





- FRESH MEAT & Produce -









JC's Peanuts Salted/ Unsalted 500g \$8.98 per 1kg



Marion Bay Free Range Chicken Bagged







Lamb Leg Half





Nichols Niblets Marinated Chicken Wings 1kg \$6.99 per 1kg







- DELICIOUS DELI & Bakery -









Chicken Thighs Skin On Bone In



Champagne Ham

Cripps Crumpet Splits 6pk 59¢ per 100g





National Pies Family Pie 750/900g





Central Cake Co Fingers 6pk







- SNACK & DRINK Favourites -



Cadbury Bites 110-150g





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



Cadbury Family Block Chocolate 160-190g



Arnott's Salada 250g \$1.00 per 100g



CC's Corn Chips/ Thins Potato Chips 110-175g



Twisties/Burger Rings/ Cheetos 125-270g



Coca-Cola/Lift/Fanta/ Sprite Soft Drink Cans 375mL 24pk \$1.89 per 1L



V Energy Drink 250mL 4pk \$5.99 per 1L





Tasmanian Mountain Spring Water 10L 60¢ per 1L

- STOCK UP THE Pantry -









Moccona Freeze Dried Classic Coffee 400g \$3.75 per 100g



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



Sanitarium Weet-Bix 575g 52¢ per 100g



Ocean Spray Fruit Drink 1.5lt \$2.66 per 1L



Koala Long Grain Rice 1kg 20¢ per 100g



Dolmio Extra Pasta Sauce 490/500g



Praise Squeeze Mayonnaise 365/410g/ Whole Egg 335/380g

— FILL UP THE FRIDGE & Freezer —



Peters Ice Cream 4L 20¢ per 100mL



Peters Drumstick/Maxibon 4/6pk



Pampas Bulk Puff Pastry 1.6kg 37¢ per 100g



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



Birds Eye Deli Chips/Roast Potatoes 600g \$5.82 per 1kg



Western Star Spreadable 500g 80¢ per 100g



Mainland On the Go Cheese & Crackers 50g/Artisan 38g



Bega Block Cheese 500g \$13.98 per 1kg



Zoosh Dip 185g \$1.08 per 100g



Thick & Creamy Yoghurt 150g 99¢ per 100g



Ashgrove Full Cream/ Non Homogenised Milk 2L \$2.00 per 1L



Juicy Isle Chilled Fruit Drink 2L \$1.35 per 1L

- HOME, BEAUTY & Pet -







Kleenex Viva Paper Towel 2pk



Kleenex Facial Tissues 200pk \$1.13 per 100ea

3¢ per 1m



BabyLove Nappy Pants 22-38pk (excl. Beyond)





Dine Cat Food 85g 7pk 92¢ per 100g



Pedigree Canned Dog Food 700g 34¢ per 100g





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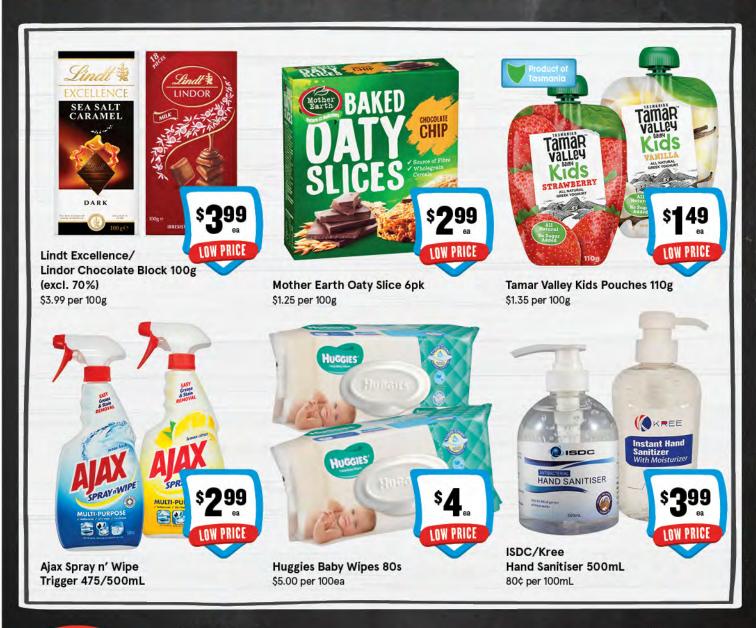
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Bega Simply Nuts 315/325g

Ingredients

- · 3/4 cup (185mL) coconut milk
- · 2 thsp crunchy peanut butter
- · I to 2 tsp curry powder (depending on how spicy you like it)
- · 2 pork chops, trimmed and cut into 2cm cubes

What to do

- 1. In a medium bowl, mix together the coconut milk, peanut butter, curry powder and season with sea salt and cracked pepper.
- 2. Add the pork, stir to coat, marinate for at least I hour in the refrigerator.
- 3. When ready to cook, thread the pork onto metal skewers (or bamboo skewers pre-soaked).
- 4. Grill, turning every minute so as not to burn, 4 to 5 minutes or until cooked. Continue to glaze throughout.