



ON SALE 3RD AUGUST 2022



Australian
SCOTCH FILLET STEAK

\$39⁹⁹
kg

Serving Suggestion



WHERE THE *locals* MATTER

ALL
1/2
PRICE



\$6²⁵
ea

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



\$1
ea

Oreo Cookie 133/147g



\$9⁹⁹
ea

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



\$1²⁰
ea

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.



— DRINKS, TREATS & Snacks —



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



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



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



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



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



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



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



Cadbury Favourites 352/373g



Samboy Potato Chips 175g
\$2.11 per 100g



Fantastic Rice Crackers 100g
\$1.49 per 100g



Arnott's Sourdough/Flatbread Snacks 130/150g



Uncle Tobys Big Bowl/Blends Oats 8pk



Nutella Spread 220g
\$1.36 per 100g



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



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



MasterFoods Squeezy
Tomato/
BBQ Sauce
475/500mL



Fantastic Noodles Cup 70g/Bowl 85g



iCare Toilet Tissue 8pk
21¢ per 100sh



Palmolive Naturals Soap 4pk
69¢ per 100g



Fab Laundry Liquid 900mL/1L



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



Whiskas Pouches 85g 12pk (excl. So)
78¢ per 100g



Earth Choice Dishwash 500mL
40¢ per 100mL

SEE INSIDE FOR MORE SAVINGS



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



Pauls Double Thick Custard 900g
55¢ per 100g



Cheer Cheese Slices 250g
\$19.96 per 1kg



Bulla Creamy Classics 2L/
Creamy Classic Sandwiches 4pk



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



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

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CHOCOLATE & MINT ICE CREAM CAKE



Bulla Creamy Classics 2L
30¢ per 100mL

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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