



ON SALE 8TH JUNE 2022



Beef

RUMP STEAK

\$25⁹⁹
kg



Serving Suggestion

WHERE THE *locals* MATTER

GIGANTIC *Sale*



ALL

1/2
PRICE



\$2⁴⁹
ea

SAVE \$2.70

Tetley Tea Cup Bag 100pk
\$1.38 per 100g



\$1⁹⁹
ea

SAVE \$2.01

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



\$3⁷⁰
ea

SAVE \$3.75

Nescafé Coffee Sachets 10pk/Gold 8pk



\$5⁹⁹
ea

SAVE \$2.36

McCain Family Pizza 490/500g

Offers available from 08/06/22 until 14/06/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

— GIGANTIC SALE ON NOW! —



— FRESH MEAT & *Produce* —



Tasmanian Grown

Tasmanian
RED APPLES 1.5kg
\$2.63 per 1kg

\$3⁹⁵ bag



Tasmanian Grown

Brushed Potatoes 5kg
\$1.30 per 1kg

\$6⁵⁰ bag



Tasmanian Grown

Celery

\$3 bunch



JC's Dried Apricots 500g
\$15.98 per 1kg

\$7⁹⁹ ea

Nichols Whole Fresh Extra Large Chicken



\$4⁴⁹ kg

Australian Poultry

Scottsdale Artisan Pork Sausages 475g
\$18.93 per 1kg



\$8⁹⁹ ea

Corned Silverside



\$13⁹⁹ kg



Australian Beef

First Grade
BEEF MINCE
Serving Suggestion

\$18⁹⁹ kg




Rindless
MIDDLE BACON

Serving Suggestion

\$16⁹⁹ kg



Double
Smoked
Ham

\$13⁹⁹ kg



Chicken
Kiev Burger
\$10.00 per 1kg

\$1²⁵ ea



Chicken
Breast
Supreme

\$16⁹⁹ kg

Mighty
Soft
Sliced
Bread
700g
47¢ per 100g



\$3³⁰ ea
SAVE \$1.15

Cripps
Café
Quality
Fruit Loaf
700g
53¢ per 100g



\$3⁶⁹ ea
SAVE \$1.80



Product of
Tasmania

Golden
CRUMPET ROUNDS 6PK

83¢ per 100g

\$2⁴⁹ ea
SAVE \$1.06



— SNACK & DRINK *Favourites* —



Cadbury Share Pack 144-180g



Allen's Jelly/
Mint Confectionery Range 150-200g



Maltesers Block Chocolate 146g
\$1.71 per 100g



Violet Crumble Bites/Nuggets 135-180g



Allen's Soothers/Butter
Menthol/Anticol 10pk (excl. Liquid Centre)
15¢ per 1ea



Smith's Potato Chips/
Doritos Corn Chips 90-175g



Cottee's Cordial
Syrup Double Concentrate 1L
\$4.25 per 1L



V Energy Drink 250mL 4pk
\$5.99 per 1L



Bundaberg Soft Drink 375mL 4pk
\$3.33 per 1L



Coca-Cola/Fanta/Sprite 250mL 8pk
\$3.50 per 1L



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



Pump
Water
750mL
\$3.99 per 1L

\$2.99
ea
SAVE 96¢

— STOCK UP THE *Pantry* —



\$1.69
ea

SAVE 30¢

Raguletto Pasta Sauce 500g
34¢ per 100g



\$3.99
ea

SAVE 40¢

Leggo's Tomato Paste 500g
80¢ per 100g



\$2.35
ea

SAVE 60¢

San Remo Pasta 375/500g



\$1
ea

SAVE 65¢

SPC Baked Beans & Spaghetti 420/425g



\$1.69
ea

SAVE 21¢

Edgell Beans/
Chick Peas/Lentils/Corn 400/420g



MasterFoods
Squeezy
Tomato/
BBQ Sauce
475/500mL

\$2.49
ea

SAVE 71¢



\$6.99
ea

SAVE \$1.81

Nestle Milo 395/460g



\$3.99
ea

SAVE \$1.26

Nerada Herbal Teabags 40pk
\$6.65 per 100g



\$6.99
ea

SAVE \$2.56

Grinders Coffee 200g
\$3.50 per 100g



\$3.99
ea

SAVE \$1.00

Bega Peanut Butter 375g
\$1.06 per 100g



\$2.99
ea

SAVE \$1.00

IXL Jam 480g
62¢ per 100g



\$6.99
ea

SAVE \$2.00

Kellogg's Crunchy Nut
Corn Flakes/Froot Loops/Nutri-Grain/
Just Right/Coco Pops 460-765g



— FILL UP THE FRIDGE & Freezer —



Western Star Spreadable 500g
80¢ per 100g

\$3.99
ea

SAVE \$2.01



Flora Spread 500g
60¢ per 100g

\$2.99
ea

SAVE \$1.26



Dairy Farmers Thick & Creamy Yoghurt 4pk
68¢ per 100g

\$2.99
ea

SAVE \$1.26



Devondale Cheese Block 500g
\$13.98 per 1kg

\$6.99
ea

SAVE \$2.00



Pauls Chilled Vanilla Custard 600g
45¢ per 100g

\$2.69
ea

SAVE 70¢



Juicy Isle Chilled Fruit Drink 2L
\$1.25 per 1L

\$2.49
ea

SAVE 66¢



Ingham's Chicken Breast Tenders 400g
\$13.73 per 1kg

\$5.49
ea

SAVE \$4.46



Birds Eye Hot Chips 750g
\$3.67 per 1kg

\$2.75
ea

SAVE 60¢



Herbert Adams Pies 2pk

\$5.99
ea

SAVE \$2.51



Bulla Multipack Sticks 8-14pk

\$5.99
ea

SAVE \$1.51



Bulla Creamy Classics 2L
30¢ per 100mL

\$5.99
ea

SAVE \$3.26



Steggles Southern Style Chicken Burger 360g
\$11.08 per 1kg

\$3.99
ea

SAVE \$1.50



Natures
Organics
Fruits
Shampoo &
Conditioner
500mL
30¢ per 100mL

\$1.49
ea

SAVE 51¢



\$2.15
ea

LOW PRICE

Sorbent Vanilla/
Frangipani Facial Tissues 170pk
\$1.26 per 100ea

1/2
PRICE



\$3.99
ea

SAVE \$4.30

Lynx Antiperspirant/Deodorant 165mL
\$2.42 per 100mL



\$6.99
ea

SAVE \$3.01

Difflam Plus Anaesthetic Lozenge 16s
44¢ per 1ea



\$7.49
ea

SAVE \$6.51

Fab Laundry Powder 1.8/2kg & Liquid 1.8L



\$2.49
ea

SAVE 51¢

Palmolive Softwash Liquid
Soap 250mL/Naturals Soap 4pk

1/2
PRICE



\$4.99
ea

SAVE \$5.01

Ajax Antibacterial Wipes 110s
5¢ per 1ea



\$3.99
ea

SAVE \$1.01

Morning Fresh Dishwashing Liquid 400mL
\$1.00 per 100mL



\$1.25
ea

SAVE 50¢

Snappy Tom Canned Cat Food 400g
31¢ per 100g

GIGANTIC *Sale*



\$2.25
ea

SAVE \$2.25



e134g



Pringles Chips 134g
\$1.68 per 100g



\$2.34
ea

SAVE \$2.35

Uncle Toby's
Quick/Traditional Oats 500g
47¢ per 100g

ALL

1/2

PRICE



\$1.99
ea

SAVE \$2.01

Oreo Multipack 230g
87¢ per 100g



\$3.49
ea

SAVE \$3.51

iCare Toilet Tissue 8pk
24¢ per 100sh

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HOME STYLE CHICKEN AND BARLEY SOUP



Nichols Whole Fresh Extra Large Chicken
From the Meat Department

Ingredients

- 1 whole chicken, cut into quarters
- 1 tbsp light extra virgin olive oil
- 1 brown onion, roughly chopped
- 1 carrot, roughly chopped
- 2 cups barley
- 4 cloves of garlic, minced
- 2 slices of ginger
- 1 parsnip or turnip, peeled, cored and diced
- 3 tbsp miso paste
- 1 tbsp of goji berries
- 1/2 bunch of kale, roughly chopped
- Optional lemon wedge to serve

What to do

1. In a large heavy-based pot, add oil, brown chicken pieces, add onion, carrot, garlic ginger and barley over a medium heat.
2. Saute for a few more minutes, add goji berries, parsnip or turnip and 2 litres of water.
3. Bring to a boil then let it simmer for 1-2 hours until the chicken is tender and the barley soft.
4. Carefully take the chicken out to shred, return the meat to the soup, add miso and kale.
5. Bring the soup back to simmer, season with salt and pepper. Add some hot water if the soup becomes too thick.
6. Optional - add a lemon wedge to serve.



WHERE THE *locals* MATTER

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