



WHERE THE *locals* MATTER

ON SALE 29TH SEPTEMBER 2021



Australian
**BEEF
PORTERHOUSE STEAK**

\$31⁹⁹
kg



\$1⁵⁰
ea

Allen's Jelly/
Mint Confectionery Range 150-200g



80¢
ea

Fantastic Noodles Cup 70g/Bowl 85g



\$2⁹⁹
ea

Lipton Quality Black/Earl Grey/
English Breakfast Tea Bags 100pk
\$1.50 per 100g



Palmolive
Ultra
Dishwashing
Liquid
400mL
44¢ per 100mL

\$1⁷⁷
ea

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Offers available from 29/09/21 until 05/10/21
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

NEW

Mars

**RASPBERRY
SMASH
FLAVOUR**

BETTER THAN

**1/2
PRICE**

**89¢
ea**

Mars Medium
Bars 35-56g

ALL

**1/2
PRICE**

NEW

**\$2.25
ea**



San Remo La Pasta Range 120g
83¢ per 100g



Uncle Tobys Dairy Barista Oat Milk 1L
\$2.25 per 1L



Weight Watchers Frozen Meals 300-370g



iCare Paper Towel 2pk
\$1.46 per 100ea

Colgate Plax
Mouth Wash
250mL
80¢ per 100mL

**\$1.99
ea**



**\$3.95
ea**

Bic Hybrid Comfort 3 Razor + 6 blades
66¢ per 1ea



**\$2.39
ea**

Sunsilk Shampoo/Conditioner 200mL
\$1.20 per 100mL



\$3.49
ea

Cadbury Family Block Chocolate 160-190g



\$3.99
ea

Arnott's Assorted Creams 500g
80¢ per 100g



\$1.69
ea

Fantastic Delites Rice Snacks 100g
\$1.69 per 100g



\$21.99
ea

Coca-Cola 375mL 30pk
\$1.95 per 1L



\$7.99
ea

Red Bull Energy Drink 250mL 4pk
\$7.99 per 1L



\$5.99
ea

Smith's Potato Chips 18/20pk



\$2.99
ea

Moccona Coffee Sachets 10pk



\$1.25
ea

SPC Tomatoes Crushed/Diced 400/410g



\$2.49
ea

SunRice Plain Microwave Rice 250g
\$1.00 per 100g



\$8.99
ea

Sorbent Toilet Tissue 24pk
21¢ per 100sh



\$1.89
ea

Whiskas Canned Cat Food 400g
47¢ per 100g



\$2.75
ea

My Dog Canned Dog Food 680g
40¢ per 100g

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Devondale Butter Pat 500g
\$1.00 per 100g



Devondale Sandwich Cheese Slices 500g
\$7.98 per 1kg



Tamar Valley Greek Style Yoghurt 500g
60¢ per 100g



Golden North Simply Indulge Ice Cream 2L
30¢ per 100mL



Birds Eye Golden Crunch Wedges/Chips 750g
\$4.65 per 1kg



Ingham's Chicken Breast Nuggets Original 400g
\$12.48 per 1kg

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PASTA SAUCE



SPC Tomatoes Crushed 410g

Ingredients

- 1 tbsp olive oil
- 1 diced onion
- 1 clove crushed garlic
- 1 tbsp tomato paste
- 1 tsp sugar
- 2 tbsp basil
- 2 410g cans SPC crushed tomatoes

What to do

1. Heat the olive oil over high heat in a saucepan. Add the onion and garlic and cook for 3 minutes, or until onion is softened.
2. Add the tomato paste, sugar and basil and cook for one minute.
3. Add the crushed tomatoes and reduce heat to low. Allow the sauce to simmer for 10-15 minutes or until sauce is thickened.
4. Add salt, pepper and additional basil to taste.



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