



ON SALE
29TH MAY
2024



\$1_{ea}

PICNIC

ALL

1/2
PRICE

Cadbury Medium Bars 30-60g



\$2.99_{ea}

Moccona Coffee Sachets 10pk



\$2.50_{ea}

Kantong Simmer Sauce 505-520g



\$7.70_{ea}

Frantelle Spring Water 24x600mL
53¢ per 1L

Offers available from: 29/05/24 until 04/06/24

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

Tasmanian
BRUSSELS SPROUTS

\$6.90_{kg}



WHERE THE *locals* MATTER

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TAKE A Coffee BREAK

International
Roast Coffee
500g
\$2.00 per 100g



\$9.99
ea



Grinders
Coffee 200g
\$3.85 per 100g

\$7.70
ea



Bickford's
Iced Coffee
Syrup 500mL
\$11.98 per 1L

\$5.99
ea

\$9.99
ea



V Energy Drink 4x500mL
\$5.00 per 1L



Violet Crumble
Bites/Nuggets 120-170g

\$2.75
ea



Uncle Toby's
Big Bowl Oats 8pk
95¢ per 100g

\$3.49
ea

\$1.49
ea

Sanitarium So
Good Almond Milk 1L
\$1.49 per 1L



**ALL
1/2
PRICE**

Palmolive
Ultra
Dishwashing
Liquid 500mL
50¢ per 100mL

\$2.49
ea



50% off
ENTIRE RANGE



Sunsilk Range

50% off
SELECTED RANGE



Libra Selected Range
(excl. Low Price Everyday)

50% off
ENTIRE RANGE



Lynx Range

50% off
ENTIRE RANGE



Duracell Range



\$5.75
ea

Coca-Cola/Fanta/Sprite/
Deep Spring/Mt Franklin 6x250mL
\$3.83 per 1L



\$2.50
ea

Powerade
Sports
Drink
600mL
\$4.17 per 1L



\$1.85
ea

Kirks Soft
Drink 1.25L
\$1.48 per 1L



\$3.99
ea

Lindt Excellence/
Lindor Chocolate Block 80/100g



\$3.99
ea

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



\$3.69
ea

Natural Chip Company/CC's Corn
Chips/French Fries/Samboy 110/175g



\$2.49
ea

Rosella Condensed Soup 390g
64¢ per 100g



\$5.49
ea

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



\$3.99
ea

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



Pedigree
Dry Dog
Food
2.5/3kg

\$11.99
ea



Breeder's
Choice Cat
Litter 6L
\$1.25 per 1L

\$7.50
ea



Whiskas
Canned Cat Food 400g
50¢ per 100g

\$1.99
ea

SEE INSIDE FOR MORE SAVINGS



Happy Muffin 4pk/Mini 8pk



Lamb Forequarter Chops
From the Meat Department



JC's Natural Almonds 500g
\$17.98 per 1kg



Primo Sliced Meats 80/100g



Bega Tasty Cheese Block 1kg
\$11.99 per 1kg



Perfect Italiano Grated Cheese 150g
\$23.27 per 1kg



On the Menu Frozen Meal 260g
\$1.34 per 100g



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



Bulla Creamy Classics 2L
40¢ per 100mL

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community Co

JOIN US IN GIVING BACK TO YOUR LOCAL COMMUNITY



\$6^{ea}
community Co

Community Co
Rice Arborio 1kg
60¢ per 100g



\$2⁶⁹^{ea}
community Co

Community Co
Passata 690g
39¢ per 100g



\$1⁸⁹^{ea}
community Co

Community Co
Pasta 500g
38¢ per 100g



\$4²⁵^{ea}
community Co

Community Co Pitted
Kalamata Olives 350g
\$12.14 per 1kg



\$4⁷⁰^{ea}
community Co

Community Co
Rolls Rustic 4pk
94¢ per 100g



\$5^{ea}
community Co

Community Co Double
Brie Cheese 125g
\$40.00 per 1kg



Baby Boo
Wipes 80pk
\$3.75 per 100ea



\$3^{ea}
LOW PRICE



WHERE THE *locals* MATTER

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TERIYAKI BEEF MINCE STIR FRY



First Grade
Beef Mince



\$17⁹⁹
kg

Kikkoman
Original Soy
Sauce 250mL
\$1.80 per 100mL



\$4⁴⁹
ea

Ingredients

- 1 tsp cornstarch
- 500g beef mince
- 1 brown onion, diced
- 2 cups frozen stir fry vegetables
- 2 tbsp soy sauce
- 1/2 tsp ginger, grated
- 1 tsp honey
- 2 tsp mirin
- 1 tsp sesame oil
- 3 spring onions, chopped
- 6 cups brown rice, cooked
- extra virgin olive oil

What to do

1. Make a cornstarch slurry by mixing the cornstarch with 3 tablespoons of water in a small bowl.
2. Heat a drizzle of olive oil in a heavy based frying pan over medium high heat, add the beef mince, breaking up the meat as you brown, then add onion. Cook for 5-6 minutes until fragrant then add the frozen vegetables, the soy sauce, ginger, mirin, honey, sesame oil. Cook for 2-3 minutes until the vegetables are tender then mix in the cornstarch slurry to thicken.
3. Garnish with spring onions on top and serve with brown rice.



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NEW
U REFRESH
4x500mL



REFRESH
ZERO SUGAR. LOW CAL



1/2
PRICE

\$9.99
ea

V Energy Drink 4x500mL
\$5.00 per 1L



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