



ON SALE
5TH JUNE
2024



50%
off

Continental Range
(excl. Low Price Everyday)

ALL
1/2
PRICE



\$2.49
ea

Arnott's Tim Tam
Biscuits 165-200g (excl. Deluxe)



\$2.40
ea

Smith's Potato Chips 130-175g



\$5.99
ea

Birds Eye Oven Bake Fish Fillets 425g
\$14.09 per 1kg

Offers available from: 05/06/24 until 11/06/24

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

Tasmanian
RED APPLES 1.5kg

\$3.95
bag

\$2.63 per 1kg

Tasmanian
Grown



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GREAT SPECIALS ON NOW!
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Lemons



Grey Pumpkin



Happy Donut 4pk



Beef Rump Steak
From the Meat Department



JC's Natural Walnuts 350g
\$22.83 per 1kg



La Famiglia Cheesy Garlic Bread 190g
\$1.99 per 100g



Lemnos Fetta Cheese 180/200g



Bega Cheese Grated 500g
\$16.98 per 1kg



Cadbury Ice Cream Tubs 460mL
\$1.41 per 100mL



McCain
Beer Batter Wedges/Chips 750g
\$5.99 per 1kg



Lean Cuisine Frozen Meals 375g
\$1.33 per 100g



\$1.50
ea

Sakata Rice Crackers 90/100g



\$2.99
ea

Fyna Licorice Bags 200-250g



\$4.25
ea

Cadbury Family Block Chocolate 160-190g



\$27
ea

Coca-Cola 30x375mL
\$2.40 per 1L



\$5.99
ea

Bundaberg Soft Drink 4x375mL
\$3.99 per 1L



\$1.85
ea

Schweppes
Traditional/
Mineral
Water/
Mixers 1.1L
\$1.68 per 1L



\$12.49
ea

Moccona Coffee 200g
\$6.25 per 100g



\$9.99
ea

Community
Co Extra Virgin
Olive Oil 500mL
\$2.00 per 100mL



\$1.40
ea

McKenzie's Soup Mixes 500g
\$2.80 per 1kg



\$3.49
ea

Chum Canned Dog Food 1.2kg
29¢ per 100g



\$1.69
ea

Natures Organics
Fruits Shampoo & Conditioner 500mL
34¢ per 100mL



\$6.99
ea

Quilton Toilet Tissue 12pk
32¢ per 100sh

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Cripps Crumpet Splits 6pk
61¢ per 100g

\$2.59
ea



National Pies Family Pie 750/900g

\$11.99
ea



Johnno's
Sauce/
Chutney/
Relish
400/520g

\$5.99
ea



Suimin Cup Noodles 70g
\$1.79 per 100g

\$1.25
ea



Nabisco In A Biskit 160g
\$1.41 per 100g

\$2.25
ea



Kellogg's LCM Bars 100-110g

\$2.25
ea



Valcom Curry Paste 210/230g

\$2.15
ea



Lindt Bar 38g
\$3.29 per 100g

\$1.25
ea



Sanitarium Up & Go
Breakfast Drink 6x250mL
\$3.99 per 1L

\$5.99
ea



TCC Coconut Milk 400mL
29¢ per 100mL

\$1.15
ea



Omo Laundry
Liquid 2L/3 in 1 Capsules 28pk

\$13.99
ea



Handee Ultra Paper Towel 3pk
\$1.66 per 100ea

\$2.99
ea

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WINTER Warmers



\$5.49
ea



Uncle Tobys Oats 8/10pk

\$7.99
ea

Queen
Pure Maple
Syrup 250mL
\$3.20 per 100mL



\$3.79
ea

Tetley Teabags
100pk/Green 50pk

1/2
PRICE

\$2.15
ea



Valcom Curry Paste 210/230g



\$4.99
ea

Birds Eye Potato Mash 800g
\$6.24 per 1kg



\$1
ea

Maggi Gravy 24/27g



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SOOTHE THOSE Coughs & Colds



Vicks Vapodrops 16/24pk

\$4.49
ea



Quilton Gold 4ply
Aloe Vera Facial Tissues 100pk
\$1.99 per 100ea

\$1.99
ea



Strepsils Lozenges 16pk
31¢ per 1ea

\$4.99
ea

Nurofen
Zavance
12pk
37¢ per 1ea



\$4.49
ea



Fisherman's
Friend
Lozenges 25g
\$9.00 per 100g

\$2.25
ea



Blistex Range

50% off
ENTIRE RANGE



Nyal Dry/
Chesty/
Bronchitis
Cough Mix
200mL
\$4.45 per 100mL

\$8.90
ea
LOW PRICE



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BLACK & GOLD®

VALUE EVERY DAY



Black & Gold White Sugar 2kg
16¢ per 100g



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



Black & Gold Garlic Bread 2x225g
55¢ per 100g



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



Black & Gold Vegetable Oil 2L
43¢ per 100mL



Black & Gold Minced Garlic 250g
1¢ per 10g



Black & Gold Cat Litter 9kg
84¢ per 1kg



Black & Gold Household Regular Wipes 10pk
12¢ per 1ea



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SWEET POTATO & CHICKPEA CURRY



Valcom
Curry Paste
210/230g

1/2
PRICE

\$2.15
ea



1/2
PRICE



TCC
Coconut
Milk 400mL
29¢ per 100mL

\$1.15
ea

Ingredients

- 1 tbsp olive oil
- 2 shallots, thinly sliced
- 2 garlic cloves, grated
- 1 thumb-sized piece ginger, grated
- 3 tbsp Valcom Thai Red Curry Paste
- 1 tbsp smooth peanut butter
- 500g sweet potato, peeled and cut into chunks
- 400ml TCC Coconut Milk
- 200g bag baby spinach
- 200mL reduced salt vegetable stock
- 400g canned chickpeas
- 1 lime, juiced
- 2 handfuls fresh coriander, chopped
- Cooked Basmati rice (or other low GI rice), to serve
- Dry roasted peanuts, to serve

What to do

1. Melt 1 tbsp coconut oil in a saucepan over a medium heat. Add the shallots and cook until they begin to soften.
2. Add garlic and ginger. Cook for 1 min until fragrant.
3. Stir in Thai red curry paste, peanut butter and sweet potato and chick peas. Then add coconut milk and vegetable stock.
4. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
5. Turn off the heat and stir through baby spinach and lime juice and season with salt and pepper.
6. Serve over cooked rice, and sprinkle over a few dry roasted peanuts and fresh coriander.



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