



MAJOR SAVERS



ON SALE 25TH OCTOBER 2023

SEE INSIDE FOR MORE SAVINGS



\$1.99
ea

SAVE \$2.01



Arnott's Shapes 130-190g



\$1.99
ea

SAVE \$2.01

Ben's Original
Express Rice 250g
80¢ per 100g

\$2.10
ea

SAVE \$2.15

Gatorade
Sports Drink
600mL
\$3.50 per 1L



ALL
1/2
PRICE

Organic Care
Shampoo &
Conditioner
400mL
48¢ per 100mL



\$1.90
ea

SAVE \$1.99

Offers available from: 25/10/23 until 31/10/23

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



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!
Scan & Subscribe to save



MAJOR SAVERS



Greenseas
Canned Tuna 95g
\$13.68 per 1kg



\$1.30
ea

SAVE \$1.39



Best Foods Mayonnaise 405g
84¢ per 100g

\$3.39
ea

SAVE \$3.40



\$3.49
ea

SAVE \$3.51

Lean Cuisine Frozen Meals 375g
93¢ per 100g

ALL
1/2
PRICE



\$2.10
ea

SAVE \$2.10

Bic Simply Soleil 3pk
70¢ per 1ea



\$2.30
ea

SAVE \$2.30

Dove Beauty Bar 2pk
\$1.28 per 100g



\$3.85
ea

SAVE \$3.85

Dove Beauty Bar 4pk
\$1.07 per 100g



\$5.40
ea

SAVE \$5.60

Ajax Antibacterial Wipes 110s
5¢ per 1ea



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



McCain Peas/Corn &
Peas/Corn/Carrots 500g
\$7.50 per 1kg

\$3.75
ea

LOW PRICE



Sakata Rice Crackers 90/100g

\$2.30
ea

LOW PRICE



Kirks Mixers 6x250mL
\$4.00 per 1L

\$6
ea

LOW PRICE



Monster Energy Drink 500mL
\$5.80 per 1L

\$2.90
ea

LOW PRICE



Maggi Noodle Cup 4pk

\$7.75
ea

LOW PRICE



U by Kotex
Pads/Tampons
10-16pk

\$5
ea

LOW PRICE



Fancy Feast Dry
Cat Food 430/450g

\$6.50
ea

LOW PRICE



— FRESH MEAT & *Produce* —



Tasmanian Grown

Tasmanian
BROCCOLI

Serving Suggestion

\$3⁹⁰
kg



Australian Lamb

Australian
LAMB LOIN CHOPS

Serving Suggestion (product sold uncooked)

\$22⁹⁹
kg



Tasmanian Grown

Red Apples 1.5kg
\$2.63 per 1kg

\$3⁹⁵
bag



Scottsdale Pork
Traditional English Thin Pork Sausage 700g
\$15.70 per 1kg

\$10⁹⁹
ea



Tasmanian Grown

Brown Onions 1kg
\$1.50 per 1kg

\$1⁵⁰
bag



Ingham's
Creamy Garlic Stuffed Chicken Breasts 700g
\$15.70 per 1kg

\$10⁹⁹
ea



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

\$5⁹⁹
ea



Australian Beef

Beef Mince
First Grade

\$17⁹⁹
kg

— DELICIOUS DELI & Bakery —



Product of Tasmania

Cripps
MUFFINS 6pk
\$1.05 per 100g

\$3.79 ea
SAVE \$1.50

Family Favourite
CHAMPAGNE HAM
Serving Suggestion

\$14.99 kg

Product of Tasmania

Cripps
Premium Shortbread
Tin 334g
\$3.29 per 100g

\$10.99 ea
SAVE 80¢

Long Rindless Bacon

\$14.99 kg

Product of Tasmania

National Pies
Premium Pies
2pk (excl. Cottage)
\$2.08 per 100g

\$7.49 ea
SAVE \$1.30

Australian Poultry

Chicken Breast Chunks

\$13.99 kg

1/2 PRICE

Mrs Brunt's
Waffles
165/230g
\$1.63 per 100g

\$2.69 ea
SAVE \$2.80

Australian Poultry

Mixed Chicken Pieces

\$5.99 kg



STOCK UP FOR



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



M&M's/
Maltesers/Pods
125-180g



Mars Fun Size
Bags 132-192g

Nestle Fun Pack
Confectionery
127-158g



Allen's Chocolate Bags 160g
\$2.49 per 100g



Kinder Choc Sharepack 200g
\$2.00 per 100g



Cobs Popcorn 80-120g



Fyna Licorice Bags 200-250g



Chupa Chups Mix of Minis 40pk
\$1.25 per 100g



Allen's Large Jelly/Chews 335-420g

Halloween



\$2.85
ea

SAVE \$2.85



\$3.99
ea

SAVE \$2.46



\$3.99
ea

SAVE \$1.51

Nestle Block Chocolate 118-200g



\$3.99
ea

SAVE \$1.96

Reese's Peanut Butter Miniatures 150g
\$2.66 per 100g



\$2.69
ea

SAVE \$1.31

Pascall Confectionery Bags 150-280g



\$2.79
ea

SAVE \$2.21

Cadbury Share Pack 144-180g

FREDDO IN PIECES



\$3.49
ea

SAVE \$1.51

Cadbury Baking
Blocks 180g/Chips 200g/Melts 225g



1/2
PRICE

\$1.99
ea

SAVE \$2.01

The Natural Confectionery
Company Bags 180-230g

VIEW RECIPE





— TREATS, SNACKS & *Drinks* —



Red Bull Energy Drink 4x250mL
\$6.99 per 1L



Coca-Cola/
Fanta/
Sprite/
Mt Franklin
Sparkling
Water 1.25L
\$1.80 per 1L



Coca-Cola 30x375mL
\$2.27 per 1L



Schweppes
Traditional/
Mineral Water/
Mixers 1.1L
\$1.59 per 1L



Bundaberg Brewed Soft Drink 10x375mL
\$3.46 per 1L



Clearly Tasmanian Water 20x600mL
75¢ per 1L



Arnott's Teddy Bear/
Butternut Snap/Chocolate
Ripple/Malt 'O' Milk Biscuits 250g
\$1.00 per 100g



Arnott's Savoy/Jatz 225/250g



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

— STOCK UP THE *Pantry* —



Green's Premium Baking Mixes 380-630g



Kellogg's Crunchy Nut Corn Flakes/Froot Loops/Nutri-Grain/Just Right/Coco Pops 460-765g



Nescafé Blend 43 Coffee 500g/Gold 400g



Heinz Baked Beans/Spaghetti 300g
83¢ per 100g



Continental Recipe Base 30-50g



Suimin Cup Noodles 70g
\$2.50 per 100g



Red Kellys Salad Dressing 250mL (excl. Balsamic)
\$1.60 per 100mL



Cobram Estate Extra Virgin Olive Oil 250mL
\$2.40 per 100mL



MasterFoods Tartare/Seafood Cocktail Sauce 220/260g



— FILL UP THE FRIDGE & *Freezer* —



McCain Pub Style Wedges or Fries 750g
\$5.27 per 1kg



McCain Pizza Singles 380/400g
\$1.62 per 100g



Peters Original Ice Cream 2L
26¢ per 100mL



Peters Drumstick 4/6pk



Spreyton Fresh Juice 2L
\$2.60 per 1L



Pauls Zymil Chilled Milk Lactose Free 1L
\$3.49 per 1L



Farmer's Union Yoghurt Pouches 130g
\$1.35 per 100g



Flora Spread 500g
74¢ per 100g



Mainland Tasty Cheese Block 500g
\$13.98 per 1kg



Sorbent Toilet Tissue 24pk
29¢ per 100sh



Fab Laundry Powder 1kg or Liquid 900mL



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



Claratyne Hayfever Allergy 5pk
\$1.40 per 1ea



Whiskas Oh So Pouches 12x85g
\$1.08 per 100g



Whiskas Canned Cat Food 400g
53¢ per 100g



Supercoat Dog Food 6.7/7kg



Pedigree Canned Dog Food 1.2kg
40¢ per 100g

GARDEN Specials

RICHGRO
NATURAL
Pinebark
Mulch

Attractive natural mulch for landscaping garden beds and pots that reduces weed growth, retains moisture and regulates soil temperature.

40L NET

40 Litres Net RICHGRO

\$6.99 ea
SAVE 50¢

Richgro Pine Bark 40L

NATURELAND
POTTING MIX

A balanced mix blended from high quality composted materials.

NATURELAND Potting Mix 25L

\$4.99 ea
SAVE \$1.80

SEE INSIDE FOR MORE SAVINGS

BEEF KOFTAS



Beef Mince
First Grade

\$17⁹⁹
kg



Bega Peanut
Butter 470g
\$1.27 per 100g

\$5⁹⁹
ea

SAVE \$1.26

Ingredients

- 1/2 cup crunchy peanut butter
- 2 tsp curry powder
- 1 egg
- 500g lean beef mince

What to do

1. Place all ingredients in a large bowl and season with sea salt and cracked pepper.
2. Mix well to combine and then using clean damp hands, mold a heaped tablespoonful of beef around a wooden skewer into a 7cm long sausage.
3. Repeat with remaining beef mixture and skewers.
4. BBQ or grill, turning to brown evenly until cooked through, 6 to 7 minutes.

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LOCATE

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