



ON SALE 20TH APRIL 2022



Australian

BEEF RUMP STEAK

\$24⁹⁹ kg



Serving Suggestion

WHERE THE *locals* MATTER



GIGANTIC
Sale!

ALL

1/2
PRICE



\$5⁹⁹ ea

SAVE \$6.20

Twinings Teabags 80/100s



\$2⁴⁵ ea

SAVE \$2.50

Red Rock Deli Chips 150/165g



Morning
Fresh
Dishwashing
Liquid
400mL
62¢ per 100mL

\$2⁴⁹ ea

SAVE \$2.51



iCare Toilet Tissue 8pk
21¢ per 100sh

\$2⁹⁹ ea

SAVE \$4.01

Offers available from 20/04/22 until 26/04/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

**Customer
Notice**

Some products on promotion are subject to availability
We are currently experiencing stock shortages on some products and they may be unavailable. We're working hard to restock impacted lines for you.
Thank you for your patience and understanding.

GIGANTIC SALE ON NOW!



— FRESH MEAT & *Produce* —



Grown in Australia

Delicious
RED GRAPES

\$4⁵⁰ kg



Tasmanian Grown

Brushed Potatoes 5kg
\$1.30 per 1kg

\$6⁵⁰ bag



Tasmanian Grown

Grey Pumpkin

\$1⁵⁰ kg



JC's Quality Outback Mix 500g
\$19.98 per 1kg

\$9⁹⁹ ea

Pandani
Beef/Pork
Sausages
680g
\$11.75 per 1kg



\$7⁹⁹ ea

Ingham's
Chicken
Kebabs 450g
\$17.76 per 1kg



\$7⁹⁹ ea

Scottsdale
Pork Cutlets



\$19⁹⁹ kg



Australian Lamb

Lamb
FOREQUARTER CHOPS

Serving Suggestion

\$19⁹⁹ kg



Family Favourite
CHAMPAGNE HAM

Serving Suggestion

\$13⁹⁹ kg



Saveloys

\$10⁹⁹ kg



Chicken Bocconcini

\$6⁹⁹ kg



Oven Roasted/
Sweet Herb
& Mustard
Turkey Breast

\$24⁹⁹ kg

Mission Naan Bread 4pk
96¢ per 100g

\$2⁶⁹ ea
SAVE \$1.16



Cripps Master Muffins 6pk
97¢ per 100g

\$3⁴⁹ ea
SAVE \$1.66



Cripps ANZAC/Shortbread Biscuits 18pk
22¢ per 1ea

\$3⁹⁹ ea
SAVE 50¢




National Pies
PREMIUM PIES 2PK

\$1.66 per 100g (excl. Cottage/Chunky Beef)

\$5⁹⁹ ea
SAVE \$2.30



— SNACK & DRINK Favourites —



Kirks Canned Soft Drink 375mL 10pk
\$1.86 per 1L



Coca-Cola 375mL 30pk
\$1.87 per 1L



Powerade Sports Drink 1L
\$3.49 per 1L

\$3.49 ea
SAVE \$2.26



Golden Circle Fruit Drink 250mL 6pk
\$2.66 per 1L

\$3.99 ea
SAVE \$1.11



Mount Franklin Spring Water 500mL 20pk
90¢ per 1L

\$8.99 ea
SAVE \$6.00



Cadbury Family Block Chocolate 160-190g

\$3.49 ea
SAVE \$1.51



Allen's Bites 110-140g

\$3.49 ea
SAVE \$1.50



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

\$2.99 ea
SAVE \$1.01



Arnott's Multipacks 7/8pk

\$2.99 ea
SAVE \$1.31



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

\$3.49 ea
SAVE 50¢



Thins Potato Chips 150/175g

\$2.75 ea
SAVE \$1.35

— STOCK UP THE *Pantry* —



Moccona Coffee Sachets 10pk



Nescafé Blend 43 Coffee 500g
\$3.60 per 100g



Nestle Milo 395/460g



CSR Brown Sugar 1kg
30¢ per 100g



Uncle Tobys Oats 8/10pk



Kellogg's K-Time Twists 5pk
\$1.62 per 100g



Maggi 2 Minute Noodles 5pk



McKenzie's Soup Mixes 500g
\$2.58 per 1kg



San Remo Pasta 375/500g



Heinz Baked Beans/Spaghetti 535/555g



Kantong Simmer Sauce 505-520g



MasterFoods Recipe Base Pouches 175g
\$1.14 per 100g



— FILL UP THE FRIDGE & *Freezer* —



Western Star Spreadable 500g
80¢ per 100g

\$3⁹⁹
ea
SAVE \$2.01



Dare Iced
Coffee
500mL
\$5.98 per 1L

\$2⁹⁹
ea
SAVE 76¢



Mainland Tasty Cheese Block 500g
\$11.98 per 1kg

\$5⁹⁹
ea
SAVE \$3.51



Ashgrove Full Cream/
Non Homogenised Milk 2L
\$2.00 per 1L

\$3⁹⁹
ea
SAVE 56¢



La Famiglia Garlic/Herb Slices 270g
\$1.48 per 100g

\$3⁹⁹
ea
SAVE \$1.21



Dairy Farmers
Thick & Creamy Yoghurt 600g
67¢ per 100g

\$3⁹⁹
ea
SAVE \$1.70



McCain Peas/
Corn & Peas/Corn/Carrots 500g
\$4.98 per 1kg

\$2⁴⁹
ea
SAVE 50¢



Ingham's Super Crunch Chicken 300-325g

\$5⁹⁹
ea
SAVE \$1.60



Streets Paddle Pop 8pk
\$1.10 per 100mL

\$5⁹⁹
ea
SAVE \$1.50



Peters Drumstick 4/6pk

\$5⁹⁹
ea
SAVE \$3.01



\$1.35
ea

SAVE 51¢

Optimum Dog Food

\$1.35 per 100g



\$1.85
ea

SAVE 35¢

Whiskas Canned Cat Food 400g

46¢ per 100g



\$19.99
ea

SAVE \$8.80

Pedigree Dry Dog Food 8kg

25¢ per 100g



\$1.49
ea

SAVE \$1.51

**Palmolive Naturals/
Antibacterial Liquid Soap Pump 250mL**

60¢ per 100mL



\$4.99
ea

SAVE 51¢

**Fab Laundry
Powder 1kg or Liquid 900mL/1L**



**Multix
Super
Strong
Large Tidy
Bag 18pk**
17¢ per tea

\$2.99
ea

SAVE \$1.01



\$4.99
ea

SAVE \$5.01

**Colgate Total
Advanced Toothpaste 200g**

\$2.50 per 100g



\$1.75
ea

SAVE 35¢

**Sorbent Facial Tissues
Thick & Large 95s (excl. Papaw)**

\$1.84 per 100ea



\$3.99
ea

SAVE \$1.00

Libra Ultra Thins 10-14pk/Tampons 16pk

GIGANTIC SALE ON NOW!



Four 'n Twenty Traditional Pies 4pk
64¢ per 100g



Nanna's Crumble 550g
54¢ per 100g

ALL

1/2
PRICE



Patties Party Pies/Sausage Rolls 12pk



Rexona Advanced Antiperspirant 220mL
\$1.81 per 100mL

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ANZAC SLICE



CSR Brown Sugar 1kg
30¢ per 100g



Western Star Spreadable 500g
80¢ per 100g

Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 2/3 cup CSR Brown Sugar
- 1/2 cup desiccated coconut
- 125g Western Star Spread
- 2 tbs golden syrup
- 2 tbs water
- 1/2 tsp baking soda

What to do

1. Preheat oven to 170°C (150°C fan-forced) and grease and line a standard sized slice tray.
2. Combine flour, oats, sugar and coconut in a large bowl.
3. Place butter and golden syrup in a saucepan over low heat. Stir occasionally and cook for approximately 10 minutes or until smooth.
4. Stir through the baking soda and water.
5. Pour the butter mixture into the flour and oats to combine.
6. Place the mixture into the slice tray and press down firmly.
7. Bake for approximately 25 minutes or until golden.
8. Stand slice in slice tray for 15 minutes, then cut into slices.



WHERE THE *locals* MATTER

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