



ON SALE 16 FEBRUARY 2022



Australian

LAMB FOREQUARTER CHOPS

\$18⁹⁹
kg

Serving Suggestion



WHERE THE *locals* MATTER

ALL

**1/2
PRICE**



\$2⁴⁹
ea

Nestle Block Chocolate 118-200g



\$1⁹²
ea

Kantong Simmer Sauce 505-520g



\$1⁹⁹
ea

Sanitarium Weet-Bix 575g
35¢ per 100g



\$3⁴⁹
ea

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.



— BREAKFAST & HALF PRICE *Specials* —

GREAT Breakfast FAVOURITES



Golden Crumpet Rounds 6pk
66¢ per 100g

\$1.99
ea



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

\$15.99
ea

1/2 PRICE



White Wings
Pancake
Shake
325/350g

\$1.69
ea



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

\$1.49
ea



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

\$4.49
ea

ALL

1/2 PRICE



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

\$1.99
ea



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

\$1
ea



Twisties/Cheetos/Burger Rings 80/90g

\$1.19
ea



Multix Clingwrap 33cm x 60m
3¢ per 1m

\$1.85
ea



iCare Toilet Tissue 8pk
24¢ per 100sh

\$3.49
ea



Tresemme
Shampoo &
Conditioner
900mL
61¢ per 100mL

\$5.49
ea



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



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



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



Cadbury Bites 110-150g



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



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



Pedigree Canned Dog Food 700g
34¢ per 100g



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

**CHEW
FOR A
BRIGHTER
SMILE**



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

**Wrigley's
Extra
WHITE**

SEE INSIDE FOR MORE SAVINGS



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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.



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The ADA supports chewing
sugarfree gum like Extra



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