



ON SALE
31ST MAY
2023



SEE INSIDE FOR MORE SAVINGS



89¢
ea

SAVE \$1.11

Cadbury/Fry's/Europe/
Toblerone Medium Bars 30-60g



\$2.99
ea

SAVE \$3.01

Moccona Coffee Sachets 10pk

**1/2
PRICE**



\$2.25
ea

SAVE \$2.25

Campbell's
Real Stock 1L
23¢ per 100mL



\$7.99
ea

SAVE \$8.01

Schweppes/Pepsi Cans 10x375mL
\$2.13 per 1L

Offers available from: 31/05/23 until 06/06/23

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

Australian
**BEEF SCOTCH
FILLET STEAK**

\$39.99
kg

product sold uncooked

WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

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— 1/2 PRICE *Specials* —



\$1
ea

SAVE \$1.10

San Remo La Pasta Range 120g
83¢ per 100g



\$2.25
ea

SAVE \$2.74

Arnott's Cracker Chips/
Sourdough 150g/Flatbread Snacks 130g



\$1.49
ea

SAVE \$1.66

Bundaberg Ginger Beer/Soft Drink 375mL
\$3.97 per 1L



\$1.99
ea

SAVE \$2.01

The Natural Confectionery Company
Bags 180-230g



\$1.99
ea

SAVE \$2.30

Arnott's Bluey Snacks Sharebox 150g
\$1.33 per 100g



\$1.50
ea

SAVE \$1.69

Tamar Valley The Creamery Yoghurt 170g
88¢ per 100g

— 1/2 PRICE *Specials* —



\$4.25
ea

SAVE \$4.25

Nivea Aerosol Deodorant 250mL
\$1.70 per 100mL



Palmolive Ultra
Dishwashing
Liquid 500mL
50¢ per 100mL

\$2.49
ea

SAVE \$2.51

**1/2
PRICE**



Batiste Dry
Shampoo 200mL
(excl. Naturally/
Volume)
\$3.00 per 100mL

\$5.99
ea

SAVE \$6.01



\$3.29
ea

SAVE \$3.36

Vaseline Body
Lotion 225mL
\$1.46 per 100mL



iCare Toilet Tissue 8pk
24¢ per 100sh

\$3.49
ea

SAVE \$3.51



— FRESH MEAT & Produce —



120g Baby MESCLUN SALAD

\$3.45
pk

\$28.75 per 1kg



Potatoes
2.5kg
\$2 per 1kg

\$5
bag



Brown Onions
1kg
\$1.50 per 1kg

\$1.50
bag



JC's Natural
Almonds
500g
\$19.98 per 1kg

\$9.99
ea

Scottsdale
Mini Boneless
Pork Scotch
Roast



\$17.99
kg

Ingham's
Creamy Garlic
Stuffed Chicken
Breasts 700g

\$15.70 per 1kg



\$10.99
ea

Scottsdale
Diced Pork
500g

\$19.98 per 1kg



\$9.99
ea



Australian HALF LAMB LEG

Serving Suggestion

\$17.99
kg

— DELICIOUS DELI & *Bakery* —




Family Favourite
VIRGINIAN HAM

Serving Suggestion

\$15⁹⁹ kg



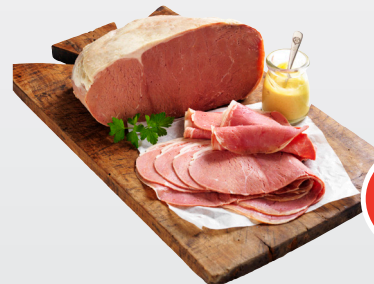
Marion Bay
Marinated
& Seasoned
BBQ Chicken

\$10⁹⁹ ea



Smoked
Bacon
Bones/
Hocks

\$11⁹⁹ kg



Sliced
Silverside

\$24⁹⁹ kg

Helga's
Wraps
7/8pk



\$3⁴⁹ ea

SAVE \$1.51

**1/2
PRICE**

Product of
Tasmania



\$6⁹⁹ ea

SAVE \$1.80



Product of
Tasmania

National Pies Premium Pies 2pk

\$1.94 per 100g

Central Cake
Co Deluxe
Lamingtons 2pk

\$3.00 per 100g

Product of
Tasmania



\$5⁹⁹ ea

SAVE 80¢



Cripps
**CAFÉ QUALITY
FRUIT LOAF 700g**

40¢ per 100g

\$2⁷⁹ ea

SAVE \$2.80

BLACK & GOLD

VALUE EVERY DAY



Black & Gold Pasta 500g
20¢ per 100g



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



Black & Gold Vegetable Oil 2L
38¢ per 100mL



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



Black & Gold Raw Sugar 2kg
17¢ per 100g



Black & Gold Vinegar White 2L
9¢ per 100mL

BLACK & GOLD®

VALUE EVERY DAY



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

BLACK & GOLD
\$1.10
ea



Black & Gold Salted Butter 500g
\$1.40 per 100g

BLACK & GOLD
\$6.99
ea



Black & Gold Garlic Bread 2pk 450g
55¢ per 100g

BLACK & GOLD
\$2.49
ea



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

BLACK & GOLD
\$4.49
ea



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

BLACK & GOLD
\$8.49
ea



Black & Gold Paracetamol 20pk
5¢ per 1ea

BLACK & GOLD
\$1.09
ea



— SNACKS, TREATS & *Drinks* —



\$3.49
ea

SAVE \$1.31

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



\$4.49
ea

SAVE \$1.51

Kettle Potato Chips 150/165g



\$3.99
ea

SAVE \$1.51

Nestle Block Chocolate 118-200g



\$3.49
ea

SAVE \$1.01

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



\$3.49
ea

SAVE 66¢

Juicy Isle Cordial 2L
\$1.75 per 1L



Kirks Soft
Drink 1.25L
\$1.36 per 1L

\$1.70
ea

SAVE 29¢



\$24.55
ea

SAVE \$10.00

Coca-Cola/Fanta/
Sprite Soft Drink Cans 24x375mL
\$2.73 per 1L



\$6.15
ea

SAVE \$2.35

Coca-Cola/Fanta/mini/
Deep Spring/Mt Franklin 6x250mL
\$4.10 per 1L



Pump
Water
1.25L
\$2.39 per 1L

\$2.99
ea

SAVE \$1.66



\$3.49
ea

SAVE 61¢

MasterFoods Squeezy Mustard 250g
\$1.40 per 100g



\$3.49
ea

SAVE 71¢

Mission
Street Taco 375g/Tortillas 8/12pk



\$2.99
ea

SAVE \$1.01

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



\$3.49
ea

SAVE \$1.01

Always Fresh Minced Garlic 400g
9¢ per 10g



\$2.35
ea

SAVE 45¢

MasterFoods Recipe Base Pouches 175g
\$1.34 per 100g



\$13.49
ea

SAVE \$6.01

Moccona Classic
Freeze Dried Coffee 200g
\$6.75 per 100g



\$5.49
ea

SAVE \$1.36

Kellogg's Crunchy Nut
Corn Flakes/Special K/
Nutri-Grain/Sultana Bran 290-420g



\$1.49
ea

SAVE 70¢

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



\$3.99
ea

SAVE \$1.01

Uncle Tobys Muesli Bars 6pk
\$2.16 per 100g



— FILL UP THE FRIDGE & *Freezer* —



Bulla Creamy Classics 2L
35¢ per 100mL



Peters Drumsticks 24pk
84¢ per 100mL



Sara Lee Cheesecake 360/410g



On the Menu Burgers 161-175g



**Four 'n Twenty
Sausage Rolls/Party Pies 12pk**



Bega Cheese Slices/Blocks 250g
\$21.96 per 1kg



Unicorn Brie/Camembert Cheese 125g
\$31.92 per 1kg



Bega Cream Cheese 225g
\$17.73 per 1kg



Spreyton Fresh Juice 2L
\$2.50 per 1L



\$31⁹⁹ ea
SAVE \$7.01

Huggies
Jumbo Disposable Nappies 60-108s



\$7⁴⁹ ea
SAVE \$2.51

Fab Laundry Powder 1.8/2kg & Liquid 1.8L



\$3⁹⁹ ea
SAVE \$2.20

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



\$4⁹⁹ ea
SAVE \$2.01

Colgate Plax Mouthwash 500mL
\$1.00 per 100mL



\$3⁹⁹ ea
SAVE \$1.01

Optimum Dog Food 680/700g



\$5⁹⁹ ea
SAVE \$1.01

Schmackos Strapz 200g
\$3.00 per 100g



\$4⁹⁹ ea
SAVE \$1.50

Whiskas Dry Cat Food 800g
62¢ per 100g



\$6⁹⁹ ea
SAVE \$2.60

Dine Cat Food 7x85g
\$1.17 per 100g



\$12⁹⁹ ea
SAVE \$4.51

Duro-Tuss Cough Liquid 200mL
\$6.50 per 100mL

WARM UP FOR *Winter*

SEE INSIDE FOR MORE SAVINGS



Indomie Noodles 5pk
(Exclude Chicken)

\$3.95
ea
LOW PRICE



Campbell's Canned Soup 495-510g

1/2
PRICE

\$2.25
ea
SAVE \$2.60



Pascall Confectionery Bags 150-280g

\$2.69
ea
SAVE \$1.31



Morning Sun Muesli 650g
69¢ per 100g

\$4.49
ea
LOW PRICE



Leggo's Pesto 190g
\$2.36 per 100g

\$4.49
ea
SAVE 90¢

Hot Hands/Toe/Body Warmers
\$1.75 per 1ea



\$1.75
ea
SAVE 45¢



Samba Firelighters 36pk
10¢ per 1ea

\$3.75
ea
LOW PRICE

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PESTO EGGS ON TOAST



William's Bread 800-900g



Leggo's Pesto 190g
\$2.36 per 100g

Ingredients

- 4 eggs
- 4 slice of bread
- 2 avocado
- 1/4 cups crumbled feta cheese
- 8 tbsp Leggo's Pesto

What to do

1. In a frying pan over medium low heat, add about 2 tbsp of pesto per egg, spread it out with a cooking spatula, drop each egg onto the pesto and fry it until the egg white is cooked but the yolk is still runny.
2. Toast bread and thinly slice avocado, arranged avocado slice on toast.
3. Transfer the pesto eggs over avocado toast. Sprinkle with crumbled feta.
4. You can keep leftover pesto in the fridge or freezer for later use.



WHERE THE *locals* MATTER

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