



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)

\$1⁹⁹ ea



White Wings Baking Mixes 410-560g

\$2⁹⁵ ea



Morning
Fresh
Dishwashing
Liquid
900mL
50¢ per 100mL

\$4⁴⁹ ea



Moccona Coffee Sachets 10pk

\$2⁹⁹ ea

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.

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— SNACK & DRINK Favourites —



\$1.99
ea

Twisties/Cheetos/Burger Rings 65-90g



\$1
ea

Mars Medium Bars 35-56g



\$2.69
ea

Cadbury Bites 110-150g



\$2.75
ea

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



\$2.49
ea

Arnott's Savoy/Jatz 225/250g



\$2.99
ea

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



\$23.50
ea

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



\$6.99
ea

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



\$3.65
ea

LOW PRICE

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



\$8.99
ea

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



\$1.49
ea

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



\$7.99
ea

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



\$5.99
ea

Nestle Milo 395/460g



\$1.99
ea

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



\$3.99
ea

Whiskas Dry Cat Food 800g
50¢ per 100g



\$1.99
ea

Continental Stock 1L
20¢ per 100mL



\$2.99
ea

Kantong Simmer Sauce 505-520g



\$6.99
ea

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



\$3.49
ea

Kleenex Viva Paper Towel 2pk



\$3.99
ea

Little Lucifer Firelighters 24pk
17¢ per 1ea



\$9.99
ea

Pedigree Dry Dog Food 2.5/3kg



\$2.49
ea

Pedigree Canned Dog Food 700g
36¢ per 100g



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

\$2.99
ea



\$2.75
ea

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



SEE INSIDE FOR MORE SAVINGS



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



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



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



Four 'n Twenty
Sausage Rolls/Party Pies 12pk



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



Bulla Multipack Sticks 8-14pk

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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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