



ON SALE
2ND AUGUST
2023



\$15⁹⁰
ea

SAVE \$15.95

Pepsi/Solo/Sunkist/Lemonade
Canned Soft Drinks 24x375mL
\$1.77 per 1L



ALL

**1/2
PRICE**



\$1
ea

SAVE \$1.00

Indomie Noodle Cup 75g
\$1.33 per 100g



\$2⁸⁵
ea

SAVE \$2.85



M&M's/Maltesers/Pods 130-180g



\$3⁹⁹
ea

SAVE \$4.01

Nescafé Coffee Sachets 10pk/Gold 8pk

Offers available from: 02/08/23 until 08/08/23

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

SEE INSIDE FOR MORE SAVINGS



Australian
**BEEF
PORTERHOUSE
STEAK**
\$29⁹⁹
kg

Serving Suggestion (product sold uncooked)



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

Scan & Subscribe to save





— 1/2 PRICE *Specials* —

Kettle
Potato
Chips
150/165g



\$2.99
ea

SAVE \$3.01



\$2.49
ea

SAVE \$2.51

Kellogg's Nutri-Grain/LCM Bars 6pk

ALL
1/2
PRICE



\$2.75
ea

SAVE \$2.75

Nestle Block Chocolate 118-200g



\$1
ea

SAVE \$1.00

Lindt Bar 38g
\$2.63 per 100g



\$1.99
ea

SAVE \$2.01

Cadbury Fingers 114g/Freddo Biscuit 167g



\$2.99
ea

SAVE \$3.01

Nanna's Crumble 550g
54¢ per 100g



\$2.25
ea

SAVE \$2.25

Campbell's Real Stock 1L
23¢ per 100mL



\$3.99
ea

SAVE \$4.00

Weight Watchers Frozen Meals 300-370g

ALL

1/2
PRICE



Radox
Shower
Gel 1L
57¢ per 100mL

\$5.70
ea

SAVE \$5.70



\$1.94
ea

SAVE \$1.95

Multix Clingwrap 33cmx60m
3¢ per 1m



Morning Fresh
Dishwashing
Liquid 900mL
53¢ per 100mL

\$4.75
ea

SAVE \$4.75



— FRESH MEAT & Produce —



Australian Grown SWEET POTATOES

\$250
kg



Grey
Pumpkin

\$150
kg



Brown
Onions 1kg
\$1.50 per 1kg

\$150
bag



JC's Dried
Cranberries
500g
\$14.98 per 1kg

\$749
ea

Scottsdale Artisan
Carolina/Memphis
Marinated Pork
Shoulder

\$1499
kg



Marion Bay
Free Range
Chicken

\$899
kg



Ingham's
Chicken
Tenders 440g
\$19.30 per 1kg

\$849
ea



Scottsdale TRADITIONAL ENGLISH THICK PORK SAUSAGE 475G

\$799
ea

\$16.82 per 1kg - Serving Suggestion (product sold uncooked)



Australian Poultry

Family Favourite
CHICKEN DRUMSTICKS

Serving Suggestion (product sold uncooked)

\$5⁹⁹ kg



Virginian Ham

\$15⁹⁹ kg



Chicken Breast Supreme

\$17⁹⁹ kg



Sliced Roast Beef

\$29⁹⁹ kg

National Pies
Premium Pies 2pk
(excl. Cottage)
\$1.94 per 100g

Product of Tasmania

\$6⁹⁹ ea

SAVE \$1.80

Cripps
Pikelets 8pk
\$1.25 per 100g



\$2⁴⁹ ea

SAVE \$1.16



NEW

\$5²⁹ ea

EVERYDAY



Baker's Oven Finger Lamingtons 350g
\$1.51 per 100g

1/2
PRICE




Mighty Soft
RAISIN TOAST 600g

54¢ per 100g

\$3²⁵ ea

SAVE \$4.04



You'll find *Low Prices*



San Remo La Pasta Range 80g
\$1.38 per 100g



Zafarelli Pasta 500g
35¢ per 100g



Morning Sun Muesli 650g
66¢ per 100g



Nice & Natural Nut Bars 6pk



Oreo Biscuits Family Pack 370g
\$1.21 per 100g



Bundaberg Ginger Beer 750mL
\$4.00 per 1L

ices Every Day right across the store



\$7
ea

LOW PRICE

Pampas Bulk Puff Pastry 1.6kg
44¢ per 100g



\$4.50
ea

LOW PRICE

Meadowlea Spread 500g
90¢ per 100g



\$4.50
ea

LOW PRICE

McCain Super Fries 900g
\$5.00 per 1kg



\$7.50
ea

LOW PRICE

Radiant Laundry Powder 1kg/Liquid 1L



\$9
ea

LOW PRICE

Ajax Antibacterial Wipes 110s
8¢ per 1ea



\$10
ea

LOW PRICE

Lucky Dog Dry Dog Food 3kg
33¢ per 100g



— DRINKS, TREATS & *Snacks* —



Coca-Cola/Fanta/Sprite Soft Drink 1.25L
\$1.59 per 1L

\$1.99
ea

SAVE 86¢



Coca-Cola/Fanta/Sprite 10x375mL
\$2.49 per 1L

\$9.35
ea

SAVE \$4.90



Bickford's
Blackcurrant
Juice Syrup
750mL
\$8.00 per 1L

\$6
ea

LOW PRICE



Powerade
Sports
Drink 1L
\$2.99 per 1L

\$2.99
ea

SAVE \$2.76



Mother Energy Drink 10x375mL
\$3.07 per 1L

\$11.50
ea

SAVE \$4.49



Arnott's Cream Favourites 500g
96¢ per 100g

\$4.79
ea

SAVE \$1.76



Smith's Potato Chips/
Doritos Corn Chips 130-175g

\$3.49
ea

SAVE \$1.31



Lindt Excellence/
Lindor Chocolate Block 80/100g
\$3.95 per 100g

\$3.95
ea

SAVE \$1.55



Cadbury Share Pack 144-180g

\$3.49
ea

SAVE \$1.51

— STOCK UP THE *Pantry* —



\$3.99
ea

SAVE \$1.66

Tetley Tea Cup/
All Rounder Tagless Tea Bags 100pk



\$2.49
ea

SAVE \$1.20

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



\$19.99
ea

SAVE \$6.01

Nescafé Blend 43 Coffee 500g
\$4.00 per 100g



\$3.99
ea

SAVE \$1.51

Green's Premium Baking Mixes 380-630g



\$5.99
ea

SAVE \$1.26

Bega Peanut Butter 470g
\$1.27 per 100g



MasterFoods
Squeezy
Tomato/
BBQ Sauce
475/500mL

\$3.49
ea

SAVE 66¢



\$3.99
ea

SAVE \$1.01

Harvest Hot Pack Meals 425g
94¢ per 100g



\$1.99
ea

SAVE 80¢

Heinz Condensed Soup 420g
47¢ per 100g



\$3.49
ea

SAVE 76¢

Heinz Baked Beans/Spaghetti 535/555g



— FILL UP THE FRIDGE & *Freezer* —



McCain Family Pizza 490/500g



Peters Maxibon 4pk
\$1.43 per 100mL



Bulla Creamy
Classics 2L/Creamy Classics 4pk



Birds Eye Fish Fingers 1kg
\$9.99 per 1kg



Ingham Frozen Chicken Schnitzel 400g
\$19.98 per 1kg



La Famiglia Cheesy Garlic Bread 190g
\$1.84 per 100g



Kraft Cheese Singles 216g
\$18.47 per 1kg



Tamar Valley Yoghurt 700g
71¢ per 100g



Pauls Bluey Flavoured Milk 250mL
\$7.96 per 1L



\$1.75
ea

SAVE 55¢

Sorbent Thick & Large Facial Tissues 95pk
\$1.84 per 100ea



\$4.49
ea

SAVE 50¢

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



\$4.99
ea

SAVE \$2.01

iCare Toilet Tissue 8pk
35¢ per 100sh



\$4.49
ea

SAVE \$2.00

Vicks Vapodrops 16/24pk



\$4.49
ea

SAVE \$1.16

Little Lucifer Firelighters 24pk
19¢ per 1ea



\$2.69
ea

SAVE \$1.16

iCare Paper Towel 2pk
\$2.24 per 100sh



\$1.75
ea

SAVE 55¢

Purina One Pouch 70g
\$2.50 per 100g



\$2.10
ea

SAVE 90¢

Whiskas Canned Cat Food 400g
53¢ per 100g



\$4.75
ea

SAVE \$1.04

Pedigree Canned Dog Food 1.2kg
40¢ per 100g

VEGETABLE BROWN RICE LOAF

SEE INSIDE FOR MORE SAVINGS →



Leggo's Tomato Paste 140g 2pk
\$1.07 per 100g



SunRice Microwave Rice Cups
240/250g



Cheer Tasty
Cheese
Block 1kg
\$12.99 per 1kg

Ingredients

- 1 cup SunRice Brown Rice
- 4 eggs
- 2 tbsp extra virgin olive oil
- 200g mushrooms
- 3/4 cup walnuts
- 1 celery stalk
- 1 carrot
- 1 onion
- 3 garlic cloves
- 1/2 tsp vegemite
- 1 tsp Leggo's Tomato Paste
- 1 tsp smoked paprika
- 1/2 bunch silverbeet, chopped
- 2 slices wholemeal bread
- 1 cup Cheer Tasty Cheese
- 1 tbsp parsley
- 1 tsp dried sage
- 1 1/2 tsp salt

What to do

1. Preheat the oven to 180C.
2. Place walnuts in a food processor, pulse until you have a loose meal. Transfer to a large bowl and set aside. Add bread and mushrooms in a food processor and pulse until chopped. Add to the walnut bowl. Next add onion, carrot, celery, and garlic in the food processor and pulse until roughly chopped.
3. In a saucepan over medium heat, add butter to the pan and when it starts foaming add the chopped vegetable mixture and cook stirring for 3-4 minutes. Add the silverbeet, vegemite, tomato paste, smoked paprika and cook until softened and liquid from the vegetables have evaporated. Transfer to the bowl with the mushrooms and breadcrumbs. Add the rice, cheese, eggs, parsley, sage, salt and pepper and stir until it's combined and homogenous.
4. Generously grease a loaf tin with butter. Pour in the vegetable mix and bake for 40-50 minutes. To check if it's cooked, insert a skewer in the centre of the loaf and when removed it should come out clean with no streaks of batter.

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