



ON SALE 10TH
APRIL 2024



MEGA DEALS SALE

Schweppes
Traditional/
Mineral
Water/
Mixers 1.1L
\$1.27 per 1L

\$1.40
ea

SAVE \$1.45



ALL

1/2
PRICE



\$1
ea

SAVE \$1.20

Mars Medium Bars 35-56g



\$3.99
ea

SAVE \$4.01

Nescafé Coffee
Sachets 10pk/Gold 8pk



\$5.49
ea

SAVE \$5.51

Bulla Creamy
Classics 2L
27¢ per 100mL

Offers available from: 10/04/24 until 16/04/24

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

Tasmanian
CARROTS 1kg

\$1.50
bag

\$1.50 per 1kg



WHERE THE *locals* MATTER

NEVER MISS A 1/2 PRICE SPECIAL
Scan & subscribe to save!



MEGA SAVINGS IN EVERY AISLE

MEGA DEALS SALE



\$2.25
ea

SAVE \$2.60

Campbell's Canned Soup 495-510g



\$1.40
ea

SAVE \$1.40

Pringles Chips 53g
\$2.64 per 100g

ALL
1/2
PRICE



\$1.40
ea

SAVE \$1.40

Obento Panko Breadcrumbs 200g
70¢ per 100g



\$1.10
ea

SAVE \$1.15

Wai Wai Vermicelli 200g
55¢ per 100g

MEGA DEALS SALE



\$4.85
ea
SAVE \$4.85

Rexona Advanced
Antiperspirant 220mL
\$2.20 per 100mL

**ALL
1/2
PRICE**



\$4.99
ea
SAVE \$5.01

Pantene
Shampoo/Conditioner 375mL
\$1.33 per 100mL



50% off
ENTIRE RANGE

Somat Auto Dishwasher Range



— FRESH PRODUCE & Meat —



Tangold Mandarin



JC's Salted/Unsalted Mixed Nuts 350g
\$22.83 per 1kg



Artisan Pork Sausages 475g
\$18.93 per 1kg



Nichols Chicken Kebabs 620g
\$25.79 per 1kg



Marion Bay Chicken Breast Fillets



Aurora Half Cut Lamb Legs



National Pies
MEAT PIES/PASTIES/
SAUSAGE ROLLS 2pk

PRODUCT OF TASMANIA

\$6⁴⁹ ea
SAVE \$2.30



Family Favourite
VIRGINIAN HAM

Serving Suggestion

\$15⁹⁹ kg



Cripps ANZAC/Shortbread Biscuits 18pk
24¢ per 1ea

PRODUCT OF TASMANIA

\$4³⁹ ea
SAVE 76¢



Chicken Loaf

\$10⁹⁹ kg



William's Wraps 8pk
59¢ per 100g

PRODUCT OF TASMANIA

\$3²⁹ ea
SAVE \$1.70



Chorizo

\$26⁹⁹ kg



Central Cake Co
French Vanilla/
Jelly Slice 2pk

PRODUCT OF TASMANIA

\$5⁹⁹ ea
SAVE \$1.60



Happy Cake
Slices 5pk
\$1.60 per 100g

\$7⁹⁹ ea
SAVE \$1.01



Chicken Drumsticks

Australian Poultry

\$4⁹⁹ kg



You'll find *Low Prices*



\$5 ea

LOW PRICE

Arnott's Family Favourites Biscuits 500g
\$1.00 per 100g



\$2.30 ea

LOW PRICE

Sakata Rice Crackers 90/100g



\$4 ea

LOW PRICE

Nice & Natural Nut Bars 6pk



\$10 ea

LOW PRICE

Crisco Canola/Blended Vegetable Oil 2L
50¢ per 100mL



\$2.50 ea

LOW PRICE

Green's Sponge Pudding Mix 260g
96¢ per 100g



\$1.70 ea

LOW PRICE

Maggi Recipe Base Sachets 21-43g



\$3.50 ea

LOW PRICE

La Famiglia Just for 2 Garlic Bread 170g
\$2.06 per 100g



\$3.80 ea

LOW PRICE

Chris' Dip 200g (excl. Plant Based)
\$1.90 per 100g



\$3.60 ea

LOW PRICE

McCain Peas/Corn & Peas/Corn/Carrots 500g
\$7.20 per 1kg

Every Day right across the store



U by Kotex Pads/Tampons 10-16pk



Rafferty's Garden Baby Food 120g
\$1.66 per 100g



Colgate Toothpaste 80/90g



Radiant Laundry Powder 1kg/Liquid 1L



Ajax Spray n' Wipe Trigger 475/500mL



Samba Firelighters 36pk
10¢ per 1ea



Fancy Feast Dry Cat Food 430/450g



Fancy Feast Cat Food 85g
\$1.88 per 100g



V05 Advanced Hair Spray 200g
\$2.75 per 100g



— DRINKS, TREATS & *Snacks* —



\$27
ea

SAVE \$16.90

Coca-Cola 30x375mL
\$2.40 per 1L



\$3.60
ea

SAVE \$2.40

Powerade Sports Drink 1L
\$3.60 per 1L



\$11.50
ea

SAVE \$5.70

Mother Energy Drink 10x375mL
\$3.07 per 1L



\$8.99
ea

SAVE \$2.00

Clearly Tasmanian Water 20x600mL
75¢ per 1L



\$12.99
ea

SAVE \$4.71

Bundaberg Brewed Soft Drink 10x375mL
\$3.46 per 1L



\$1.99
ea

SAVE 36¢

Hartz Spring Water 1.5L
\$1.33 per 1L



\$2.99
ea

SAVE \$1.51

Arnott's Cream Biscuits 200/250g



\$3.49
ea

SAVE \$1.51

Cadbury Bites 110-150g



\$3.99
ea

SAVE \$1.46

Wrigley's Extra White Chewing Gum Bottle 64/67g



\$1.99
ea

SAVE \$1.00

Twisties/Cheetos/Burger Rings/Toobs 65-90g

— STOCK UP THE *Pantry* —



Uncle Tobys Oats 8/10pk

\$4.99
ea

SAVE \$1.90



Kellogg's Nutri-Grain 290g/
Sultana Bran 420g/Special K 300g

\$5.49
ea

SAVE \$1.51



Golden Circle
Long Life
Juice 2L
\$1.90 per 1L

\$3.79
ea

SAVE \$1.01



Nestle Milo 1.1kg
\$1.27 per 100g

\$13.99
ea

SAVE \$4.60



Moccona
Freeze Dried Classic Coffee 400g
\$5.00 per 100g

\$19.99
ea

SAVE \$8.01



Tetley Tea Cup Bags/
All Rounder/Extra Strong 50pk

\$2.99
ea

SAVE 50¢



Rosella
Tomato
Sauce
Squeeze
500mL
60¢ per 100mL

\$2.99
ea

SAVE \$1.01



Johnno's
Sauce/Chutney/Relish 400/520g

\$5.99
ea

SAVE \$1.20



Ben's Original Express Rice 250g
\$1.20 per 100g

\$2.99
ea

SAVE \$1.01



Cottees Jam/Marmalade 375g
87¢ per 100g

\$3.25
ea

SAVE 55¢



— FILL UP THE FRIDGE & *Freezer* —



Western Star Spreadable 500g
\$1.20 per 100g



Wicked Sister Dessert 2pk



Perfect Italiano
Parmesan
Block 200g
\$29.95 per 1kg



Tamar Valley
The Creamery Yoghurt 700g
71¢ per 100g



Farmer's Union Yoghurt Pouches 130g
\$1.53 per 100g



Oak Flavoured Milk 500/600mL



Ingham Frozen Chicken Schnitzel 400g
\$19.98 per 1kg



Birds Eye Deli Chips/Roast Potatoes 600g
\$8.32 per 1kg



I&J Fish Battered/Crumbed Fillets 425g
\$14.09 per 1kg



McCain Hash Browns 750g
\$7.73 per 1kg



Streets Paddle Pop 6/8pk



Birds Eye Super Sweet Corn Cobs 1kg
\$6.00 per 1kg



\$10⁹⁹
ea
SAVE \$3.51

Felix Cat Food 12pk
\$1.08 per 100g



\$9⁹⁹
ea
SAVE \$2.01

Lucky Dog Dry Dog Food 3kg
33¢ per 100g

BabyLove®



\$9⁹⁹
ea
SAVE \$1.50

BabyLove
Sleepy Nights 8-12pk



\$1⁴⁹
ea
SAVE 21¢

My Dog Tray 100g
\$1.49 per 100g



\$3⁹⁹
ea
SAVE 90¢

White King Bleach 2.5L
\$1.60 per 1L



\$3⁴⁹
ea
SAVE 66¢

Multix Takeaway Container 6pk
58¢ per 1ea



\$1⁹⁹
ea
SAVE 46¢

Sorbent Facial Tissues 170pk
\$1.17 per 100ea



\$15⁹⁹
ea
SAVE \$3.51

BabyLove
Nappy Pants 22-38pk (excl. Beyond)



\$9⁹⁹
ea
SAVE \$4.00

iCare Toilet Tissue 24pk
23¢ per 100sh



\$3⁴⁹
ea
SAVE 50¢

Handee Ultra Paper Towel 2pk
\$2.91 per 100ea



\$7⁹⁹
ea
SAVE \$1.51

BabyLove
Everyday B/Wipes 240's



MEGA DEALS SALE

MOVIE NIGHT AT *Home*



Poppin Microwave Popcorn 400g
\$1.25 per 100g

\$4.99
ea

SAVE \$2.01



Peters Drumstick 4/6pk

\$7.49
ea

SAVE \$2.01



Allen's Jelly/Mint Confectionery Range 140-200g

\$3.50
ea

SAVE \$1.50



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

\$3.49
ea

SAVE \$1.31



Cadbury Family Block Chocolate 160-190g

\$4.25
ea

SAVE \$1.75



Coca-Cola/
Fanta/
Sprite/Mt
Franklin
Sparkling
Water 1.25L
\$1.80 per 1L

\$2.25
ea

SAVE 95¢

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MEGA SAVINGS IN EVERY AISLE



TOMATO & LEMON BAKED CHICKEN



Marion Bay
Chicken
Breast Fillets
From the Meat Department



\$18⁹⁹
kg

Ingredients

- 4 chicken breasts
- 1/2 lemon, sliced
- 1/2 lemon, juiced
- 2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- 1 tbsp tomato paste
- Pinch of salt
- 2 tbsp oregano leaves
- 1/2 tsp ground pepper
- 500 g cherry or baby Roma tomato
- 1/2 cup mixed olives or kalamata olives
- 2 bunches of broccolini

What to do

1. Preheat the oven to 180C.
2. On a large baking tray, place the olives and the tomatoes next to each other.
3. In a bowl, toss the chicken in the rest of the ingredients to coat.
4. Lay the chicken breasts in the centre of the tray on top of some of the olives.
5. Cover the chicken breasts with slices of lemon.
6. Sprinkle with salt and pepper.
7. Roast for 20-30 mins until the chicken is cooked through, check every 15 mins.
For the last 5 mins add the broccolini to the roasting tray.
8. Serve the chicken with veggies and drizzle the pan juice over the top.



WHERE THE *locals* MATTER

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