



ON SALE
17TH JAN
2024



SEE INSIDE FOR MORE SAVINGS





\$3.49
ea

Zoooper Dooper Water Ices 24pk
21¢ per 100mL



\$3.49
ea



\$2.40
ea



\$2.40
ea



\$5.99
ea

Sanitarium Up & Go
Breakfast Drink 6x250mL
\$3.99 per 1L



\$4.25
ea



\$4.25
ea

ALL 1/2 PRICE

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

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

Australian
BEEF RUMP STEAK
\$22.99 kg

Serving Suggestion



WHERE THE *locals* MATTER

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— SUMMERTIME *Specials* —



\$2.25
ea

Nabisco In A Biskit 160g

\$1.41 per 100g



\$1.10
ea

Mars Medium Bars 35-56g



\$2.10
ea

Gatorade Sports Drink 600mL

\$3.50 per 1L

ALL
1/2
PRICE



\$1.49
ea

Sanitarium So Good Almond Milk 1L

\$1.49 per 1L



\$3.99
ea

Nescafé Coffee Sachets 10pk/Gold 8pk



\$7.99
ea

Twinnings Teabags 80/100pk



\$2.75
ea

Morning Fresh
Dishwashing Liquid 400mL
69¢ per 100mL



\$1
ea

Captain's Table Water Crackers 125g

80¢ per 100g



\$2.99
ea

Arnott's Savoy/Jatz 225/250g



\$4.49
ea

Unicorn Brie/Camembert Cheese 125g

\$35.92 per 1kg

— HOME, BEAUTY & Pet —



Coca-Cola/
Fanta/Sprite/
Mt Franklin
Sparkling
Water 1.25L
\$1.44 per 1L

\$1.80
ea



Coca-Cola 30 x 375mL
\$2.27 per 1L

\$25.55
ea



Bundaberg Soft Drink 4x375mL
\$3.63 per 1L

\$5.45
ea



Clearly Tasmanian Water 20x600mL
75¢ per 1L

\$8.99
ea



Smith's Potato Chips 18/20pk

\$7.99
ea



Cadbury Family
Block Chocolate 160-190g

\$4.25
ea



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

\$3.75
ea



Bega Peanut Butter 470g
\$1.27 per 100g

\$5.99
ea



Kleenex Viva Paper Towel 2pk

\$3.99
ea



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

\$15.99
ea



Whiskas Canned Cat Food 400g
53¢ per 100g

\$2.10
ea



Chum Canned Dog Food 1.2kg
29¢ per 100g

\$3.49
ea

SEE INSIDE FOR MORE SAVINGS



Yoplait Yoghurt 1kg
40¢ per 100g



Bega Natural Cheese Slices 500g
\$16.98 per 1kg



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



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



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



Peters Ice Cream 4L
25¢ per 100mL

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STEAK & HALLOUMI KEBABS



\$22⁹⁹
kg

Beef Rump Steak
From the Meat Department

Ingredients

- 500g rump steak, trimmed
- 200g packet haloumi
- 1 medium pineapple peeled, cored & diced
- 3 Lebanese cucumbers, roughly chopped
- 1 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.



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BACK to SCHOOL

ALL
1/2
PRICE



\$120
ea

Bic Evolution
HB Pencils with Eraser 4pk



\$449
ea

Bic Briteliner
Grip Highlighters 5pk



\$375
ea

Bic Whiteboard Markers 4pk



\$349
ea

Bic Intensity Fine Black Pen 3pk



\$199
ea

Bic Intensity Metal Pro Chisel
Permanent Marker 1pk



\$235
ea

Bic Wite Out Correction Tape



\$210
ea

Bic Kids Evolution
Coloured Pencils 12pk



\$270
ea

Bic Cristal Ballpoint Pen 10pk



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