

Southern Heritage

QUALITY

WOOD SMOKED HAM



\$7.99
kg

**AUSTRALIAN HAM
WOOD SMOKED AND
CURED IN TASMANIA**



WHERE THE *locals* MATTER

*until stocks last



Fresh Savings



\$23⁹⁹
kg



Beef Rump Steak

Meat Department



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



scottsdales
pork

traditional
english pork
sausages

Ingredients: Pork (79.2%), Water, Rice Flour, Salt, Manufactured Crumb (Wheat), Spices, Preservative (202), Mineral Salt (451), Flavour, Spice Extracts, Contains Gluten and Sulphites.

NUTRITION INFORMATION
Servings per package: 10
Serving size: 100g

	Average Qty. per Serving	Average Qty. per 100g
Energy	772 kJ	772 kJ
Protein	14.7 g	14.7 g
Fat, total	11.8 g	11.8 g
- saturated	4.6 g	4.6 g
Carbohydrate	5.1 g	5.1 g
- sugars	0.1 g	0.1 g
Sodium	600 mg	600 mg

*All values considered averages.

padlock bred, eco barn raised in the cuckoo valley
tasmania

Made in Australia from at least 50% Australian ingredients

Keep refrigerated at 1-4 deg C. Address: 87 William Street, Scottsdale TAS 7285.

\$10.99
ea

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



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$16⁹⁹
kg



Lamb Leg Netted & Boneless

Meat Department



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$18⁹⁹
kg



Marion Bay

Chicken Breast Fillets

Meat Department



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$13⁹⁹
kg



Scottsdale Pork

Boneless Pork Leg Roast

Meat Department



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$8.99
kg

Marion Bay

Free Range Chicken Bagged

Meat Department



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$5⁹⁹
kg



Chicken Drumsticks

From the Deli



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$15⁹⁹
kg

Virginian Ham

From the Deli



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$11.99
kg

Saveloys
From the Deli



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings

**THAWED FOR YOUR
CONVENIENCE**



\$29⁹⁹
kg



Large Cooked Tiger Prawns

From the Deli



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$8.99
kg

Diced Lean Bacon

From the Deli



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$2.99
kg

**New Season
Nicola Potatoes**



Fresh Savings



\$3.90
kg



Broccoli

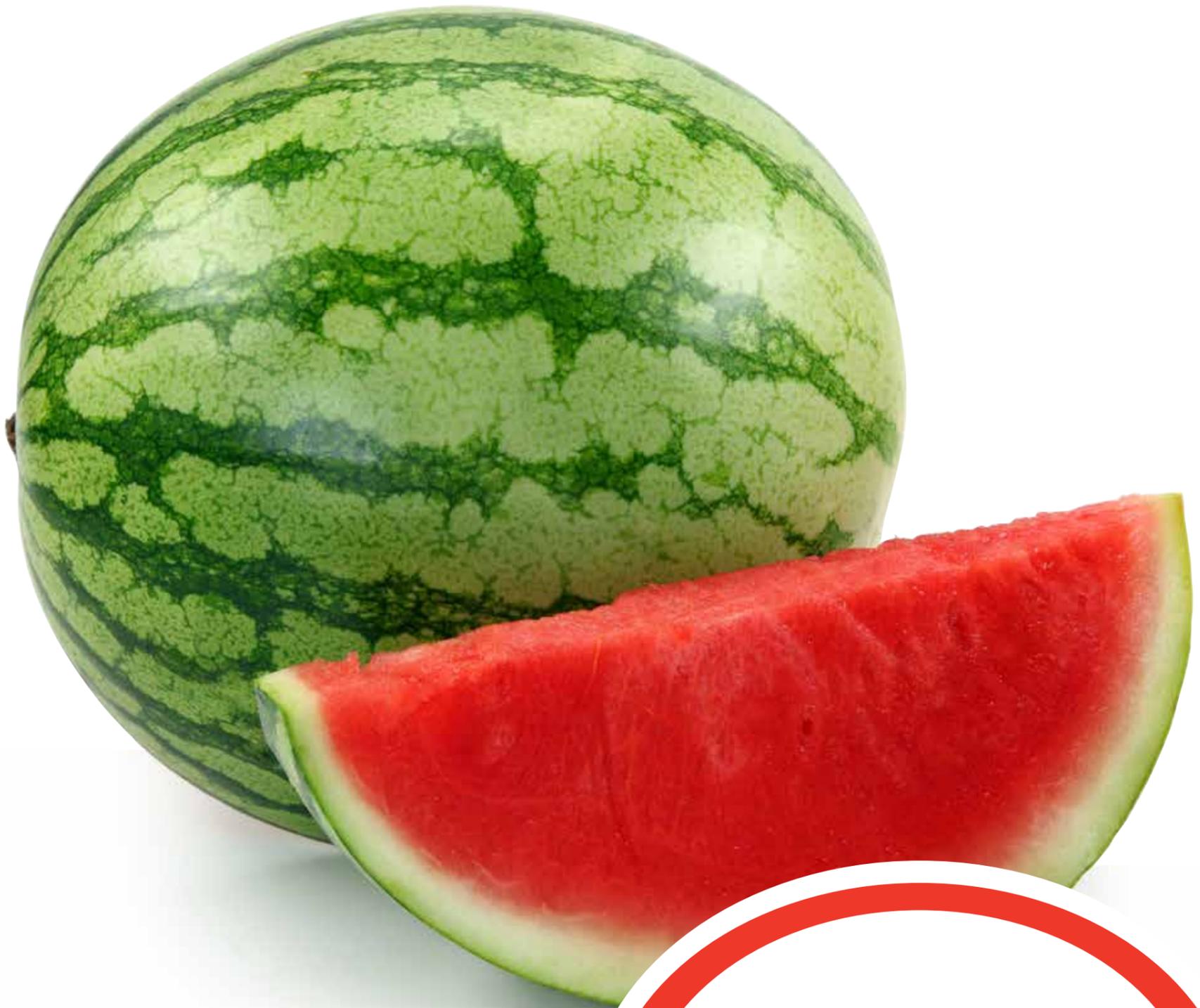


INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023



Fresh Savings



\$2.49
kg



Watermelon



INDEPENDENT GROCERS *for Australia*

ON SALE WEDNESDAY 6 DECEMBER UNTIL TUESDAY 12 DECEMBER 2023