



ON SALE 17TH AUGUST 2022



Australian

**BEEF PORTERHOUSE
STEAK**

\$28⁹⁹
kg

Serving Suggestion



WHERE THE *locals* MATTER

ALL
1/2
PRICE



\$1²⁰
ea

John West Tuna 95g
\$12.63 per 1kg



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

\$1⁹⁹
ea



Nestle Block Chocolate 118-200g

\$2⁴⁹
ea



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

\$4⁹⁰
ea

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.



— SNACK & DRINK Favourites —



\$8⁵⁰
ea

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



\$9⁹⁹
ea

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



\$19⁹⁹
ea

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



Kirks
Soft
Drink
1.25L
\$1.35 per 1L

\$1⁶⁹
ea



\$4⁹⁹
ea

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



\$3⁴⁹
ea

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



\$5⁹⁹
ea

Smith's Potato Chips 18/20pk



\$3⁴⁹
ea

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



\$2⁴⁹
ea

Arnott's Shapes 140-190g

Cadbury



1/2
PRICE

\$1
ea

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



Nescafé Coffee Sachets 10pk/Gold 8pk



Cadbury
Drinking
Chocolate
250g
\$1.20 per 100g



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



Suimin Cup Noodles 70g
\$1.39 per 100g



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



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



Fab Laundry Powder 1.8/2kg & Liquid 1.8L



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



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



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



Dove Antiperspirant 220-254mL



Palmolive Naturals Shower Gel 500mL
67¢ per 100mL

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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

\$249
ea



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