

MT FRANKLIN
600ML

\$2.50

2997 \$4.17 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA NO SUGAR
VANILLA 600ML

\$4.00

4167 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA NO SUGAR
VANILLA 1.25LT

\$3.00

4175 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

PASCALL JELLY GEMS
BANG BERRY 150GM

\$3.69

6349 \$2.46 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

FANTA RASPBERRY
600ML

\$4.00

11738 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA 1.25LT

\$3.00

12212 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

FANTA 1.25LT

\$3.00

12239 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE LEMONADE
1.25LT

\$3.00

12255 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA DIET
1.25LT

\$3.00

12271 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA NO SUGAR
RASPBERRY 1.25LT

\$3.00

13450 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE 600ML

\$4.00

18550 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA 600ML

\$4.00

19406 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA DIET
600ML

\$4.00

19414 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SAN SO GOOD
VANILLA BLISS 1LT

\$2.49

30760 \$2.49 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

MOTHER BERRY ENERGY
DRNK 500ML 4PK

\$9.00

101426 \$4.50 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

PASCALL WINE
GUMS 220GM

\$3.69

104424 \$1.68 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

RRD DELI PC TRIO
OF CHEESE 150GM

\$5.49

106577 \$3.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO CAP
GOLD RUSH 600ML

\$3.00

109356 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COKE VANILLA 10
X 375ML 10PK

\$10.50

113670 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SO GOOD CHOC
OAT MILK 1LT

\$2.49

114614 \$0.25 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

MENTOS FANTA
ROLL 37.5GM

\$1.35

117591 \$3.60 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOTHER ENERGY
DRINK S/F 500ML 4PK

\$9.00

118850 \$4.50 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

MOTHER ENERGY
DRINK PASSION 4PK

\$9.00

122518 \$4.50 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO
STRAW LEMON 600ML

\$3.00

124804 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

MILKY WAY TWIN
PACK 45GM

\$1.35

125372 \$3.00 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MARS CLASSIC
SINGLE BAR 47GM

\$1.35

127298 \$2.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

RRD CHEF CO CRISPY
PORK BELLY 150GM

\$5.49

128979 \$3.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

NIPPYS LEMON
QUENCHER 450ML

\$2.49

129867 \$5.53 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

NIPPYS BLOOD ORANGE
QUENCHER 450ML

\$2.49

129875 \$5.53 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO
BERRY ICE 600ML

\$3.00

131000 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO CAP
MOUNT BLAST 600ML

\$3.00

131019 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO CAP
LEMON/LIME 600ML

\$3.00

131027 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO ZERO
BERRY ICE 600ML

\$3.00

131043 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO ZERO
MOUNT BLAST 600ML

\$3.00

131051 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO CAP
BLACKCURRANT 600ML

\$3.00

131078 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

FANTA ORG 600ML

\$4.00

131510 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

CADBURY FREDDO
BISCUIT 167GM

MOCCONA ESP FREEZE
DRIED 400GM

KINDER BUENO
WHITE 39GM

\$2.99

131799 \$1.79 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

\$22.99

133006 \$5.75 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

\$1.49

135845 \$3.82 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VANILLA COKE
600ML

POWERADE ACTIVE
WATER MANGO 600ML

POWERADE ACTIVE
WATER APP&PCH 600ML

\$4.00

137445 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

\$3.00

138405 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

\$3.00

138413 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE ACTIVE
WATER LEMON 600ML

SNICKERS
BUTTERSCOTCH 44GM

MOCCONA SACHETS
CAD CMEL MOCHA 8PK

\$3.00

138421 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

\$1.35

139803 \$3.07 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

\$3.99

141196 \$3.02 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
CAD HNUT MOCHA 8PK

\$3.99

141217 \$3.02 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
CAD MOCHA 8PK

\$3.99

141321 \$3.02 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
CAPPUCCINO 10PK

\$3.99

142682 \$3.07 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
LATTE 10PK

\$3.99

142690 \$2.70 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOTHER LAVA
GUAVA 500ML 4PK

\$9.00

143060 \$4.50 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
SKIMCAPP 10PK

\$3.99

143108 \$3.27 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA RASP
ZERO SUGAR 600ML

\$4.00

143116 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
DOUBLE S LATTE 10PK

\$3.99

143319 \$2.85 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
STRONG CAPP 10PK

\$3.99

143343 \$3.02 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
CARAMEL LATTE 10PK

\$3.99

143431 \$2.91 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
SWEET CAPP 10PK

\$3.99

143458 \$2.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA SACHETS
VANILLA LATTE 10PK

\$3.99

143466 \$3.07 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

FANTA ORANGE
NO SUGAR 1.25LT

\$3.00

144098 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE NO SUGAR
1.25LT

\$3.00

144100 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

W/KING LEMON TOILET
GEL D/STR 475ML

\$4.49

147301 \$0.95 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

R/HEADS HERITAGE
BLCK F/L 32'S

\$3.99

147838 \$0.12 per 1EA
Specials available from 16/08/2023 until 29/08/2023.

RED ROCK DELI PC SWT
CHILI&SCR 165GM

\$5.49

155395 \$3.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

RED ROCK DELI PC
HON/SOY/CHK 165GM

\$5.49

155467 \$3.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

RED ROCK DELI PC
SEA SALT 165GM

\$5.49

155483 \$3.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

RED ROCK DELI PC
SALT&VINEGAR 165GM

\$5.49

155491 \$3.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MT FRANKLIN SPARK
RASPBERRY 1.25LT

\$2.50

155539 \$2.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA
VANILLA 1.25LT

\$3.00

155686 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

RED ROCK DELI PC
LIME/PEPPER 165GM

\$5.49

157366 \$3.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

ROSES GIFT BAG
150GM

\$6.49

158190 \$4.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TOBLERONE GIFT
POUCH 120GM

\$6.49

158254 \$5.41 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA CLASSIC
FREEZE DRD 400GM

\$22.99

159599 \$5.75 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA DIET
10X375ML 10PK

\$10.50

159652 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA DRINK
375ML 10PK

\$10.50

159679 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE 375ML
10PK

\$10.50

159687 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

FANTA ORANGE
375ML 10PK

\$10.50

159695 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

ROSES GIFT BAG
150GM

\$6.49

169033 \$4.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

BOUNTY CHOCOLATE
BAR 56GM

\$1.35

169631 \$2.41 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

RRD CHEF CO MALAY
BEEF REND 150GM

\$5.49

178490 \$3.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

RRD CHEF CO CRP
CHCK GAR/SOY 150GM

\$5.49

178546 \$3.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

BATISTE DRY SHAMPOO
BLUSH 50ML

\$5.99

182131 \$11.98 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA CLASSIC
DARK F/DRIED 400GM

\$22.99

187565 \$5.75 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SORBENT DOUBLE
LENGTH 4PK

\$5.99

193164 \$0.42 per 100SH
Specials available from 16/08/2023 until 29/08/2023.

SORB VANILLA FACIAL
TISSUES 170PK

\$2.25

193498 \$1.32 per 100EA
Specials available from 16/08/2023 until 29/08/2023.

BICKS BLACK CURRANT
SYRUP GLS 750ML

\$6.25

193674 \$8.33 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

PASCALL PINEAPPLE
LUMPS 185GM

\$3.69

197528 \$1.99 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PASCALL MMALLOWS
VANRASP 280GM

\$3.69

198272 \$1.32 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

CAD CLINKERS
160GM

\$3.69

200053 \$2.31 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

FANTA RASPBERRY
NO SUGAR 1.25LT

\$3.00

200520 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

FANTA NO SUGAR
RASPBERRY 600ML

\$4.00

200598 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

R/T COFF BAGS
ITALN EXP 45GM

\$4.69

200897 \$10.42 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

R/T COFFEE BAGS
M/KENYA 45GM

\$4.69

200918 \$10.42 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SAN WEETBIX BLENDS
C/BERRY 450GM

\$4.75

203457 \$1.06 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PANADOL LIQUID
CAPS 20'S

\$5.79

204134 \$0.29 per 1EA
Specials available from 16/08/2023 until 29/08/2023.

333 PICKLES MUSTARD
SPRD 390GM

\$2.49

224039 \$0.64 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOUNT FRANKLIN LS
PASSIONFRUIT 1.25LT

\$2.50

226931 \$2.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

MOTHER RAZZLE
BERRY 4PK

\$9.00

226966 \$4.50 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

TNCC BERRY
SALAD 180GM

\$3.15

227467 \$1.75 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

W/KING B/ROOM
GEL LEM 750ML

\$3.49

229243 \$0.47 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

SAN WEETBIX MULTI
GRAIN 575GM

\$4.75

232020 \$0.83 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WHITE KING SURFACE
SPRAY LEM 500ML

\$3.99

232805 \$0.80 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

RRD CHEF CO CRISP
FRIED CHICK 150GM

\$5.49

236654 \$3.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VIOLET CRUMBLE
50GM

\$1.35

237593 \$2.70 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MARS SALTED CARAMEL
HONEYCOMB 47GM

\$1.35

240522 \$2.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MENTOS MINT ROLL
14 PC 37.5GM

\$1.35

241453 \$3.60 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MENTOS S/MINT
ROLL 14PC 37.5GM

\$1.35

241461 \$3.60 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MENTOS FRUIT
ROLL 14PC 37.5GM

\$1.35

241488 \$3.60 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WERTHERS B/
SCOTCH ROLL 50GM

\$1.99

242587 \$3.98 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC FRUIT BASKET
R/SUGAR 220GM

\$3.15

246940 \$1.43 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WRIG EXTRA WHITE
SPEARMINT TAB 14'S

\$2.25

247134 \$8.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WRIG EXTRA WHITE
PEPPERMINT TAB 14'S

\$2.25

247249 \$8.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WRIG EXTRA PAPPLE/
COCONUT 27GM

\$2.25

248823 \$8.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MENTOS RAINBOW
ROLL 37.5GM

\$1.35

250050 \$3.60 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SPRITE LEMON
PLUS 1.25LT

\$3.00

251563 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE LEMON PLUS
ZERO SUGAR 1.25LT

\$3.00

251619 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE LEMON PLUS
ZERO SUGAR 10PK

\$10.50

251694 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE LEMON
PLUS 10PK

\$10.50

251846 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE LEMON
PLUS 600ML

\$4.00

252048 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

REDHEAD
FIRELIGHTERS 24PK

\$4.75

254721 \$0.20 per 1EA
Specials available from 16/08/2023 until 29/08/2023.

TNCC DINOSAURS
220GM

\$3.15

254959 \$1.43 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC SMOOTHIE
CHEWS 180GM

\$3.15

254975 \$1.75 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC BERRY BLISS
180GM

\$3.15

255329 \$1.75 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

RED ROCK DELI PC DIJ
MUST/HON 150GM

\$5.49

255548 \$3.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PASCALL JUBES
300GM

\$3.69

255636 \$1.23 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC SNAKES REDUCED
SUGAR 230GM

\$3.15

255644 \$1.37 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SOUR PATCH KIDS
190GM

\$3.15

255724 \$1.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SOUR PATCH KIDS
WATERMELON 190GM

\$3.15

255804 \$1.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MT FRANKLIN M/W
SPARKLING LIME 1.25LT

\$2.50

257981 \$2.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

TNCC FRUITY
STACKERS 220GM

\$3.15

258626 \$1.43 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC JELLY
BABIES 220GM

\$3.15

259856 \$1.43 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SOUR PATCH KIDS
BERRY 190GM

\$3.15

260080 \$1.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

COCA-COLA NO
SUGAR 1.25LT

\$3.00

268007 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA-COLA NO
SUGAR 10PK

\$10.50

268162 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA-COLA NO
SUGAR 600ML

\$4.00

268381 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

ALFOIL MED ROAST
TRAY HNDL 1EA

\$4.49

270449
Specials available from 16/08/2023 until 29/08/2023.

CADBURY FINGERS MILK
CHOCOLATE 114GM

\$2.99

271548 \$2.62 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA FLAT WHITE
BARISTA RES 10PK

\$5.25

278125 \$10.10 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

KINDER CHOC
LITTLEONES 50GM

\$1.49

278221 \$2.98 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WRIG EXTRA INTENSE
MINT TAB 27GM

\$2.25

279179 \$8.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

ECLIPSE CHEWY PINK
LEMONADE 27GM

\$1.79

279187 \$6.63 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

5 GUM SWEET
MINT STICK 32GM

\$2.25

279347 \$7.03 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

5 GUM BLUEBERRY
32GM

\$2.25

282335 \$7.03 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

5 GUM WATERMELON
32GM

\$2.25

282693 \$7.03 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SOUR PATCH SPACE
KIDS 190GM

\$3.15

283282 \$1.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC ZOO CREW
200GM

\$3.15

283485 \$1.58 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PASCALL TWO TO
TANGO 150GM

\$3.69

283522 \$2.46 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WEET BIX HONEY
GOLDEN OATS 450GM

\$4.75

283856 \$1.06 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

R/TIMMS GRANULATED
COFFEE 100GM

\$7.99

284517 \$7.99 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WERTHERS CARAMEL
CHEWS ROLL 45GM

\$1.99

285333 \$4.42 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

ECLIPSE CHEWY
MINTS P/MINT 27GM

\$1.79

287574 \$6.63 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

ECLIPSE CHEWY MINTS
SPEARMINT 27GM

\$1.79

288120 \$6.63 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SWISSPERS
MAKEUP PADS 80'S

\$2.99

289318 \$0.04 per 1EA
Specials available from 16/08/2023 until 29/08/2023.

WRIG EXTRA ENV
SPEARMINT 14'S

\$2.25

289692 \$8.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WRIG EXTRA ENV
PEPPERMINT 14'S

\$2.25

289705 \$8.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC PARTY MIX
220GM

\$3.15

293333 \$1.43 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC SNAKES
230GM

\$3.15

293341 \$1.37 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC SOURS
SQUIRMS 220GM

\$3.15

293376 \$1.43 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC VEGAN
FRUIT MIX 180GM

\$3.15

293384 \$1.75 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TNCC FRUIT SALAD
SOFT JELLIES 220GM

\$3.15

293480 \$1.43 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

REDHEADS NATURAL
FIRELIGHTERS 28'S

\$5.75

296032 \$0.21 per 1EA
Specials available from 16/08/2023 until 29/08/2023.

POWERADE FLO CAP
KIWI PINE 600ML

\$3.00

310682 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

POWERADE ZERO FLO
STRAWBRY LEMN 600ML

\$3.00

310746 \$5.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

MT FRANKLIN M/
WTR NAT 1.25LT

\$2.50

317454 \$2.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SNICKERS BAR
44GM

\$1.35

317489 \$3.07 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MT FRANKLIN M/
WTR LEMON 1.25LT

\$2.50

317550 \$2.00 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

TNCC FRUIT
CHEWS 180GM

\$3.15

322659 \$1.75 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

TWIX BAR 50GM

\$1.35

325366 \$2.70 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

M&MS MINIS
35GM

\$1.35

326713 \$3.86 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PANADOL EXTRA
CAPLET 20'S

\$6.99

332937 \$0.35 per 1EA
Specials available from 16/08/2023 until 29/08/2023.

WRIG EXTRA ENV
STRAWBERRY 14'S

\$2.25

333614 \$8.33 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

CADBURY ECLAIRS
160GM

\$3.69

336532 \$2.31 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

CADBURY
CARAMELS 160GM

\$3.69

336567 \$2.31 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SORBENT FACIAL
SOFT WHITE 170'S

\$2.25

338650 \$1.32 per 100EA
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA
ESPRESSO 10 10PK

\$5.25

338685 \$10.10 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA
RISTRETTO 10PK

\$5.25

338706 \$10.10 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

SOFTLY WOOL WASH
REG LIQ 1.25LT

\$7.99

347493 \$6.39 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE NO SUGAR
600ML

\$4.00

348023 \$6.67 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SPRITE NO SUGAR
10PK

\$10.50

348146 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

SORBENT FACIAL
SOFT HYPO 170'S

\$2.25

349472 \$1.32 per 100EA
Specials available from 16/08/2023 until 29/08/2023.

MOCCONA LUNGO
8 CAPSULES 10PK

\$5.25

358424 \$10.10 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

KINDER BUENO
T30 43GM

\$1.49

362941 \$3.47 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

HANDEE ULTRA
CRSP WHITE 2PK

\$3.69

365675 \$3.08 per 100EA
Specials available from 16/08/2023 until 29/08/2023.

BIC COMF 3
ADVANCE BP/4 4'S

\$4.99

369334 \$1.25 per 1EA
Specials available from 16/08/2023 until 29/08/2023.

ROBERN APRICOT
BALLS C/NUT 200GM

\$3.49

382643 \$17.45 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

ROBERN APRICOT
INDULGENT 200GM

\$3.49

382686 \$17.45 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA NO
SUGAR CF 10PK

\$10.50

385430 \$2.80 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

COCA COLA NO SUGAR
CAFFEINE FR 1.25LT

\$3.00

386628 \$2.40 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

MOTHER ENERGY
DRINK 4X500ML 4PK

\$9.00

386740 \$4.50 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

TWIX WHITE 46GM

\$1.35

392649 \$2.93 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

M&MS MILK 49GM

\$1.35

397095 \$2.76 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

M&MS PEANUT
46GM

\$1.35

397183 \$2.93 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS CASHEWS
SALTED 500GM

\$13.99

410288 \$27.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

JCS CASHEWS
UNSALTED 500GM

\$13.99

410296 \$27.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

JCS ALMONDS NAT
AUSTRALIAN 500GM

\$9.49

412056 \$18.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

A/GROVE FETTA
140GM

\$4.49

428613 \$32.07 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

R/HEADS REFILL
GASMATCH 1EA

\$7.49

450220 \$7.49 per 1EA
Specials available from 16/08/2023 until 29/08/2023.

M/BRUNTS FRESH EGG
WAFFLES 8PK 165GM

\$3.50

453165 \$2.12 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

M/BRUNTS CINNAMON
WAFFLES 165GM

\$3.50

453173 \$2.12 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

M/BRUNTS CHOC
WAFFLES 8PK 165GM

\$3.50

453202 \$2.12 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

M/BRUNTS LAMINGTON
WAFFLES 8PK 230GM

\$3.50

453229 \$1.52 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

M/BRUNTS CHOC TOP
WAFFLES 8PK 230GM

\$3.50

453683 \$1.52 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

NAT BEEF & CARMELISED
ONION 2PK

\$7.49

478311 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS SUPER TASTY
CRANBERRIES 500GM

\$7.99

501403 \$15.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

JCS PEANUTS
UNSALTED 500GM

\$4.99

525560 \$9.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

NAT CURRIED CHCKN
PIES 360G 2PK

\$7.49

560999 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS ALMONDS
NATURAL USA 500GM

\$9.49

569010 \$18.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

NAT CLSC BEEF/CHEESE
PIES 360G 2PK

\$7.49

569803 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

NAT CHUNKY BEEF
PIES 360G 2PK

\$7.49

569811 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN MAN SIZE
CHICKEN KIEV 480GM

\$8.99

600348 \$1.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN MAN SIZE
BANGERS MASH 500GM

\$8.99

600356 \$1.80 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN MAN SIZE
BUTTER CHICKEN 480GM

\$8.99

600647 \$1.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN MAN SIZE
SPAGMEATBALLS 500GM

\$8.99

600655 \$1.80 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

W/WATCHERS MUSH
PMPKN RISOTTO 320GM

\$4.99

600815 \$1.56 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

T/VALLEY APPLE CARAMEL
YOGHURT 170GM

\$2.49

612330 \$1.46 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

C/NB MASTER LOWER
CARB BREAD 680GM

\$3.69

620293 \$0.54 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR/STK
BOYSN SWIRL 4'S

\$7.49

625078 \$1.58 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

PAULS KIDS YOGHURT
LIMITED EDI 70GM

\$1.60

626628 \$2.29 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VAALIA FOR KIDS B/
BRY YOGHURT 140GM

\$2.69

627671 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MCC M/SIZE RICH BEEF
MEATBALLS 480GM

\$8.99

632331 \$1.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

W/WATCHER CHICK&MUSH
FETTUCINE 300GM

\$4.99

632681 \$1.66 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VAALIA KIDS YOGHURT
WATERMELON 140GM

\$2.69

636121 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

4N20 BUTTER
CHICKEN PIE 4PK

\$10.99

641406 \$1.57 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS SESH SNACKS
CAMPFIRE 130GM

\$4.25

646987 \$3.27 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS SESH SNACKS
DROVERS 130GM

\$4.25

646995 \$3.27 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS SESH SNACKS
NIPPERS 130GM

\$4.25

647007 \$3.27 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS SESH SNACKS
EASY RIDER 130GM

\$4.25

647031 \$3.27 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS SESH SNACKS
SALTIES 115GM

\$4.25

647066 \$3.70 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS SESH SNACKS
DESERT HEAT 130GM

\$4.25

647090 \$3.27 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

T/VALLEY YOG S/
BERRY&CREAM 170GM

\$2.49

649248 \$1.46 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

T/VALLEY YOG
BLUEBERRY&CREAM 170GM

\$2.49

649264 \$1.46 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

T/VALLEY YOGHURT
PEACH&CREAM 170GM

\$2.49

649299 \$1.46 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

T/VALLEY YOGHURT
MANGO&CREAM 170GM

\$2.49

649301 \$1.46 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR/STK
CARML 4'S

\$7.49

662610 \$1.58 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR/STK
SUPER CHOC 4'S

\$7.49

663269 \$1.58 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR/STK
VANILLA 4'S

\$7.49

663314 \$1.58 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN CR POT/
WEDGE CHIP 750GM

\$5.49

672544 \$7.32 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN CR POTATO
FRIES 750GM

\$5.49

672560 \$7.32 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

PAULS VANILLA
CUSTARD 600GM

\$3.99

673555 \$0.67 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

NAT CHICKEN &
CAMEMBERT 2PK

\$7.49

679383 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

NAT CHNKY BEEF R/
WINE & MUSHRM 2PK

\$7.49

679391 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

NAT CLASSIC BEEF
& PEPPER 2PK

\$7.49

679404 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

WILDERNESS
RUMP STEAK 1RW

\$23.99

737037 \$23.99 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

C/NB MASTER 9 GRN
S/WICH 680GM

\$3.69

740164 \$0.54 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

C/NB MASTER 9
GRAIN TOAST 680GM

\$3.69

740172 \$0.54 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

JCS DELICIOUS
ENERGY MIX 500GM

\$9.49

747040 \$18.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

PAND CHAMPAGNE
HAM 4.5KG

\$15.99

778242 \$15.99 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

JCS PEANUTS
SALTED 500GM

\$4.99

779448 \$9.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

NAT BUTTER
CHICKEN PIE 2PK

\$7.49

813482 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

NAT CHUNKY BEEF/
BCN/CHEESE PIE 2PK

\$7.49

813490 \$2.08 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

4N20 TRADITIONAL
PIES 4PK 700GM

\$10.99

900607 \$1.57 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

4N20 BEEF CHSE
PIES 4PK 700GM

\$10.99

900615 \$1.57 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

4N20 CHICK/VEG
PIE PK4 700GM

\$10.99

900877 \$1.57 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VAALIA KIDS LACTOS
FREE STRWB 140GM

\$2.69

907585 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VAALIA KIDS LACTOS
FREE VAN 140GM

\$2.69

907593 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

W/WATCHERS TUNA
PASTA BAKE 320GM

\$4.99

914005 \$1.56 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR/STK
HOKEY POKEY 4PK

\$7.49

915518 \$1.58 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR.MSTK
VANILLA CARAMEL 4PK

\$7.49

915526 \$1.58 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

VAALIA FOR KIDS
TROPICAL 140GM

\$2.69

916588 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR/STK
MINI CH/CARA 6'S

\$7.49

918807 \$1.53 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

TAMAR GREEK
500GM

\$3.99

920739 \$0.80 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

C/NB MASTER M/GRAIN
SANDWICH 700GM

\$3.69

932588 \$0.53 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VAALIA FOR KIDS
BANANA 140GM

\$2.69

933687 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PETERS D/STICK
SALTD CARAMEL 4PK

\$7.49

947798 \$1.58 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

VAALIA FOR KIDS
VANILLA 140GM

\$2.69

956934 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VAALIA FOR KIDS
STRAWBRY 140GM

\$2.69

956942 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PAULS YOGHURT
POUCH VANILLA 70GM

\$1.60

957179 \$2.29 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR/STK
CHOC MINT 4'S

\$7.49

957822 \$1.57 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

INGHAM CHK BREAST
NUGGETS 400GM

\$8.99

960298 \$22.48 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

SAN SO GOOD
CHILLED 1LT

\$2.25

969604 \$2.25 per 1LT
Specials available from 16/08/2023 until 29/08/2023.

C/NB MASTER LOAF
WHITE SANDWCH 700GM

\$3.69

972467 \$0.53 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

C/NB MASTER LOAF
TOAST 700GM

\$3.69

972600 \$0.53 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

C/NB MASTER W/MEAL
SAND LOAF 700GM

\$3.69

972619 \$0.53 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

C/NB MASTER W/MEAL
TOAST LOAF 700GM

\$3.69

972790 \$0.53 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PETERS DR/STK
SNACK VAN 6'S

\$7.49

977081 \$1.53 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN MANSIZE
STHRNSTYLE CHIC 480GM

\$8.99

977401 \$1.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN MANSIZE
CHCKNBACON BAKE 480GM

\$8.99

977428 \$1.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PAULS SQUEEZ KIDS
STW/YOGK PINK 70GM

\$1.60

978682 \$2.29 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PAULS SQUEEZ KIDS
STR/YOG RED 70GM

\$1.60

978690 \$2.29 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PAULS SQUEEZIE KIDS
VANILLA YO 70GM

\$1.60

978703 \$2.29 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

PAULS SQUEEZIE KIDS
BANANA YOG 70GM

\$1.60

978711 \$2.29 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

W/WATCHERS BEEF
BOLOGNESE 320GM

\$4.99

981160 \$1.56 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

DR/STK MINI
BYSNBRRY 6PK

\$7.49

981232 \$1.56 per 100ML
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN MANSIZE PUB
STYLE PARMA 480GM

\$8.99

981574 \$1.87 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

VAALIA KIDS LAC/FR
BLUEBERRY 140GM

\$2.69

991975 \$1.92 per 100GM
Specials available from 16/08/2023 until 29/08/2023.

R/DAIRY TASTY CHEESE
SLICES 500GM

\$8.99

993938 \$17.98 per 1KG
Specials available from 16/08/2023 until 29/08/2023.

MCCAIN P/STYLE E/
CRISPY CHIPS 750GM

\$5.49

995589 \$7.32 per 1KG
Specials available from 16/08/2023 until 29/08/2023.