



ON SALE
15TH MAY
2024



\$9.75
ea

SAVE \$9.75

Moccona Coffee 200g
\$4.88 per 100g



\$8.25
ea

SAVE \$8.25

Schweppes/
Pepsi Cans 10x375mL
\$2.20 per 1L



\$4.75
ea

SAVE \$4.75

Peters Drumstick 4/6pk

ALL
1/2
PRICE



\$9.99
ea

SAVE \$10.01

Radiant Laundry
Powder 2kg/Liquid 2L

Offers available from: 15/05/24 until 21/05/24

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

Australian
HASS AVOCADOS

\$1
ea



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

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— 1/2 PRICE *Specials* —



\$1.25
ea

SAVE \$1.25

Lindt Bar 38g
\$3.29 per 100g



\$1.40
ea

SAVE \$1.40

Oreo Cookie 131-147g



\$2.10
ea

SAVE \$2.10

Powerade
Sports Drink 600mL
\$3.50 per 1L



\$2.49
ea

SAVE \$2.51

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



\$2.49
ea

SAVE \$2.80

Red Rock Deli Crackers 135g
\$1.84 per 100g



\$3.99
ea

SAVE \$4.01

Nescafé Coffee
Sachets 10pk/Gold 8pk



50% off
ENTIRE RANGE

Somat Auto Dishwasher Range



\$1.99 ea
SAVE \$2.00

Handee Ultra Paper Towel 2pk
\$1.66 per 100ea



\$5.50 ea
SAVE \$5.50

Duracell Optimum
Batteries AA/AAA 4pk
\$1.38 per 1ea



\$1.30 ea
SAVE \$1.39

Macleans Protect
Mint Toothpaste 170g
76¢ per 100g

**ALL
1/2
PRICE**



\$1.90 ea
SAVE \$1.99

Organic Care
Shampoo &
Conditioner
400mL
48¢ per 100mL



\$2.99 ea
SAVE \$3.00

Bic Comfort
3 Advance
Razors 4pk
75¢ per 1ea



50% off
SELECTED RANGE

Chux Superwipes
Original 10pk/Extra Large 5pk/Robust 3pk



— FRESH MEAT & Produce —



Grown in Australia

Fresh
SPINACH 120g
\$16.58 per 1kg

\$1⁹⁹
bag



Australian Beef

Beef
SCOTCH FILLET STEAK
Serving Suggestion (product sold uncooked)

\$37⁹⁹
kg



Tasmanian Grown

Brown Onions 1kg
\$1.50 per 1kg

\$1⁵⁰
bag



Australian Lamb

Lamb Loin Chops

\$23⁹⁹
kg



JC's
PREMIUM SALTED MIXED NUTS
350g

\$7⁹⁹
ea

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



ARTISAN PORK BURGERS
ORIGINAL SCOTTSDALE PORK
500g

\$7⁹⁹
ea

Artisan Pork Burgers 500g
\$15.98 per 1kg



Australian Poultry

Marion Bay
Free Range Chicken

\$8⁵⁹
kg



NICHOLS
BBQ Chicken Breast Steaks

\$19⁹⁹
kg

— DELICIOUS DELI & Bakery —




PRODUCT OF TASMANIA

Williams
WRAPS 8pk
59¢ per 100g

\$3.29 ea
SAVE \$1.70



Boneless
LEG HAM

PANDANI
PREMIUM SMALLGOODS

\$19.99 kg

Brands may vary by store



PRODUCT OF TASMANIA

NATIONAL PIES
LITTLE CLASSIC GRASS FED BEEF
WITH 100% GRASS FED AUSTRALIAN BEEF & 120 LAYERS OF CRISPY PUFF PASTRY

\$6.99 ea
SAVE \$1.80

National Pies Party Pies/Rolls 6pk



\$12.99 kg

Saveloys



PRODUCT OF TASMANIA

Central Cake Co.
"made in the heart of Tasmania"

\$5.49 ea
SAVE \$1.30

Central Cake Co Deluxe Lamingtons 2pk
\$2.75 per 100g



Australian Poultry

\$5.99 kg

Mixed Chicken Pieces



PRODUCT OF TASMANIA

Pikelets
8 PIKELETS

\$2.99 ea
SAVE 66¢

Cripps Pikelets 8pk
\$1.50 per 100g



Community Co
Rolls Ciabatta 4pk
78¢ per 100g

\$3.90 ea



\$18.99 kg

Chicken Breast Schnitzels



ON YOUR FAVOURITE BRANDS.



\$3.95
ea

LOW PRICE

Coca-Cola/Fanta/Sprite Soft Drink 2L
\$1.98 per 1L



\$3.20
ea

LOW PRICE

Mother Energy Drink 500mL
\$6.40 per 1L



\$1.80
ea

LOW PRICE

Campbell Real Stock 250mL
72¢ per 100mL



\$2.89
ea

LOW PRICE

Tas Taste Plain/Self Raising Flour 2kg
\$1.45 per 1kg



\$2.30
ea

LOW PRICE

Sakata Rice Crackers 90/100g



\$5
ea

LOW PRICE

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



Vitasoy So Milky UHT 1L
\$2.45 per 1L

\$2.45
ea
LOW PRICE



Johnnos Tomato/BBQ
Sauce 350g/Chutney/Relish 250g

\$4.95
ea
LOW PRICE



Bundaberg Raw Sugar 1kg
32¢ per 100g

\$3.19
ea
LOW PRICE



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

\$3.80
ea
LOW PRICE



Farmer's Union
Greek Style Yoghurt 1kg
65¢ per 100g

\$6.50
ea
LOW PRICE



Birds Eye Chopped Onion 500g
\$6.60 per 1kg

\$3.30
ea
LOW PRICE



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

\$3.60
ea
LOW PRICE



Huggies Baby Wipes 80s
\$6.25 per 100ea

\$5
ea
LOW PRICE



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

\$1.99
ea
LOW PRICE



Palmolive Naturals
Shampoo/Conditioner 350mL
\$1.57 per 100mL

\$5.50
ea
LOW PRICE



Colgate Regular Toothpaste 165/180g

\$3.45
ea
LOW PRICE



Ajax Spray n' Wipe Trigger 475/500mL

\$3.50
ea
LOW PRICE



— SNACKS, TREATS & Drinks —



Red Rock Deli Chips 150/165g



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



Cadbury Large Block Chocolate 315-360g



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



Kirks
Soft Drink
1.25L
\$1.28 per 1L



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



Red Bull Energy Drink 4x250mL
\$7.99 per 1L



Pump
Water 1.25L
\$2.39 per 1L



Golden Circle Long Life Juice 2L
\$2.00 per 1L

— STOCK UP THE *Pantry* —



\$3.50
ea

LOW PRICE

Tonight Simmer Sauces 475-500g



\$2.99
ea

SAVE 51¢

Gravox Liquid Gravy/Sauce 165g
\$1.81 per 100g



\$2.49
ea

SAVE 46¢

San Remo Pasta 375/500g



\$2.49
ea

SAVE 51¢

Wokka Noodles 400/440g



\$1.49
ea

SAVE 70¢

Foster Clarks Snak Pack 120g
\$1.24 per 100g



\$5.99
ea

SAVE \$1.01

Kellogg's Rice Bubbles/Coco Pops/
Froot Loops/Just Right 265-460g



\$4.49
ea

SAVE \$1.16

MasterFoods Promite 290g
\$1.55 per 100g



\$4.99
ea

SAVE \$1.96

Vittoria Nespresso
Compatible Coffee Capsules 10pk
\$9.60 per 100g



\$3.65
ea

SAVE \$1.34

Tetley Teabags 100pk/Green 50pk



— FILL UP THE FRIDGE & *Freezer* —



Ingham's Chicken Breast Nuggets Original 400g
\$12.48 per 1kg



Birds Eye
Golden Crunch Chips/Wedges 900g
\$5.54 per 1kg



Peters Light & Creamy 1.8L
33¢ per 100mL



Nanna's Snack Fruit Pies 4pk/Family 600g



Mainland On the Go
Cheese and Crackers 38-55g



Nuttalex Spread
Original/Lite/Buttery 500g
90¢ per 100g



Western Star Spreadable 500g
\$1.30 per 100g



Pauls Custard 70g
\$2.14 per 100g



Dairy Farmers
Thick & Creamy Yoghurt 550/600g



\$3.75
ea

SAVE \$1.24

Imperial Leather Soap 4pk
94¢ per 100g



\$1.99
ea

SAVE 51¢

Sorbent Facial Tissues 170pk
\$1.17 per 100ea



\$12.75
ea

SAVE \$5.24

Sorbent Toilet Tissue 24pk
30¢ per 100sh



\$2.99
ea

SAVE \$2.01

Nivea Lip Care 4.8g
\$62.29 per 100g



\$3.49
ea

SAVE \$1.26

Nivea Antiperspirant Roll-On 50mL
\$6.98 per 100mL



\$2.79
ea

LOW PRICE

Colgate Flex Zig Zag Toothbrush Single
\$2.79 per 1ea



\$1
ea

SAVE 79¢

Natures Gift Dog Food 100g
\$1.00 per 100g



\$10.99
ea

SAVE \$3.01

Whiskas Oh So Pouches 12x85g
\$1.08 per 100g



\$7.80
ea

LOW PRICE

Lucky Dog Bones 800g
98¢ per 100g

QUICK & EASY Meals



Sanitarium Up & Go 3x250mL
\$4.47 per 1L



Continental Pasta & Sauce/Seasoned Rice 110-190g



Indomie
Noodle Cup 75g
\$1.33 per 100g



SPC Baked Beans & Spaghetti 420/425g



Community Co
Oats Quick Sachets 420g
\$1.19 per 100g



On the Menu The Big Feast 480/500g

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OREO BARS



Oreo
Cookie
131-147g

Ingredients

- 3 packs OREO cookies
- 75 g olive oil
- 200 g light cream cheese
- 50 g sugar
- 200 ml light milk
- 150 ml double cream
- 15 g gelatine

What to do

1. Ready to raise the bar? Start by finely crushing 25 cookies and mix with melted butter. Press the mixture into a small rectangular cake tin.
2. Dissolve the gelatine in a bowl with some of the milk over a pot of boiling water.
3. Next, add the remainder of the milk. Whisk the cream until it becomes whipped cream. Whisk the sugar and cream cheese together also.
4. Carefully add to the milk/gelatine mixture. Fold in the cream and pour the mixture over the cookie base.
5. Then chill in the fridge for at least two hours before serving. Decorate with chopped OREO cookies and your OREO Bars are ready for action!



WHERE THE *locals* MATTER

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