



ON SALE 16 FEBRUARY 2022



Australian

LAMB FOREQUARTER CHOPS

\$18⁹⁹ kg

Serving Suggestion



WHERE THE *locals* MATTER

ALL

**1/2
PRICE**



\$2⁴⁹ ea

SAVE \$2.66

Nestle Block Chocolate 118-200g



\$1⁹² ea

SAVE \$1.93

Kantong Simmer Sauce 505-520g



\$1⁹⁹ ea

SAVE \$2.00

Sanitarium Weet-Bix 575g
35¢ per 100g



\$3⁴⁹ ea

SAVE \$3.51

Bulla Multipack Sticks 8-14pk

SEE INSIDE FOR MORE SAVINGS

Offers available from 16/02/22 until 22/02/22
Subject to stock limits and availability. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— FRESH MEAT & Produce —



Grown in Australia

Hass
AVOCADOS

Serving Suggestion

\$1.50 ea



Tasmanian Grown

island fresh
washed potatoes

Washed Potatoes 2kg
\$2.00 per 1kg

\$4 bag



Tasmanian Grown

Celery

\$2.80 bunch



JC's
SALTED KINGAROO PEANUTS

JC's
SALTED KINGAROO PEANUTS

JC's Peanuts
Salted/
Unsalted 500g
\$8.98 per 1kg

\$4.49 ea



Australian Pork

scottsdale pork
tasmalia
cutlets

\$19.99 kg

Scottsdale Pork Cutlets



Australian Beef

\$20.99 kg

Beef Round Steak



Australian Poultry

NICHOLS
CHICKEN THIGHS

Nichols
CHICKEN THIGH FILLETS

Serving Suggestion

\$11.99 kg



Australian Poultry

Irresistible
CHICKEN WINGS

Serving Suggestion

\$249 kg

Australian Poultry

Chicken Breast Fillets

\$999 kg

Thin Beef Sausages

\$899 kg

Long Rindless Bacon

\$1199 kg

Cripps Café
Quality Fruit
Loaf 700g
53¢ per 100g

\$369 ea
SAVE \$1.80



Helgas
Bread
680-850g

\$390 ea
LOW PRICE



Centra Cake
Co French
Vanilla/Jelly
Slice 2pk

\$499 ea
SAVE \$2.00




Product of Tasmania

Cripps
MASTER MUFFINS 6PK

83¢ per 100g - Serving Suggestion

\$299 ea
SAVE \$2.16



— SNACK & DRINK *Favourites* —



Red Bull Energy Drink 250mL 4pk
\$6.49 per 1L

\$6.49
ea

SAVE \$4.06



Coca-Cola/
Lift/Fanta/
Sprite Soft
Drink 1.25L
\$1.59 per 1L

\$1.99
ea

SAVE 86¢



Coca-Cola/Lift/Fanta/
Sprite Soft Drink Cans 375mL 24pk
\$1.89 per 1L

\$16.99
ea

SAVE \$4.60



Powerade
Sports Drink
600mL
\$5.00 per 1L

MULTI-BUY
2 \$6

SAVE \$1.80



Golden Circle Long Life Juice 2L
\$1.50 per 1L

\$2.99
ea

SAVE 46¢



Clearly Tasmanian Water 600mL 20pk
58¢ per 1L

\$6.99
ea

SAVE \$2.00



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

\$2.69
ea

SAVE \$1.06



Nabisco In A Biskit 160g
\$1.24 per 100g

\$1.99
ea

SAVE \$1.01



Arnott's Savoy/Jatz 225/250g

\$2.49
ea

SAVE 71¢



Arnott's
Scotch Finger/Cream Biscuits 200-250g

\$1.99
ea

SAVE \$1.26



Cadbury Large Block Chocolate 315-360g

\$5.49
ea

SAVE \$2.50



Cadbury Bites 110-150g

\$2.49
ea

SAVE \$1.51

GREAT Breakfast FAVOURITES



Golden Crumpet Rounds 6pk
66¢ per 100g

\$1.99
ea
SAVE \$1.56



Sanitarium Peanut Butter 375g
66¢ per 100g

\$2.49
ea
SAVE \$1.36



1/2
PRICE

White Wings
Pancake
Shake
325/350g

\$1.69
ea
SAVE \$1.86



Sanitarium
So Good
UHT Reg/
Lite Soy
Milk 1L
\$1.49 per 1L

\$1.49
ea
SAVE \$1.11



Nestle Milo 395/460g
(excl. Plant Based & Xtra)

\$4.49
ea
SAVE \$3.51



Nescafe
Blend 43
Coffee 500g
\$3.20 per 100g

\$15.99
ea
SAVE \$4.01



Green's Traditional
Cake/Muffin Mix 330-500g

\$1.99
ea
SAVE 86¢



Gravox Liquid Gravy/Sauce 165g
\$1.21 per 100g

\$1.99
ea
SAVE 56¢



Baxters Relish/Chutney/Jam 225-240g

\$2.99
ea
SAVE \$1.31



Fountain
Specialty/
Mint Sauce
250mL
90¢ per 100mL

\$2.25
ea
SAVE 25¢



Edgell Sliced Beetroot 425g
\$2.94 per 1kg

\$1.25
ea
SAVE 50¢



— FILL UP THE FRIDGE & Freezer —



Duck River Soft Butter 500g
90¢ per 100g



Zoosh Dip 185g
\$1.08 per 100g



Spreyton Fresh Juice 2L
\$2.50 per 1L



La Famiglia Traditional Garlic Bread 400g
\$1.00 per 100g



I&J Calamari Rings 400g
\$14.98 per 1kg



Four 'n Twenty Sausage Rolls/Party Pies 12pk



McCain Frozen Vegetables 500g
\$4.98 per 1kg



Peters Light & Creamy 1.8L
25¢ per 100mL



Connoisseur Ice Cream Stick 4/6pk



Multix Clingwrap 33cm x 60m
3¢ per 1m



Nivea Antiperspirant Roll-On 50mL
\$5.98 per 100mL



Chux
Scourer
Non-
Scratch/
Recycled
2pk/Magic
Eraser 8pk



Multix Colour Scents Tidy Bags 20/35pk



Cold Power
Laundry Liquid 1.8/2L/Powder 1.8/2kg



Pedigree Canned Dog Food 700g
34¢ per 100g



Lucky Dog Dry Dog Food 3kg
23¢ per 100g



Snappy Tom Canned Cat Food 400g
31¢ per 100g

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



Friskies Dry Cat Food 1kg
49¢ per 100g



White King Bleach 2.5L
\$1.60 per 1L



BabyLove Everyday Baby Wipes 80pk
\$4.36 per 100ea

SEE INSIDE FOR MORE SAVINGS

ALL
1/2
PRICE



\$1.99
ea

SAVE \$2.01

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



\$1.19
ea

SAVE \$1.60

Twisties/Cheetos/
Burger Rings 80/90g



\$1
ea

SAVE \$1.10

San Remo La Pasta Range 120g
83¢ per 100g



\$1.99
ea

SAVE \$2.26

Dairy Farmers
Thick & Creamy Yoghurt 4pk
45¢ per 100g



\$3.49
ea

SAVE \$3.51

iCare Toilet Tissue 8pk
24¢ per 100sh



\$5.49
ea

SAVE \$5.50

Tresemme Shampoo
& Conditioner 900mL
61¢ per 100mL

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CHEW
FOR A
BRIGHTER
SMILE



\$1.49
ea

SAVE 51¢

Wrigley's
Extra
Chewing Gum
Envelope 14s
\$5.52 per 100g

Wrigley's
Extra
WHITE



Offers available from 16/02/22 until 22/02/22

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BBQ LA FAMIGLIA GARLIC BREAD



Ingredients

- 1 pack La Famiglia Garlic Bread 400g, cut into 4
- 1 punnet red cherry tomatoes, sliced in half
- 2 cloves garlic, minced
- 1 medium red onion, sliced
- 1 large red capsicum, cut into squares
- 1 medium zucchini, cut into rounds
- 6 medium button mushrooms, caps sliced
- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 5 large basil leaves (chopped, plus extra for topping)
- 1/4 tsp salt
- 1/4 tsp cracked pepper
- 2-3 tbsp crumbled feta
- 1-2 tbsp sweet balsamic glaze

What to do

1. Pre-heat BBQ, oven or toaster oven to 180° degrees.
2. Combine chopped tomatoes, garlic, onion, capsicum, zucchini and mushrooms in a bowl.
3. Whisk together olive oil, balsamic vinegar, basil, salt and pepper pour over the veggies. Allow to marinate for ten minutes.
4. Cook the vegetables on your BBQ or grill for approximately 8 minutes.
5. Cook the La Famiglia Garlic Slices on your BBQ oven or toaster oven, until golden brown. 5-10 minutes.
6. Place cooked vegetables onto the La Famiglia Garlic Bread and sprinkle with basil, feta, and a hearty drizzle of balsamic glaze. Serves 4.



WHERE THE *locals* MATTER

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CHEW FOR A BRIGHTER SMILE



Wrigley's
Extra
Chewing Gum
Envelope 14s
\$5.52 per 100g

\$1.49
ea

SAVE 51¢



The ADA supports chewing
sugarfree gum like Extra



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