



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.



— SNACK & DRINK *Specials* —

**1/2
PRICE**



NEW

\$2.99
ea

Arnott's Obsessions 115/120g

**1/2
PRICE**



\$1.49
ea

Cadbury
Fingers 114g/Freddo Biscuit 167g



\$1.99
ea

Cheezels/Chickadees 125g
\$1.59 per 100g



\$2.49
ea

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



\$2.69
ea

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



\$2.49
ea

Arnott's Savoy/Jatz 225/250g



\$8.49
ea

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



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

\$1.79
ea



\$4.25
ea

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



Moccona Coffee Sachets 10pk



Kellogg's Nutri-Grain/LCM Bars 6pk



Praise Squeeze Mayonnaise 490/555g



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



MasterFoods Tartare/
Seafood Cocktail Sauce 220/260g



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



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



Dove
Antiperspirant
220-254mL



Earth Choice Dishwash 500mL
40¢ per 100mL



My Dog Tray 100g
\$1.00 per 100g



Dine Cat Food Tray 85g
93¢ per 100g



Whiskas Dry Cat Food 800g
56¢ per 100g

SAVE EVEN MORE WITH THE BIG DEAL INSIDE



Tasmanian Grown

\$8⁹⁵
kg

Capsicum
(Green/Red/Yellow)



Tasmanian Grown

\$4⁵⁰
bag

Brushed Potatoes 2.5kg
\$1.80 per 1kg



\$3⁹⁹
ea

Mission Wraps 6/8pk



\$10⁹⁹
ea

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

BIG DEAL
SALE



Weight Watchers
Frozen Meals 300-370g

\$3⁹⁹
ea



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

\$3⁹⁹
ea



Product of Tasmania

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

\$4⁴⁹
ea



Connoisseur Ice Cream 1L
70¢ per 100mL

\$6⁹⁹
ea



Peters Lemonade/
Raspberry & Lemonade Icy Poles 8pk

\$3⁹⁹
ea



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

\$4⁹⁹
ea

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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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