



\$2.99
ea

Cadbury Family
Block Chocolate 160-190g



\$3.40
ea

Uncle Tobys Oats 8/10pk



\$2.40
ea

Wicked Sister Dessert 2pk

**ALL
1/2
PRICE**



\$5.99
ea

Sorbent Toilet Tissue
Hypo-Allergenic 12pk
28¢ per 100sh

Offers available from: 26/06/24 until 02/07/24

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



TASMANIAN

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ALL

— 1/2 PRICE *Specials* —

**1/2
PRICE**

\$3¹⁵
ea



Dare 750mL
\$4.20 per 1L



\$2⁷⁵
ea

Uncle Tobys Muesli Bars 6pk
\$1.49 per 100g



\$1²⁵
ea

Nestle/Violet Crumble/Lindt Medium
Bars 35-55g



\$2¹⁰
ea

Powerade Sports Drink 600mL
\$3.50 per 1L



\$5⁹⁹
ea

Nescafe Blend 43 140/150g/Gold
Original 100g



\$4⁴⁹
ea

Kellogg's Nutri-Grain/Special K/Sultana
Bran/Coco Pops Chex 470-700g



\$1⁵⁰
ea

Continental Cup-a-Soup 2pk



\$1¹⁰
ea

Indomie Noodle Cup 75g
\$1.47 per 100g



\$6⁴⁹
ea

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



50%
off

ENTIRE RANGE

Sunsilk Range



\$8⁴⁰
ea

Feline First Clumping Cat Litter 7.5kg
\$1.12 per 1kg



\$1⁹⁹
ea

iCare Paper Towel 2pk
\$1.66 per 100sh



\$1.60
ea

Kirks Soft Drink 1.25L
\$1.28 per 1L



\$5.75
ea

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



\$3.69
ea

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



\$2.49
ea

Pauls Zymil Long Life Milk 1L
\$2.49 per 1L



\$4.49
ea

MasterFoods Promite 290g
\$1.55 per 100g



\$1.70
ea

Edgell Beans/Chick Peas/Lentils 400g
\$4.25 per 1kg



\$12.99
ea

Earth Choice Dishwash Tablet 42pk
\$1.93 per 100g



\$6.99
ea

My Dog
Dog Food 6x100g/Dine Cat Food 7x85g
\$1.17 per 100g



\$2.50
ea

Redheads Heritage Firelighters 32pk
8¢ per 1ea



**Tasmania's
BIG Grocery
Giveaway!**

**Coming
Soon!**

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Red Apples 1.5kg
\$2.64 per 1kg

\$3⁹⁵
bag



Carrots 1kg
\$1.50 per 1kg

\$1⁵⁰
bag



National Pies
Party Pies/Sausage Rolls 12pk
\$1.11 per 100g

\$7⁹⁹
ea



Eye Fillet Steak

\$39⁹⁹
kg



JC's Peanuts Salted/Unsalted 500g
\$9.98 per 1kg

\$4⁹⁹
ea



Spreyton Fresh Juice 2L
\$2.90 per 1L

\$5⁷⁹
ea



Duck River Soft Butter 500g
\$1.10 per 100g

\$5⁴⁹
ea



Primo Sliced Meats 80/100g

\$2⁹⁹
ea



Peters Ice Cream 4L
25¢ per 100mL

\$9⁹⁹
ea



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

\$3⁴⁹
ea



McCain Family Pizza 490/500g

\$6⁹⁹
ea

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MEXICAN STYLE VEGETABLE CHILLI



Edgell Beans/
Chick Peas/Lentils 400g
\$4.25 per 1kg

\$1.70
ea

Ingredients

- 2 tbsp olive oil
- 1 cup diced pumpkin
- 1 diced brown onion
- 1 diced red capsicum
- 2 diced carrots
- 1 diced red chilli
- 1 cup diced celery
- 1 tsp crushed garlic
- 30g sachet of taco seasoning
- 400g can diced tomatoes
- 400g can kidney beans
- 410g can corn kernels
- 1 cup vegetable stock
- 1/2 tsp chilli flakes

What to do

1. Heat oil in a large pot over medium heat. Add pumpkin, onion, capsicum, carrots, chilli, celery and garlic. Cook for 5 minutes. Add taco seasoning and cook for a further 2 minutes. Add tomatoes, kidney beans, corn, stock and chilli flakes. Reduce heat to low and cook for 30 minutes. Serve over rice, with grated cheese and sour cream or Greek Yoghurt if desired.



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NEW
V REFRESH
4x500mL

1/2
PRICE



\$9.99
ea

V Energy Drink 4x500mL
\$5.00 per 1L



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\$10,000 MAJOR GRANT!

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