



ON SALE 5TH OCTOBER 2022



Australian

LAMB LOIN CHOPS

\$25⁹⁹
kg



Serving Suggestion

WHERE THE *locals* MATTER



Greenseas Canned Tuna 95g
\$11.58 per 1kg

\$1¹⁰
ea

SAVE \$1.15



Nescafé
Coffee
Sachets
10pk/Gold
6/8pk

\$3⁷⁰
ea

SAVE \$3.75

1/2
PRICE

Morning
Fresh
Dishwashing
Liquid
900mL
50¢ per 100mL



\$4⁴⁹
ea

SAVE \$4.50



Tresemme
Shampoo &
Conditioner
940mL
74¢ per 100mL

\$6⁹⁹
ea

SAVE \$7.01

Offers available from:
05/10/22 until 11/10/22

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

GREAT SPECIALS ON NOW!

Scan & Subscribe to save



SEE INSIDE FOR MORE SAVINGS





— FRESH MEAT & Produce —



Grown in Australia

Premium
WHITE MUSHROOMS

\$9.90 kg



Asparagus

\$2 bunch



Sweet Potato

\$2.50 kg



JC's Backyard
BBQ Mix 375g
\$15.97 per 1kg

\$5.99 ea

First Grade
Beef Mince



\$18.99 kg

Whole
Bagged
Chicken



\$5.99 kg

Marion Bay
Chicken
Breast Fillets



\$18.99 kg



Scottsdale Pork
**ARTISAN CAROLINA/MEMPHIS
MARINATED PORK SHOULDER**

Serving Suggestion

\$14.99 kg



Double Smoked
HAM
Serving Suggestion

\$13⁹⁹ kg



Long
Rindless
Bacon

\$13⁹⁹ kg



Chicken
Loaf

\$9⁹⁹ kg



Cheese
Kransky

\$17⁹⁹ kg

Cripps
Master Loaf
680/700g

\$3⁵⁹ ea

SAVE 80¢



Product of
Tasmania

Williams
Wraps 8pk
71¢ per 100g

\$3⁹⁹ ea

SAVE \$1.00



Product of
Tasmania



\$6⁹⁹ ea

SAVE \$2.30

Central Cake Co Lemon/
Caramel/Hedgehog/Brownie Fingers 6pk

Product of
Tasmania



Product of
Tasmania

National Pies
**MEAT PIES/
PASTIES 2PK**
\$1.66 per 100g

\$5⁹⁹ ea

SAVE \$2.26



— SNACK & DRINK Favourites —



Mars Medium Bars 35-56g



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



Fyna Licorice Bags 200-250g



Cadbury Family Block Chocolate 160-190g



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



Arnott's Cream Favourites 500g
\$1.00 per 100g



Arnott's Shapes/Savoy/Jatz 140-250g



Bickford's
Cordial
Syrup
750mL
\$5.32 per 1L



Powerade
Sports
Drink 1L
\$3.49 per 1L



Monster Energy Drink 500mL 4pk
\$4.50 per 1L



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



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

— STOCK UP THE *Pantry* —



**1/2
PRICE**



Green's
Pancake
Shake
200g
69¢ per 100g

\$1.37
ea

SAVE \$1.38



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

\$11.99
ea

SAVE \$7.51



Nestle Milo 395/460g

\$6.75
ea

SAVE \$3.04



Golden Circle
Long Life Juice 2L (excl. Mango Nectar)
\$2.00 per 1L

\$3.99
ea

SAVE \$1.20



Foster Clarks Snak Pack 120g
\$1.24 per 100g

\$1.49
ea

SAVE 41¢



Juicy Isle Topping 375mL
72¢ per 100mL

\$2.69
ea

SAVE 31¢



Kellogg's Crunchy Nut
Corn Flakes/Special K/
Nutri-Grain/Sultana Bran 290-420g

\$4.99
ea

SAVE \$1.86



Heinz Baked Beans/Spaghetti 535/555g

\$2.99
ea

SAVE 86¢



Easy Mac 280g
\$1.25 per 100g

\$3.49
ea

SAVE \$1.21



Dolmio
Extra
Pasta
Sauce
490/500g

\$2.99
ea

SAVE \$1.01



San Remo
Pasta
375/500g

\$2.49
ea

SAVE 46¢



— FILL UP THE FRIDGE & Freezer —



Betta Flavoured Milk 500mL
\$7.98 per 1L



Yoplait
Yoghurt
6pk
52¢ per 100g

\$4.99
ea
SAVE \$2.00



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



Devondale Butter Pat 500g
\$1.20 per 100g



Tibaldi Signature Ham off the Bone 120g
\$24.92 per 1kg



Peters Lemonade/
Raspberry & Lemonade Icy Poles 8pk



Bulla Creamy Classics 2L
30¢ per 100mL



Bega Cheese Grated 500g
\$13.98 per 1kg



Bulla Multipack Sticks 8-14pk



Ingham's
Creamy Garlic Chicken Kiev 600g
\$16.65 per 1kg



Birds Eye
Frozen Peas 1kg (excl. Baby Peas)
\$3.99 per 1kg

**1/2
PRICE**



\$3.49
ea
SAVE \$4.10

Tidbits Dog Biscuits 300-350g



\$2.89
ea
SAVE 61¢

Pedigree Canned Dog Food 700g
41¢ per 100g



\$5.99
ea
SAVE \$3.60

Dine Cat Food 85g 7pk
\$1.01 per 100g



\$6.35
ea
LOW PRICE

Friskies Dry Cat Food 1kg
64¢ per 100g



\$6.99
ea
SAVE \$4.51

Cold Power Laundry Detergent 900g/1L



Multix
Quick Zip
Sandwich
Bags 100's
4¢ per 1ea

\$3.99
ea
SAVE \$1.20

**1/2
PRICE**



\$7.49
ea
SAVE \$7.51

Dove Bodywash 1L
75¢ per 100mL

**1/2
PRICE**



\$3.99
ea
SAVE \$4.00

Dove
Antiperspirant 220-254mL



\$4.99
ea
SAVE \$2.01

Colgate Plax Mouthwash 500mL
\$1.00 per 100mL

SEE INSIDE FOR MORE SAVINGS



\$17.99
ea

SAVE \$6.01

Nescafé Blend 43 Coffee 500g
\$3.60 per 100g



\$1.99
ea

SAVE \$1.51

Mission Corn Chips 230g
87¢ per 100g

**GREAT
BUYS!**



\$2.99
ea

SAVE \$2.20

Tetley Tea Cup Bag 100pk
\$1.66 per 100g



\$9.99
ea

SAVE \$4.26

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

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Betta MILK

COLLECT TO

WIN

A SHARE OF

\$100,000

IN CASH PRIZES*



Betta

GRASSROOTS
SPORTS GIVEAWAY



Product of
Tasmania

\$3.99
ea

SAVE 20¢

Betta Flavoured Milk 500mL
\$7.98 per 1L

COLLECT TOKENS
& SUPPORT YOUR
LOCAL SPORTS CLUB



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WHERE THE *locals* MATTER

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