



ON SALE 2ND MARCH 2022



Nichols

**WHOLE BAGGED
CHICKEN**

\$4.99 kg

Serving Suggestion



WHERE THE *locals* MATTER

BIG DEAL
ALL **SALE**



Arnott's Shapes 140-190g



Cadbury/Fry's/Europe/
Toblerone Medium Bars 30-60g



Golden
Circle
Fruit
Drink 1L
\$1.40 per 1L



John West Tuna 95g
\$12.53 per 1kg

SAVE EVEN MORE WITH THE BIG DEALS INSIDE



Offers available from 02/03/22 until 08/03/22
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* —



Tasmanian Grown

Tasmanian
CAPSICUM
(Red/Green/Yellow)

\$8⁹⁵ kg



Tasmanian Grown

island fresh
brushed potatoes

Brushed Potatoes
2.5kg
\$1.80 per 1kg

\$4⁵⁰ bag



Tasmanian Grown

Brown Onions 1kg
\$1.50 per 1kg

\$1⁵⁰ bag



JC's
PREMIUM SALTED PISTACHIOS

JC's Salted Pistachios
375g
\$29.31 per 1kg

\$10⁹⁹ ea

Beef
Porterhouse
Steak

\$33⁹⁹ kg



Nichols
Nibbles
Marinated
Chicken
Wings 1kg

\$6⁴⁹ kg



Scottsdale
Pork Scotch
Steaks

\$19⁹⁹ kg



Australian Lamb

Lamb
LOIN CHOPS
Serving Suggestion

\$26⁹⁹ kg



Premium
BONELESS LEG HAM
Serving Suggestion

\$18⁹⁹ kg

 Australian Poultry



Chicken Thigh Fillet

\$10⁹⁹ kg



Rindless Middle Bacon

\$14⁹⁹ kg

 Australian Poultry



Chicken Drumsticks

\$2⁴⁹ kg

Mighty Soft Sliced Bread 700g
43¢ per 100g

\$2⁹⁹ ea
SAVE \$1.10



National Pies Meat Pies/Pasties 2pk
\$1.39 per 100g

\$4⁹⁹ ea
SAVE \$2.36



Cripps Master Muffins 6pk
97¢ per 100g

\$3⁴⁹ ea
SAVE \$1.66




Mission
WRAPS 6/8PK

\$3⁹⁹ ea
SAVE \$1.01





— SNACK & DRINK Favourites —



Cadbury Fingers 114g/Freddo Biscuit 167g



Maltesers Block Chocolate 146g
\$1.71 per 100g



Pascall/The Natural Confectionery
Bags 150-280g/Cadbury Bites 110-150g



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



Cheezels/Chickadees 125g
\$1.59 per 100g



Arnott's Savoy/Jatz 225/250g



Coca-Cola/Lift/Fanta/Sprite 375mL 10pk
\$2.26 per 1L



Coca-Cola 375mL 30pk
\$1.82 per 1L



Pepsi/Solo/
Sunkist/
7Up Soft
Drink 1.25L
\$1.43 per 1L



Cottee's Cordial
Syrup Double Concentrate 1L
\$4.25 per 1L



Powerade
Sports
Drink 1L
\$3.49 per 1L



Mount
Franklin
Spring
Water 1L
\$1.99 per 1L

— STOCK UP THE *Pantry* —



Nestle Melts/
Choc Bits/Plaistowe Blocks 150-290g



Kellogg's Nutri-Grain/LCM Bars 6pk



Moccona Coffee Sachets 10pk



Praise Squeeze Mayonnaise 490/555g



Heinz Baked Beans/Spaghetti 300g
60¢ per 100g



Leggo's Pesto 190g
\$2.10 per 100g



Golden Circle Corn
Kernels/Creamed Corn/Green Peas 410g
\$3.63 per 1kg



MasterFoods Wet Spices 160-170g



Fountain
Squeezy
Tomato/
BBQ Sauce
500mL
56¢ per 100mL



— FILL UP THE FRIDGE & *Freezer* —

PERFECT
for
LENT



\$4.99
ea

SAVE \$1.01

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



\$7.99
ea

SAVE \$2.30

Birds Eye Oven Bake
Fish Fillets 425g
\$18.80 per 1kg



\$2.29
ea

SAVE 36¢

MasterFoods Tartare/
Seafood Cocktail Sauce 220/260g

Mars Ice
Cream
4/6pk

\$4.29
ea

SAVE \$4.30



1/2
PRICE



Weight
Watchers
Frozen Meals
300-370g

\$3.99
ea

SAVE \$4.00



\$3.99
ea

SAVE \$1.00

Peters Lemonade/
Raspberry & Lemonade Icy Poles 8pk



\$3.99
ea

SAVE \$1.50

Ashgrove Cheese 140g (excl. Fetta)
\$28.50 per 1kg



Vita-Cee
Juice 2L
\$2.25 per 1L

\$4.49
ea

SAVE 39¢



Dine Cat Food Tray 85g
93¢ per 100g



Whiskas Dry Cat Food 800g
56¢ per 100g



My Dog Tray 100g
\$1.00 per 100g



Chum Dry Dog Food 8kg
25¢ per 100g



Earth Choice Dishwash 500mL
40¢ per 100mL



Dynamo Professional 1.8L
\$6.66 per 1L



Bref Cubes 50g 2pk/
Power Active 50g/Lemon 50mL



Pine-o-Cleen Disinfectant 1.25L
40¢ per 100mL



Schwarzkopf
Extra Care
Shampoo &
Conditioner
400mL
\$1.25 per 100mL

BIG DEAL

SALE

SAVE EVEN MORE WITH THE BIG DEALS INSIDE

Dove
Antiperspirant
220-254mL

\$3.69
ea

SAVE \$3.80



ALL

1/2
PRICE

NEW

ARNOTT'S
Obsession



\$2.99
ea

SAVE \$3.00

Arnott's Obsessions 115/120g

\$1.99
ea

SAVE \$2.01



Dilmah Inspirations 10/20pk



\$6.99
ea

SAVE \$5.00

Connoisseur Ice Cream 1L
70¢ per 100mL



\$5.99
ea

SAVE \$5.00

Kleenex Viva Paper Towel 6pk
\$1.66 per 100ea

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SPICY TUNA SAN CHOY BAU



Ingredients

- 1/2 cup fried noodles
- 2 baby cos leaves
- 1/4 cup bean shoots
- 1/4 small red capsicum, finely julienned
- 1/4 cup finely julienned snow peas
- 95g Chilli John West Tuna, drained
- Fresh coriander leaves, for garnish

What to do

1. Place 1/4 cup noodles in each lettuce cup and top with combined bean shoots, capsicum and snow peas.
2. Spoon over John West Tuna and serve garnished with coriander.

Tip: Alternatively, use iceberg lettuce leaves to make perfect San Choy Bau cups.



WHERE THE *locals* MATTER

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