



ON SALE 7TH SEPTEMBER 2022



Beef

PORTERHOUSE STEAK

\$28⁹⁹ kg



Serving Suggestion

WHERE THE *locals* MATTER



Bulla Multipack Sticks 8-14pk



Greenseas Canned Tuna 95g
\$11.58 per 1kg



Mars Medium Bars 35-56g



Radiant Laundry Powder 2kg/
Liquid 2L

Offers available from 07/08/22 until 13/09/22
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 —



Delicious
SWEET POTATO
Serving Suggestion

Grown in Australia

\$250 kg



Carrots 1kg
\$1.50 per 1kg

\$150 bag



Pre Packed Spinach
150 gram
\$23.00 per 1kg

\$345 bag



JC's Quality Outback Mix
500g
\$19.98 per 1kg

\$999 ea

Lamb Leg Steak



\$3499 kg

Traditional English Thick Pork Sausage
475g
\$15.77 per 1kg



\$749 ea

Artisan Carolina/Memphis Marinated Pork Shoulder



\$1399 kg



Free Range
BAGGED CHICKEN
Serving Suggestion

\$799 kg



\$13⁹⁹
kg



Chicken
Wings

\$3⁴⁹
kg



Chicken
Thigh Fillets

\$14⁵⁹
kg



Diced Lean
Bacon

\$12⁹⁹
kg

Cripps
Master
Muffins 6pk
\$1.05 per 100g



\$3⁷⁹
ea
SAVE \$1.50

Cripps
Crumpet
Splits 6pk
61¢ per 100g



\$2⁵⁹
ea
SAVE \$1.26

William's
Bread 800-
900g



\$4³⁵
ea
LOW PRICE



\$3⁴⁹
ea
SAVE \$1.90



— SNACK & DRINK Favourites —



Twisties/Cheetos/Burger Rings 65-90g



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



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



Cadbury
Family Block Chocolate 160-190g



Mars Fun Size Bags/M&M's/Maltesers/
Pods/Skittles/Starburst 130-235g



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



Frantelle Spring Water 600mL 12pk
97¢ per 1L



Golden Circle Fruit Drink 250mL 6pk
\$2.66 per 1L



Bundaberg Ginger Beer/
Soft Drink 200mL 6pk
\$3.83 per 1L



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

\$3.65
ea
LOW PRICE



Coca-Cola/Sprite
No Sugar/Fanta No Sugar 300mL 12pk
\$2.78 per 1L



Cascade Mixers 200mL 4pk
\$3.74 per 1L

— STOCK UP THE *Pantry* —



\$2.49
ea

SAVE \$1.51

Dolmio Extra Pasta Sauce 490/500g



\$2.49
ea

SAVE 46¢

San Remo Pasta 375/500g



\$1.49
ea

SAVE 46¢

Fantastic Noodles Cup 70g/Bowl 85g



\$2.99
ea

SAVE \$1.40

Kantong Simmer Sauce 505-520g



\$1.75
ea

SAVE 70¢

Ardmona Rich & Thick 410g
\$4.27 per 1kg



\$5.99
ea

SAVE \$1.80

Old el Paso Meal Kits 290-520g
excl Stand n Stuff/Gluten Free



1/2
PRICE

\$1.99
ea

SAVE \$2.56

Campbell's Canned Soup 495-510g
(excl Bone Broth)



\$2.99
ea

SAVE \$1.01

Campbell's Real Stock 1L
30¢ per 100mL



Moccona
Classic Freeze
Dried Coffee
200g
\$6.00 per 100g

\$11.99
ea

SAVE \$7.51



\$4.99
ea

SAVE \$1.66

Nutella Hazelnut Spread 400g
\$1.25 per 100g



\$4.49
ea

SAVE \$1.86

Uncle Tobys Flavoured Oats 10pk/
Hi Fibre 8pk



\$2.99
ea

SAVE \$1.11

Nestle Condensed Milk 395-410g



Pauls Custard 70g
\$1.43 per 100g



Zoosh Dip 185g
\$1.22 per 100g



**Four 'n Twenty Sausage Rolls/
Party Pies 12pk**



Birds Eye Hash Browns 375g
\$7.33 per 1kg



**1/2
PRICE**

**Rexona
Advanced
Antiperspirant
220mL**
\$1.81 per 100mL

\$3.99
ea

SAVE \$4.70



**1/2
PRICE**

**Palmolive
Ultra
Dishwashing
Liquid 500mL**
50¢ per 100mL

\$2.49
ea

SAVE \$2.50



**1/2
PRICE**

**Duck Deep
Action/
Foaming Bleach
750mL**
40¢ per 100mL

\$2.99
ea

SAVE \$3.20



Jiffy Economy Firelighters 24s
17¢ per 1ea

\$3.99
ea

SAVE \$1.50



Multix Drawtight Garbage Bags 20s
15¢ per 1ea

\$2.99
ea

SAVE \$1.23



Trill Bird Seed 1.8kg
28¢ per 100g

\$4.99
ea

SAVE \$1.60



Pedigree Canned Dog Food 700g
36¢ per 100g

\$2.49
ea

SAVE 51¢



Pedigree Dry Dog Food 2.5/3kg

\$9.99
ea

SAVE \$3.01



Pedigree Dentastix 28pk
54¢ per 1ea

\$14.99
ea

SAVE \$4.50

SEE INSIDE FOR MORE SAVINGS



\$6.99
ea

SAVE \$3.01

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



\$6.99
ea

SAVE \$3.56

Red Bull
Energy Drink 250mL 4pk
\$6.99 per 1L

**GREAT
BUYS!**



79¢
ea

SAVE 51¢

Dine Cat Food Tray 85g
93¢ per 100g



\$1.49
ea

SAVE 51¢

Natures Organics
Fruits Shampoo & Conditioner 500mL
30¢ per 100mL

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