$11.99**

481676 \$1.33 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

T/BAKE CURRIED CHKN  
PIE FAMILY 750GM

**\$11.99**

481684 \$1.60 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS CORN CHIPS  
NATURAL 500GM

**\$6.49**

498590 \$1.30 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS BACKYARD  
BBQ MIX 375GM

**\$6.49**

500451 \$17.31 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN QUICK COOK  
HASHBROWNS 525GM

**\$4.99**

610466 \$9.50 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

PRESIDENT SPREADABLE  
C/CHEESE 200GM

**\$3.49**

610554 \$1.75 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN PIZZA  
MARGHERITA 500GM

**\$7.99**

610642 \$1.60 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

TIBALDI SHORT CUT  
RLESS BACON 500GM

**\$8.99**

617553 \$17.98 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

ICE BREAK SINGLE  
ESPRESSO MILK 320ML

**\$2.99**

618222 \$9.34 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

ICE BREAK DOUBLE  
ESPRESSO MILK 320ML

**\$2.99**

618230 \$9.34 per 1LT  
Specials available from 26/04/2023 until 9/05/2023.

C/NB MASTER LOWER  
CARB BREAD 680GM

**\$3.69**

620293 \$0.54 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

FLORA PRO ACTIV  
LT 500GM

**\$8.99**

622811 \$1.80 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CONN PLANT VAN  
CHOC BROWNIE 4PK

**\$8.49**

628578 \$2.36 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

FLORA SPREAD  
PRO-ACTIV 500GM

**\$8.99**

629140 \$1.80 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CONNOISSEUR  
COOKIES&CREAM MINI 6PK

**\$8.49**

631865 \$2.36 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

CONNOISSEUR VAN  
CRML BROWNIE 4PK

**\$8.49**

632104 \$1.79 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN QUICK COOK  
FRIES SHOEST 750GM

**\$4.99**

632198 \$6.65 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN QUICK COOK  
MINI SMILES 500GM

\$4.99

632200 \$9.98 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN QUICK COOK  
FRIES ST CUT 750GM

\$4.99

632219 \$6.65 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

V/DELIGHTS T/CHILLI  
LIME CAKES 280GM

\$5.49

632382 \$19.61 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

VEGGIE DELIGHTS  
NOT BURGER 300GM

\$5.49

632390 \$18.30 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

PATTIES MINI  
COMBOS 1KG

\$14.99

643436 \$1.50 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS SESH SNACKS  
CAMPFIRE 130GM

\$4.25

646987 \$3.27 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS SESH SNACKS  
DROVERS 130GM

\$4.25

646995 \$3.27 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS SESH SNACKS  
NIPPERS 130GM

\$4.25

647007 \$3.27 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS SESH SNACKS  
EASY RIDER 130GM

\$4.25

647031 \$3.27 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS SESH SNACKS  
SALTIES 115GM

**\$4.25**

647066 \$3.70 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS SESH SNACKS  
DESERT HEAT 130GM

**\$4.25**

647090 \$3.27 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN FAMILY PIZZA  
PEPPERONI 490GM

**\$7.99**

656544 \$1.63 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN PIZZA  
SUPREME 500GM

**\$7.99**

672464 \$1.60 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN PIZZA HAM  
& PINE 500GM

**\$7.99**

672480 \$1.60 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN PIZZA CHS  
& BACON 500GM

**\$7.99**

672552 \$1.60 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS POP FICTION P/  
CORN S/SALT 80GM

**\$2.49**

676297 \$3.11 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS POP FICTION P/  
CORN BUTTER 100GM

**\$2.49**

676369 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS POP FICTION P/  
CORN CHEDDAR 100GM

**\$2.49**

676414 \$2.49 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS POP FICTION P/  
CORN SWT/SLT 120GM

**\$2.49**

676537 \$2.08 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

PAND BEEF SAUSAGES  
THIN 680GM

**\$8.99**

734274 \$13.22 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

PAND PORK SAUSAGES  
THIN 680GM

**\$8.99**

734370 \$13.22 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

C/NB MASTER 9 GRN  
S/WICH 680GM

**\$3.69**

740164 \$0.54 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

C/NB MASTER 9  
GRAIN TOAST 680GM

**\$3.69**

740172 \$0.54 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

JCS DELICIOUS  
ENERGY MIX 500GM

**\$9.99**

747040 \$19.98 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

A/GROVE APPLE  
PASTE 100GM

**\$6.99**

760376 \$69.90 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

PAND CHAMPAGNE  
HAM 4.5KG

**\$14.99**

778242 \$14.99 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

A/GROVE QUINCE  
PASTE 100GM

**\$6.99**

786306 \$69.90 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

A/GROVE FIG  
PASTE 100GM

**\$6.99**

798286 \$69.90 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

PAULS CUSTARD  
VANILLA 140GM

**\$1.99**

900041 \$1.42 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

PAULS CUSTARD  
CHOCOLATE 140GM

**\$1.99**

900068 \$1.42 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

4N20 LASAGNE  
TOPPA 143GM

**\$2.99**

902231 \$2.09 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LEMNOS CHS  
HALOUMI AUST 180GM

**\$6.99**

903592 \$38.83 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

PRESIDENT BRIE  
ROLL 200GM

**\$5.49**

906072 \$27.45 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

V/DELIGHTS TENDER  
CRMB SCHNTZL 300GM

**\$5.49**

906371 \$18.30 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

PAULS BANANA  
CUSTARD 70GM

**\$1.49**

907163 \$2.13 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

PAULS VANILLA  
CUSTARD 70GM

**\$1.49**

907569 \$2.13 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VAALIA PROBIOTIC  
KEFIR PLAIN 700GM

**\$5.99**

907796 \$0.86 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

VAALIA PROBIOTIC  
KEFIR VANILLA 700GM

**\$5.99**

907817 \$0.86 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

OBELA HOMMUS EX/  
RICH TAHINI DI 200GM

**\$4.25**

908596 \$2.13 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK THAI  
CHILLILIMECASHEW 150GM

**\$4.25**

908617 \$2.83 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

V/DELIGHT SMOKY  
BBQ BURGER 300GM

**\$5.49**

909150 \$1.83 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CONN MANGO  
COCONUT 4PK

**\$8.49**

909249 \$2.12 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

CONN COOKIES  
CREAM 4PK

**\$8.49**

909599 \$2.12 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

CONN MINT  
COOKIES 4PK

**\$8.49**

910100 \$2.12 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

CONN CARAMEL  
MACADAMIA 4PK

**\$8.49**

910231 \$2.12 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

CONN BLOOD  
ORANGE CHOC 4PK

**\$8.49**

910258 \$2.12 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

CONN ROASTED  
HAZELNUT 4PK

**\$8.49**

910805 \$2.12 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

FNT TRAVELLER HI  
PROTEIN BEEF 160GM

**\$2.99**

912149 \$1.87 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN PIZZA MEAT  
LOVERS BBQ 500GM

**\$7.99**

913096 \$1.60 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI DIPS  
CHILLI CAPS 150GM

**\$4.25**

913731 \$2.83 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CONNOISSEUR  
PRETZEL SALTED 4PK

**\$8.49**

914785 \$2.36 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

CONNOISSEUR  
ROCKY ROAD 4PK

**\$8.49**

914910 \$2.36 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

OBELA HOMMUS  
CAMELISED ONION 220GM

**\$4.25**

922611 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

OBELA HOMMUS SPICY  
HARISSA 220GM

**\$4.25**

922726 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.



OBELA HOMMUS SWT  
BEETROOT 220GM

**\$4.25**

922734 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

OBELA GRKSTYL YGHRT  
CUCUM/DILL 220GM

**\$4.25**

922769 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI DIP  
RST PUMP/ON 150GM

**\$4.25**

924975 \$2.83 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

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

**\$4.25**

925003 \$2.83 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

FLORA PRO ACTIVE  
SPRD BUTTERY 500GM

**\$8.99**

929565 \$1.80 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

OBELA HOMMUS SMOOTH  
CLASSIC 220GM

**\$4.25**

930742 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

C/NB MASTER M/GRAIN  
SANDWICH 700GM

**\$3.69**

932588 \$0.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

CONNOISSEUR CRM/  
MAC MINIS 360M 6PK

**\$8.49**

944175 \$2.36 per 100ML  
Specials available from 26/04/2023 until 9/05/2023.

PAULS CUSTARD  
STRAWBERRY 70GM

**\$1.49**

944933 \$2.13 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LEMNOS ORGANIC  
CHS HALOUMI 180GM

**\$6.99**

948467 \$38.83 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

OBELA HOMMUS PINE  
NUT GARNISH 220GM

**\$4.25**

951981 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

OBELA HOMMUS ZESTY  
JALAPENO GR 220GM

**\$4.25**

952044 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN BEER BTR  
WEDGES 750GM

**\$4.99**

952925 \$6.65 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN BEER BTR  
THK/CHKN 750GM

**\$4.99**

952933 \$6.65 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN BEER BTR  
STK FRIES 750GM

**\$4.99**

952941 \$6.65 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DIP  
BEETROOT/FETTA 150GM

**\$4.25**

953741 \$2.83 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

RED ROCK DELI DIP  
CAP/PEP 150GM

**\$4.25**

953821 \$2.83 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

PAULS DBL THK  
CUSTARD VAN 900GM

**\$4.99**

956977 \$0.55 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

INGHAM CHK BREAST  
NUGGETS 400GM

**\$7.99**

960298 \$19.98 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

RRD BASIL PESTO  
PECORINO&CASH 150GM

**\$4.25**

967393 \$2.83 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

C/NB MASTER LOAF  
WHITE SANDWCH 700GM

**\$3.69**

972467 \$0.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

C/NB MASTER LOAF  
TOAST 700GM

**\$3.69**

972600 \$0.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

C/NB MASTER W/MEAL  
SAND LOAF 700GM

**\$3.69**

972619 \$0.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

LEMNOS SLT RED  
HALOUMI 180GM

**\$6.99**

972651 \$38.83 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

C/NB MASTER W/MEAL  
TOAST LOAF 700GM

**\$3.69**

972790 \$0.53 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

MCCAIN BEER BTR  
THN CRISPY 750GM

**\$4.99**

977954 \$6.65 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

PAULS DBL THK  
CUSTARD CHOC 900GM

**\$4.99**

979706 \$0.55 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

V/DELIGHTS CHICKEN  
STYLE BURGR 300GM

4N20 BEEF CHEESE  
BACON PIE 160GM

R/DAIRY TASTY CHEESE  
SLICES 500GM

**\$5.49**

991246 \$18.30 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

**\$2.99**

992644 \$1.87 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$9.99**

993938 \$19.98 per 1KG  
Specials available from 26/04/2023 until 9/05/2023.

OBELA GARN HOMMUS  
LEMON DUKKAH 220GM

OBELA GARN HOMMUS  
RST CAPSICUM 220GM

PAULS STRAWBERRY  
CUSTARD POUCH 140GM

**\$4.25**

996696 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$4.25**

996709 \$1.93 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.

**\$1.99**

996899 \$1.42 per 100GM  
Specials available from 26/04/2023 until 9/05/2023.