



ON SALE
16TH AUGUST
2023



Health, Beauty & Baby SALE



\$3⁹⁹
ea

Cadbury Large
Block Chocolate 315-360g



\$2⁹⁹
ea

Moccona Coffee Sachets 10pk

ALL
1/2
PRICE



97¢
ea

Suimin Cup Noodles 70g
\$1.39 per 100g



\$5²⁰
ea

Sanitarium Up & Go Breakfast Drink 6x250mL
\$3.47 per 1L

Offers available from: 16/08/23 until 22/08/23

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

Australian
BEEF RUMP
STEAK

\$23⁹⁹
kg

Serving Suggestion (product sold uncooked)



WHERE THE *locals* MATTER

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Health, Beauty & Baby

SALE



Tresemme Shampoo & Conditioner 940mL
74¢ per 100mL

\$6⁹⁹
ea



Libra Ultra Thins/Goodnights
10-14pk/Tampons 16pk/Liners 30pk

1/2 PRICE

\$2⁴⁹
ea



Rexona Advanced Antiperspirant 220mL
\$1.95 per 100mL

1/2 PRICE

\$4²⁹
ea



Heinz Baby Food Pouch 120g
\$1.25 per 100g

\$1⁵⁰
ea



BabyLove Everyday Baby Wipes 80pk
\$3.11 per 100ea

\$2⁴⁹
ea



BabyLove Disposable Nappies 15-28pk

\$8⁹⁹
ea



\$2²⁵
ea

Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam)

Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g



\$1
ea

ALL

1/2 PRICE



Arnott's Bluey Snacks Sharebox 150g
\$1.33 per 100g

\$1⁹⁹
ea



\$2²⁵
ea

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



\$7⁹⁹
ea

Twinings Teabags 80/100pk



\$2⁴⁹
ea

Harvest Snaps 120g
\$20.75 per 1kg



50% OFF
ENTIRE RANGE

Somat Dishwasher Range



\$2.69
ea

Pascall Confectionery Bags 150-280g



\$3.49
ea

Oreo Mini Cookies 204g
\$1.71 per 100g



\$1.99
ea

Twisties/Cheetos/Burger Rings 65-90g



\$25.55
ea

Coca-Cola 30x375mL
\$2.27 per 1L



\$2.25
ea

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



\$5.49
ea

Bundaberg Soft Drink 4x375mL
\$3.66 per 1L



\$1.49
ea

Foster Clarks Snak Pack 120g
\$1.24 per 100g



\$1.99
ea

Green's Essentials Cake Mix 340g
59¢ per 100g



\$3.25
ea

Bega Peanut Butter 375g
87¢ per 100g



\$2.99
ea

Pedigree Canned Dog Food 700g
43¢ per 100g



\$3.99
ea

Kleenex Viva Paper Towel 2pk



\$6.49
ea

Fab Laundry Powder 1kg or Liquid 900mL

SEE INSIDE FOR MORE SAVINGS



Western Star Spreadable 500g
\$1.00 per 100g



Bega Block
Cheese/
Natural
Cheese
Slices 500g
\$17.98 per 1kg



Tamar Valley
Natural Greek Style Yoghurt 1kg
60¢ per 100g



Connoisseur Ice Cream 1L
75¢ per 100mL



Peters Drumstick 4/6pk



I&J Calamari Rings 400g/
Birds Eye Deli Frozen Fish 225/250g

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Health, Beauty & Baby

SALE



\$3.25
ea

Colgate Advanced Whitening
Toothpaste 115g
\$2.83 per 100g

Dove
Beauty Bar 2pk
\$1.28 per 100g



\$2.30
ea



\$1.49
ea

Swisspers Paper Stem Cotton Tip 120pk
\$1.24 per 100ea

**ALL
1/2
PRICE**

Batiste Dry
Shampoo Range

**50%
OFF**
ENTIRE RANGE



Rexona Roll
On 50mL
\$4.90 per 100mL



\$2.45
ea



\$2.49
ea

Libra Ultra Thins/Goodnights 10-14pk/
Tampons 16pk/Liners 30pk



Nivea Lip Care 4.8g
\$62.29 per 100g

\$2.99
ea

Schwarzkopf Taft
Hair Mousse/Gel/
Spray 200/250g



\$4.99
ea

Napro Palette Hair Colour 115mL
\$7.82 per 100mL



\$8.99
ea



Johnson's
Baby Shampoo/Oil 200mL
\$2.50 per 100mL

\$4.99
ea

Colgate Plax Mouthwash 500mL
\$1.00 per 100mL



\$4.99
ea



Strepsils Lozenges 16pk
37¢ per 1ea

\$5.99
ea



WHERE THE *locals* MATTER

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VEGGIE PACKED BANANA MUFFINS



perfect for little fingers

Ingredients

- 140g very ripe banana
- 100g zucchini, grated
- 60g carrot, grated
- 2 eggs
- 3 dates, pitted
- 2 tsp baking powder
- 150g flour
- 1 tsp cinnamon
- 1/2 tsp vanilla extract

What to do

1. Preheat the oven to 180C. Line a cupcake tray with muffin wraps.
2. Squeeze excess moisture from zucchini with a muslin cloth or paper towel. Set aside.
3. In a blender, pulse eggs, banana, dates until smooth. Add rice flour, baking powder, cinnamon and vanilla, blend until well incorporated. Pour into a large bowl, and fold in the zucchini and carrots.
4. Scoop banana batter into muffin cases and bake for 20 minutes or until cooked through.



WHERE THE *locals* MATTER

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Arnott's
Family
Assorted
Biscuits
500g
90¢ per 100g



You'll find *Low Prices* Every Day right across the store



Continental Recipe Base 30-50g



Bundaberg Raw Sugar 1kg
32¢ per 100g



Western Star Thickened Cream 600mL
78¢ per 100mL



McCain Peas/
Corn & Peas/Corn/Carrots 500g
\$7.50 per 1kg



On the Menu Beef Lasagne 1kg
80¢ per 100g



White King Toilet Gel 700mL
64¢ per 100mL



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locals MATTER

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