



ON SALE 1ST JUNE 2022



Nichols

WHOLE BAGGED
CHICKEN

\$4.49
kg



Serving Suggestion

WHERE THE *locals* MATTER

ALL
1/2
PRICE

\$1.99
ea

SAVE \$2.01

Pascall/
The Natural Confectionery Bags 150-280g

\$4.50
ea

SAVE \$4.50

Peters Maxibon 4pk
73¢ per 100mL

\$1.92
ea

SAVE \$1.93

Kantong Simmer Sauce 505-520g

\$8.99
ea

SAVE \$4.96

Bega Tasty Cheese Block 1kg
\$8.99 per 1kg

Offers available from 01/06/22 until 07/06/22
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 —



Hass
AVOCADOS

\$1.60
ea



Washed
Potatoes 2kg
\$2.00 per 1kg

\$4
bag



Grey
Pumpkin

\$1.50
kg



JC's
Delicious
Energy Mix
500g
\$17.98 per 1kg

\$8.99
ea

Scottsdale
Diced
Pork 500g

\$8.99
kg



Mixed
Grill Pack

\$22.99
kg



Scottsdale
Mini Boneless
Pork Scotch
Roast

\$16.99
kg



Lamb
FOREQUARTER CHOPS

Serving Suggestion

\$18.99
kg



Australian Poultry

Family Favourite
CHICKEN DRUMSTICKS

Serving Suggestion

\$249
kg



Premium
Boneless
Leg Ham

\$1999
kg



Oven
Roasted/
Sweet Herb
& Mustard
Turkey Breast

\$2399
kg



Chicken
Burgers

\$125
ea



Product of Tasmania

\$249
ea

SAVE \$1.26

Cripps Crumpet Splits 6pk
59¢ per 100g



Product of Tasmania

\$399
ea

SAVE \$1.00

Cripps Fruit Buns 6pk
89¢ per 100g



Product of Tasmania

National Pies
**PARTY PIES/
SAUSAGE ROLLS 12PK**

97¢ per 100g

\$699
ea

SAVE \$2.50



— SNACK & DRINK Favourites —



\$1.99
ea

SAVE 86¢

Lift/Fanta/Sprite Soft Drink 1.25L
\$1.59 per 1L



\$18.49
ea

SAVE \$3.10

Coca-Cola Soft Drink 375mL 24pk
\$2.05 per 1L



\$6.99
ea

SAVE \$2.00

Clearly Tasmanian Water 600mL 20pk
58¢ per 1L



\$6.99
ea

SAVE \$5.20

Mother Energy Drink 500mL 4pk
\$3.50 per 1L



Powerade Sports Drink 600mL (excl. Active)
\$5.00 per 1L

MULTI-BUY
2 \$6

SAVE \$1.80



\$1.49
ea

SAVE 31¢

Captain's Table Water Crackers 125g
\$1.19 per 100g



\$3.49
ea

SAVE \$1.96

Nestle Fun Pack Confectionery 140-185g



\$2.99
ea

SAVE \$1.01

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



\$3.49
ea

SAVE \$1.51

Cadbury Family Block Chocolate 160-190g



\$5.99
ea

SAVE 71¢

Smith's Potato Chips 18/20pk

— STOCK UP THE *Pantry* —



Uncle Tobys Plus Cereal 410-435g



Arnott's Assorted Creams 500g
80¢ per 100g



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



Vegemite 220g/
Bega Cream Cheese Spread 250g



Heinz Baked Beans/Spaghetti 535/555g



Leggos Pasta Bake Sauce 490/500g



SPC Tomatoes Crushed/Diced 400/410g



Four Roses Plain/Self Raising Flour 1kg
\$1.49 per 1kg



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



White Wings Baking Mixes 410-560g



— FILL UP THE FRIDGE & Freezer —



\$5⁹⁹
ea

SAVE \$1.36

Western Star Butter 500g
\$1.20 per 100g



Juicy Isle
Orange
Juice No
Added
Sugar 2L
\$2.25 per 1L

\$4⁴⁹
ea

SAVE 51¢



\$4⁹⁹
ea

SAVE \$1.01

Bega Cheese Slices 250g
\$19.96 per 1kg



\$1⁴⁹
ea

SAVE 51¢

Tamar Valley Kids Pouches 110g
\$1.35 per 100g



\$2⁹⁹
ea

SAVE 61¢

Classic/
Farmer's Union Flavoured Milk 500mL
\$5.98 per 1L



\$5⁹⁹
ea

SAVE \$1.00

Chris' Yoghurt Traditional Greek Style 1kg
60¢ per 100g



\$3⁴⁹
ea

SAVE 51¢

Birds Eye Deli Chips/Roast Potatoes 600g
\$5.82 per 1kg



\$4⁹⁹
ea

SAVE \$1.01

Birds Eye Fish Fingers 375g
\$13.31 per 1kg



\$2⁹⁹
ea

SAVE \$1.51

Lean Cuisine Frozen Lunches 280g
\$1.07 per 100g



\$23⁹⁹
ea

SAVE \$8.00

Peters Drumsticks 24pk
84¢ per 100mL



\$8⁹⁹
ea

SAVE \$2.00

Connoisseur Ice Cream 1L
90¢ per 100mL



Dine Cat Food 85g 7pk
\$1.01 per 100g

\$5.99
ea

SAVE \$2.56



My Dog Chef Selection 6pk
\$1.17 per 100g

\$6.99
ea

SAVE \$2.01



Supercoat Dog Food 7.5kg
35¢ per 100g

\$25.99
ea

SAVE \$7.90



Pedigree Canned Dog Food 1.2kg
31¢ per 100g

\$3.69
ea

SAVE 81¢



Vicks Vapodrops 24pk
19¢ per 1ea

\$4.49
ea

SAVE \$1.30



Libra Ultra Thins/
Goodnights 10-14pk/Tampons 16pk

\$3.99
ea

SAVE \$1.00



Handee Ultra Paper Towel 4pk/Double 2pk
\$2.08 per 100ea

\$4.99
ea

SAVE \$2.46



Pine-o-Cleen Disinfectant 1.25L
48¢ per 100mL

\$5.99
ea

SAVE \$1.60



Multix Drawtight Garbage Bags 20s
15¢ per 1ea

\$2.99
ea

SAVE \$1.23

SEE INSIDE FOR MORE SAVINGS



\$1.39
ea

SAVE \$1.40



Continental Cup-a-Soup 2pk



\$1.39
ea

SAVE \$1.40

Continental Classics Pasta & Sauce/Seasoned Rice 85-125g

ALL

1/2
PRICE



\$1
ea

SAVE \$1.00

Mars/Nestle/Violet Crumble Medium Bars 35-56g



\$4.99
ea

SAVE 51¢

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



\$29.99
ea

SAVE \$5.51

Huggies Jumbo Disposable Nappies 60-108s

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Offers available from 01/06/22 until 07/06/22

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CHEESE AND VEGEMITE SCROLLS



Vegemite 220g
\$1.81 per 100g



Bega Tasty Cheese Block 1kg
\$8.99 per 1kg

Ingredients

- 3 cups SR flour
- pinch of salt
- 50g butter
- 375ml milk
- 1 - 2 tablespoons Vegemite
- 200g grated Bega Tasty Cheese

What to do

1. Sift flour and salt into a bowl then rub through butter. Stir in enough milk to make soft dough.
2. Knead gently on a lightly floured surface, and then roll to form a 40 cm x 25 cm rectangle.
3. Spread the Vegemite over the dough then sprinkle over 3/4 of the cheese. Roll up along the long side to enclose the cheese.
4. Cut 10 x 4cm pieces from the roll and place close together, cut side up on a greased baking tray.
5. Sprinkle with the remaining cheese and bake in a hot oven 220°C for 15-20 minutes or until cooked and golden.



WHERE THE *locals* MATTER

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