



ON SALE 10TH AUGUST 2022



Australian

BEEF RUMP STEAK

\$24⁹⁹ kg

Serving Suggestion



WHERE THE *locals* MATTER

ALL
1/2
PRICE



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



White Wings Baking Mixes 410-560g



Morning
Fresh
Dishwashing
Liquid
900mL
50¢ per 100mL

\$4⁴⁹ ea
SAVE \$4.50



Moccona Coffee Sachets 10pk

\$2⁹⁹ ea
SAVE \$2.01

Offers available from 10/08/22 until 16/08/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

SEE INSIDE FOR MORE SAVINGS





— FRESH MEAT & Produce —



Tasmanian Grown

Baby Mesclun Salad
Naturally Healthy, Fresh and Convenient

25 YEARS

\$3.45 bag

Tasmanian BAGGED MESCLUN 120g

\$28.75 per 1kg

Tasmanian Grown



Baby Washed Potatoes 1kg
\$3.00 per 1kg

\$3 bag

Tasmanian Grown



Grey Pumpkin

\$1.50 kg



JC's Sesh Snacks 115/130g

\$3.99 ea

Scottsdale Artisan Pork Burgers 500g
\$15.98 per 1kg

\$7.99 ea



Inghams Diced Chicken Breast

\$12.99 kg



Scottsdale Pickled Pork

\$13.99 kg



Australian Lamb

Lamb

FOREQUARTER CHOPS

Serving Suggestion

\$19.99 kg

— DELICIOUS DELI & *Bakery* —



Champagne
HAM
Serving Suggestion

\$13⁹⁹ kg

Australian Poultry

Chicken Thigh Fillet

\$13⁹⁹ kg

Rindless Short Cut Bacon

\$13⁹⁹ kg

Cheese Cabana

\$14⁹⁹ kg

Cripps Master Loaf
680/700g

\$3³⁹ ea
SAVE 70¢



Cripps Fruit Buns 6pk
89¢ per 100g

\$3⁹⁹ ea
SAVE \$1.00



National Pies Curried Chicken/
Chicken Camembert
Party Pies 6pk

\$6⁹⁹ ea
SAVE \$2.00



Cripps
CRUMPET SPLITS 6PK
59¢ per 100g

\$2⁴⁹ ea
SAVE \$1.26



— SNACK & DRINK Favourites —



\$23⁵⁰
ea
SAVE \$15.60

Coca-Cola 375mL 30pk
\$2.09 per 1L



\$6⁹⁹
ea
SAVE \$1.00

Kirks Canned Soft Drink 375mL 10pk
\$1.86 per 1L



\$3⁶⁵
ea
LOW PRICE

Coca-Cola Soft Drink 2L
\$1.83 per 1L



1/2 PRICE
\$1⁴⁹
ea
SAVE \$1.66

Bundaberg
Ginger Beer/Soft Drink 375mL
\$3.97 per 1L



\$8⁹⁹
ea
SAVE \$6.00

Mount Franklin Spring Water 500mL 20pk
90¢ per 1L



\$7⁹⁹
ea
SAVE \$2.56

Red Bull Energy Drink 250mL 4pk
\$7.99 per 1L



1/2 PRICE
\$5⁹⁹
ea
SAVE \$6.00

Cadbury Dairy Milk Gift Box 220g
\$2.72 per 100g



\$2⁶⁹
ea
SAVE \$1.31

Cadbury Bites 110-150g



\$2⁷⁵
ea
SAVE 85¢

Allen's Jelly/
Mint Confectionery Range 150-200g



1/2 PRICE
\$2⁴⁹
ea
SAVE \$2.51

Arnott's Deluxe Tim Tam Biscuits 175g
\$1.42 per 100g



\$2⁴⁹
ea
SAVE \$1.01

Arnott's Savoy/Jatz 225/250g



\$2⁹⁹
ea
SAVE 76¢

Smith's Potato Chips/
Doritos Corn Chips 90-175g

— STOCK UP THE *Pantry* —



Nestle Milo 395/460g

\$5.99
ea

SAVE \$3.80



Kellogg's Rice Bubbles/
Coco Pops/Froot Loops/
Just Right 285-460g (excl. Gluten Free)

\$4.99
ea

SAVE \$1.96



Continental Stock 1L
20¢ per 100mL

\$1.99
ea

SAVE \$2.01



Lowan Oats 1kg
30¢ per 100g

\$2.99
ea

SAVE \$1.01



Uncle Tobys Roll-ups 6pk
\$3.71 per 100g

\$3.49
ea

SAVE 51¢



Continental Cup A Soup 4pk

\$1.99
ea

SAVE 46¢



Maggi Cup Noodles 58-65g

\$1.75
ea

SAVE 75¢



MasterFoods Recipe Base Pouches 175g
\$1.14 per 100g



\$1.99
ea

SAVE 31¢



Leggo's Pasta Sauce 490/500g

\$2.69
ea

SAVE 80¢



Kantong Simmer Sauce 505-520g

\$2.99
ea

SAVE 86¢



— FILL UP THE FRIDGE & Freezer —



Four 'n Twenty Sausage Rolls/Party Pies 12pk



Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g



Mainland
Tasty
Cheese
Block 250g
\$15.96 per 1kg



Western Star Butter 500g
\$1.20 per 100g



Pauls Custard 70g
\$1.43 per 100g



Dairy Farmers
Thick & Creamy Yoghurt 600g
67¢ per 100g



Birds Eye Hot Chips 750g
\$3.99 per 1kg



Birds Eye Frozen Peas 1kg (excl. Baby Peas)
\$3.99 per 1kg



Bulla Multipack Sticks 8-14pk



Peters Original Ice Cream 2L
22¢ per 100mL



Four 'n Twenty Traditional Pies 4pk
86¢ per 100g



\$3⁹⁹
ea
SAVE \$1.40

Whiskas Dry Cat Food
800g
50¢ per 100g



\$6⁹⁹
ea
SAVE \$1.56

Dine Cat Food 85g 7pk
\$1.17 per 100g



\$9⁹⁹
ea
SAVE \$3.01

Pedigree Dry Dog Food 2.5/3kg



\$2⁴⁹
ea
SAVE 51¢

Pedigree Canned Dog Food 700g
36¢ per 100g



\$11⁹⁹
ea
SAVE \$7.90

Cold Power
Laundry Liquid 1.8/2L/Powder 1.8/2kg



\$3⁶⁹
ea
SAVE \$3.86

Duck Fresh Discs 36mL
\$10.25 per 100mL



\$3⁴⁹
ea
SAVE 86¢

Kleenex Viva Paper Towel 2pk



\$3⁹⁹
ea
SAVE \$1.00

Libra Ultra Thins 10-14pk/Tampons 16pk



\$2⁹⁹
ea
SAVE 96¢

Multix Colour Scent Tidy Bags 30/35s



\$3⁹⁹
ea
SAVE \$1.66

Little Lucifer Firelighters 24pk
17¢ per 1ea

SEE INSIDE FOR MORE SAVINGS



\$1.99
ea

SAVE 80¢



Twisties/Cheetos/
Burger Rings 65-90g

1/2
PRICE



\$1
ea

SAVE \$1.00

Mars Medium Bars 35-56g

**GREAT
BUYS!**

1/2
PRICE



\$2.99
ea

SAVE \$3.01

Impulse Body Spray 75mL (excl. Luxe)
\$3.99 per 100mL

1/2
PRICE



\$2.75
ea

SAVE \$2.75

Colgate Whitening Tartar/
Advanced Whitening Toothpaste 115g
\$2.39 per 100g

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SPAGHETTI CARBONARA



Rindless Short Cut Bacon
From the Deli Department

Ingredients

- 300g spaghetti
- 2 large eggs
- 1/2 cup freshly grated parmesan
- 4 slices short cut bacon, diced

What to do

1. In a large pot of boiling salted water, cook the pasta according to package instructions, drain reserving 1/4 cup water.
2. In a small bowl whisk the eggs, add the Parmesan and stir combine.
3. In a large frying pan over a medium high heat, sauté the bacon until brown and crispy, 6 minutes.
4. Together, with the 1/4 reserved water, quickly add the egg and bacon mixtures together with the pasta. Toss to combine - the heat from the pasta will cook the egg slightly and form a creamy sauce.



WHERE THE *locals* MATTER

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