



ON SALE 17TH JAN 2024





— SUMMERTIME Specials —











Unicorn Brie/Camembert Cheese 125g \$35.92 per 1kg

NESCAFÉ.

CINO

SAVE \$4.01



WININ English Breakfa **SAVE \$8.00**

Twinings Teabags 80/100pk





MORNING



Omo Laundry Liquid 2L/ 3 in 1 Capsules 28pk

Sanitarium So Good Almond Milk 1L \$1.49 per 1L



SAVE \$1.50

Herbal Essences Shampoo/Conditioner 300mL \$1.16 per 100mL

Morning Fresh Dishwashing Liquid 400mL

69¢ per 100mL



Yoplait Yoghurt 1kg 40¢ per 100g



Chum Canned Dog Food 1.2kg 29¢ per 100g



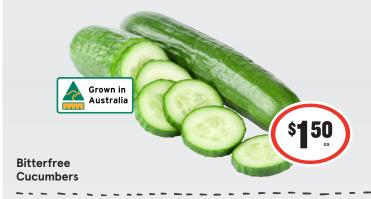
BabyLove Nappy Pants 22-38pk (excl. Beyond)



- FRESH PRODUCE & Meat-















Natural Almonds 500g \$17.98 per 1kg



Food Co. Rice Wheels 140g \$1.42 per 100g



Nichols Chicken Kebabs 850g \$17.64 per 1kg

— DELICIOUS BAKERY & Deli —























VALUE EVE



Black & Gold Pasta 500g

20¢ per 100g



Black & Gold White Sugar 2kg 16¢ per 100g









Black & Gold Vegetable Oil 2L 43¢ per 100mL

BLACK GOLD

VEGETABLE



Black & Gold Tomatoes Chopped 400g \$2.75 per 1kg

ACK DLD_® RY DAY



Black & Gold Vinegar White 2L

9¢ per 100mL



Black & Gold Tomato Paste 500g

33¢ per 100g





Black & Gold Shredded Cheese 500g

\$16.98 per 1kg



Black & Gold Garlic Bread 2pk 450g

55¢ per 100g



Black & Gold Chicken Nuggets 500g \$8.98 per 1kg



Black & Gold Paracetamol 20pk

5¢ per 1ea

– DRINKS & *Snacks* –





Coca-Cola/Fanta/Sprite/
Mt Franklin Sparkling Water 10x375mL
\$2.93 per 1L



Bundaberg Soft Drink 4x375mL \$3.63 per 1L



Water 20 x 600mL 75¢ per 1L



Cottee's Cordial Syrup Double Concentrate 1L \$4.99 per 1L



Smith's Potato Chips 18/20pk



Arnott's Savoy/Jatz 225/250g



Cadbury Family Block Chocolate 160-190g



Allen's Jelly/Mint Confectionery Range 140-200g

- STOCK UP THE Pantry -





Fantastic Noodles Cup/Bowl 45-85g



Fountain Specialty/Mint Sauce 250mL \$1.00 per 100mL



Red Kellys Salad Dressing 250mL (excl. Balsamic) \$1.50 per 100mL



Golden Circle Long Life Juice 2L \$2.00 per 1L



Nutella Hazelnut Spread 400g \$1.25 per 100g



Bega Peanut Butter 470g \$1.27 per 100g



Nestle Milo 700g \$1.57 per 100g



Grinders Coffee 1kg \$2.60 per 100g



Moccona Classic/Premium Coffee 200g \$6.50 per 100g



— FILL UP THE FRIDGE & Freezer —





Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g



Duck River Butter Pat 250g \$1.80 per 100g



Pauls Double Thick Custard 900g 55¢ per 100g



Pauls Bluey Flavoured Milk 250mL \$9.00 per 1L



Birds Eye Golden Crunch Chips/Wedges 900g \$5.54 per 1kg



Birds Eye Deli Frozen Fish 225/250g



Pizza Singles 380/400g \$1.75 per 100g

McCain



On the Menu Frozen Meal 260g \$1.34 per 100g

- HOME, BEAUTY & Pet-





Whiskas Canned Cat Food 400g 53¢ per 100g



Felix Cat Food 12pk



Black & Gold Cat Litter 9kg



Pedigree Dry Dog Food 2.5/3kg



My Dog Tray 100g \$1.49 per 100g



Kleenex Viva Paper Towel 2pk



Multix Alfoil Medium Roast Tray with Handles



Redheads BBQ Briquettes 4kg 25¢ per 100g



Palmolive Liquid Hand Wash 1L 45¢ per 100mL



Duracell Batteries AA 10pk/AAA 8pk



Quilton Toilet Tissue 18pk 34¢ per 100sh





\$999 SAVE 91¢

Peters Ice Cream 4L 25¢ per 100mL



Juicy Isle Topping 375mL 80¢ per 100mL



Streets Magnum 4/6pk



Peters Polar Pies 6pk \$1.18 per 100mL



Peters Maxibon 4pk \$1.34 per 100mL



Streets Bubble O'Bill 4pk \$1.98 per 100mL



Golden North Sorbet 1L 60¢ per 100mL

Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

Offers available from 17/01/24 until 23/01/24

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Ingredients

- · 500g rump steak, trimmed
- · 200g packet haloumi
- · I medium pineapple peeled, cored & diced
- · 3 Lebanese cucumbers, roughly chopped
- · I red capsicum, diced
- · 2 tsp lime juice
- · 1/2 cup coriander leaves
- · 3 cups rocket leaves

What to do

- 1. For the salad, combine pineapple, cucumber, red capsicum, lime juice and a splash of olive oil in a large bowl. Stir well. Add coriander and rocket leaves and toss.
- 2. Cut rump and haloumi into similar sized cubes. Thread onto 8 skewers, brush with oil and season with a good crack of pepper.
- 3. Preheat barbecue or a heavy-based pan to high. Cook skewers for 2 mins, turn once and cook a further 2 mins. Transfer to a serving plate and serve with pineapple salad.



BACK & SCHOOL



\$120 ca SAVE \$1.20

Bic Briteliner Grip Highlighters 5pk





Bic Whiteboard Markers 4pk



Bic Intensity Fine Black Pen 3pk



Bic Intensity Metal Pro Chisel Permanent Marker 1pk



Bic Wite Out Correction Tape



Bic Kids Evolution Coloured Pencils 12pk



Bic Cristal Ballpoint Pen 10pk

