



ON SALE 3RD
APRIL 2024



MEGA DEALS SALE



\$7.70
ea

SAVE \$7.70

Frantelle Spring Water 24x600mL
53¢ per 1L



\$1.99
ea

SAVE \$2.01

Arnott's Shapes 130-190g

ALL
1/2
PRICE



\$1
ea

SAVE \$1.00

Indomie Noodle Cup 75g
\$1.33 per 100g



\$5.99
ea

SAVE \$6.01

Sanitarium Up & Go
Breakfast Drink 6x250mL
\$3.99 per 1L

Offers available from: 03/04/24 until 09/04/24

Whilst stocks last. Pictures for illustration purposes only. Some products or varieties may not be available at all stores.

MEGA SAVINGS IN EVERY AISLE

Tasmanian
**CHERRY
TOMATOES 250g**
\$3 punnet

\$12.00 per 1kg



WHERE THE *locals* MATTER

NEVER MISS A 1/2 PRICE SPECIAL
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MEGA DEALS SALE



\$2.49
ea

SAVE \$2.51

Violet Crumble
Bites/Nuggets 120-170g



\$1.60
ea

SAVE \$1.80

Continental
Classics Pasta &
Sauce/Seasoned
Rice 85-125g

**ALL
1/2
PRICE**



\$1.50
ea

SAVE \$1.69

Continental
Cup-a-Soup 2pk



Powerade
Sports
Drink
600mL
\$3.50 per 1L

\$2.10
ea

SAVE \$2.10

MEGA DEALS SALE



\$2.49
ea

SAVE \$2.51

Palmolive Ultra
Dishwashing Liquid 500mL
50¢ per 100mL

\$3.99
ea

SAVE \$4.30

Airwick Air Freshener 159g
\$2.51 per 100g

ALL

**1/2
PRICE**



\$7.99
ea

SAVE \$8.01

Tresemme Shampoo
& Conditioner 940mL
85¢ per 100mL

\$2.40
ea

SAVE \$2.40

Swisspers
Cotton Tip 240pk
\$1.00 per 100ea

\$2.99
ea

SAVE \$3.01

Impulse Body
Spray 75mL (excl. Luxe)
\$3.99 per 100mL



— FRESH MEAT & Produce —



Brushed Potatoes 2.5kg
\$1.80 per 1kg



Marion Bay Free Range Chicken



Pork Scotch Steaks



JC's Backyard BBQ Mix 375g
\$15.97 per 1kg



Lamb Forequarter Chops



Nichols Nibbles Marinated Chicken Wings 1kg
\$9.49 per 1kg



Delicious
**HAPPY MUFFIN 4pk/
MINI 8pk**

\$3⁹⁹ ea
SAVE \$1.01



Rindless
SHORT CUT BACON

Serving Suggestion

\$17⁹⁹ kg



PRODUCT OF TASMANIA

Golden Crumpet Rounds 6pk
86¢ per 100g

\$2⁵⁹ ea
SAVE \$1.16



Chicken Wings

\$3⁴⁹ kg



1/2 PRICE

Mighty Soft Raisin Toast 600g
58¢ per 100g

\$3⁴⁹ ea
SAVE \$3.96



Double Smoked Ham

\$15⁹⁹ kg



PRODUCT OF TASMANIA

Cripps Master Wholemeal Sandwich Loaf 680/700g

\$3⁶⁹ ea
SAVE 86¢



PRODUCT OF TASMANIA

National Pies Party Little Classic Grass Fed Beef Pies/Rolls 6pk

\$6⁹⁹ ea
SAVE \$1.80



Oven Roasted/
Sweet Herb & Mustard
Turkey Breast

\$26⁹⁹ kg



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

BLACK & GOLD
VALUE EVERY DAY



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



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



Black & Gold Pasta 500g
20¢ per 100g



Black & Gold Tomato Paste 500g
33¢ per 100g



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

BLACK & GOLD®

VALUE EVERY DAY



Black & Gold
Shredded
Cheese 500g
\$16.98 per 1kg

BLACK & GOLD
\$8.49
ea



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

BLACK & GOLD
\$4.49
ea



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

BLACK & GOLD
\$1.20
ea



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

BLACK & GOLD
\$7.60
ea



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

BLACK & GOLD
\$4.50
ea



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

BLACK & GOLD
\$2.50
ea



— DRINKS, TREATS & *Snacks* —



Coca-Cola/Fanta/
Sprite Soft Drink Cans 24x375mL
\$2.50 per 1L

\$22⁵⁰
ea

SAVE \$13.65



Kirks Soft
Drink 1.25L
\$1.28 per 1L

\$1⁶⁰
ea

SAVE \$1.00



Coca-Cola/Sprite
No Sugar/Fanta No Sugar 12x300mL
\$3.19 per 1L

\$11⁵⁰
ea

SAVE \$7.00



Schweppes Mixer Soft Drink 4x300mL
\$4.16 per 1L

\$4⁹⁹
ea

SAVE \$1.91



Schweppes/Pepsi Cans 10x375mL
\$2.93 per 1L

\$10⁹⁹
ea

SAVE \$5.51



Pascal/
The Natural Confectionery Bags 120-280g

\$3⁴⁹
ea

SAVE \$1.51



Nestle Block Chocolate 118-200g

\$4²⁵
ea

SAVE \$1.75



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

\$3⁹⁹
ea

SAVE \$1.01



Natural Chip Company/
Samboy/French Fries 150/175g

\$3⁶⁹
ea

SAVE \$1.31



Twisties/Burger Rings/Tooobs/Cheetos 125-270g

\$3⁹⁹
ea

SAVE 51¢

— STOCK UP THE *Pantry* —



Uncle Toby's
Quick or Traditional Oats 500g
74¢ per 100g

\$3.69
ea

SAVE \$1.00



Uncle Tobys Plus Cereal 410-435g

\$4.99
ea

SAVE \$1.86



Twinings Teabags 10pk

\$2.25
ea

SAVE \$1.24



Nescafé
Blend 43 Coffee 500g/Gold 400g

\$19.99
ea

SAVE \$6.01



L'Or Espresso 10pk
\$9.60 per 100g

\$4.99
ea

SAVE \$2.51



Cadbury Drinking Chocolate 250g
\$1.48 per 100g

\$3.69
ea

SAVE 96¢



McKenzie's Soup Mixes 500g
\$2.98 per 1kg

\$1.49
ea

SAVE 41¢



Vegemite 220g
\$2.04 per 100g

\$4.49
ea

SAVE 86¢



Capilano
Honey
Squeeze 375g
\$1.33 per 100g

\$4.99
ea

SAVE \$2.21



— FILL UP THE FRIDGE & *Freezer* —



\$2.49
ea

SAVE 76¢

Yogo Dairy Snack 150g
\$1.66 per 100g



\$1.60
ea

SAVE 89¢

Tamar Valley Kids Pouches 110g
\$1.45 per 100g



\$2.69
ea

SAVE 31¢

Mainland On the Go
Cheese & Crackers 50g/Artisan 36/38g



\$2.99
ea

SAVE 96¢

Primo Sliced Meats 80/100g



\$6.99
ea

SAVE \$2.51

Perfect Italiano
Grated Cheese 450g
\$15.53 per 1kg



\$4.99
ea

SAVE \$1.51

Lemnos Fetta Cheese 180/200g



\$6.99
ea

SAVE \$3.00

McCain Family Pizza 490/500g



\$5.99
ea

LOW PRICE

On the Menu Frozen Meals 320g
\$1.87 per 100g



\$9.99
ea

SAVE \$2.51

Ingham's Chicken Kyiv 350g
\$28.54 per 1kg



\$4.99
ea

SAVE \$2.21

McCain Pub Style Wedges/Fries 750g
\$6.65 per 1kg



\$7.49
ea

SAVE \$2.01

Peters Maxibon/
Connoisseur Ice Cream Stick 4/6pk



\$8.99
ea

SAVE \$1.00

Peters Ice Cream 4L
22¢ per 100mL



\$2.10
ea

SAVE 50¢

Whiskas Canned Cat Food 400g
53¢ per 100g



\$11.99
ea

SAVE \$2.01

Pedigree Dry Dog Food 2.5/3kg



\$6.99
ea

SAVE \$2.60

Dine Cat Food 7x85g
\$1.17 per 100g



\$7.80
ea

SAVE \$2.20

Nurofen Zavance 24pk
33¢ per 1ea



\$3.99
ea

SAVE \$2.00

Handee Ultra Paper Towel 3pk
\$2.22 per 100ea



\$2.69
ea

SAVE 81¢

Earth Choice Toilet Cleaner 750mL
36¢ per 100mL



\$2.99
ea

SAVE \$1.51

Colgate Plax Mouth Wash 250mL
\$1.20 per 100mL



\$4.49
ea

SAVE \$2.46

Johnson's Baby Shampoo/Oil 200mL
\$2.25 per 100mL



\$11
ea

LOW PRICE

Quilton Toilet Tissue 18pk
34¢ per 100sh



MEGA DEALS SALE

QUICK & EASY *Meals*



\$3.69
ea

SAVE \$1.11

Dolmio Extra Pasta Sauce 490/500g



\$3.69
ea

SAVE \$1.46

Kantong Simmer Sauce 505-520g



\$3.69
ea

SAVE \$1.31

Taylor's Simmer Sauce 485/525g



\$2.49
ea

SAVE 50¢

Heinz Baked Beans/Spaghetti 300g
83¢ per 100g



\$6
ea

Community Co
Rice Arborio 1kg
60¢ per 100g



\$1
ea

Black & Gold Pasta 500g
20¢ per 100g



\$2.49
ea

Black & Gold Garlic Bread 2x225g
55¢ per 100g



\$2.69
ea

Community Co
Passata 690g
39¢ per 100g

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MEGA SAVINGS IN EVERY AISLE



Baby & TODDLER



BabyLove Everyday Baby Wipes 80pk
\$3.11 per 100ea



Babylove Cosifit Nappies Bulk Pack 26-48pk



Bepanthen Cream 100g
\$12.99 per 100g



Heinz Baby Food 170g
74¢ per 100g



Baby Boo Wipes 80pk
\$2.50 per 100ea



Annabel Karmel Frozen Meals 200g
\$1.38 per 100g



Purity Laundry Liquid 2L
\$2.50 per 1L



WHERE THE *locals* MATTER

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BACON, EGG & ONION TART



Rindless
Short Cut Bacon
From the Deli Department

\$17.99
kg

Ingredients

- 3 slices of bacon
- 4 tbsp pizza sauce
- 1 onion, sliced thinly
- 3 eggs
- 1 butter puff pastry

What to do

1. In a fry pan over medium high heat, cook bacon rashers until golden. Transfer to a plate.
2. In the same pan, add the sliced onions, and cook for 10-12 minutes until onions have softened and caramelised.
3. Preheat the oven to 190C.
4. Place a sheet of puff pastry on a tray lined with greaseproof paper. Using a sharp knife, cut a border around the edges of the pastry, making sure not to cut all the way through the pastry. Pierce the centre of the pastry with a fork to prevent it from puffing up too much when you blind bake. Place in the oven for 8-10 minutes or until slightly coloured.
5. Remove from the oven and allow to cool before layering the pizza sauce, caramelised onions, and bacon. Crack on the eggs. Put the pastry back into the oven and bake for a further 10-15 minutes or until the eggs have set to your liking.
6. Remove from the oven and allow to cool, before cutting and serving.



WHERE THE *locals* MATTER

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