



ON SALE 18TH MAY 2022



Australian

BEEF RUMP STEAK

\$24⁹⁹
kg

Serving Suggestion



WHERE THE *locals* MATTER



Cadbury Family Block Chocolate 160-190g



Peters Original Ice Cream 2L
20¢ per 100ml



Nescafé Coffee Sachets 10pk/Gold 8pk



Western Star Spreadable 500g
80¢ per 100g

Offers available from 18/05/22 until 24/05/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

Customer Notice

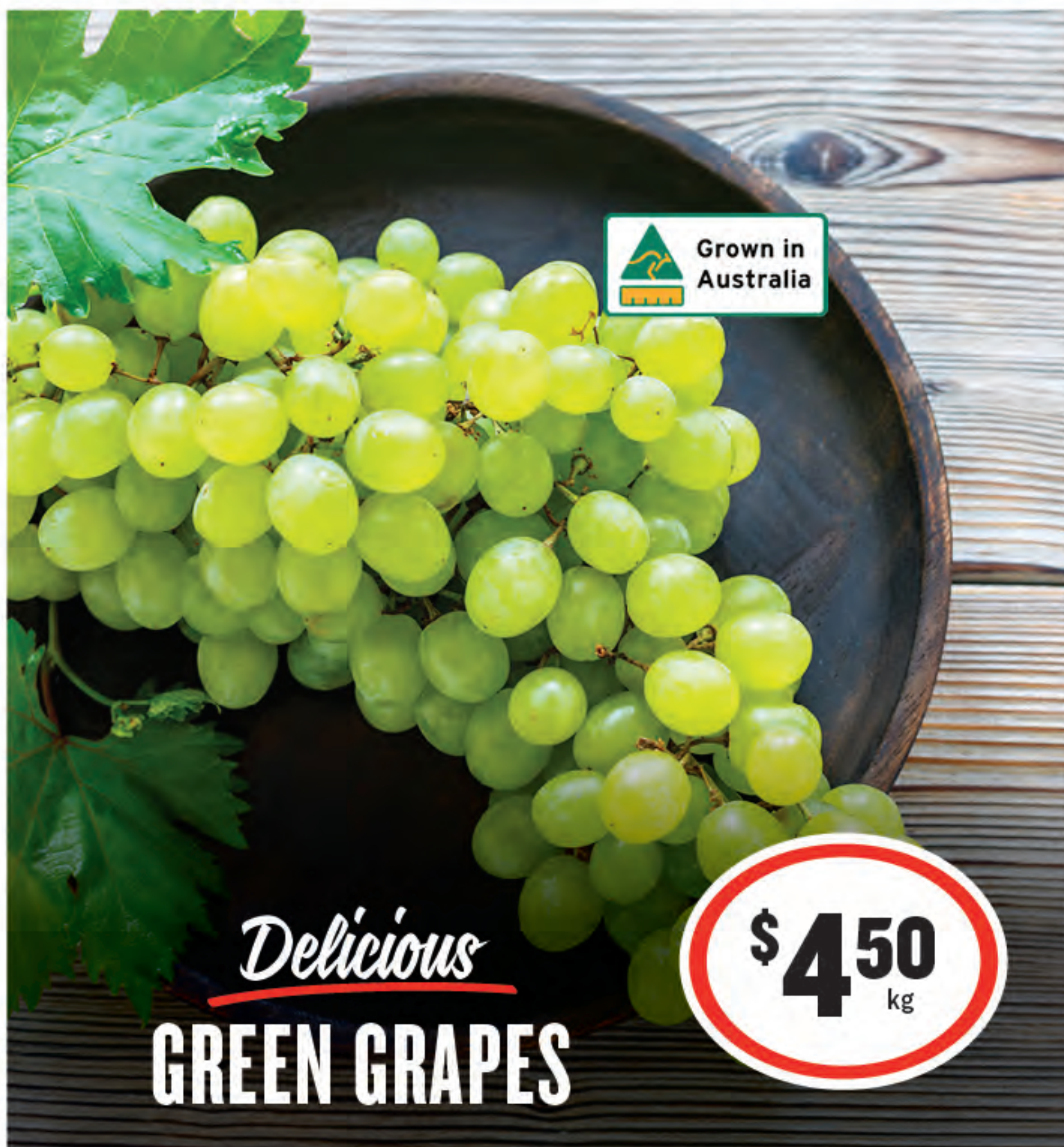
Some products on promotion are subject to availability. We are currently experiencing stock shortages on some products and they may be unavailable. We're working hard to restock impacted lines for you. Thank you for your patience and understanding.

SEE INSIDE FOR MORE SAVINGS





— FRESH MEAT & Produce —



Grown in Australia

Delicious
GREEN GRAPES

\$4⁵⁰ kg



Tasmanian Grown

Brushed Potatoes 2.5kg
\$1.80 per 1kg

\$4⁵⁰ bag



Tasmanian Grown

Carrots 1kg
\$1.25 per 1kg

\$1²⁵ bag



JC's Salted/Unsalted Peanuts 500g
\$9.58 per 1kg

\$4⁷⁹ ea

Scottsdale Artisan
Carolina/Memphis
Marinated Pork
Shoulder

\$13⁹⁹ kg



Nichols BBQ Chicken Breast Steaks

Nichols Nibbles
Marinated
Chicken Wings 1kg
\$6.99 per 1kg

\$6⁹⁹ ea



Australian Lamb

Lamb
LOIN CHOPS

Serving Suggestion

\$26⁹⁹ kg



Australian Poultry

Family Favourite

CHICKEN THIGH FILLET

Serving Suggestion

\$12⁹⁹ kg



Diced Lean Bacon

\$13⁹⁹ kg



Chicken Loaf

\$9⁹⁹ kg



Saveloys

\$9⁹⁹ kg

Cripps
Master Loaf
680/700g

\$3³⁹ ea

SAVE 70¢



National Pies
Curried Chicken/
Chicken Camembert
Party Pies 6pk

\$6⁹⁹ ea

SAVE \$2.00



Central Cake
Co Deluxe
Lamingtons 2pk
\$2.50 per 100g

\$4⁹⁹ ea

SAVE \$1.00




Product of Tasmania

Cripps

PIKELETS 8PK

\$1.50 per 100g

\$2⁹⁹ ea

SAVE 50¢



— SNACK & DRINK Favourites —



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



Kirks Soft Drink 1.25L
\$1.20 per 1L

MULTI-BUY
2 \$3
for
SAVE 98¢



Coca-Cola Soft Drink 2L
\$1.75 per 1L

\$3.50
ea
LOW PRICE



Cascade Mixers 200mL 4pk
\$4.36 per 1L



Arnott's Deluxe Tim Tam Biscuits 175g



Cadbury Fingers 114g/Freddo Biscuit 167g



Pascall/The Natural Confectionery Bags 150-280g



Samboy Potato Chips 175g
\$1.71 per 100g



Arnott's Shapes/Savoy/Jatz 140-250g

— STOCK UP THE *Pantry* —



\$1.99
ea

SAVE 86¢

Green's
Traditional Cake/Muffin Mix 330-500g



\$3.99
ea

SAVE \$2.56

Kellogg's Coco Pops/Froot Loops/Just Right 285-460g



\$11.99
ea

SAVE \$8.51

Moccona Specialty Blend Coffee 200g
\$6.00 per 100g



\$1.99
ea

SAVE \$1.50

Twinings Teabags 10s



Fountain
Specialty/
Mint Sauce
250mL
\$1.00 per 100mL

\$2.49
ea

SAVE 71¢



\$2.99
ea

SAVE 50¢

Leggo's Pasta Sauce 490/500g



\$1.99
ea

SAVE 60¢

Campbell's Real Stock 500mL
40¢ per 100mL



\$1.99
ea

SAVE 31¢

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



— FILL UP THE FRIDGE & Freezer —



Perfect Italiano Grated Cheese 450g
\$13.31 per 1kg

\$5.99
ea

SAVE \$1.90



\$1.99
ea

SAVE 60¢

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



\$2.99
ea

SAVE \$1.00

Tamar Valley Greek Style Yoghurt 500g
60¢ per 100g



\$3.99
ea

SAVE \$1.01

Primo Bacon Pieces/
Shredded Ham Twin Pack 300g
\$13.30 per 1kg



\$5.99
ea

SAVE \$3.00

Four 'n Twenty Traditional Pies 4pk
86¢ per 100g



\$2.99
ea

SAVE \$1.60

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



\$3.35
ea

SAVE \$3.35

Lean Cuisine Frozen Meals 375g
89¢ per 100g



\$2.49
ea

SAVE 50¢

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



\$5.99
ea

SAVE \$2.36

McCain Family Pizza 490/500g

Somat

DISHWASHING

ALL

1/2
PRICE

Entire Somat Dishwashing Range 50% Off



iCare Toilet
Tissue White
Double
Length 4pk
21¢ per 100sh

\$2.99
ea

SAVE \$1.10



\$2.99
ea

SAVE \$1.51

Chux Super Wipes Regular 10s



\$11.99
ea

SAVE \$7.90

Cold Power
Laundry Liquid 1.8/2L/Powder 1.8/2kg



\$9.99
ea

SAVE \$3.01

Pedigree Dry Dog Food 2.5/3kg



\$2.49
ea

SAVE 51¢

Pedigree Canned Dog Food 700g
36¢ per 100g

SEE INSIDE FOR MORE SAVINGS



\$1.99
ea

SAVE \$2.01

Uncle Tobys Roll-ups 6pk
\$2.12 per 100g



\$1
ea

SAVE \$1.00

Oreo Cookie 133/147g



\$1.89
ea

SAVE \$1.90

Gatorade Sports Drink 600mL
(excl. G Active)
\$3.15 per 1L

**ALL
1/2
PRICE**



\$2.35
ea

SAVE \$2.50

M&M's/Maltesers/Pods 130-180g



\$1.99
ea

SAVE \$2.26

Dairy Farmers Thick & Creamy Yoghurt 4pk
45¢ per 100g



\$4.49
ea

SAVE \$4.51

Tresemme Shampoo & Conditioner 350mL
\$1.28 per 100mL

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BEEF STROGANOFF



\$1.99
ea

SAVE 31¢

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



\$24.99
kg

Beef Rump Steak
From the Meat Department

Ingredients

- 500g beef rump steak, chopped
- 175g packet MasterFoods Beef Stroganoff Recipe Base
- 200g cream cheese softened
- 200g mushrooms sliced

What to do

1. Heat a nonstick frying pan and lightly brown the beef.
2. Add the MasterFoods recipe base and 1.5 cups (375mL) water and simmer gently for 1 hours.
3. 20 minutes before dinner, add the cream cheese and stir until it forms part of a creamy gravy-like sauce.
4. Add the mushrooms and simmer for a further 10 minutes or until soft and tender.



WHERE THE *locals* MATTER

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