



ON SALE 3RD AUGUST 2022



Australian

SCOTCH FILLET STEAK

\$39.99 kg

Serving Suggestion



WHERE THE *locals* MATTER

ALL
1/2
PRICE



\$6.25
ea

SAVE \$6.34

Schweppes/Pepsi Cans 375mL 10pk
\$1.67 per 1L



\$1
ea

SAVE \$1.00

Oreo Cookie 133/147g



\$9.99
ea

SAVE \$10.51

Moccona Specialty Blend Coffee 200g
\$5.00 per 100g



\$1.20
ea

SAVE \$1.59

Continental Cup-a-Soup 2pk

SEE INSIDE FOR MORE SAVINGS



Offers available from 03/08/22 until 09/08/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



FRESH MEAT & Produce



Tasmanian Grown

Tasmanian
ROYAL GALA APPLES

\$350 kg



Sweet Potato

\$250 kg



Brown Onions 1kg
\$1.50 per 1kg

\$150 bag



JC's Delicious Energy Mix 500g
\$17.98 per 1kg

\$899 ea

Scottsdale Traditional English Thin Pork Sausage 700g
\$15.70 per 1kg



\$1099 ea

Ingham's Stuffed Chicken Breasts Kiev 700g
\$14.27 per 1kg



\$999 ea

Scottsdale Artisan Carolina/Memphis Marinated Pork Shoulder



\$1499 kg



Australian Lamb

Lamb
LOIN CHOPS

Serving Suggestion

\$2699 kg

Double
SMOKED HAM

Serving Suggestion

\$13⁹⁹ kg



Diced Lean Bacon

\$13⁹⁹ kg



Oven Roasted/
Sweet Herb & Mustard
Turkey Breast

\$25⁹⁹ kg



Saveloys

\$10⁹⁹ kg

Cripps
Master Hot
Dog/Lunch
Rolls 6pk
58¢ per 1ea



\$3⁴⁹ ea

SAVE 86¢

Mighty
Soft Sliced
Bread 700g
47¢ per 100g



\$3³⁰ ea

SAVE \$1.15

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



\$6⁹⁹ ea

SAVE \$1.30

Mission
WRAPS/MINI WRAPS 6/8PK

\$3⁴⁹ ea

SAVE \$1.90



— SNACK & DRINK Favourites —



\$4.99
ea

SAVE \$1.56

Arnott's Assorted Creams 500g
\$1.00 per 100g

1/2
PRICE



\$2.49
ea

SAVE \$2.51

Arnott's Sourdough/
Flatbread Snacks 130/150g



\$3.69
ea

SAVE 90¢

Samboy Potato Chips 175g
\$2.11 per 100g



\$7.99
ea

SAVE \$7.00

Cadbury Favourites 352/373g



\$1.49
ea

SAVE 51¢

Fantastic Rice Crackers 100g
\$1.49 per 100g



\$3.69
ea

SAVE 90¢

Red Bull Energy Drink 473mL
\$7.80 per 1L



\$3.99
ea

SAVE \$1.51

Schweppes Mixer Soft Drink 300mL 4pk
\$3.33 per 1L



\$4.99
ea

SAVE \$1.30

Spreyton Fresh Juice 2L
\$2.50 per 1L



\$2.29
ea

SAVE 56¢

Coca-Cola/Lift/
Fanta/Sprite Soft Drink 1.25L
\$1.83 per 1L



\$7.99
ea

SAVE \$4.20

Mother Energy Drink 500mL 4pk
\$4.00 per 1L



\$5.99
ea

SAVE \$2.00

Mount Franklin Spring Water 500mL 12pk
\$1.00 per 1L

— STOCK UP THE *Pantry* —



\$5⁹⁹
ea
SAVE \$1.80

Old el Paso Meal Kits 290-520g
(excl. Stand n Stuff/Gluten Free)



MasterFoods
Squeezy
Tomato/
BBQ Sauce
475/500mL

\$2⁴⁹
ea
SAVE 71¢



\$1⁴⁹
ea
SAVE 46¢

Fantastic Noodles Cup 70g/Bowl 85g



\$1⁹⁹
ea
SAVE 60¢

Campbell's Real Stock 500mL
40¢ per 100mL



\$2⁹⁹
ea
SAVE 80¢

Dolmio Pasta Bake Sauce 490-505g



\$6⁴⁹
ea
SAVE \$2.51

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



\$18⁹⁹
ea
SAVE \$5.01

Nescafé Blend 43 Coffee 500g
\$3.80 per 100g



\$1⁹⁹
ea
SAVE \$1.00

Sanitarium Up & Go
Breakfast Drink 350mL (excl. Energize)
\$5.69 per 1L



\$2⁹⁹
ea
SAVE \$1.06

Cadbury Baking Blocks/
Chips/Melts/Buttons 150-225g



\$2⁹⁹
ea
SAVE \$1.26

Nutella Spread 220g
\$1.36 per 100g



\$5⁹⁹
ea
SAVE \$1.26

Bega Peanut Butter 470g
\$1.27 per 100g



\$2⁹⁹
ea
SAVE \$1.70

Green's Premium Baking Mixes 380-630g



— FILL UP THE FRIDGE & Freezer —



Dairy Farmers Thick & Creamy Yoghurt 150g
99¢ per 100g

\$1.49 ea
SAVE 81¢



Tamar Valley Yoghurt 700g
57¢ per 100g

\$3.99 ea
SAVE \$2.81



Cheer Cheese Slices 250g
\$19.96 per 1kg

\$4.99 ea
SAVE \$2.00



Pauls Double Thick Custard 900g
55¢ per 100g

\$4.99 ea
SAVE 60¢



Nanna's Crumble 550g
73¢ per 100g

\$3.99 ea
SAVE \$2.01



Tasmanian Salmon Portions Skin On 500g
\$39.98 per 1kg

\$19.99 ea
SAVE \$4.00



McCain Beer Batter Wedges/Chips 750g
\$3.99 per 1kg

\$2.99 ea
SAVE \$1.31



Mars Ice Cream/M&M Cones 4/6pk

1/2 PRICE

\$4.25 ea
SAVE \$4.34



Bulla Creamy Classics 2L/
Creamy Classic Sandwiches 4pk

\$5.99 ea
SAVE \$3.01



Peters Polar Pies 6pk
\$1.09 per 100mL

\$5.99 ea
SAVE \$1.40



\$5.99
ea
SAVE \$2.10

Airwick Freshmatic Refill 157-174g



\$2.99
ea
SAVE \$1.01

Multix Super Strong Large Tidy Bag 18pk
17¢ per 1ea



Lucky Dog Dry Dog Food 3kg
27¢ per 100g

\$7.99
ea
SAVE \$2.46



Lucky Dog Bones 800g
62¢ per 100g

\$4.99
ea
SAVE \$1.60



\$4.99
ea
SAVE 51¢

Fab Laundry Liquid 900mL/1L



Duck Foaming Bleach Gel 750mL
40¢ per 100mL

1/2
PRICE

\$2.99
ea
SAVE \$3.36



My Dog Chef Selection 6pk
\$1.17 per 100g

\$6.99
ea
SAVE \$2.01



\$1.99
ea
SAVE \$1.31

Earth Choice Dishwash 500mL
40¢ per 100mL



\$4.99
ea
SAVE \$2.01

Colgate Plax Mouthwash 500mL
\$1.00 per 100mL



\$2.49
ea
SAVE \$1.16

Palmolive Gold/Naturals Soap 4pk
69¢ per 100g



Schmackos Strapz 200g
\$2.75 per 100g

\$5.49
ea
SAVE \$1.01



SEE INSIDE FOR MORE SAVINGS

1/2
PRICE



\$2.99
ea

SAVE \$4.01

iCare Toilet Tissue 8pk
21¢ per 100sh

NOW even
Softer

NOW even
Softer

GREAT
BUYS!



\$7.99
ea

SAVE \$2.36

Whiskas
Favourites Pouches 85g 12pk
78¢ per 100g

1/2
PRICE



\$3.15
ea

SAVE \$3.20

Uncle Tobys Big Bowl/Blends Oats 8pk



\$17.99
ea

SAVE \$3.60

Coca-Cola Soft Drink 375mL 24pk
\$2.00 per 1L

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CHOCOLATE & MINT ICE CREAM CAKE



Bulla Creamy Classics 2L
30¢ per 100mL

\$5.99
ea

SAVE \$3.26

Ingredients

- Bulla Choc Mint Ice Cream
- strawberries
- chocolate ripple biscuits
- chocolate shards for decoration

What to do

1. Prepare a 20cm springform cake tin by lining neatly with baking paper.
2. In a food processor, blend the biscuits in 4 batches to form a fine meal.
3. Into the prepared tin spread half the ice cream to form the first layer, spreading right to the outer edges.
4. Top with a thick layer of biscuit, using half the biscuit meal.
5. Evenly spoon over remaining ice-cream, then top with the final layer of biscuit meal.
6. Wrap with cling wrap before placing on a flat surface in the freezer. Freeze overnight.
7. Wash, dry and remove the stem from the base of the strawberries, slice lengthways.
8. When ready to serve, remove the cake from the freezer. Turn it upside down onto a serving plate and remove tin and paper.
9. Arrange the sliced strawberries on top of the cake. Starting from the outside, use the large middle slices gradually working your way in. Overlap each layer to create height.
10. Or, place your homemade chocolate shards in the centre instead of the whole strawberry.



WHERE THE *locals* MATTER

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