



ON SALE
27TH SEPT
2023



SEE INSIDE FOR FOOTY FINAL SAVINGS

\$2.40 ea
SAVE \$2.40

Smith's Potato Chips/
Doritos Corn Chips 130-175g

\$15.90 ea
SAVE \$15.95

Pepsi/Solo/
Sunkist/Lemonade
Canned Soft Drinks 24x375mL
\$1.77 per 1L

\$1.99 ea
SAVE \$2.16

MasterFoods Squeezy
Tomato/BBQ Sauce 475/500mL

\$3.49 ea
SAVE \$3.51

Betty Crocker Baking Mixes 400-540g

1/2 PRICE

Offers available from: 27/09/23 until 03/10/23

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

Australian
BEEF PORTERHOUSE STEAK
\$29.99 kg

Serving Suggestion (product sold uncooked)

Australian Beef

WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!
Scan & Subscribe to save





89¢
ea
SAVE \$1.11

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



\$1.99
ea
SAVE \$2.01

The Natural Confectionery Company Bags 180-230g



\$2.85
ea
SAVE \$2.85

M&M's/Maltesers/Pods 130-180g



\$5.99
ea
SAVE \$6.00

Cadbury Dairy Milk Gift Box 200/220g

ALL
1/2
PRICE



\$2.60
ea
SAVE \$2.69

Red Rock Deli Gourmet Crackers 130g/Deli Crackers 135g



\$2.10
ea
SAVE \$2.15

Gatorade Sports Drink 600mL \$3.50 per 1L



\$2.25
ea
SAVE \$2.34

Sanitarium Weet-Bix 575g 39¢ per 100g



\$1.50
ea
SAVE \$1.69

Continental Cup-a-Soup 2pk



\$4.75
ea
SAVE \$4.75

Peters Maxibon 4pk 85¢ per 100mL



\$5.75
ea
SAVE \$5.84

Peckish Bird Seed Blends 1.5kg
38¢ per 100g



Palmolive
Liquid Soap
250mL Pump
60¢ per 100mL

\$1.49
ea
SAVE \$1.51



Multix Baking Paper 30cmx20m
12¢ per 1m

\$2.49
ea
SAVE \$2.50



Colgate 360°
Toothbrush 1pk
(excl. Advanced)
\$2.60 per 1ea

\$2.60
ea
SAVE \$2.65

ALL
1/2
PRICE



Schwarzkopf
Extra Care
Shampoo &
Conditioner
400mL
\$1.12 per 100mL

\$4.49
ea
SAVE \$4.50



\$4.99
ea
SAVE \$5.01

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



Bic Soleil
Smooth Scented Razors 4pk
78¢ per 1ea

\$3.10
ea
SAVE \$3.10



Somat Auto
Dishwasher Range

50% OFF
ENTIRE RANGE



FRESH MEAT & Produce

Tasmanian
RED APPLES 1.5KG
\$2.63 per 1kg

\$3.95 bag

Tasmanian Grown



Mesclun 100g
\$25.00 per 1kg

\$2.50 punnet



Brown Onions 1kg
\$1.50 per 1kg

\$1.50 bag



JC's Salted/
Unsalted
Mixed Nuts
350g
\$22.83 per 1kg

\$7.99 ea

Petuna
Atlantic
Salmon 2pk
280g
\$39.25 per 1kg



\$10.99 ea

Scottsdale
Meaty
Pork ribs



\$17.99 kg

Ingham's
Chicken
Kebabs 450g
\$19.98 per 1kg



\$8.99 ea



Scottsdale
ARTISAN PORK BURGERS 500G

\$7.99 ea

\$15.98 per 1kg - Serving Suggestion (product sold uncooked)

Family Favourite
VIRGINIAN HAM

Serving Suggestion

\$15⁹⁹ kg

Australian Poultry

Chicken Drumsticks

\$5⁹⁹ kg

Diced Lean Bacon

\$8⁹⁹ kg

Saveloys

\$11⁹⁹ kg

Cripps
Master Hot
Dog/Lunch
Rolls 6pk
50¢ per 1ea

\$2⁹⁹ ea
SAVE \$1.80



William's
Wraps 8pk
71¢ per 100g

\$3⁹⁹ ea
SAVE \$1.00



Mission Naan
Bread 4pk
\$1.07 per 100g

\$2⁹⁹ ea
SAVE 41¢



National Pies
**PARTY PIES/
SAUSAGE ROLLS 12PK**

\$1.11 per 100g

\$7⁹⁹ ea
SAVE \$2.50

FOOTY



1/2
PRICE

\$1.75
ea
SAVE \$1.75

Nabisco In A Biskit 160g
\$1.09 per 100g



1/2
PRICE

\$2.25
ea
SAVE \$2.75

Arnott's Flatbread Snacks 130g
\$1.73 per 100g



\$3.49
ea
SAVE \$1.51

Cadbury Share Pack 144-180g



\$3.99
ea
LOW PRICE

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



\$4.49
ea
SAVE \$1.51

Kettle Potato Chips 150/165g



\$2.49
ea
SAVE \$1.01

Zoosh Dip 185g
\$1.35 per 100g



\$3.99
ea
SAVE \$1.51

Unicorn Brie/Camembert Cheese 125g
\$31.92 per 1kg



\$6.49
ea
SAVE \$3.41

Mersey Valley Cheese 235g
\$27.62 per 1kg



\$5.49
ea
SAVE \$1.90

Bundaberg Soft Drink 4x375mL
\$3.66 per 1L

FINALS



Clearly Tasmanian Water 20x600mL
75¢ per 1L

\$8.99
ea

SAVE \$2.00



Cottee's Cordial
Syrup Double Concentrate 1L
\$4.99 per 1L

\$4.99
ea

SAVE 91¢



Red Kellys
Salad Dressing
250mL
(excl. Balsamic)
\$1.50 per 100mL

\$3.75
ea

SAVE \$1.05



Praise Squeeze Mayonnaise 365/410g

\$2.99
ea

SAVE \$1.26



MasterFoods Tartare/
Seafood Cocktail Sauce 220/260g

\$2.75
ea

SAVE 75¢



Global Seafoods Frozen
Cooked & Peeled Prawns 300g
\$33.30 per 1kg

\$9.99
ea

SAVE \$3.60



Simply Tasty Salads 800g
\$8.74 per 1kg

\$6.99
ea

SAVE \$1.40



McCain Family Pizza 490/500g

\$6.99
ea

SAVE \$3.00



Edgell Sliced Beetroot 425g
\$5.06 per 1kg

\$2.15
ea

SAVE 65¢



Bega Tasty Cheese
Block 1kg
\$9.99 per 1kg

\$9.99
ea

SAVE \$6.00



Patties
Mini Combos 1kg/Party Pack 1.25kg

1/2
PRICE

\$8.69
ea

SAVE \$8.70



Four 'n Twenty
Angus Beef/Meat Free Pies 4pk
93¢ per 100g

\$6.49
ea

SAVE \$4.36



— STOCK UP THE *Pantry* —



\$1.99
ea

SAVE 86¢

Sanitarium So Good UHT Reg/Lite Soy Milk 1L
\$1.99 per 1L



\$12.99
ea

SAVE \$7.51

Moccona Specialty Blend Coffee 200g
\$6.50 per 100g



\$3.75
ea

SAVE \$1.50

Sanitarium Weet-Bix Bites 500/510g



\$4.49
ea

SAVE \$3.46

Queen Vanilla Extract 50mL
90¢ per 10mL



\$3.99
ea

SAVE \$1.60

McKenzie's
Salt 115g & Black Pepper 55g Grinder



\$5.99
ea

SAVE 51¢

Blue Banner Pickled Onions 525g (excl. No Added Sugar)
\$11.41 per 1kg



\$3.49
ea

SAVE \$1.01

Arnott's Tim Tam
Biscuits 165-200g (excl. Deluxe)



\$3.49
ea

SAVE \$1.21

Kellogg's Nutri-Grain/LCM Bars 5pk



\$2.49
ea

SAVE \$1.01

Cobs Popcorn 80-120g

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



Birds Eye Frozen Peas 1kg (excl. Baby Peas)
\$5.00 per 1kg



Meadowlea Spread 500g
90¢ per 100g



Kirks Mixers 6x250mL
\$4.00 per 1L



Great Northern Zero Alcohol 6x375mL
\$4.44 per 1L



Sorbent Toilet Tissue 32pk
33¢ per 100sh



White King Bleach 1.25L
\$3.03 per 1L



FILL UP THE FRIDGE & Freezer



Duck River Soft Butter 500g
\$1.10 per 100g

\$5.49 ea
SAVE \$2.01



Tamar Valley Kids Pouches 110g
\$1.45 per 100g

\$1.60 ea
SAVE 89¢



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

\$5.99 ea
SAVE \$2.00



San Remo Fresh Pasta 350g
\$1.43 per 100g

\$4.99 ea
SAVE \$1.70



Kraft Cheese Singles 216g
\$18.47 per 1kg

\$3.99 ea
SAVE \$1.26



Lean Cuisine Frozen Lunches 280g
\$1.43 per 100g

\$3.99 ea
SAVE \$2.01



Nestle Kit Kat/
Cadbury Ice Cream Sticks 4pk

\$6.99 ea
SAVE \$3.00



Nanna's Snack Fruit Pies 4pk/Family 600g

\$3.99 ea
SAVE \$1.01



Peters Original Ice Cream 2L
26¢ per 100mL

\$5.25 ea
SAVE \$1.94



\$749
ea
SAVE \$2.51

Fab Laundry Powder 1.8/2kg & Liquid 1.8L



\$449
ea
SAVE \$1.50

iCare Toilet Tissue White Double Length 4pk
31¢ per 100sh



\$140
ea
SAVE \$1.49

Multix Alfoil 30cmx10m (excl. Non-Stick)
14¢ per 1m



\$160
ea
SAVE 20¢

Heinz Baby Food Pouch 120g
\$1.33 per 100g



\$449
ea
SAVE \$2.50

Strepsils Lozenges 16pk
28¢ per 1ea



\$399
ea
SAVE \$1.66

Multix Alfoil Medium Roast Tray with Handles



\$475
ea
SAVE \$1.04

Pedigree Canned Dog Food 1.2kg
40¢ per 100g



\$649
ea
SAVE \$1.01

Schmackos Strapz 200g
\$3.25 per 100g



\$185
ea
SAVE \$2.04

Multix Clingwrap 33cmx60m
3¢ per 1m



\$599
ea
SAVE \$2.26

Friskies Dry Cat Food 1kg
60¢ per 100g



\$210
ea
SAVE 90¢

Whiskas Canned Cat Food 400g
53¢ per 100g



\$1199
ea
SAVE 51¢

Heat Beads BBQ Briquettes 4kg

TASTE THE GLORY

GRAB A
Coke

SEE INSIDE FOR FOOTY FINAL SAVINGS

\$1.80
ea
SAVE \$1.05

Coca-Cola/
Fanta/Sprite
Soft Drink 1.25L
\$1.44 per 1L

\$1.80
ea
SAVE \$1.29

Mount Franklin
Lightly Sparkling
Spring Water 1.25L
\$1.44 per 1L

\$25.55
ea
SAVE \$13.55

Coca-Cola
30x375mL
\$2.27 per 1L

\$3.00
CASH FOR CANS

\$9.35
ea
SAVE \$5.90

Coca-Cola/
Fanta/Sprite 10x375mL
\$2.49 per 1L

\$11.50
ea
SAVE \$4.49

Mother Energy Drink 10x375mL
\$3.07 per 1L

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WE CHECKED THE REGULAR PRICE, WE MATCHED THE LOWEST, YOU WON'T PAY MORE*



LOOK OUT FOR ME!

HOISIN LAMB CHOPS



Australian Lamb

\$1799
kg

Lamb Forequarter Chops

Ingredients

- 2 tbsp hoisin sauce
- 2 tbsp sesame oil
- 2 garlic cloves, crushed
- 12 forequarter lamb chops



What to do

1. In a large bowl, combine hoisin, sesame oil and garlic.
2. Add the lamb, turning to completely coat and marinate for at least 30 minutes.
3. Preheat BBQ to medium high.
4. BBQ lamb, basting with marinade, for 6 to 8 minutes on each side for medium or until cooked to your liking.
5. Remove, cover and stand for 5 minutes.
6. Season with cracked pepper to serve.



WHERE THE *locals* MATTER

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