



Lift Out

Wednesday 20 Mar 2024 - Tuesday 02 Apr 2024 (Weeks 12 & 13)

Front Page		Save	% Off	Retail	
Page 2 - Fish & Chip Meal Deal Half Page					
1	Birds Eye Oven Bake Fish Fillets 425g (\$8.99 Meal Deal)	\$6.30	½	\$6.00	\$14.12 per 1kg
2	Birds Eye Golden Crunch Chips/Wedges 900g (\$8.99 Meal Deal)	\$3.36	½	\$2.99	\$3.32 per 1kg
Page 2 - Half Page					
3	Birds Eye Fish Fingers 1kg LPE			\$11.50	\$11.50 per 1kg
4	I&J Salt & Pepper Squid/Calamari 360g	\$2.21		\$6.99	\$19.42 per 1kg
5	Tasmanian Smoke House Salmon 100g	\$0.90		\$4.99	\$49.90 per 1kg
6	MasterFoods Tartare/Seafood Cocktail Sauce 220/260g	\$0.81		\$2.99	N/A
7	Safcol Responsibly Fished Tuna 425g	\$1.70		\$3.49	\$8.21 per 1kg
8	John West Salmon Tempters 95g	\$1.95	½	\$1.65	\$17.37 per 1kg
Page 3 - Prawn Caesar Salad Recipe					
1	Aussie Cooked Large Tiger Prawns 3kg (Thawed) (Deli)			\$29.99kg	N/A
2	Primo Middle Bacon Rashers 250g	\$1.71		\$4.99	\$19.96 per 1kg
Page 3 - Global 1/2 Page					
3	Global Seafoods Australia Barramundi/Saddletail Snapper 250g LPE			\$18.99	\$75.96 per 1kg
4	Global Seafoods Frozen Cooked & Peeled Prawns 300g	\$4.60		\$8.99	\$29.97 per 1kg
5	Global Seafoods Frozen Prawn Ring 255g LPE			\$11.00	\$43.14 per 1kg
Page 4 - Greek Style Lamb Leg Roast Recipe					
1	Lamb Leg Netted & Boneless (Meat)			\$17.99kg	N/A
Page 4 - Panel					
2	Black & Gold Garlic Bread 2pk 450g			\$2.49	55¢ per 100g
3	Campbell Real Stock 250mL LPE			\$1.80	72¢ per 100mL
4	Black & Gold Foil Trays 6pk			\$2.50	42¢ per 1ea
Page 5 - Chicken Breast Roasts Recipe					
1	Nichols Chicken Breast Fillets (Deli)			\$11.99kg	N/A
Page 5 - Panel					
2	Ingham's Ready Roast Turkey Thigh Roll 1kg	\$3.71		\$14.99	\$14.99 per 1kg
3	Birds Eye Chopped Onion 500g LPE			\$3.30	\$6.60 per 1kg
4	Birds Eye Sliced Green Beans 1kg LPE			\$3.50	\$3.50 per 1kg
5	Community Co Chopped Spinach 250g			\$1.25	\$5.00 per 1kg
Page 6 - Pork Chop Lemon & Rosemary with Slaw Recipe					
1	Pork Loin Chops (Meat)			\$20.50kg	N/A
Page 6 - Panel					
2	McKenzie's Salt 115g & Black Pepper 55g Grinder	\$1.70		\$3.89	N/A
3	Praise Salad Dressing 330mL LPE			\$3.00	91¢ per 100mL
4	Community Co Mustard 190g			\$3.15	\$1.66 per 100g
5	Community Co Sauce 500mL			\$2.30	46¢ per 100mL
Page 7 - Produce					
1	New Season Washed Potatoes 2kg (Produce)			\$4.95bag	\$2.48 per 1kg
2	Australian Fresh Leafy Salad 120g (Produce)			\$1.99ea	\$16.58 per 1kg
3	Jazz Apples (Produce)			\$4.95kg	N/A

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Page 7 - Panel					
5	Black & Gold Minced Garlic 250g			\$1.25	1¢ per 10g
6	Crisco Canola/Blended Vegetable Oil 2L	LPE		\$10.00	50¢ per 100mL
7	Community Co Extra Virgin Olive Oil 500mL			\$9.50	\$1.90 per 100mL
Page 8 - JC's 1/2 Page					
1	JC's Rice Wheels 140g (Produce)	\$0.76		\$1.99ea	\$1.42 per 100g
Page 8 - Entertaining 1/2 Page					
2	Zoosh Dip 185g	\$1.01		\$2.49	\$1.35 per 100g
3	Philadelphia Pourover 250g	\$2.25	½	\$2.25	\$9.00 per 1kg
4	Community Co Double Brie Cheese 125g			\$5.00	\$40.00 per 1kg
5	Marathon Dim Sims 1.5kg	\$3.01		\$8.99	60¢ per 100g
6	Harvest Snaps 120g	\$2.51	½	\$2.49	\$20.75 per 1kg
7	Fyna Licorice Bags 200-250g	\$0.90		\$2.99	N/A
Page 9 - Moccona 1/2 Page					
1	Moccona Coffee Sachets 8/10pk	\$3.01	½	\$2.99	N/A
Page 9 - Sorbent 1/2 Page					
2	Handee Ultra Paper Towel 2pk	\$2.00	½	\$1.99	\$1.66 per 100ea
3	Sorbent Toilet Tissue Hypo-Allergenic 8pk	\$4.40		\$4.99	35¢ per 100sh
Page 10 - Easter Chocolate					
1	(T)Cadbury Egg Bag 110-125g	\$2.75	½	\$2.75	N/A
2	(T)Cadbury Easter Bunny 150-170g	\$1.21		\$5.49	N/A
3	(T)Cadbury Hollow Egg 100/110g	\$1.51		\$3.49	N/A
4	(T)Red Tulip Carnival Rabbit 180g	\$1.51		\$6.49	\$3.61 per 100g
Page 10 - Mondelez 1/2 Page					
5	Cadbury Share Pack 144-180g	\$2.41		\$3.59	N/A
6	Cadbury Roses Chocolates 420g	Digital \$10.81	½	\$8.99	\$2.14 per 100g
7	Cadbury Cookies 156g	\$1.31		\$2.69	\$1.72 per 100g
8	Cadbury Favourites 520g	\$12.00	½	\$10.99	\$2.11 per 100g
9	Cadbury Drinking Chocolate 250g	\$0.96		\$3.69	\$1.48 per 100g
Page 11 - Easter Chocolate					
1	(T)Kinder Maxi Egg 100g	\$2.01		\$8.99	\$8.99 per 100g
2	(T)Kinder Bunny 75g	\$1.01		\$4.99	\$6.65 per 100g
3	(T)Nestle Incredible Egg 200g	\$5.01		\$9.99	\$5.00 per 100g
4	Maltesers Gift Box 360/400g	\$7.01	½	\$6.99	N/A
5	(T)Lindt Gold Bunny 10g	\$0.25		\$1.00	\$10.00 per 100g
6	(T)Lindt Egg Bag 90g	\$1.51		\$3.99	\$4.43 per 100g
Page 11 - Easter Egg Hunt 1/2 Page					
Page 12 - Tasmanian Double Page - The Good Apple 1/2 Page					
1	The Good Apple Sparkling Apple Juice 750mL	\$0.91		\$3.49	\$4.65 per 1L
Page 12 - Tasmanian Double Page - Four Roses 1/2 Page					
2	Cripps Four Roses Easter Buns 6pk (POT) (Everyday Price)			\$5.69	\$1.26 per 100g
Page 13 - Tasmanian Double Page					
1	Ashgrove Cheese 140g Excluding Fetta (POT)	\$2.51		\$4.99	\$35.64 per 1kg



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2	Ashgrove Full Cream/Non Homogenised Milk 2L (POT)	\$0.26		\$4.99	\$2.50 per 1L
3	William's Bread 800-900g (POT)	LPE		\$4.70	N/A
4	Pandani Sausages 500g	LPE		\$7.00	\$14.00 per 1kg
Page 13 - Tasmanian Double Page - Fonterra 1/4 Page					
5	Duck River Butter Pat 500g (POT)	\$1.01		\$7.49	\$1.50 per 100g
Page 13 - Tasmanian Double Page - National Pies Grant Initiative 1/2 Page					
Page 14 - Baking Double Page					
1	Sunbeam Mixed Fruit 1kg	\$1.80		\$9.99	\$9.99 per 1kg
2	Sunbeam Sultanas 1kg	\$2.30		\$6.99	\$6.99 per 1kg
3	Winn Red Glace Cherries 200g	\$0.81		\$3.99	\$19.95 per 1kg
4	Cadbury Baking Blocks 180g/Chips 200g/Melts 225g	\$2.01		\$2.99	N/A
4	Queen Organic Vanilla Extract 100mL	\$1.70		\$5.99	60¢ per 10mL
5	Dollar Sweets 160/190g	\$0.40		\$1.99	N/A
6	CSR Soft Icing Mixture 500g	LPE		\$2.50	50¢ per 100g
7	Black & Gold White Sugar 2kg			\$3.20	16¢ per 100g
Page 15 - Baking Double Page					
1	McKenzie's Coconut/Chickpea/Tapioca Flour 300/330g	\$0.51		\$3.49	N/A
2	McKenzie's Cornflour 300g	\$1.41		\$2.99	\$9.97 per 1kg
3	McKenzie's Sliver Almonds 100g/Californian Walnuts 80g/Crushed Peanuts 150g	\$0.20		\$3.79	N/A
4	McKenzie's Baking Powder 125g	\$0.36		\$2.49	\$1.99 per 100g
5	McKenzie's Cream of Tartar 125g	\$0.61		\$3.99	\$3.19 per 100g
6	McKenzie's Gelatine 100g	\$1.00		\$3.49	\$3.49 per 100g
7	Nestle Top N Fill Caramel 395g	\$0.91		\$4.99	\$1.26 per 100g
8	Pampas Filo Pastry 375g	\$1.01		\$3.99	\$1.06 per 100g
Page 16 - New York Baked Cheesecake Recipe Full Page					
1	Philadelphia Cream Cheese Block 250g	\$2.93	½	\$2.92	\$11.68 per 1kg
2	Queen Vanilla Bean Paste 65g	\$3.36		\$8.99	\$13.83 per 100g
3	Tas Taste Plain/Self Raising Flour 2kg (POT)	LPE		\$2.89	\$1.45 per 1kg
Page 17 - Community Co.					
1	Community Co Sundried Tomato Strips 280g			\$4.29	\$15.32 per 1kg
2	Community Co Passata 690g			\$2.69	39¢ per 100g
3	Community Co Pitted Kalamata Olives 350g			\$4.25	\$12.14 per 1kg
4	Community Co Cordial Syrup 1L			\$3.69	\$3.69 per 1L
5	Community Co Wooden Cutlery 12pk			\$1.90	16¢ per 1ea
6	Community Co Serviettes 25pk			\$2.50	10¢ per 1ea
7	Community Co Entertainment Snack Pack 1kg			\$10.29	\$1.03 per 100g
Page 18 - Dessert					
1	Pura Thickened Dollop Cream 300mL	\$1.21		\$3.49	\$1.16 per 100mL
2	Western Star Thickened Cream 600mL	\$0.51		\$4.69	78¢ per 100mL
3	Dairy Farmer's Vanilla Custard 1kg	\$1.01		\$3.99	40¢ per 100g
4	Foster Clark's UHT Custard 1L	\$1.30		\$4.49	45¢ per 100mL
5	Community Co Frozen Fruit 500g			\$7.29	\$14.58 per 1kg
6	Foster Clarks Custard Powder 350g	\$0.50		\$2.25	64¢ per 100g
7	Ferrero Rocher/Rondnoir Frozen Dessert 4pk (NEW)	\$6.25	½	\$6.25	\$2.23 per 100mL



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Page 19 - Peters Full Page					
1	Oreo/Nestle Kit Kat/Cadbury Ice Cream Sticks 4pk	\$6.01	½	\$4.99	N/A
Page 20 - LPE					
1	Meadowlea Spread 500g	LPE		\$4.50	90¢ per 100g
2	On the Menu Frozen Meals 320g	LPE		\$5.99	\$1.87 per 100g
3	SunRice Microwave Rice Cups 240/250g	LPE		\$3.00	N/A
4	SPC Fruits 4 x 120g	LPE		\$4.00	\$8.33 per 1kg
5	Indomie Noodles 5pk	LPE		\$3.95	N/A
6	Vitasoy So Milky UHT 1L	LPE		\$2.45	\$2.45 per 1L
7	Pampas Lemon Meringue Pies 400/500g	LPE		\$8.50	N/A
8	Fancy Feast Cat Food 85g	LPE		\$1.60	\$1.88 per 100g
9	Quilton Toilet Tissue 18pk	LPE		\$11.00	34¢ per 100sh
10	Lucky Dog Bones 800g	LPE		\$7.80	98¢ per 100g
Page 21 - Arnotts Full Page					
1	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe)	\$2.51	½	\$2.49	N/A
2	Arnott's Savoy/Jatz 225/250g	\$1.01		\$2.99	N/A
Page 22 - Bakery					
1	Community Co Mud Cake 600g			\$8.00	\$1.33 per 100g
2	Community Co Fruit Cake 800g			\$7.99	\$1.00 per 100g
3	Bakers Oven Madeira Cake 500g			\$6.20	\$1.24 per 100g
4	Baker's Oven Lamingtons 350g			\$5.49	\$1.57 per 100g
5	Community Co Baguette Sourdough 250g			\$4.70	\$1.88 per 100g
6	Community Co Pane Di Casa 500g			\$5.80	\$1.16 per 100g
7	Community Co Rolls Rustic 4pk			\$4.70	94¢ per 100g
Page 23 - Drinks Half Page					
1	Frantelle Spring Water Natural 1.5L	LPE		\$1.50	\$1.00 per 1L
2	Prima Fruit Drinks 6 x 200mL	LPE		\$3.95	\$3.29 per 1L
3	Great Northern Zero Alcohol 6 x 375mL	LPE		\$11.00	\$4.89 per 1L
4	Coca-Cola/Fanta/Sprite Soft Drink 2L	LPE		\$3.95	\$1.98 per 1L
5	Bundaberg Soft Drink 4 x 375mL	\$1.81		\$5.99	\$3.99 per 1L
Page 23 - Nestle 1/2 Page					
2	Nestle Condensed Milk 395-410g	\$1.11		\$2.99	N/A
Page 24 - Caramel Easter Egg Soldiers Recipe					