



ON SALE
31ST JULY
2024



SEE INSIDE FOR MORE SAVINGS



\$2.40
ea



Smith's Potato Chips 130-175g



\$2.49
ea

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



\$3.99
ea



Nescafé
Coffee Sachets 10pk/Gold 8pk

ALL
1/2
PRICE



\$9.99
ea

Radiant Laundry
Powder 2kg/Liquid 2L

Offers available from: 31/07/24 until 06/08/24

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

Australian
NAVEL ORANGES
\$2.50
kg



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\$4.75
ea



Morning Fresh
Dishwashing Liquid 900mL
53¢ per 100mL

\$15.99
ea



Radiant
Laundry Capsules 45pk
36¢ per 1ea

\$4.14
ea



Lynx
Antiperspirant/
Deodorant 165mL
\$2.51 per 100mL

\$3.99
ea



Fluffy Ultra
Fabric
Softener
900mL/1L

ALL

1/2
PRICE

\$2.25
ea



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

\$3.75
ea



Jarrah Coffee 250g
\$1.50 per 100g

\$2.25
ea



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

\$3.35
ea



White Wings Baking Mixes
410-560g/Cake in a Cup 220g

\$1.80
ea



John West Salmon 95g
\$18.95 per 1kg

\$2.75
ea



Violet Crumble
Bites/Nuggets 120-170g

\$2.99
ea



Handee
Ultra Paper
Towel 2pk
\$2.49 per 100ea

\$17.99
ea



Quilton
Toilet
Tissue 36pk
28¢ per 100sh



\$2²⁵
ea

Coca-Cola/Fanta/Sprite/
Mt Franklin Sparkling Water 1.25L
\$1.80 per 1L



\$3²⁰
ea

Powerade Sports Drink 1L
\$3.20 per 1L



\$22⁹⁹
ea

Pepsi/Solo/Sunkist/Lemonade
Canned Soft Drinks 24x375mL
\$2.55 per 1L



\$1⁸⁵
ea

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



\$3⁴⁹
ea

Pascall/The Natural
Confectionery Bags 120-300g



\$2⁹⁹
ea

Fyna Licorice Bags 200-250g



\$5⁴⁹
ea

Leggo's Fresh Pasta 630g
87¢ per 100g



\$3⁹⁹
ea

Kantong Simmer Sauce 505-520g



\$4⁴⁹
ea

Gravox Gravy Mix 120/140g



\$5⁴⁹
ea

Leggo's Fresh Pasta Sauce 450g
\$1.22 per 100g



\$7⁹⁹
ea

Dine Cat Food 7x85g
\$1.34 per 100g



\$2²⁵
ea

My Dog Canned Dog Food 400g
56¢ per 100g

SEE INSIDE FOR MORE SAVINGS



Pink Lady Apples

\$350
kg

TASMANIAN



Celery

\$290
bunch

TASMANIAN



\$259
ea

Cripps
Crumpet Splits 6pk
61¢ per 100g

TASMANIAN



\$2199
kg

Beef Rump Steak
From the Meat Department



\$399
ea

JC's Sesh Snacks 115/130g



\$399
ea

Weight Watchers
Frozen Meals 300-370g



\$599
ea

Ingham's Chicken Chipees 400g
\$14.98 per 1kg



\$549
ea

Chiko Roll 4pk/Corn Jack 5pk



\$829
ea

Bega Block Cheese 500g
\$16.58 per 1kg



\$699
ea

Western Star Butter 500g
\$1.40 per 100g



\$159
ea

Dairy Farmers
Thick & Creamy Yoghurt 150g
\$1.06 per 100g

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FENNEL & CORIANDER BLADE ROAST



\$4.99
ea

Capilano
Honey
Squeeze 375g
\$1.33 per 100g



\$16.99
kg

Beef
Blade
Roast



Ingredients

- 1.2kg blade roast
- 3 tbsp Olive Oil
- 1 tsp Crushed Fennel Seeds
- 1 tsp Crushed Coriander Seeds
- 1/2 Large Cauliflower, cut into florets
- 4 Beetroots, trimmed, peeled, cut into wedges
- 650g Kent pumpkin, cut into 4cm pieces
- 2 Small fennel bulbs, trimmed, cut into wedges
- 1/3 cup Greek-style yoghurt
- 1 Lime Zest and juice to serve
- 1 tsp Ginger, finely grated
- 1 tbsp Honey
- 80g Baby Spinach Leaves
- 250 grams Toasted pepitas, coriander sprigs, to serve

What to do

1. Preheat oven to 160°C (140°C fan-forced). Line a roasting tray with baking paper.
2. Place beef in centre of tray and brush with 1 tablespoon oil. Sprinkle beef with fennel and coriander seeds. Season. Cook beef in oven for 50-55 minutes or until cooked to your liking.
3. Set aside on a plate loosely covered with foil to rest for 15-20 minutes.
Meanwhile, increase oven temperature to 200°C (180° fan-forced). Line 2 baking trays with baking paper. Spread vegetables onto trays, drizzle with remaining oil, season and toss to coat. Roast in oven for 40-45 minutes or until golden and tender.
4. In a screw top jar place yoghurt, lime zest and juice, ginger and honey. Season and shake well until combined, adding a little water if necessary.
5. Slice beef. Add baby spinach to vegetables and drizzle with yoghurt dressing. Sprinkle with pepitas and coriander sprigs and serve with lime wedges and extra dressing.



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