



ON SALE 17TH AUGUST 2022



Australian

**BEEF PORTERHOUSE
STEAK**

\$28⁹⁹
kg

Serving Suggestion



WHERE THE *locals* MATTER

ALL
1/2
PRICE



\$1²⁰
ea

SAVE \$1.20

John West Tuna 95g
\$12.63 per 1kg



Campbell's
Real Stock 1L
20¢ per 100mL

\$1⁹⁹
ea

SAVE \$2.01



Nestle Block Chocolate 118-200g

\$2⁴⁹
ea

SAVE \$2.66



Sanitarium Up & Go Breakfast Drink 250mL 6pk
\$3.27 per 1L

\$4⁹⁰
ea

SAVE \$5.55

SEE INSIDE FOR MORE SAVINGS



Offers available from 17/08/22 until 23/08/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— FRESH MEAT & Produce —



Grown in Australia

Delicious

PACKHAM PEARS

\$2⁹⁰ kg



Grown in Australia

Afourer
Mandarins

\$3⁹⁰ kg



Grown in Australia

Zucchini

\$4⁹⁰ kg



JC's Natural
Almonds
500g
\$17.98 per 1kg

\$8⁹⁹ ea

Scottsdale
Boneless Pork
Shoulder Roast

\$11⁴⁹ kg



Marion Bay
Chicken
Breast Fillets

\$16⁹⁹ kg



Scottsdale
Diced Pork
500g
\$17.98 per 1kg

\$8⁹⁹ ea



Grown in Australia

Netted & Boneless

LAMB LEG

Serving Suggestion

\$21⁹⁹ kg



Australian Poultry

Family Favourite
CHICKEN BREAST CHUNKS

Serving Suggestion

\$9⁹⁹ kg



Chicken Breast Supreme

\$15⁹⁹ kg



Australian Poultry

Chicken Drumsticks

\$3⁹⁹ kg



Thin Beef Sausages

\$9⁹⁹ kg

Golden Crumpet Rounds 6pk
83¢ per 100g

Product of Tasmania

\$2⁴⁹ ea
SAVE \$1.06



Cripps Café Quality Fruit Loaf 700g
53¢ per 100g

Product of Tasmania

\$3⁶⁹ ea
SAVE \$1.80



Mighty Soft Sliced Bread 700g
47¢ per 100g

Product of Tasmania

\$3³⁰ ea
SAVE \$1.15




Product of Tasmania

National Pies
MEAT PIES/PASTIES 2PK

\$1.66 per 100g

\$5⁹⁹ ea
SAVE \$2.26



— SNACK & DRINK Favourites —



Smith's Potato Chips 18/20pk



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



Arnott's Shapes 140-190g



Twisties/
Burger
Rings/
Toobs/
Cheetos
125-270g



Pepsi Max Canned
Soft Drinks 375mL 24pk
\$2.22 per 1L



Kirks Soft
Drink 1.25L
\$1.35 per 1L



Coca-Cola/Lift/Fanta/Sprite 375mL 10pk
\$2.66 per 1L



Cascade Mixers 200mL 4pk
\$4.36 per 1L



Monster Energy Drink 500mL 4pk
\$4.25 per 1L



Bundaberg Soft Drink 375mL 4pk
\$3.33 per 1L

— STOCK UP THE *Pantry* —



Ben's Original Express Rice 250g
\$1.00 per 100g



**Fountain Specialty/
Mint Sauce 250mL**
80¢ per 100mL

\$1.99
ea

SAVE \$1.21



Kantong Noodles 440g
57¢ per 100g

\$2.49
ea

SAVE 66¢



Five Brothers Pasta Sauce 500g
70¢ per 100g

\$3.49
ea

SAVE 76¢



Leggos Pasta Bake Sauce 490/500g

\$3.49
ea

SAVE 44¢



Uncle Tobys Quick/Traditional Oats 1kg
55¢ per 100g

\$5.49
ea

SAVE \$2.10



Uncle Tobys Muesli Bars Value 15pk
\$1.28 per 100g

\$5.99
ea

SAVE \$2.01



Kellogg's Special K 300g/Nutri-Grain 290g



Nerada Herbal Teabags 40pk
\$6.65 per 100g

\$3.99
ea

SAVE \$1.86



Cadbury Drinking Chocolate 250g
\$1.20 per 100g

\$2.99
ea

SAVE 90¢



— FILL UP THE FRIDGE & Freezer —



\$1.49
ea

SAVE 81¢

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



\$1.25
ea

SAVE 75¢

Tamar Valley Kids Pouches 110g
\$1.14 per 100g



\$3.69
ea

SAVE \$1.01

Philadelphia
Cream Cheese Tub 220/250g



\$3.99
ea

SAVE \$1.86

La Famiglia Garlic/Herb Slices 270g
\$1.48 per 100g



\$4.99
ea

SAVE \$1.50

Devondale
Dairy/Extra Soft Butter Tub 500g
\$1.00 per 100g



\$2.99
ea

SAVE 70¢

On the Menu Burgers/Rolls 161-210g



\$7.49
ea

SAVE \$5.06

Connoisseur Ice Cream 1L
75¢ per 100mL



\$7.99
ea

SAVE \$3.40

Streets Magnum 4/6pk



\$5.99
ea

SAVE \$2.56

Streets Paddle Pop 8pk
\$1.10 per 100mL



\$5.99
ea

SAVE \$3.96

Ingham's Chicken Breast Tenders 400g
\$14.98 per 1kg



\$5.99
ea

SAVE \$2.01

I&J Calamari Rings 400g
\$14.98 per 1kg



\$4.99
ea

SAVE \$1.50

Pampas Puff/Shortcrust Pastry 1kg
50¢ per 100g



Multix Alfoil 30cm x 10m (excl. Non-Stick)
20¢ per 1m



Palmolive Naturals Shower Gel 500mL
67¢ per 100mL



BabyLove Nappy Pants 22-38pk
(excl. Beyond)



Organic Care
Shampoo &
Conditioner
400mL
75¢ per 100mL



Fab Laundry
Powder 1.8/2kg & Liquid 1.8L



BabyLove Everyday Baby Wipes 80pk
\$3.74 per 100ea



Dove Antiperspirant 220-254mL



Feline First Clumping Cat Litter 7.5kg
93¢ per 1kg



Colgate Total
Advanced
Toothpaste
200g
\$2.50 per 100g



Snappy Tom Canned Cat Food 400g
36¢ per 100g

SEE INSIDE FOR MORE SAVINGS



\$3.70
ea

SAVE \$3.75

Nescafé
Coffee Sachets 10pk/Gold 8pk



97¢
ea

SAVE 98¢

Suimin Cup Noodles 70g
\$1.39 per 100g

**GREAT
BUYS!**



\$6.99
ea

SAVE \$1.61

Bega Cheese Slices/Blocks 500g
\$13.98 per 1kg



\$5.99
ea

SAVE \$3.01

Peters Drumstick 4/6pk

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SATAY CHICKEN



\$9⁹⁹
kg

Chicken Breast Chunks
From the Deli Department

Ingredients

- 500g Chicken Breast Chunks
- 1tbsp red curry paste
- 2tbsp crunchy peanut butter
- 190mL cream

What to do

1. Chop chicken into cubes, set aside.
2. In a non-stick pan, over medium, heat the red curry paste until fragrant, 1 minute.
3. Add cubed chicken to the pan and seal, stirring to evenly cook.
4. Add the peanut butter and mix through.
5. Then add the cream, stir to combine. Reduce heat and simmer until the chicken is cooked, about 4 minutes.



WHERE THE *locals* MATTER

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-PACKED WITH-



BREAK into KITKAT'S most iconic duo!

Loads of Smooth
Milk Chocolate

Crisp Wafer

Milo Choc-Malt
Crunch

IN STORE
NOW!



Nestlé
Block
Chocolate
118-200g

1/2
PRICE

\$2.49
ea

SAVE \$2.66



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