

MT FRANKLIN
600ML

2 for
\$4.00

2997 \$3.33 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS TONIC
1.25LT

2 for
\$4.00

4220 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS DRY
GINGER 1.25LT

2 for
\$4.00

11471 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS SODA
WATER 1.25LT

2 for
\$4.00

11498 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

COCA-COLA PLASTIC
BOTTLE 2LT

\$3.49

15560 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA DIET
2LT

\$3.49

15587 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

SPRITE LEMONADE
PET 2LT

\$3.49

15640 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

FANTA ORANGE
2LT

\$3.49

15659 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS C/SODA
PET 1.25LT

2 for
\$4.00

19107 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS L/ADE PET
1.25LT

**2 for
\$4.00**

19123 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS LEMON PET
1.25LT

**2 for
\$4.00**

19131 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS PASIT PET
1.25LT

**2 for
\$4.00**

19369 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

SAN SO GOOD
VANILLA BLISS 1LT

\$2.69

30760 \$2.69 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CAD DAIRY MILK
DREAM BLOCK 50GM

\$1.29

102592 \$2.58 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

333 COUNTRY STYLE
APPLE SAUCE 250GM

\$2.15

106147 \$0.86 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SAN SO GOOD
OAT NAS UHT 1LT

\$2.69

109268 \$2.69 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CASCADE SODA WATER
CAN 200ML 4PK

\$3.99

111296 \$4.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CASCADE DRY GING
ALE CAN 200ML 4PK

\$3.99

111421 \$4.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CASCADE LIME &
SODA CAN 200ML 4PK

\$3.99

111691 \$4.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CASCADE TONIC WATER
CAN 200ML 4PK

\$3.99

111747 \$4.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CASCADE GINGER
BEER CAN 200ML 4PK

\$3.99

111771 \$4.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CASCADE LEMON LIME
BIT CAN 200 4PK

\$3.99

111800 \$4.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

QUEST CUPS PEANUT
BUTTER 42GM

\$3.49

112184 \$8.31 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

QUEST BAR
SMORES 60GM

\$3.49

112192 \$5.82 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

COKE VANILLA 10
X 375ML 10PK

\$8.99

113670 \$2.40 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA DOUBLE
SHOT LATTE 10PK

\$3.99

114227 \$2.66 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHICKEN TONIGHT
STROGANOFF 475GM

\$3.25

122390 \$0.68 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE
CHILLI 170GM

\$3.29

128581 \$1.94 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS THINLY CHEESE
& ONION 175GM

\$3.29

128928 \$1.88 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA 6PK

\$6.99

131588 \$3.11 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CADBURY FREDDO
BISCUIT 167GM

\$2.25

131799 \$1.35 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

BARILLA P/SCE BASE
BOLOGNESE 400GM

\$3.69

140716 \$0.92 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS C/CUT STEAK
& ONION 150GM

\$3.29

141233 \$2.19 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA CAPPUCCINO
MIXES 10PK

\$3.99

142420 \$2.66 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA LATTE
MIXES 10PK

\$3.99

142439 \$2.66 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA STRONG
CAPPUCCINO MIX 10PK

\$3.99

142447 \$2.66 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SWEET
CAPPUCCINO MIXES 10PK

\$3.99

142455 \$2.66 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SKIM
CAPPUCCINO MIXES 10PK

\$3.99

142498 \$2.85 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SACHETS
CAPPUCCINO 10PK

\$3.99

142682 \$3.07 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SACHETS
LATTE 10PK

\$3.99

142690 \$2.70 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SACHETS
SKIMCAPP 10PK

\$3.99

143108 \$3.27 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SACHETS
DOUBLE S LATTE 10PK

\$3.99

143319 \$2.85 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SACHETS
STRONG CAPP 10PK

\$3.99

143343 \$3.02 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SACHETS
CARAMEL LATTE 10PK

\$3.99

143431 \$2.91 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SACHETS
SWEET CAPP 10PK

\$3.99

143458 \$2.87 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MOCCONA SACHETS
VANILLA LATTE 10PK

\$3.99

143466 \$3.07 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHICKEN TONIGHT
GLD HNY MUST 485GM

\$3.25

145154 \$0.67 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHICKEN TONIGHT
CACCIATORE 500GM

\$3.25

146093 \$0.65 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHICKEN TONIGHT CRMY
MUSHROOM 475GM

\$3.25

146122 \$0.68 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CASC CORD
RASPBERRY 750ML

\$4.99

146237 \$6.65 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

SMITHS THINLY CUT
BBQ RIBS 175GM

\$3.29

148427 \$1.88 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA NO
SUGAR 375ML 6PK

\$6.99

155619 \$3.11 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS SF PASITO
1.25LT

**2 for
\$4.00**

155635 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA DIET
10X375ML 10PK

\$8.99

159652 \$2.40 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA DRINK
375ML 10PK

\$8.99

159679 \$2.40 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

SPRITE 375ML
10PK

\$8.99

159687 \$2.40 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

FANTA ORANGE
375ML 10PK

\$8.99

159695 \$2.40 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS SARS
1.25LT

**2 for
\$4.00**

166879 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CAD MORO NZ
60GM

\$1.29

167740 \$2.15 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CDM TWIRL BREAKAWAY
MINT 32GM

\$1.29

170579 \$4.03 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MEDIX EPSOM
SALTS 1KG

\$5.49

176540 \$0.55 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MEDIX IBUPROFEN
SOFT GEL CAPS 20'S

\$3.69

176559 \$0.18 per 1EA
Specials available from 22/09/2021 until 5/10/2021.

BARISTA BROS
CHOC PET 500ML

\$2.81

179215 \$5.62 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

BARISTA BROS I/
COFFEE PET 500ML

\$2.81

179223 \$5.62 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

BARISTA BROS DBL
I/COFF PET 500ML

\$2.81

179231 \$5.62 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

GRINDERS ORGANIC
BEAN 1KG

\$22.99

182027 \$2.30 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

GRINDERS ESPRESSO
DBLE CAPS 10PK

\$5.99

182035 \$7.49 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SO GOOD UHT BARISTA
ALMOND MIL 1LT

\$2.99

192380 \$2.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

MUG SHOT NOODLE
CHK/SWEETCORN 54GM

\$1.15

192815 \$2.13 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SORBENT DOUBLE
LENGTH 4PK

\$5.79

193164 \$0.40 per 100SH
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE SALT
& VINEGAR 170GM

\$3.29

196963 \$1.94 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE
CHEESE & ONION 170GM

\$3.29

196971 \$1.94 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE
BBQ 170GM

\$3.29

196998 \$1.94 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE
CHICKEN 170GM

\$3.29

197018 \$1.94 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE
ORIGINAL 170GM

\$3.29

197026 \$1.94 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA FIERY
JALAPENO 95GM

\$2.15

202630 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

CADBURY BAR FRY'S
TURKISH DELGT 55GM

\$1.29

204118 \$2.35 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP
SMKD 95GM

\$2.15

204302 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

CAD CHERRY RIPE
DOUBLE DIPPED 47GM

\$1.29

210542 \$2.74 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD CARAMILK
TWIRL 39GM

\$1.29

214922 \$3.31 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

333 MIGHTYMITE
290GM

\$3.35

221292 \$1.16 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

333 PICKLES MUSTARD
SPRD 390GM

\$2.15

224039 \$0.55 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

TOBLERONE MILK
CHOCOLATE BAR 50GM

\$1.29

224055 \$2.58 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

WINDEX GLASS ORIGINAL
TRIGGER 500ML

\$3.99

224100 \$0.80 per 100ML
Specials available from 22/09/2021 until 5/10/2021.

WINDEX GLASS CRYSTAL
RAIN TRIG 500ML

\$3.99

226173 \$0.80 per 100ML
Specials available from 22/09/2021 until 5/10/2021.

SORBENT F/TISS
POCKET 4PLY 6PK

\$1.99

231837 \$3.32 per 100EA
Specials available from 22/09/2021 until 5/10/2021.

EUROPE SESAME
FOOD BAR 45GM

\$1.29

233189 \$2.87 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD CRUNCHIE
50GM

\$1.29

236179 \$2.58 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD ROLLS DAIRY
MILK 55GM

\$1.29

236187 \$2.35 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD CHUNKY
CARMELLO 55GM

\$1.29

236224 \$2.35 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD CHUNKY
HAZEL NUT 55GM

\$1.29

236267 \$2.35 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD FLAKE 30GM

\$1.29

236427 \$4.30 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

FERRERO ROCHER
T30 GIFT BOX 375GM

\$15.99

238561 \$4.26 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHUM LAMB
700GM

\$1.69

240426 \$0.24 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHUM CHICKEN
700GM

\$1.69

240434 \$0.24 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHUM BEEF AND
VEG 700GM

\$1.69

240442 \$0.24 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHUM 3 MEATS
700GM

\$1.69

240450 \$0.24 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHUM BEEF
700GM

\$1.69

240469 \$0.24 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD DAIRY MILK MC
JELLY BEANIE 50GM

\$1.29

252638 \$2.58 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

POWERADE BERRY
ICE FLO 1LT

\$3.99

255652 \$3.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

POWERADE MOUNT
BLAST FLO 1LT

\$3.99

255660 \$3.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

FREDDO 3D 25GM

\$1.79

265885 \$7.16 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

COCA-COLA NO
SUGAR 10PK

\$8.99

268162 \$2.40 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CHIPS THN SR/
CRM & ONIO 175GM

\$3.29

269317 \$1.88 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CHIPS THN
CUT ORIGINAL 175GM

\$3.29

269376 \$1.88 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CHIPS THIN
SALT & VINEG 175GM

\$3.29

269413 \$1.88 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MUG SHOT CREAMY
CHEESE PASTA 68GM

\$1.15

269480 \$1.69 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MUG SHOT TOMATO
HERB PASTA 64GM

\$1.15

269552 \$1.80 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CADBURY FINGERS MILK
CHOCOLATE 114GM

\$2.25

271548 \$1.97 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP LITE
S/WATER 95GM

\$2.15

278758 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

5 GUM COOLMINT
32GM

\$1.79

282300 \$5.59 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

5 GUM BLUEBERRY
32GM

\$1.79

282335 \$5.59 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

5 GUM WATERMELON
32GM

\$1.79

282693 \$5.59 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

TETLEY MANGO/TURM
COLD INFUS 14PK

\$3.99

284373 \$12.67 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MONSTER GREEN
500ML 4PK

\$7.99

286117 \$4.00 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

MONSTER ULTRA
ZERO 500ML 4PK

\$7.99

286168 \$4.00 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

SMITHS THINLY SWT
CHLIS/CREAM 175GM

\$3.29

286483 \$1.88 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

VANILLA COCA
COLA 2LT

WRIG EXTRA ENV
SPEARMINT 14'S

WRIG EXTRA ENV
PEPPERMINT 14'S

\$3.49

288550 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

\$1.79

289692 \$6.63 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

\$1.79

289705 \$6.63 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

WHISKAS 7+ TUNA
AND SARDINE 800GM

WHISKAS ADULT BEEF
AND LAMB 800GM

WHISKAS ADULT F/BALL
SARD/PRAW 800GM

\$4.99

299372 \$0.62 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

\$4.99

299479 \$0.62 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

\$4.99

299495 \$0.62 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

WHISKAS ADULT IND
CHICKEN/TURK 800GM

WHISKAS KITTEN CHICK
AND TUNA 800GM

WRIG EXTRA
BUBBLEMINT TAB 14'S

\$4.99

299508 \$0.62 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

\$4.99

299575 \$0.62 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

\$1.79

303706 \$6.63 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

333 AUSTRALIAN
PICKLED ONIONS 520GM

\$3.25

303933 \$6.25 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

J/WEST TUNA STRT
ASN MALAY CUR 95GM

\$2.15

305031 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

TETLEY TEA CUP
BAG 100'S

\$3.99

308232 \$2.22 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

TETLEY GREEN TEA
50'S

\$2.99

310367 \$4.98 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD DM PEPPERMINT
BAR 55GM

\$1.29

318107 \$2.35 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MT FRANKLIN SPRING
WATER 500ML 6PK

\$4.49

319572 \$1.50 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

BARILLA PASTA NO 73
PENNE RIGA 500GM

\$2.79

325550 \$0.56 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA NO
SUGAR 2LT

\$3.49

328778 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

JW TUNA TEMPTERS
SWT CHILLI 95GM

\$2.15

329930 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

MOUNT FRANKLIN
L/SPARK LIME 4PK

\$3.49

330659 \$3.49 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

MOUNT FRANKLIN
L/S MANGO 4PK

\$3.49

330675 \$3.49 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

MOUNT FRANKLIN L/S
RASPBERRY 4PK

\$3.49

330683 \$3.49 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

GRINDERS CREMA
CAFFITALY CAP 10PK

\$5.99

330712 \$7.49 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

NUTELLA H/NUT
CHOC SPRD 750GM

\$8.99

331184 \$1.20 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

INDIAN TONIGHT
BUTTER CHKN 495GM

\$3.25

331694 \$0.66 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

WRIG EXTRA ENV
STRAWBERRY 14'S

\$1.79

333614 \$6.63 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

POWERADE GOLD
RUSH 1LT

\$3.99

334289 \$3.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP
LEM/PEP 95GM

\$2.15

334297 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP
ONION SCE 95GM

\$2.15

334318 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP Z/
VINIGRET 95GM

\$2.15

334326 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP
TOM/BSL 95GM

\$2.15

334334 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP
CHILLI 95GM

\$2.15

334342 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

POWERADE
BLACKCURRANT 1LT

\$3.99

334350 \$3.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

ARN JATZ CLIX
250GM

\$2.69

337463 \$1.08 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SORBENT FACIAL
SOFT WHITE 170'S

\$1.99

338650 \$1.17 per 100EA
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA 300ML
4PK

\$6.99

347979 \$5.83 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA NO
SUGAR 300ML 4PK

\$6.99

347995 \$5.83 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

SPRITE NO SUGAR
10PK

SORBENT FACIAL
SOFT HYPO 170'S

J/W TUNA TEMP
IND CURRY 95GM

\$8.99

348146 \$2.40 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

\$1.99

349472 \$1.17 per 100EA
Specials available from 22/09/2021 until 5/10/2021.

\$2.15

349974 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

DEEP SPRING SPKLN
LEMLIME 250M 4PK

DEEP SPRING SPKLN
ORNGPASH 250 4PK

BARILLA PASTA
NO3 SPAGH 500GM

\$3.99

354298 \$3.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

\$3.99

354300 \$3.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

\$2.79

355979 \$0.56 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

BARILLA PASTA
NO7 SPAGH 500GM

BARILLA PASTA
NO5 SPAGH 500GM

TETLEY RASP/CBERRY
COLD INFUS 14'S

\$2.79

356074 \$0.56 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

\$2.79

356234 \$0.56 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

\$3.99

356832 \$12.67 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

TETLEY MINT/LEM/CUC
COLD INFUS 14'S

\$3.99

357018 \$12.67 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

TETLEY OR/PEACH
COLD INFUS 14'S

\$3.99

357026 \$12.67 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

TETLEY STRAW/WMELON
COLD INFUS 14'S

\$3.99

357050 \$12.67 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD CARAMILK
FLAKE 30GM

\$1.29

358950 \$4.30 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SO GOOD UHT
BARISTA OAT MILK 1LT

\$2.99

361295 \$0.30 per 100ML
Specials available from 22/09/2021 until 5/10/2021.

HANDEE ULTRA
CRSP WHITE 2PK

\$2.99

365675 \$2.49 per 100EA
Specials available from 22/09/2021 until 5/10/2021.

SORBENT F/TISSUE
WHITE TRAVEL 50'S

\$1.00

365843 \$2.00 per 100EA
Specials available from 22/09/2021 until 5/10/2021.

SORBENT F/TISSUES
WHITE 90'S

\$1.79

365851 \$1.99 per 100EA
Specials available from 22/09/2021 until 5/10/2021.

BARILLA PASTA NO
65 FARFALLE 500GM

\$2.79

367910 \$0.56 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

BARILLA P/SCE
BASILCO TOM 400GM

\$3.69

368008 \$0.92 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

BARILLA P/SCE
ARABIATA CHLI 400GM

\$3.69

368024 \$0.92 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

BARILLA PASTA NO89
RIGATONI 500GM

\$2.79

368032 \$0.56 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

BARILLA PASTA NO98
FUSILLI 500GM

\$2.79

368040 \$0.56 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP
MANGO/CHILLI 95GM

\$2.15

369465 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA IN OLIVE
OIL BLEND 95GM

\$2.15

369852 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

ARN JATZ
ORIGINAL 225GM

\$2.69

369916 \$1.20 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD BAR BOOST
60GM

\$1.29

369967 \$2.15 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

ARN SAVOY CRACKED
PEPPER 225GM

\$2.69

369975 \$1.20 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

ARN SAVOY
ORIGINAL 225GM

\$2.69

369983 \$1.20 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SORBENT FRANGIPANI
FACIAL TISS 170PK

\$1.99

370917 \$1.17 per 100EA
Specials available from 22/09/2021 until 5/10/2021.

WHISKAS CHKN RABBIT
DRY CAT FO 800GM

\$4.99

371696 \$0.62 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

WHISKAS SARDINE
PRWNDRY CAT FO 800GM

\$4.99

371717 \$0.62 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP
SWTCRN/MAYO 95GM

\$2.15

374213 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

J/W TUNA TEMP CHNKY
SPRINGWTR 95GM

\$2.15

374301 \$22.63 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

CADBURY TWIRL
BREAKAWAY BAR 40GM

\$1.29

374504 \$3.23 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SPRITE NO SUGAR
2LT

\$3.49

377772 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CAD FRUIT NUT
50GM

\$1.29

381587 \$2.58 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

FERRERO COLLECTIONS
T24 269GM

\$15.99

384008 \$5.94 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

QUEST COOKIES &
CREAM PROTEIN 60GM

\$3.49

384796 \$5.82 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

QUEST CHOC CHIP COOK
DOUGH BAR 60GM

\$3.49

384809 \$5.82 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

QUEST CHOCOLATE
BROWNIE BAR 60GM

\$3.49

384817 \$5.82 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

QUEST CARAMEL CHOC
CHUNK BAR 60GM

\$3.49

384833 \$5.82 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

QUEST CHOCOLATE
CHIP COOKIE 59GM

\$3.49

384868 \$5.92 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA NO SUGAR
CAFF FREE 2LT

\$3.49

385422 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA NO
SUGAR CF 10PK

\$8.99

385430 \$2.40 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

5 GUM ORANGE
FUSION 32GM

\$1.79

385772 \$5.59 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE
CRISP BACON 150GM

\$3.29

385860 \$2.19 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE
LOAD POTATO 150GM

\$3.29

385887 \$2.19 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MT FRANKLIN WATER
SPRING 1.5LT

\$2.99

386134 \$1.99 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS OLDE STONE
GINGER BEER 1.25LT

**2 for
\$4.00**

386150 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS SUGAR FREE
CRM SODA 1.25LT

**2 for
\$4.00**

386476 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS SUGAR FREE
LEMON 1.25LT

**2 for
\$4.00**

386484 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

KIRKS SUGAR FREE
LEMONADE 1.25LT

**2 for
\$4.00**

386505 \$1.60 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

CAD DRINKING CHOC
CANISTER 250GM

\$3.29

386898 \$1.32 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD DRINKING CHOC
NEAPOLITAN 250GM

\$3.29

386900 \$1.32 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD CARAMILK
BAR 45GM

\$1.29

386986 \$2.87 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

BARILLA P/SCE
NAPOLETANA 400GM

\$3.69

387030 \$0.92 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

SMITHS CRINKLE CUT
GARLIC BREA 150GM

\$3.29

387401 \$2.19 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MONSTER ULTRA
ROSA 500ML 4PK

\$7.99

387823 \$4.00 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

SORBENT KIDS B/GUM
FACIAL TISS 170'S

\$1.99

387989 \$1.17 per 100EA
Specials available from 22/09/2021 until 5/10/2021.

CAD DAIRY MILK
NEAPOLITAN 50GM

\$1.29

389984 \$2.58 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

ARN JATZ POPPY &
SESAME 225GM

\$2.69

391419 \$1.20 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

ARN JATZ ROSEMARY
& S/SALT 225GM

\$2.69

391427 \$1.20 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MEDIX IBUPROFEN
MINI CAPS 25'S

\$3.69

392534 \$0.15 per 1EA
Specials available from 22/09/2021 until 5/10/2021.

MEDIX PARACETAMOL
RAPID 20'S

\$3.99

392542 \$0.20 per 1EA
Specials available from 22/09/2021 until 5/10/2021.

CAD DAIRY MILK
MARBLE BAR 52GM

\$1.29

393086 \$2.48 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

ARN SAVOY POPPY
& SESAME 225GM

\$2.69

394214 \$1.20 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

ARN SAVOY ROSEMARY
& SEASALT 225GM

\$2.69

394222 \$1.20 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

EUROPE SUMMER
ROLL 40GM

\$1.29

396244 \$3.23 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

EUROPE NOUGAT
HONEY LOG 40GM

\$1.29

396295 \$3.23 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD DAIRY MILK
50GM

\$1.29

396316 \$2.58 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD CHERRY RIPE
52GM

\$1.29

396332 \$2.48 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD TWIRL 39GM

\$1.29

396340 \$3.31 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CAD PICNIC 46GM

\$1.29

396367 \$2.80 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

CHICKEN TONIGHT
CREAMY CHS/BCN 490GM

\$3.25

399015 \$0.66 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

JCS CASHEWS
SALTED 500GM

\$14.49

410288 \$28.98 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

JCS CASHEWS
UNSALTED 500GM

\$14.49

410296 \$28.98 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

JCS ALMONDS NAT
AUSTRALIAN 500GM

\$9.49

412056 \$18.98 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

JCS OUTBACK MIX
500GM

\$10.49

464921 \$20.98 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

PFD FRESH PORTERHOUSE
SLICED 1RW

\$32.99

476324 \$32.99 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

WILLIAMS GRN/SEED/
QUINOA BREAD 800GM

\$3.99

500873 \$0.50 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

NAT CURRIED CHICKEN
PARTY PIES 6PK

\$7.49

503513 \$2.08 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

JCS PEANUTS
UNSALTED 500GM

\$4.99

525560 \$9.98 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

CASCADE CORDIAL
LIME 750ML

\$4.99

568173 \$6.65 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

COCA COLA DIET
375ML 6PK

\$6.99

568202 \$3.11 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

JCS ALMONDS
NATURAL 45GM

\$1.99

592202 \$44.22 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

JCS DELICIOUS
ENERGY MIX 45GM

\$1.99

592210 \$44.22 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

JCS DELUXE
HEALTHY MIX 45GM

\$1.99

592229 \$44.22 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

JCS OUTBACK MIX
45GM

\$1.99

592237 \$44.22 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

JCS JACKAROO
MIX 45GM

\$1.99

592245 \$44.22 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

WILLIAMS ORG
SOURDOUGH 850GM

\$3.99

605720 \$0.47 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

WILLIAMS TASMANIAN
RYE 800GM

\$3.99

605739 \$0.50 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

WILLIAMS SOURDOUGH
DARK RYE 800GM

\$3.99

605747 \$0.50 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

FLORA PRO ACTIV
LT 500GM

\$7.29

622811 \$1.46 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

MESSINA BAR CHOC
HAZELNUT 400M 4PK

\$8.99

626767 \$2.25 per 100ML
Specials available from 22/09/2021 until 5/10/2021.

FLORA SPREAD
PRO-ACTIV 500GM

\$7.29

629140 \$1.46 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

BARISTA BROS
MOCHA 500ML

\$2.99

690523 \$5.98 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

JCS ALMONDS PREM
NAT STH AUST 500GM

\$9.49

705262 \$18.98 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

SPRITE 375ML 6PK

\$6.99

727090 \$3.11 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

FANTA ORANGE
375ML 6PK

\$6.99

727138 \$3.11 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

PAND BEEF
SAUSAGES THIN 7KG

\$8.99

733757 \$8.99 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

JCS DRIED
APRICOTS 500GM

\$7.49

746507 \$14.98 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

WILLIAMS SOURDOUGH
W/ML BREAD 800GM

\$3.99

760384 \$0.50 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

WILLIAMS RYE&SPELT
BREAD 800GM

\$3.99

761539 \$0.50 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

NAT CHKN/CAMEMBERT
MINI PIES 6PK

\$7.49

779093 \$1.78 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

JCS PEANUTS
SALTED 500GM

\$4.99

779448 \$9.98 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

MONSTER ASSAULT
500ML 4PK

\$7.99

791092 \$4.00 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

GRINDERS ESPRESSO
CAFFITLY CAP 10PK

\$5.99

792669 \$7.49 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

LIFT HARD HITTING
LEMON 2LT

\$3.49

793194 \$1.75 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

MONSTER ROSSI
500ML 4PK

\$7.99

794410 \$4.00 per 1LT
Specials available from 22/09/2021 until 5/10/2021.

FLORA PRO ACTIVE
SPRD BUTTERY 500GM

\$7.29

929565 \$1.46 per 100GM
Specials available from 22/09/2021 until 5/10/2021.

INGHAM CHICKEN
KIEV 350GM

\$9.99

959246 \$28.54 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

INGHAM CHICKEN KIEV
HAM&CHEESE 350GM

\$9.99

959254 \$28.54 per 1KG
Specials available from 22/09/2021 until 5/10/2021.

MESSINA BAR ESPSO
DULCE DELECH 4PK

\$8.99

999918 \$2.25 per 100ML
Specials available from 22/09/2021 until 5/10/2021.

MESSINA BAR
STRWBRRYCHEESECAKE 4PK

\$8.99

999926 \$2.25 per 100ML
Specials available from 22/09/2021 until 5/10/2021.