

MT FRANKLIN  
600ML

**\$2.50**

2997 \$4.17 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA NO SUGAR  
VANILLA 600ML

**\$3.49**

4167 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA NO SUGAR  
VANILLA 1.25LT

**\$2.99**

4175 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

CADBURY MINI  
FINGERS 116GM

**\$3.55**

6322 \$3.06 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

CADBURY MINI FREDDO  
& FRIENDS 139GM

**\$3.55**

6330 \$2.55 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OREO COOKIE  
SMORES 133GM

**\$1.35**

7026 \$1.02 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FANTA RASPBERRY  
600ML

**\$3.49**

11738 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA 1.25LT

**\$2.99**

12212 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

FANTA 1.25LT

**\$2.99**

12239 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SPRITE LEMONADE  
1.25LT

\$2.99

12255 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA DIET  
1.25LT

\$2.99

12271 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SPRITE 600ML

\$3.49

18550 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA 600ML

\$3.49

19406 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA DIET  
600ML

\$3.49

19414 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

M&MS MINIS  
145GM

\$2.99

100001 \$2.06 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

M&MS CRISPY  
145GM

\$2.99

100271 \$2.06 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PODS TWIX  
160GM

\$2.99

100554 \$1.87 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PODS SNICKERS  
160GM

\$2.99

100650 \$1.87 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PODS MARS  
160GM

**\$2.99**

100677 \$1.87 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

M&MS PEANUT  
180GM

**\$2.99**

100685 \$1.66 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

M&MS MILK CHOC  
180GM

**\$2.99**

100706 \$1.66 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MALTESERS  
140GM

**\$2.99**

100714 \$2.14 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

ECLIPSE SPEARMINT  
OTC 40GM

**\$2.35**

102170 \$5.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

ECLIPSE INTENSE  
MINT OTC 40GM

**\$2.35**

102189 \$5.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

ECLIPSE PEPPERMINT  
OTC 40GM

**\$2.35**

102197 \$5.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ENERGY  
DRINKPIPELINE P 500ML

**\$2.99**

103026 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COKE VANILLA 10  
X 375ML 10PK

**\$9.99**

113670 \$2.66 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MALTESER  
MARSHMALLOW 130GM

**\$2.99**

123940 \$2.30 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

M&MS BUBBLEGUM  
160GM

**\$2.99**

124281 \$1.87 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MENZ JELICHOC  
CHOC SNAKES 130GM

**\$3.15**

124687 \$2.42 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

REESES PB  
MINIATURES 150GM

**\$4.15**

125305 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA HAZELNUT  
FREEZE DRIED 95GM

**\$7.95**

125460 \$8.37 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OREO COOKIE  
GOLDEN 133GM

**\$1.35**

125612 \$1.02 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RRD CHEF CO CRISPY  
PORK BELLY 150GM

**\$4.15**

128979 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RRD CHEF CO BEEF  
BRISKET 150GM

**\$4.15**

128987 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FANTA ORG 600ML

**\$3.49**

131510 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

KINDER BUENO  
WHITE 39GM

**\$1.39**

135845 \$3.56 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

VANILLA COKE  
600ML

**\$3.49**

137445 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA SACHETS  
CAPPUCCINO 10PK

**\$3.65**

142682 \$2.81 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA SACHETS  
LATTE 10PK

**\$3.65**

142690 \$2.47 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA SACHETS  
SKIMCAPP 10PK

**\$3.65**

143108 \$2.99 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA SACHETS  
DOUBLE S LATTE 10PK

**\$3.65**

143319 \$2.61 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA SACHETS  
STRONG CAPP 10PK

**\$3.65**

143343 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA SACHETS  
CARAMEL LATTE 10PK

**\$3.65**

143431 \$2.66 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA SACHETS  
SWEET CAPP 10PK

**\$3.65**

143458 \$2.63 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA SACHETS  
VANILLA LATTE 10PK

**\$3.65**

143466 \$2.81 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ULTRA  
FIESTA MANGO 500ML

**\$2.99**

143546 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

FANTA ORANGE  
NO SUGAR 1.25LT

**\$2.99**

144098 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SPRITE NO SUGAR  
1.25LT

**\$2.99**

144100 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

CASC CORD  
RASPBERRY 750ML

**\$5.01**

146237 \$6.68 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA CARAMEL  
FRZ DRIED 95GM

**\$7.95**

150244 \$8.37 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA 250ML  
8PK

**\$6.99**

154229 \$3.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA NO  
SUGAR 250ML 8PK

**\$6.99**

154245 \$3.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA DIET  
250ML 8PK

**\$6.99**

154325 \$3.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA  
VANILLA 250ML 8PK

**\$6.99**

154587 \$3.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

FANTA 250ML 8PK

**\$6.99**

154851 \$3.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

FANTA NO SUGAR  
250ML 8PK

**\$6.99**

155213 \$3.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SPRITE 250ML 8PK

**\$6.99**

155256 \$3.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI PC SWT  
CHILI&SCR 165GM

**\$4.15**

155395 \$2.52 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI PC  
HON/SOY/CHK 165GM

**\$4.15**

155467 \$2.52 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI PC  
SEA SALT 165GM

**\$4.15**

155483 \$2.52 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI PC  
SALT&VINEGAR 165GM

**\$4.15**

155491 \$2.52 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

SPRITE NO SUGAR  
250ML 8PK

**\$6.99**

155504 \$3.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MT FRANKLIN SPARK  
RASPBERRY 1.25LT

**\$2.29**

155539 \$1.83 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA  
VANILLA 1.25LT

**\$2.99**

155686 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI PC  
LIME/PEPPER 165GM

**\$4.15**

157366 \$2.52 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FISH/FRND  
SPEARMINT 25GM

**\$2.15**

159572 \$8.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA DIET  
10X375ML 10PK

**\$9.99**

159652 \$2.66 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA DRINK  
375ML 10PK

**\$9.99**

159679 \$2.66 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SPRITE 375ML  
10PK

**\$9.99**

159687 \$2.66 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

FANTA ORANGE  
375ML 10PK

**\$9.99**

159695 \$2.66 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ULT PARADISE  
GREEN 500ML

**\$2.99**

168161 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.



SAN WEETBIX GLUTEN  
FREE PLAIN 375GM

**\$5.25**

177973 \$1.40 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

BARISTA BROS  
CHOC PET 500ML

**\$2.99**

179215 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

BARISTA BROS I/  
COFFEE PET 500ML

**\$2.99**

179223 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

BARISTA BROS DBL  
I/COFF PET 500ML

**\$2.99**

179231 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

OREO COOKIE  
CHOC SPLIT 133GM

**\$1.35**

180400 \$1.02 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OREO COOKIE  
CHOCOLATE 133GM

**\$1.35**

180419 \$1.02 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OREO COOKIE RED  
VELVET 133GM

**\$1.35**

180427 \$1.02 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OREO COOKIE  
ORIGINAL 133GM

**\$1.35**

180486 \$1.02 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

CAPI SODA WATER  
750ML

**\$3.19**

184022 \$4.25 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

CAPI TONIC 750ML

ECLIPSE ORANGE H/  
PRESS MINTS 40GM

STARBURST FRUIT  
CHEWS POUCH 215GM

**\$3.19**

184065 \$4.25 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

**\$2.35**

191871 \$5.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

**\$3.65**

192006 \$1.70 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

SORBENT DOUBLE  
LENGTH 4PK

SORB VANILLA FACIAL  
TISSUES 170PK

(T)M&MS HALLOWEEN  
POUCH 160GM

**\$5.89**

193164 \$0.41 per 100SH  
Specials available from 10/08/2022 until 23/08/2022.

**\$2.15**

193498 \$1.26 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

**\$2.99**

199734 \$1.87 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FANTA RASPBERRY  
NO SUGAR 1.25LT

FANTA NO SUGAR  
ORANGE 600ML

FANTA NO SUGAR  
RASPBERRY 600ML

**\$2.99**

200520 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

**\$3.49**

200555 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

**\$3.49**

200598 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ULTRA  
GOLD 500ML

**\$2.99**

200811 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SKITTLES FRUITS  
200GM

**\$3.65**

203086 \$1.83 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

SKITTLES SOUR  
CANDIES 190GM

**\$3.65**

206041 \$1.92 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

CAPI TONIC LOW  
SUGAR 750ML

**\$3.19**

206439 \$4.25 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

ICE BREAK UHT ESP  
RECHARGE 500ML

**\$2.25**

206797 \$4.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

DINE OCEAN FISH/  
SEAFOOD SCE 7PK

**\$6.80**

210374 \$1.14 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

DINE COUNTRY  
CHICKEN 7PK

**\$6.80**

210390 \$1.14 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

DINE SALMON/  
SEAFOOD SAUCE 7PK

**\$6.80**

210446 \$1.14 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

DINE BEEF/LIVER  
IN RICH GRAVY 7PK

**\$6.80**

210980 \$1.14 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JIFFY FIRELIGHTERS  
ECONOMY 24'S

**\$4.25**

211502 \$0.18 per 1EA  
Specials available from 10/08/2022 until 23/08/2022.

SKITTLES SLUSHIE  
180GM

**\$3.65**

214738 \$2.03 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

M&MS HONEYCOMB  
130GM

**\$2.99**

214797 \$2.30 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MALTESERS  
CARAMEL 130GM

**\$2.99**

214826 \$2.30 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

333 MUSTARD  
PICKLES 520GM

**\$2.55**

219010 \$0.49 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

333 MIGHTYMITE  
290GM

**\$3.15**

221292 \$1.09 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ENERGY  
DRINK 500ML

**\$2.99**

224063 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MOUNT FRANKLIN LS  
PASSIONFRUIT 1.25LT

**\$2.29**

226931 \$1.83 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

WHITE KING BLEACH  
REGUL 1.25LT

**\$3.79**

229219 \$3.03 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

WHITE KING BLEACH  
LEMON 1.25LT

**\$3.79**

229227 \$3.03 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SAN UP&GO  
STRAWBERRY 350ML

**\$2.35**

230105 \$6.71 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SORBENT F/TOSS  
POCKET 4PLY 6PK

**\$2.05**

231837 \$3.42 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

OREO DOUBLE  
STUFF 147GM

**\$1.35**

231888 \$0.92 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RRD CHEF CO CRISP  
FRIED CHICK 150GM

**\$4.15**

236654 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

VIOLET CRUMBLE  
50GM

**\$1.29**

237593 \$2.58 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

M&MS BROWNIE  
POUCH 130GM

**\$2.99**

247089 \$2.30 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MALTESERS POPCORN  
POUCH 130GM

**\$2.99**

247126 \$2.30 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PHILA CREAM CHEESE  
LGHT BLK 250GM

**\$3.99**

247142 \$15.96 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

PHILA CREAM  
CHEESE BLK 250GM

**\$3.99**

247185 \$15.96 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ENERGY  
MANGO LOCO 500M 4PK

**\$7.99**

249594 \$4.00 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER MANGO  
LOCO 500ML

**\$2.99**

252881 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

OREO ORIGINAL  
BATMAN 133GM

**\$1.35**

254166 \$1.02 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI PC  
CHICKEN SAGE 150GM

**\$4.15**

255505 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI PC DIJ  
MUST/HON 150GM

**\$4.15**

255548 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

POWERADE BERRY  
ICE FLO 1LT

**\$3.99**

255652 \$3.99 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

POWERADE MOUNT  
BLAST FLO 1LT

**\$3.99**

255660 \$3.99 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SAN UP&GO  
VANILLA ICE 350ML

**\$2.35**

256495 \$6.71 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SAN UP&GO CHOC  
ICE 350ML

**\$2.35**

256719 \$6.71 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MT FRANKLIN M/W  
SPARKLING LIME 1.25LT

**\$2.29**

257981 \$1.83 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

OAK FLAVOURED MILK  
CHOCOLATE 500ML

**\$2.59**

259952 \$5.18 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

OAK FLAVOURED MILK  
STRAWBERRY 500ML

**\$2.59**

259960 \$5.18 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA CLASSIC  
F/D 100GM

**\$8.49**

264735 \$8.49 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOCCONA CLASSIC  
DARK ROAST 100GM

**\$8.49**

265965 \$8.49 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

COCA-COLA NO  
SUGAR 1.25LT

**\$2.99**

268007 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA-COLA NO  
SUGAR 10PK

**\$9.99**

268162 \$2.66 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA-COLA NO  
SUGAR 600ML

**\$3.49**

268381 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

AOS BARISTA  
MACADAMIA MILK 1LT

**\$3.85**

273682 \$3.85 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

M&MS MIX UPS  
POUCH 145GM

**\$2.99**

278635 \$2.06 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

ECLIPSE LEMON  
GINGER HONEY 40GM

**\$2.35**

278969 \$5.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

ECLIPSE MENTHOL  
MINT LEMON 40GM

**\$2.35**

279013 \$5.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FISH/FRND  
CITRUS S/F 25GM

**\$2.15**

285624 \$8.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER GREEN  
500ML 4PK

**\$7.99**

286117 \$4.00 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ULTRA  
ZERO 500ML 4PK

**\$7.99**

286168 \$4.00 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SWISSPERS COTTON  
TIPS 100 100'S

**\$2.36**

292007 \$2.36 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

FISH/FRND S/FREE  
BLACKCURRANT 25GM

**\$2.15**

293085 \$8.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.



MONSTER ULTRA  
500ML

**\$2.99**

296681 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

LIFT HARD HITTING  
LEMON 1.25LT

**\$2.99**

297617 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

OREO COOKIE  
CINNAMON BUN 135GM

**\$1.35**

300513 \$1.00 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OREO COOKIE CHOC  
HAZELNUT 135GM

**\$1.35**

300732 \$1.00 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FISH/FRND HONEY  
LEMON S/F 25GM

**\$2.15**

306894 \$8.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

DUCK FRESH DISCS  
LAVNDR PRIMAR 36ML

**\$4.15**

312725 \$11.53 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

DUCK FRESH DISCS  
PRIMARY CITRU 36ML

**\$4.15**

312741 \$11.53 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

DUCK FRESH DISCS  
PRIMARY MARIN 36ML

**\$4.15**

312776 \$11.53 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

ECLIPSE STRAWBERRY  
OTC 40GM

**\$2.35**

312813 \$5.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ULTRA  
FIESTA MANGO 500 4PK

**\$7.99**

314069 \$4.00 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MT FRANKLIN M/  
WTR NAT 1.25LT

**\$2.29**

317454 \$1.83 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MT FRANKLIN M/  
WTR LEMON 1.25LT

**\$2.29**

317550 \$1.83 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MT FRANKLIN SPRING  
WATER 500ML 6PK

**\$4.49**

319572 \$1.50 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SAN WEET-BIX CHOLEST  
LOWERING 440GM

**\$6.49**

324355 \$1.48 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MOUNT FRANKLIN  
L/SPARK LIME 4PK

**\$3.99**

330659 \$3.99 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MOUNT FRANKLIN  
L/S MANGO 4PK

**\$3.99**

330675 \$3.99 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MOUNT FRANKLIN L/S  
RASPBERRY 4PK

**\$3.99**

330683 \$3.99 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

POWERADE GOLD  
RUSH 1LT

**\$3.99**

334289 \$3.99 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

POWERADE  
BLACKCURRANT 1LT

**\$3.99**

334350 \$3.99 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SORBENT FACIAL  
SOFT WHITE 170'S

**\$2.15**

338650 \$1.26 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

DUCK DEEP ACTION  
GEL CITRUS 750ML

**\$3.49**

343249 \$0.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

DUCK DEEP ACT GEL  
LTD EDITION 750ML

**\$3.49**

343265 \$0.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

DUCK DEEP ACTION  
GEL PINE 750ML

**\$3.49**

343281 \$0.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

DUCK DEEP ACTION  
GEL LAVENDER 750ML

**\$3.49**

343337 \$0.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

DUCK FOAMING BLEACH  
GEL MARINE 750ML

**\$3.59**

343345 \$0.48 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

MENTOS MINI  
RAINBOW BAG 120GM

**\$1.85**

347872 \$1.54 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA 300ML  
4PK

**\$6.99**

347979 \$5.83 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA NO  
SUGAR 300ML 4PK

**\$6.99**

347995 \$5.83 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SPRITE NO SUGAR  
600ML

**\$3.49**

348023 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SPRITE NO SUGAR  
10PK

**\$9.99**

348146 \$2.66 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SORBENT FACIAL  
SOFT HYPO 170'S

**\$2.15**

349472 \$1.26 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

DINE DAILY CHICKEN  
SLICES 7PK

**\$6.80**

350385 \$1.14 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

DINE DAILY TUNA  
W/CHEESE SCE 7PK

**\$6.80**

350393 \$1.14 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FISHERMANS FRIEND  
ORIGN 25GM

**\$2.15**

356840 \$8.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FISH/FRND  
ANISEED 25GM

**\$2.15**

356867 \$8.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FISH/FRND S/F  
FRESH MINT 25GM

**\$2.15**

356875 \$8.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

KINDER BUENO  
T30 43GM

**\$1.39**

362941 \$3.23 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

HANDEE ULTRA  
CRSP WHITE 2PK

**\$3.15**

365675 \$2.63 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

SORBENT F/TISSUE  
WHITE TRAVEL 50'S

**99¢**

365843 \$1.98 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

SORBENT F/TISSUES  
WHITE 90'S

**\$1.85**

365851 \$2.06 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

SORBENT FRANGIPANI  
FACIAL TISS 170PK

**\$2.15**

370917 \$1.26 per 100EA  
Specials available from 10/08/2022 until 23/08/2022.

MALTESERS DARK  
CHOCOLATE 135GM

**\$2.99**

381309 \$2.21 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

ROBERN APRICOT  
BALLS C/NUT 200GM

**\$3.15**

382643 \$15.75 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

ROBERN APRICOT  
INDULGENT 200GM

**\$3.15**

382686 \$15.75 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA NO  
SUGAR CF 10PK

**\$9.99**

385430 \$2.66 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI PC  
BOURBON RIBS 150GM

**\$4.15**

385908 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MT FRANKLIN WATER  
SPRING 1.5LT

**\$2.99**

386134 \$1.99 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA NO SUGAR  
CAFFEINE FR 1.25LT

**\$2.99**

386628 \$2.39 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ULTRA  
ROSA CAN 500ML

**\$2.99**

387815 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

MONSTER ULTRA  
ROSA 500ML 4PK

**\$7.99**

387823 \$4.00 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SAN WEET-BIX  
LITTLE KIDS 400GM

**\$3.85**

389060 \$0.96 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

MULTIX LEM T/BAG  
C/SCENT LGE 30PK

**\$3.29**

390117 \$0.11 per 1EA  
Specials available from 10/08/2022 until 23/08/2022.

MULTIX LAV T/BAG  
C/SCENT LGE 30PK

**\$3.29**

390125 \$0.11 per 1EA  
Specials available from 10/08/2022 until 23/08/2022.

MULTIX VAN T/BAG  
C/SCENT LGE 30PK

**\$3.29**

390168 \$0.11 per 1EA  
Specials available from 10/08/2022 until 23/08/2022.

JCS CASHEWS  
SALTED 500GM

**\$13.99**

410288 \$27.98 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

JCS CASHEWS  
UNSALTED 500GM

**\$13.99**

410296 \$27.98 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

JCS ALMONDS NAT  
AUSTRALIAN 500GM

**\$9.49**

412056 \$18.98 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

ING DRUMSTICKS  
1RW

**\$5.99**

416719 \$5.99 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

JCS SUPER TASTY  
CRANBERRIES 500GM

**\$6.49**

501403 \$12.98 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

NAT PARTY PIES  
6PK

**\$6.69**

503468 \$2.23 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

NAT CURRIED CHICKEN  
PARTY PIES 6PK

**\$7.99**

503513 \$2.22 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS PEANUTS  
UNSALTED 500GM

**\$4.99**

525560 \$9.98 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

COCA COLA VANILLA  
DIET 600ML

**\$3.49**

568050 \$5.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

CASCADE CORDIAL  
LIME 750ML

**\$4.99**

568173 \$6.65 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

JCS ALMONDS  
NATURAL USA 500GM

**\$9.49**

569010 \$18.98 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

NAT LITTLE BEEF  
ROLLS 360G 6PK

**\$6.45**

569897 \$1.79 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

W/WATCHERS MUSH  
PMPKN RISOTTO 320GM

**\$4.95**

600815 \$1.55 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

BAKERS COLLECTION  
DONUTS 2PK

**\$6.75**

618783 \$3.21 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

BAKERS COLLECTION  
DONUTS 4PK

**\$13.45**

618791 \$3.79 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

BAKERS COLLECTION  
CUST TART 2PK

**\$4.69**

618804 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

BAKERS COLLECTION  
CUST TART 6PK

**\$6.25**

618812 \$1.74 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

C/NB MASTER LOWER  
CARB BREAD 680GM

**\$3.39**

620293 \$0.50 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.



FLORA PRO ACTIV  
LT 500GM

PETERS DR/STK  
BOYSN SWIRL 4'S

PAULS KIDS YOGHURT  
LIMITED EDI 70GM

**\$9.39**

622811 \$1.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

**\$6.99**

625078 \$1.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

**\$1.39**

626628 \$1.99 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OAK THICKSHAKE  
CHOC MALT 425ML

OAK THICKSHAKE  
COOKIES CREAM 425ML

TAMAR VALLEY KIDS  
POUCH BANANA 110GM

**\$2.79**

627081 \$6.56 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

**\$2.79**

627110 \$6.56 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

**\$1.29**

628156 \$1.17 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

TAMAR VALLEY KIDS  
POUCH TROPIC 110GM

TAMAR VALLEY KIDS  
POUCH VANILL 110GM

T/VALLEY KIDS POUCH  
STRAWBERRY 110GM

**\$1.29**

628412 \$1.17 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

**\$1.29**

628420 \$1.17 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

**\$1.29**

628439 \$1.17 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FLORA SPREAD  
PRO-ACTIV 500GM

**\$9.39**

629140 \$1.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

W/WATCHER CHICK&MUSH  
FETTUCINE 300GM

**\$4.95**

632681 \$1.65 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS SESH SNACKS  
CAMPFIRE 130GM

**\$3.99**

646987 \$3.07 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS SESH SNACKS  
DROVERS 130GM

**\$3.99**

646995 \$3.07 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS SESH SNACKS  
NIPPERS 130GM

**\$3.99**

647007 \$3.07 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS SESH SNACKS  
EASY RIDER 130GM

**\$3.99**

647031 \$3.07 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS SESH SNACKS  
SALTIES 115GM

**\$3.99**

647066 \$3.47 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS SESH SNACKS  
DESERT HEAT 130GM

**\$3.99**

647090 \$3.07 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

T/VALLEY YOG S/BERRY  
& CREAM 700GM

**\$4.35**

649184 \$0.62 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

T/VALLEY YOG B/  
BERRY CREAM 700GM

**\$4.35**

649192 \$0.62 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

T/VALLEY YOGHURT  
PEACH&CREAM 700GM

**\$4.35**

649205 \$0.62 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS VAN  
CUSTARD 2KG

**\$7.69**

649758 \$0.38 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

NIPPYS ORANGE/MANG  
COLD PRS 450ML

**\$2.35**

655541 \$5.22 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

PETERS DR/STK  
CARML 4'S

**\$6.99**

662610 \$1.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PETERS DR/STK  
SUPER CHOC 4'S

**\$6.99**

663269 \$1.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PETERS DR/STK  
VANILLA 4'S

**\$6.99**

663314 \$1.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

T/VALLEY YOGHURT  
MANGO&CREAM 700GM

**\$4.35**

670004 \$0.62 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OAK THICKSHAKE  
HOKEYPOKEY 425ML

**\$2.79**

671111 \$6.56 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

OAK CHOC  
HONEYCOMB 600ML

**\$2.89**

671146 \$4.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

PAULS VANILLA  
CUSTARD 1KG

**\$3.85**

673547 \$0.39 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

BARISTA BROS  
MOCHA 500ML

**\$2.99**

690523 \$5.98 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

PETERS DRUMSTICK  
FUDGE SMORES 4PK

**\$6.99**

694874 \$1.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PETERS D/STICK  
FUDGE HAZELNUT 4PK

**\$6.99**

695279 \$1.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

LEMNOS HALOUMI  
BLOCK 600GM

**\$10.15**

698533 \$16.92 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

C/NB MASTER 9 GRN  
S/WICH 680GM

**\$3.39**

740164 \$0.50 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

C/NB MASTER 9  
GRAIN TOAST 680GM

**\$3.39**

740172 \$0.50 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS DELICIOUS  
ENERGY MIX 500GM

**\$9.49**

747040 \$18.98 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

PFD FRESH RUMP  
STEAK 1RW

**\$24.99**

753539 \$24.99 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

NAT CHKN/CAMEMBERT  
MINI PIES 6PK

**\$7.99**

779093 \$1.90 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

JCS PEANUTS  
SALTED 500GM

**\$4.99**

779448 \$9.98 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

PAULS ZYMIL VAN  
CUSTARD 1KG

**\$4.29**

900033 \$0.43 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS CUSTARD  
VANILLA 140GM

**\$1.95**

900041 \$1.39 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS CUSTARD  
CHOCOLATE 140GM

**\$1.95**

900068 \$1.39 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

LEMNOS CHS  
HALOUMI AUST 180GM

**\$5.55**

903592 \$30.83 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

RRD CLASSIC CHRGR  
CORN RELISH 190GM

**\$3.45**

904456 \$1.82 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RRD CLASSIC SALSA/  
GUACAMOLE 190GM

**\$3.45**

904472 \$1.82 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RRD CLASSIC SWT  
CHLI/SOUR CRM 190GM

**\$3.45**

904480 \$1.82 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RRD CLASSIC CRMLSD  
FRNCH ONION 190GM

**\$3.45**

904528 \$1.82 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RRD CLASSIC SPICY  
ROAST CAPS 190GM

**\$3.45**

904536 \$1.82 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RRD CLASSIC SOUR  
CREAM/CHIVES 190GM

**\$3.45**

904544 \$1.82 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

LEMNOS FETTA CHS  
SMOOTH 200GM

**\$3.59**

904982 \$17.95 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

CONN MERLOT  
BLACKBERRY COOKIE 1LT

**\$10.69**

905010 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

CONN MATCHA  
GREEN TEA 1LT

**\$10.69**

905029 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PAULS MILKY MAX  
SNACK CHOC100G 12PK

**\$5.55**

905221 \$0.46 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OAK CARAMEL WHITE  
CHOC MILK 600ML

**\$2.89**

906443 \$4.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

T/VALLEY MIXED BERRY  
YOGHURT 700GM

**\$4.35**

907825 \$0.62 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS GARN  
TOMATO DIP 220GM

**\$3.95**

908406 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PHILA ORIGINAL  
140GM

**\$3.35**

908449 \$23.93 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

OBELA MEXICAN STYLE  
SALSA DIP 220GM

**\$3.95**

908561 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS EX/  
RICH TAHINI DI 200GM

**\$3.95**

908596 \$1.98 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK THAI  
CHILLILIMECASHEW 150GM

**\$4.15**

908617 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS ZYMIL CREAM  
LIGHT 300ML

**\$3.89**

908991 \$1.30 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR HAZELNUT  
CHOCOLATE 1LT

**\$10.69**

909169 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

NEST DESS CHOC  
MOUSSE 2PK

**\$2.45**

912077 \$1.98 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS ZYMIL THICKENED  
CREAM 300ML

**\$3.89**

912093 \$1.30 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PAULS LOW FAT  
CHOC MOUSSE 2PK

**\$2.45**

912253 \$1.98 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

SAN SO GOOD  
ALMOND MILK 1LT

**\$3.25**

913125 \$3.25 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

SO GOOD ALMOND  
UNSW BOTTLE 1LT

**\$3.25**

913168 \$3.25 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

W/WATCHERS TUNA  
PASTA BAKE 320GM

**\$4.95**

914005 \$1.55 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

LEMNOS FETTA  
CHEESE 2PK 200GM

**\$5.55**

915462 \$27.75 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

OAK FLV MILK  
CHOCOLATE 600ML

**\$2.89**

916369 \$4.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

OAK FLAVOURED MILK  
STRAWBERRY 600ML

**\$2.89**

916457 \$4.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

PETERS DR/STK  
MINI CH/CARA 6'S

**\$6.99**

918807 \$1.43 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.



CONNOISSEUR D/V  
RASP WHT CHOC 1LT

**\$10.69**

919981 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS  
CAMELISED ONION 220GM

**\$3.95**

922611 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS SPICY  
HARISSA 220GM

**\$3.95**

922726 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS SWT  
BEETROOT 220GM

**\$3.95**

922734 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA GRKSTYL YGHRT  
CUCUM/DILL 220GM

**\$3.95**

922769 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PATTIES PARTY  
PIES 12PK 560GM

**\$6.89**

923657 \$1.23 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PATTIES PARTY S/  
ROLLS 12PK 450GM

**\$6.65**

923665 \$1.48 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI DIP  
RST PUMP/ON 150GM

**\$4.15**

924975 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

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

**\$4.15**

925003 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR CHOC  
BROWNIE 1LT

**\$10.69**

925257 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

MUNCHABLES DESSERT  
MULTIPACK 12PK

**\$5.25**

926612 \$0.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

FLORA PRO ACTIVE  
SPRD BUTTERY 500GM

**\$9.39**

929565 \$1.88 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS SMOOTH  
CLASSIC 220GM

**\$3.65**

930742 \$1.66 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

C/NB MASTER M/GRAIN  
SANDWICH 700GM

**\$3.39**

932588 \$0.48 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR MINT  
WITH COOKIES 1LT

**\$10.69**

936132 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR  
SALTED CARAMEL 1LT

**\$10.69**

937143 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PETERS D/STICK  
SALTD CARAMEL 4PK

**\$6.99**

947798 \$1.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

LEMNOS ORGANIC  
CHS HALOUMI 180GM

**\$6.35**

948467 \$35.28 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR  
BELGIAN CHOC 1LT

**\$10.69**

949195 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR  
COOKIE CRM 1LT

**\$10.69**

951498 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR  
CAFE GRANDE 1LT

**\$10.69**

951527 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR  
CLASSIC VAN 1LT

**\$10.69**

951586 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR  
HONEY/MACAD 1LT

**\$10.69**

951682 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS PINE  
NUT GARNISH 220GM

**\$3.95**

951981 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS ZESTY  
JALAPENO GR 220GM

**\$3.95**

952044 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

T/VALLEY GREEK  
YOGHURT VANILLA 1KG

**\$5.79**

953426 \$0.58 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

T/VALLEY GREEK  
YOGHURT 1KG

**\$5.79**

953469 \$0.58 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DIP  
BEETROOT/FETTA 150GM

**\$4.15**

953741 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

RED ROCK DELI DIP  
CAP/PEP 150GM

**\$4.15**

953821 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

VEG DELIGHTS  
HOT DOG 300GM

**\$5.29**

954525 \$17.63 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

SAN VEG DELIGHTS  
SAUSAGE VEGE 300GM

**\$5.29**

954533 \$17.63 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

PAULS DBL THK  
CUSTARD VAN 900GM

**\$5.39**

956977 \$0.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS YOGHURT  
POUCH VANILLA 70GM

**\$1.39**

957179 \$1.99 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PETERS DR/STK  
CHOC MINT 4'S

**\$6.99**

957822 \$1.47 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PRESIDENT  
CAMEMBERT 200GM

**\$7.35**

962824 \$36.75 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

PRESIDENT BRIE  
200GM

**\$7.35**

962832 \$36.75 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

T/VALLEY KIDS POUCH  
BLUEBERRY 110GM

**\$1.29**

963691 \$1.17 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA HOMMUS  
1KG

**\$7.89**

964977 \$0.79 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PRESIDENT LE BLUE  
EXTRA CREAMY 120GM

**\$3.59**

965208 \$29.92 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

RRD BASIL PESTO  
PECORINO&CASH 150GM

**\$4.15**

967393 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR VAN  
CRML BRWNIE 1LT

**\$10.69**

971077 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

C/NB MASTER LOAF  
WHITE SANDWCH 700GM

**\$3.39**

972467 \$0.48 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

LEMNOS CHEESE FETTA  
FULL CREAM 180GM

**\$3.59**

972520 \$19.94 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

C/NB MASTER LOAF  
TOAST 700GM

**\$3.39**

972600 \$0.48 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

C/NB MASTER W/MEAL  
SAND LOAF 700GM

**\$3.39**

972619 \$0.48 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

LEMNOS SLT RED  
HALOUMI 180GM

**\$5.55**

972651 \$30.83 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

C/NB MASTER W/MEAL  
TOAST LOAF 700GM

**\$3.39**

972790 \$0.48 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PETERS DR/STK  
SNACK VAN 6'S

**\$6.99**

977081 \$1.43 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

TAMAR VALLEY  
YOGHURTRASPERRY 110GM

**\$1.29**

978535 \$1.17 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS SQUEEZ KIDS  
STW/YOGK PINK 70GM

**\$1.39**

978682 \$1.99 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS SQUEEZ KIDS  
STR/YOG RED 70GM

**\$1.39**

978690 \$1.99 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS SQUEEZIE KIDS  
VANILLA YO 70GM

**\$1.39**

978703 \$1.99 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS SQUEEZIE KIDS  
BANANA YOG 70GM

**\$1.39**

978711 \$1.99 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS DBL THK  
CUSTARD CHOC 900GM

**\$5.39**

979706 \$0.60 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

W/WATCHERS BEEF  
BOLOGNESE 320GM

**\$4.95**

981160 \$1.55 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

DR/STK MINI  
BYSNBRRY 6PK

**\$6.99**

981232 \$1.46 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PHILA BLOCK LACTOSE  
FREE 250GM

**\$3.99**

982892 \$15.96 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

LEMNOS SMTH REDUCED  
FAT FETTA 200GM

**\$3.59**

987407 \$17.95 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

OAK ERINS MUM  
CARMELSLICE MILK 600ML

**\$2.89**

990155 \$4.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

OAK DANS CHERRY ON  
CHOC C/NUT 600ML

**\$2.89**

990171 \$4.82 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

CONNOISSEUR  
CARAMOSA STRAW 1LT

**\$10.69**

991000 \$1.07 per 100ML  
Specials available from 10/08/2022 until 23/08/2022.

PRESIDENT BUTTER  
UNSALTED 200GM

**\$3.89**

991457 \$1.95 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PRESIDENT BUTTER  
SALTED 200GM

**\$3.89**

991617 \$1.95 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

NIPPYS ORANGE NAS  
COLD PRESS 450ML

**\$2.35**

994279 \$5.22 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

NIPPYS APPLE/BLKCRT  
COLD PRESS 450ML

**\$2.35**

994295 \$5.22 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

NIPPYS APPLE COLD  
PRESSED 450ML

**\$2.35**

994308 \$5.22 per 1LT  
Specials available from 10/08/2022 until 23/08/2022.

R/DAIRY TASTY  
CHEDDAR BLOCK 250GM

**\$4.39**

996151 \$17.56 per 1KG  
Specials available from 10/08/2022 until 23/08/2022.

RRD AVOCADO GREEN  
GODDESS 150GM

**\$4.15**

996661 \$2.77 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA GARN HOMMUS  
LEMON DUKKAH 220GM

**\$3.95**

996696 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

OBELA GARN HOMMUS  
RST CAPSICUM 220GM

**\$3.95**

996709 \$1.80 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

PAULS STRAWBERRY  
CUSTARD POUCH 140GM

**\$1.95**

996899 \$1.39 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.

W/WATCHERS BEEF  
LASGANE 370GM

**\$4.95**

996960 \$1.34 per 100GM  
Specials available from 10/08/2022 until 23/08/2022.