



ON SALE
14TH FEB
2024



\$1.35
ea

SAVE \$1.44

John West Tuna 95g
\$14.21 per 1kg



ALL

**1/2
PRICE**



Schweppes
Traditional/
Mineral
Water/
Mixers 1.1L
\$1.27 per 1L

\$1.40
ea

SAVE \$1.45



\$4.95
ea

SAVE \$5.00

Connoisseur Ice
Cream Stick 4/6pk



\$2.99
ea

SAVE \$3.01

Palmolive Naturals/
Luminous Oils Shampoo/Conditioner 350mL
85¢ per 100mL

Offers available from: 14/02/24 until 20/02/24

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 (product sold uncooked)

WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

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SEE INSIDE FOR MORE SAVINGS



— 1/2 PRICE *Specials* —



\$1.35
ea

SAVE \$1.64



Twisties/Cheetos/
Burger Rings/Toobs 65-90g



\$1.10
ea

SAVE \$1.10

Mars Medium Bars 35-56g



\$2.25
ea

SAVE \$2.25

Arnott's Chocolate Biscuits 160-250g
(excl. Tim Tam)



\$6.99
ea

SAVE \$7.01

Maltesers Gift Box 360/400g



\$7.99
ea

SAVE \$8.00



Twining's Teabags 80/100pk



\$3.99
ea

SAVE \$4.01

Nescafé Coffee
Sachets 10pk/Gold 8pk

— 1/2 PRICE *Specials* —



\$3.99
ea

SAVE \$4.30

Lynx Antiperspirant/Deodorant 165mL
\$2.42 per 100mL



50% OFF

ENTIRE RANGE

Somat Auto Dishwasher Range

**ALL
1/2
PRICE**



\$2.85
ea

SAVE \$2.85

Chux Heavy Duty Scourer Scrub 4pk
71¢ per 1ea



\$3.60
ea

SAVE \$3.65

Duck Deep Action/Foaming Bleach 750mL
48¢ per 100mL



— FRESH PRODUCE & *Meat* —



New Season
Washed
Potatoes 2kg
\$2.48 per 1kg



Carrots 1kg
\$1.50 per 1kg



Nichols
Chicken
Kebabs 620g
\$25.79 per 1kg



JC's Quality
Outback Mix 500g
\$19.98 per 1kg



Lamb
Loin
Chops



— DELICIOUS BAKERY & *Deli* —



PRODUCT OF TASMANIA

Cripps
MUFFINS 6pk
\$1.05 per 100g

\$3.79 ea
SAVE \$1.50

Family Favourite
VIRGINIAN HAM
Serving Suggestion

\$15.99 kg

Helga's Wraps 7/8pk

\$3.49 ea
SAVE \$1.51

\$10.99 kg

Thin BBQ Sausages

PRODUCT OF TASMANIA

NATIONAL PIES
LITTLE CLASSIC BEEF PIES & LITTLE SAUSAGE ROLLS
WITH 100% GRASS FED AUSTRALIAN BEEF & 100% SAUSAGES OF CRISPY PUFF PASTRY

\$8.49 ea
SAVE \$2.00

National Pies Party Pies/Sausage Rolls 12pk
\$1.18 per 100g

\$1.39 ea

Chicken Kebabs 70g
\$19.86 per 1kg

Happy Cake
Red Velvet Cake
420/450g

\$8.99 ea
SAVE \$2.01

Community Co
Rustic Rolls 4pk
94¢ per 100g

\$4.70 ea
community Co

Australian Poultry

\$4.99 kg

Chicken Drumsticks



Black & Gold Longlife Milk 1L
\$1.79 per 1L

BLACK & GOLD
VALUE EVERY DAY



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



Black & Gold Minced Garlic 250g
1¢ per 10g



Black & Gold Pasta 500g
20¢ per 100g



Black & Gold Paracetamol 20pk
5¢ per 1ea



Black & Gold Raw Sugar 2kg
20¢ per 100g

BLACK & GOLD® VALUE EVERY DAY



BLACK & GOLD

\$2.49
ea

Black & Gold Garlic Bread 2pk 450g
55¢ per 100g



BLACK & GOLD

\$4.49
ea

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



BLACK & GOLD

\$1.20
ea

Black & Gold Household Regular Wipes 10pk
12¢ per 1ea



BLACK & GOLD

\$7.60
ea

Black & Gold Cat Litter 9kg
84¢ per 1kg



BLACK & GOLD

\$4.50
ea

Black & Gold Dog Food 1.2kg
38¢ per 100g



BLACK & GOLD

\$2.50
ea

Black & Gold Foil Trays 6pk
42¢ per 1ea



— SNACKS, TREATS & Drinks —



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

\$10⁹⁹
ea
SAVE \$4.26



Coca-Cola/
Fanta/
Sprite/
Mt Franklin
Sparkling
Water 1.25L
\$1.59 per 1L

\$1⁹⁹
ea
SAVE \$1.01



Bundaberg Soft Drink 4x375mL
\$3.63 per 1L

\$5⁴⁵
ea
SAVE \$2.35



Coca-Cola 30x375mL
\$2.27 per 1L

\$25⁵⁵
ea
SAVE \$13.55



Hartz
Spring
Water 1.5L
\$1.33 per 1L

\$1⁹⁹
ea
SAVE 36¢



Gatorade
Sports
Drink
600mL
\$4.15 per 1L

\$2⁴⁹
ea
SAVE \$1.76



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

\$2⁹⁹
ea
SAVE \$1.01



Arnott's Scotch Finger Biscuits 250g
\$1.00 per 100g

\$2⁴⁹
ea
SAVE \$1.10



Smith's Potato Chips 18/20pk

\$7⁹⁹
ea
SAVE \$1.51



Cadbury Family
Block Chocolate 160-190g

\$3⁴⁹
ea
SAVE \$2.51



Cadbury Bites 110-150g

\$3⁴⁹
ea
SAVE \$1.51



Smith's Potato Chips/
Doritos Corn Chips 130-175g

\$3⁴⁹
ea
SAVE \$1.31

You'll find *Low Prices* Every Day right across the store

**Low
Prices
EVERY DAY**



SPC Fruits 4x120g
\$8.33 per 1kg



Green's Sponge Pudding Mix 260g
96¢ per 100g



Maggi Recipe Base Sachets 21-43g



Indomie Noodles 5pk



Crisco Canola/
Blended Vegetable Oil 2L
50¢ per 100mL



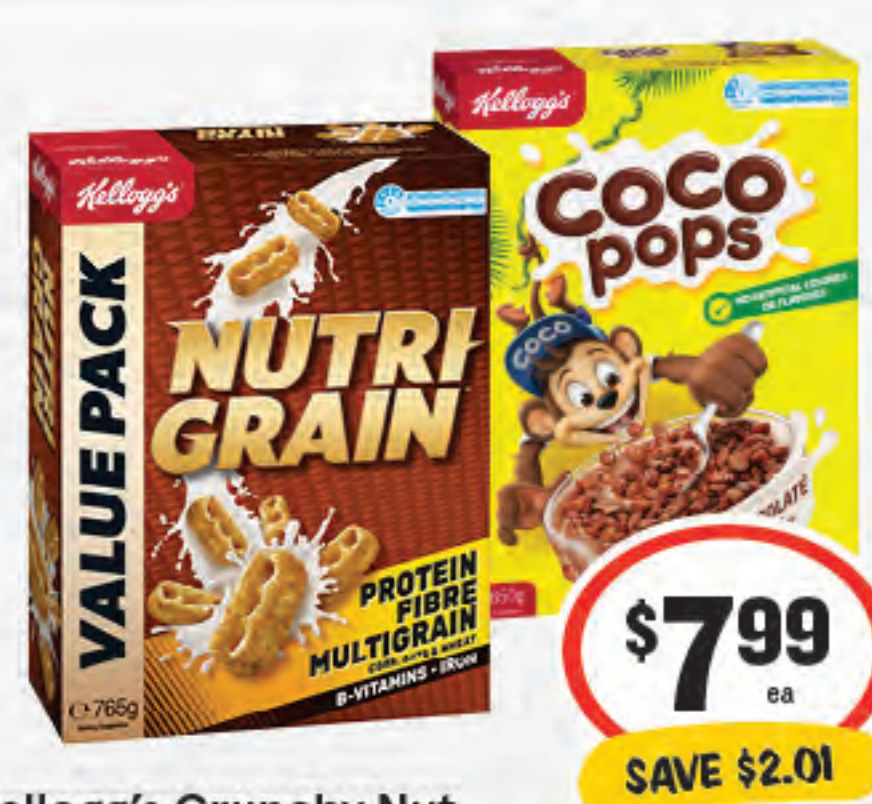
Praise Salad Dressing 330mL
91¢ per 100mL



Pauls Zymil Long Life Milk 1L
\$2.49 per 1L



Grinders Coffee 1kg
\$2.45 per 100g



Kellogg's Crunchy Nut
Corn Flakes/Froot Loops/Nutri-Grain/
Just Right/Coco Pops 460-765g



San Remo La Pasta Range 120g
\$1.24 per 100g



Dolmio Extra Pasta Sauce 490/500g



Johnno's
Make Your
Own Sauce
340g
\$1.91 per 100g



— FILL UP THE FRIDGE & *Freezer* —



Peters Ice Cream 4L
23¢ per 100mL



Bulla Multipack Sticks 8-14pk



Marathon Mini Dim Sims 900g/1kg



Birds Eye Country Harvest 500g
\$6.98 per 1kg



McCain Pub Style Wedges or Fries 750g
\$7.32 per 1kg



Bega Cheese Grated 500g
\$15.98 per 1kg



Lemnos Fetta Cheese 180/200g



Flora Spread 1kg
70¢ per 100g



Dairy Farmers
Thick & Creamy Yoghurt 550/600g



Colgate Advanced Whitening Toothpaste 115g
\$2.83 per 100g



Colgate Dental Floss 25m (excl. Charcoal)
14¢ per 1m



Colgate Sensitive Toothpaste 110g
\$4.08 per 100g



Colgate Plax Mouthwash 500mL
90¢ per 100mL



Colgate Flex Zig Zag Toothbrush Single
\$2.79 per 1ea



Fab Laundry Powder 1.8/2kg & Liquid 1.8L



Heinz Baby Food 110g
\$1.00 per 100g



BabyLove Sleepy Nights 8-12pk



Panadol Liquid Caps 20pk
25¢ per 1ea



Lucky Dog Dry Dog Food 3kg
32¢ per 100g



My Dog Canned Dog Food 400g
62¢ per 100g

SEE INSIDE FOR MORE SAVINGS



Birds Eye Oven Bake Fish Fillets 425g
\$14.09 per 1kg



I&J Salt & Pepper Squid/Calamari 360g
\$19.42 per 1kg



Birds Eye Fish Fingers 375g
\$13.31 per 1kg



McCain Red Box Pasta Meal 375-400g



Global Seafoods Frozen Prawn Ring 255g
\$43.14 per 1kg



MasterFoods Tartare/Seafood Cocktail Sauce 220/260g

Offers available from 14/02/24 until 20/02/24

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Oreo Biscuits
Family Pack 358g
\$1.25 per 100g



You'll find *Low Prices* Every Day right across the store



Red Bull Energy Drink 250mL
\$11.80 per 1L



SPC Baked Beans/
Spaghetti 4x220g
68¢ per 100g



Indomie Noodles 5pk



BabyLove Everyday Baby Wipes 80pk
\$4.38 per 100ea



iCare Toilet Tissue 8pk
45¢ per 100sh



U by Kotex Pads/Tampons 10-16pk



WHERE THE
locals MATTER

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LUNCH BOX TUNA PASTA



John West
Tuna 95g
\$14.21 per 1kg



Community
Co Pasta 500g
38¢ per 100g

Ingredients

- 2 cups (60g) baby spinach, blanched and excess liquid squeezed
- 1/2 cup frozen peas, corn and carrot; blanched
- 1 1/2 cups Community Co. Spiral Pasta
- 2 eggs
- 1/4 cup yoghurt
- 1/4 cup French onion dip
- 95 g canned tuna

What to do

1. In a pot of boiling water, blanch the spinach and frozen vegetables separately and set aside until ready to use.
2. Bring the pot back to boil then cook the pasta as per packet instructions. Drain, then rinse with cold water to stop the cooking. Set aside in a bowl until ready to use.
3. Bring another small pot of water to a boil then gently place the eggs and cook for 6 minutes. Take off heat, and place eggs into a bowl of iced water. Once cool, peel the eggs and set aside.
4. In a food processor, add the spinach, yoghurt and French onion dip. Blitz until smooth. Season to taste.
5. In a bowl combine the pasta through the spinach mix, then add the blanched vegetables. Mix well. Slice the soft-boiled eggs into 3 and place in the lunch box on top of the pasta.



WHERE THE *locals* MATTER

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