

**TV/Digital****Wednesday 05 Jun 2024 - Tuesday 11 Jun 2024 (week 23)**

Television Advertised		Save	% Off	Retail	
1	Continental Range (excl LPE)			50% off	N/A
2	Smith's Potato Chips 130-175g	\$2.40	½	\$2.40	N/A
3	Sanitarium Up & Go Breakfast Drink 6 x 250mL	\$6.01	½	\$5.99	\$3.99 per 1L
4	Birds Eye Oven Bake Fish Fillets 425g	\$6.31	½	\$5.99	\$14.09 per 1kg
5	Handee Ultra Paper Towel 3pk	\$3.00	½	\$2.99	\$1.66 per 100ea
6	Suimin Cup Noodles 70g	\$1.25	½	\$1.25	\$1.79 per 100g
7	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe)	\$2.51	½	\$2.49	N/A
8	Sakata Rice Crackers 90/100g	\$0.80		\$1.50	N/A
9	Quilton Toilet Tissue 12pk	\$2.60		\$6.99	32¢ per 100sh
Television Advertised - Fri 07 Jun					
10	Produce Line - Refer to Fresh Sheet (Produce)			\$1.00/kg	N/A

Google Advertised					
1	Chum Canned Dog Food 1.2kg	\$1.10		\$3.49	29¢ per 100g
2	Natures Organics Fruits Shampoo & Conditioner 500mL	\$0.60		\$1.69	34¢ per 100mL
3	Omo Laundry Liquid 2L/3 in 1 Capsules 28pk	\$14.01	½	\$13.99	N/A
4	Coca-Cola 30 x 375mL	\$16.90		\$27.00	\$2.40 per 1L

Facebook Advertised - Winter Warmers					
1	Suimin Cup Noodles 70g	\$1.25	½	\$1.25	\$1.79 per 100g
2	McKenzie's Soup Mixes 500g	\$0.20		\$1.40	\$2.80 per 1kg
3	Valcom Curry Paste 210/230g	\$2.15	½	\$2.15	N/A
4	Maggi Gravy 24/27g	\$0.39		\$1.00	N/A
5	Moccona Coffee 200g	\$7.01		\$12.49	\$6.25 per 100g
6	Queen Pure Maple Syrup 250mL	\$1.46		\$7.99	\$3.20 per 100mL
7	Cripps Crumpet Splits 6pk (POT)	\$1.41		\$2.59	61¢ per 100g
8	La Famiglia Cheesy Garlic Bread 190g	\$1.01		\$3.79	\$1.99 per 100g

Facebook Advertised - Continental Range					
1	Continental Range (excl LPE)			50% off	N/A

Facebook Advertised - Coughs + Colds					
1	Vicks VapoDrops 16/24pk	\$2.00		\$4.49	N/A
2	Strepsils Lozenges 16pk	\$2.00		\$4.99	31¢ per 1ea
3	Nurofen Zavance 12pk	\$1.51		\$4.49	37¢ per 1ea
4	Fisherman's Friend Lozenges 25g	\$0.90		\$2.25	\$9.00 per 100g
5	Codral Relief Cold/Flu + Decongestant 10pk	\$2.50		\$7.99	80¢ per 1ea
6	Blistex Range			50% off	N/A
7	Quilton Gold 4ply Aloe Vera Facial Tissues 100pk	\$0.51		\$1.99	\$1.99 per 100ea

Wednesday Catalogue Email Header					
1	Continental Range (excl LPE)			50% off	N/A
2	Sakata Rice Crackers 90/100g	\$0.80		\$1.50	N/A

Friday Catalogue Email - Sweet Potato & Chickpea Curry					
1	TCC Coconut Milk 400mL	\$1.15	½	\$1.15	29¢ per 100mL



TV/Digital

Wednesday 05 Jun 2024 - Tuesday 11 Jun 2024 (week 23)

2	Valcom Curry Paste 210/230g	\$2.15	½	\$2.15	N/A
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Website Banner					
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1	Smith's Potato Chips 130-175g	\$2.40	½	\$2.40	N/A
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Website Banner - Black & Gold					
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1	Black & Gold Longlife Milk 1L			\$1.79	\$1.79 per 1L
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2	Black & Gold Garlic Bread 2x225g			\$2.49	55¢ per 100g
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3	Black & Gold Tomatoes Chopped 400g			\$1.10	\$2.75 per 1kg
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Radio Advertised					
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1	Continental Range (excl LPE)			50% off	N/A
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2	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe)	\$2.51	½	\$2.49	N/A
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3	Birds Eye Oven Bake Fish Fillets 425g	\$6.31	½	\$5.99	\$14.09 per 1kg
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4	Handee Ultra Paper Towel 3pk	\$3.00	½	\$2.99	\$1.66 per 100ea
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Press

Examiner / Mercury / Advocate

Wednesday 05 Jun 2024 - Tuesday 11 Jun 2024 (week 23)

Thursday 06 Jun - ALL PRESS		Save	% Off	Retail	
1	Nabisco In A Biskit 160g	\$2.25	½	\$2.25	\$1.41 per 100g
2	Cadbury Ice Cream Tubs 460mL	\$6.50	½	\$6.49	\$1.41 per 100mL
3	Kelloggs LCM Bars 100-110g	\$2.45	½	\$2.25	N/A
Friday 07 Jun - Advocate/Examiner - (Market Fresh)					
1	Produce Line - Refer to Fresh Sheet (Produce)	TV		\$0.00kg	N/A
2	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
Friday 07 Jun - Advocate/Examiner - (Market Fresh)					
1	Happy Donut 4pk	\$1.01		\$5.49	N/A
2	Chicken Drumsticks (Deli)			\$5.29kg	N/A
3	Beef Rump Steak (Meat)			\$22.99kg	N/A
Friday 07 Jun - Mercury - (Market Fresh)					
1	Happy Donut 4pk	\$1.01		\$5.49	N/A
2	Produce Line - Refer to Fresh Sheet (Produce)	TV		\$0.00kg	N/A
3	Beef Rump Steak (Meat)			\$22.99kg	N/A
Friday 07 Jun - Mercury					
1	Continental Range (excl LPE)	TV		50% off	N/A
2	Smith's Potato Chips 130-175g	TV	\$2.40	½	\$2.40
3	Birds Eye Oven Bake Fish Fillets 425g	TV	\$6.31	½	\$5.99
					\$14.09 per 1kg
Saturday 08 Jun - Advocate & Examiner					
1	Continental Range (excl LPE)	TV		50% off	N/A
2	Smith's Potato Chips 130-175g	TV	\$2.40	½	\$2.40
3	Birds Eye Oven Bake Fish Fillets 425g	TV	\$6.31	½	\$5.99
					\$14.09 per 1kg
Saturday 08 Jun - Mercury Front Page					
1	Suimin Cup Noodles 70g	TV	\$1.25	½	\$1.25
2	Sakata Rice Crackers 90/100g	TV	\$0.80		\$1.50
3	Quilton Toilet Tissue 12pk	TV	\$2.60		\$6.99
					32¢ per 100sh



Wednesday 05 Jun 2024 - Tuesday 11 Jun 2024 (week 23)

Front		Save	% Off	Retail	
1	Continental Range (excl LPE) TV			50% off	N/A
2	Smith's Potato Chips 130-175g TV	\$2.40	½	\$2.40	N/A
3	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) TV	\$2.51	½	\$2.49	N/A
4	Birds Eye Oven Bake Fish Fillets 425g TV	\$6.31	½	\$5.99	\$14.09 per 1kg
5	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
Page 2					
1	Nabisco In A Biskit 160g Press	\$2.25	½	\$2.25	\$1.41 per 100g
2	Lindt Bar 38g	\$1.25	½	\$1.25	\$3.29 per 100g
3	Kelloggs LCM Bars 100-110g Press	\$2.45	½	\$2.25	N/A
4	Suimin Cup Noodles 70g TV	\$1.25	½	\$1.25	\$1.79 per 100g
5	Sanitarium Up & Go Breakfast Drink 6 x 250mL TV	\$6.01	½	\$5.99	\$3.99 per 1L
6	Toblerone Chocolate 360g	\$8.26	½	\$7.99	\$2.22 per 100g
7	Cadbury Ice Cream Tubs 460mL Press	\$6.50	½	\$6.49	\$1.41 per 100mL
Page 3					
1	Omo Laundry Liquid 2L/3 in 1 Capsules 28pk Digital	\$14.01	½	\$13.99	N/A
2	Blistex Range Digital			50% off	N/A
3	Radox Shower Gel 1L	\$5.70	½	\$5.70	57¢ per 100mL
4	Swisspers Cotton Tip 240pk	\$2.40	½	\$2.40	\$1.00 per 100ea
5	Handee Ultra Paper Towel 3pk TV	\$3.00	½	\$2.99	\$1.66 per 100ea
6	Palmolive Ultra Dishwashing Liquid 950mL	\$4.25	½	\$4.25	45¢ per 100mL
Page 4 - Produce & Meat					
1	Produce Line - Refer to Fresh Sheet (Produce) Press			\$0.00kg	N/A
2	Produce Line - Refer to Fresh Sheet (Produce) Press			\$0.00kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
4	JC's Walnuts Natural 350g (Produce)	\$1.56		\$7.99ea	\$22.83 per 1kg
5	Beef Rump Steak (Meat) Press			\$22.99kg	N/A
6	Artisan Pork Sausages 475g (Meat)			\$8.99ea	\$18.93 per 1kg
7	Lamb Legs Half (Meat)			\$13.99kg	N/A
8	Marion Bay Chicken Breast Fillets (Tray) (Meat)			\$17.99kg	N/A
9	Nichols Chicken Kebabs 620g (Meat)			\$14.99ea	\$24.18 per 1kg
Page 5 - Bakery & Deli					
1	Happy Donut 4pk Press	\$1.01		\$5.49	N/A
2	Helgas Gluten Free Bread 500g	\$0.86		\$6.69	\$1.34 per 100g
3	Cripps Muffins 6pk (POT)	\$1.50		\$3.79	\$1.05 per 100g
4	National Pies Family Pie 750/900g (POT)	\$1.80		\$11.99	N/A
5	Bakers Oven Madeira Cake 500g LPE			\$6.20	\$1.24 per 100g
6	Chicken Drumsticks (Deli) Press			\$5.29kg	N/A
7	Pandani Virginian Ham (Deli)			\$15.99kg	N/A
8	Ingham's Oven Roasted/Sweet Herb & Mustard Turkey Breast (Deli)			\$26.99kg	N/A
9	Pandani Streaky Bacon (Deli)			\$20.99kg	N/A
Page 6 - Winter Warmers - Breakfast					
1	Queen Pure Maple Syrup 250mL Digital	\$1.46		\$7.99	\$3.20 per 100mL
2	Western Star Spreadable 500g	\$1.01		\$6.49	\$1.30 per 100g
3	Cripps Crumpet Splits 6pk (POT) Digital	\$1.41		\$2.59	61¢ per 100g
4	Uncle Tobys Oats 8/10pk	\$1.40		\$5.49	N/A



Wednesday 05 Jun 2024 - Tuesday 11 Jun 2024 (week 23)

5	Bega Peanut Butter 375g		\$0.91		\$4.49	\$1.20 per 100g
Page 6 - Soup Half Page						
6	McKenzie's Soup Mixes 500g	Digital	\$0.20		\$1.40	\$2.80 per 1kg
7	Continental Cup-a-Soup 2pk	TV	\$1.69	½	\$1.50	N/A
8	Continental Soup Sensations 56-68g	TV	\$1.75	½	\$1.75	N/A
9	Community Co Baguette Sourdough 250g				\$4.70	\$1.88 per 100g
10	La Famiglia Cheesy Garlic Bread 190g	Digital	\$1.01		\$3.79	\$1.99 per 100g
Page 7 - Winter Warmers - Bangers + Mash						
1	Pandani Sausages 500g	LPE			\$7.00	\$14.00 per 1kg
2	Birds Eye Potato Mash 800g		\$2.51		\$4.99	\$6.24 per 1kg
Page 7 - Curry						
3	Maggi Gravy 24/27g	Digital	\$0.39		\$1.00	N/A
4	Valcom Curry Paste 210/230g	Digital	\$2.15	½	\$2.15	N/A
5	TCC Coconut Milk 400mL	Digital	\$1.15	½	\$1.15	29¢ per 100mL
6	Mission Naan Bread 4pk		\$0.61		\$3.49	\$1.25 per 100g
7	SunRice Microwave Rice Cups 240/250g	LPE			\$3.00	N/A
8	Birds Eye Sliced Green Beans 1kg	LPE			\$3.50	\$3.50 per 1kg
Page 8						
1	Sakata Rice Crackers 90/100g	TV	\$0.80		\$1.50	N/A
2	Fyna Licorice Bags 200-250g		\$1.16		\$2.99	N/A
3	Cadbury Family Block Chocolate 160-190g		\$1.75		\$4.25	N/A
4	Coca-Cola 30 x 375mL	Digital	\$16.90		\$27.00	\$2.40 per 1L
5	Coca-Cola/Fanta/Sprite/Mt Franklin Sparkling Water 1.25L		\$0.95		\$2.25	\$1.80 per 1L
6	Schweppes Traditional/Mineral Water/Mixers 1.1L		\$1.00		\$1.85	\$1.68 per 1L
7	Bundaberg Soft Drink 4 x 375mL		\$1.81		\$5.99	\$3.99 per 1L
8	Mother Energy Drink 4 x 500mL	LPE			\$8.10	\$4.05 per 1L
9	Powerade Sports Drink 1L		\$2.40		\$3.60	\$3.60 per 1L
Page 9						
1	Moccona Coffee 200g	Digital	\$7.01		\$12.49	\$6.25 per 100g
2	Tetley Teabags 100pk / Green 50pk		\$1.20		\$3.79	N/A
3	Nestle Milo 395/460g		\$3.00		\$6.99	N/A
4	Sanitarium So Good Oat Milk 1L		\$0.80		\$1.99	\$1.99 per 1L
5	Black & Gold Longlife Milk 1L				\$1.79	\$1.79 per 1L
6	Community Co Extra Virgin Olive Oil 500mL		\$3.00		\$9.99	\$2.00 per 100mL
Page 9 - Tasmania Half Page						
7	Johnno's Sauce/Chutney/Relish 400/520g (POT)		\$1.20		\$5.99	N/A
8	Juicy Isle Topping 375mL (POT)		\$0.70		\$2.69	72¢ per 100mL
9	Tasmanian Mountain Spring Water 10L (POT)	LPE			\$7.00	70¢ per 1L
10	Tamar Valley The Creamery Yoghurt 170g (POT)		\$0.94		\$2.25	\$1.32 per 100g
11	Pandani Sliced Meats 120g (POT)	LPE			\$5.00	\$41.67 per 1kg
Page 10						
1	Lemnos Fetta Cheese 180/200g		\$1.51		\$4.99	N/A
2	Bega Cheese Grated 500g		\$2.01		\$8.49	\$16.98 per 1kg
3	Eta 5 Star Spread 500g		\$0.61		\$2.69	54¢ per 100g
4	Pauls Double Thick Custard 900g		\$1.81		\$4.99	55¢ per 100g
5	McCain Beer Batter Wedges/Chips 750g		\$1.31		\$4.49	\$5.99 per 1kg



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6	Black & Gold Chicken Nuggets 500g			\$4.49	\$8.98 per 1kg	
7	Lean Cuisine Frozen Meals 375g		\$2.01		\$4.99	\$1.33 per 100g
8	Peters Drumstick/Maxibon 4/6pk		\$1.00		\$8.50	N/A
9	Bulla Multipack Sticks 8-14pk		\$1.75		\$6.75	N/A
Page 11						
1	Quilton Toilet Tissue 12pk	TV	\$2.60		\$6.99	32¢ per 100sh
2	Natures Organics Fruits Shampoo & Conditioner 500mL	Digital	\$0.60		\$1.69	34¢ per 100mL
3	Palmolive Softwash Liquid Soap Pump 250mL		\$0.85		\$2.75	\$1.10 per 100mL
4	Colgate Plax Mouthwash 500mL		\$2.51		\$4.49	90¢ per 100mL
5	Heinz Baby Food Pouch 120g		\$0.20		\$1.60	\$1.33 per 100g
6	Multix Bake 30cm X 10MT		\$0.86		\$2.49	25¢ per 1MT
7	Fancy Feast Broth 40g		\$0.50		\$1.40	\$3.50 per 100g
8	Chum Canned Dog Food 1.2kg	Digital	\$1.10		\$3.49	29¢ per 100g
9	My Dog Canned Dog Food 400g		\$0.70		\$2.69	67¢ per 100g
Page 12 - Cough + Colds						
1	Vicks Vapodrops 16/24pk	Digital	\$2.00		\$4.49	N/A
2	Quilton Gold 4ply Aloe Vera Facial Tissues 100pk	Digital	\$0.51		\$1.99	\$1.99 per 100ea
3	Strepsils Lozenges 16pk	Digital	\$2.00		\$4.99	31¢ per 1ea
4	Nurofen Zavance 12pk	Digital	\$1.51		\$4.49	37¢ per 1ea
5	Fisherman's Friend Lozenges 25g	Digital	\$0.90		\$2.25	\$9.00 per 100g
6	Codral Relief Cold/Flu + Decongestant 10pk	Digital	\$2.50		\$7.99	80¢ per 1ea
7	Panadol Rapid Caplets 20pk		\$1.51		\$4.99	25¢ per 1ea
8	Vicks Vaporub 50gm		\$1.70		\$7.99	\$15.98 per 100g
9	Nyal Dry/Chesty/Bronchitis Cough Mix 200mL	LPE			\$8.90	\$4.45 per 100mL
Page 13 - Black & Gold (Digital Only)						
1	Black & Gold Tomatoes Chopped 400g				\$1.10	\$2.75 per 1kg
2	Black & Gold White Sugar 2kg				\$3.20	16¢ per 100g
3	Black & Gold Garlic Bread 2x225g				\$2.49	55¢ per 100g
4	Black & Gold Shredded Cheese 500g				\$8.49	\$16.98 per 1kg
5	Black & Gold Vegetable Oil 2L				\$8.50	43¢ per 100mL
6	Black & Gold Minced Garlic 250g				\$1.25	1¢ per 10g
7	Black & Gold Cat Litter 9kg				\$7.60	84¢ per 1kg
8	Black & Gold Household Regular Wipes 10pk				\$1.20	12¢ per 1ea
Page 14 - Recipe - Sweet Potato & Chickpea						
1	Valcom Curry Paste 210/230g	Digital	\$2.15	½	\$2.15	N/A
2	TCC Coconut Milk 400mL	Digital	\$1.15	½	\$1.15	29¢ per 100mL



Wednesday 05 Jun 2024 - Tuesday 11 Jun 2024 (week 23)

Front Page		Save	% Off	Retail	
1	Continental Range (excl LPE) TV			50% off	N/A
2	Smith's Potato Chips 130-175g TV	\$2.40	½	\$2.40	N/A
3	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) TV	\$2.51	½	\$2.49	N/A
4	Birds Eye Oven Bake Fish Fillets 425g TV	\$6.31	½	\$5.99	\$14.09 per 1kg
5	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
Page 2					
1	Suimin Cup Noodles 70g TV	\$1.25	½	\$1.25	\$1.79 per 100g
2	Nabisco In A Biskit 160g Press	\$2.25	½	\$2.25	\$1.41 per 100g
3	Kelloggs LCM Bars 100-110g Press	\$2.45	½	\$2.25	N/A
4	Sanitarium Up & Go Breakfast Drink 6 x 250mL TV	\$6.01	½	\$5.99	\$3.99 per 1L
5	Omo Laundry Liquid 2L/3 in 1 Capsules 28pk Digital	\$14.01	½	\$13.99	N/A
6	Handee Ultra Paper Towel 3pk TV	\$3.00	½	\$2.99	\$1.66 per 100ea
7	Lindt Bar 38g	\$1.25	½	\$1.25	\$3.29 per 100g
8	TCC Coconut Milk 400mL Digital	\$1.15	½	\$1.15	29¢ per 100mL
9	Valcom Curry Paste 210/230g Digital	\$2.15	½	\$2.15	N/A
Page 2 - Tasmania Bottom Panel					
10	Cripps Crumpet Splits 6pk (POT) Digital	\$1.41		\$2.59	61¢ per 100g
11	National Pies Family Pie 750/900g (POT)	\$1.80		\$11.99	N/A
12	Johnno's Sauce/Chutney/Relish 400/520g (POT)	\$1.20		\$5.99	N/A
Page 3					
1	Sakata Rice Crackers 90/100g TV	\$0.80		\$1.50	N/A
2	Fyna Licorice Bags 200-250g	\$1.16		\$2.99	N/A
3	Cadbury Family Block Chocolate 160-190g	\$1.75		\$4.25	N/A
4	Coca-Cola 30 x 375mL Digital	\$16.90		\$27.00	\$2.40 per 1L
5	Bundaberg Soft Drink 4 x 375mL	\$1.81		\$5.99	\$3.99 per 1L
6	Schweppes Traditional/Mineral Water/Mixers 1.1L	\$1.00		\$1.85	\$1.68 per 1L
7	Moccona Coffee 200g Digital	\$7.01		\$12.49	\$6.25 per 100g
8	Community Co Extra Virgin Olive Oil 500mL	\$3.00		\$9.99	\$2.00 per 100mL
9	McKenzie's Soup Mixes 500g Digital	\$0.20		\$1.40	\$2.80 per 1kg
10	Chum Canned Dog Food 1.2kg Digital	\$1.10		\$3.49	29¢ per 100g
11	Natures Organics Fruits Shampoo & Conditioner 500mL Digital	\$0.60		\$1.69	34¢ per 100mL
12	Quilton Toilet Tissue 12pk TV	\$2.60		\$6.99	32¢ per 100sh
Page 4					
1	Produce Line - Refer to Fresh Sheet (Produce) Press			\$0.00kg	N/A
2	Produce Line - Refer to Fresh Sheet (Produce) Press			\$0.00kg	N/A
3	Happy Donut 4pk Press	\$1.01		\$5.49	N/A
4	Beef Rump Steak (Meat) Press			\$22.99kg	N/A
5	JC's Walnuts Natural 350g (Produce)	\$1.56		\$7.99ea	\$22.83 per 1kg
6	La Famiglia Cheesy Garlic Bread 190g Digital	\$1.01		\$3.79	\$1.99 per 100g
7	Lemnos Fetta Cheese 180/200g	\$1.51		\$4.99	N/A
8	Bega Cheese Grated 500g	\$2.01		\$8.49	\$16.98 per 1kg
9	Cadbury Ice Cream Tubs 460mL Press	\$6.50	½	\$6.49	\$1.41 per 100mL
10	McCain Beer Batter Wedges/Chips 750g	\$1.31		\$4.49	\$5.99 per 1kg
11	Lean Cuisine Frozen Meals 375g	\$2.01		\$4.99	\$1.33 per 100g
Page 5 - Winter (Digital Only)					



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1	Valcom Curry Paste 210/230g	Digital	\$2.15	½	\$2.15	N/A
2	Maggi Gravy 24/27g	Digital	\$0.39		\$1.00	N/A
3	Queen Pure Maple Syrup 250mL	Digital	\$1.46		\$7.99	\$3.20 per 100mL
4	Birds Eye Potato Mash 800g		\$2.51		\$4.99	\$6.24 per 1kg
5	Uncle Tobys Oats 8/10pk		\$1.40		\$5.49	N/A
6	Tetley Teabags 100pk / Green 50pk		\$1.20		\$3.79	N/A
Page 6 - Coughs + Colds (Digital Only)						
1	Vicks Vapodrops 16/24pk	Digital	\$2.00		\$4.49	N/A
2	Quilton Gold 4ply Aloe Vera Facial Tissues 100pk	Digital	\$0.51		\$1.99	\$1.99 per 100ea
3	Strepsils Lozenges 16pk	Digital	\$2.00		\$4.99	31¢ per 1ea
4	Fisherman's Friend Lozenges 25g	Digital	\$0.90		\$2.25	\$9.00 per 100g
5	Nurofen Zavance 12pk	Digital	\$1.51		\$4.49	37¢ per 1ea
6	Blistex Range	Digital			50% off	N/A
7	Nyal Dry/Chesty/Bronchitis Cough Mix 200mL	LPE			\$8.90	\$4.45 per 100mL
Page 7 - Black & Gold (Digital Only)						
1	Black & Gold Tomatoes Chopped 400g				\$1.10	\$2.75 per 1kg
2	Black & Gold Garlic Bread 2x225g				\$2.49	55¢ per 100g
3	Black & Gold Shredded Cheese 500g				\$8.49	\$16.98 per 1kg
4	Black & Gold Vegetable Oil 2L				\$8.50	43¢ per 100mL
5	Black & Gold Minced Garlic 250g				\$1.25	1¢ per 10g
6	Black & Gold Cat Litter 9kg				\$7.60	84¢ per 1kg
7	Black & Gold Household Regular Wipes 10pk				\$1.20	12¢ per 1ea
Page 8 - Recipe - Sweet Potato & Chickpea						
1	Valcom Curry Paste 210/230g	Digital	\$2.15	½	\$2.15	N/A
2	TCC Coconut Milk 400mL	Digital	\$1.15	½	\$1.15	29¢ per 100mL



Press

Examiner / Mercury / Advocate

Wednesday 05 Jun 2024 - Tuesday 11 Jun 2024 (week 23)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	Arnett's Tim Tam Biscuits 165-200g (excl Deluxe)	TV	\$2.49	N/A
2	Birds Eye Oven Bake Fish Fillets 425g	TV	\$5.99	\$14.09 per 1kg
3	Cadbury Ice Cream Tubs 460mL		\$6.49	\$1.41 per 100mL
4	Chum Canned Dog Food 1.2kg	Digital	\$3.49	29¢ per 100g
5	Coca-Cola 30 x 375mL	Digital	\$27.00	\$2.40 per 1L
6	Continental Range (excl LPE)	TV	50% off	N/A
7	Cripps Crumpet Splits 6pk (POT)	Digital	\$2.59	61¢ per 100g
8	Fisherman's Friend Lozenges 25g	Digital	\$2.25	\$9.00 per 100g
9	Handee Ultra Paper Towel 3pk	TV	\$2.99	\$1.66 per 100ea
10	Happy Donut 4pk		\$5.49	N/A
11	Kelloggs LCM Bars 100-110g		\$2.25	N/A
12	La Famiglia Cheesy Garlic Bread 190g	Digital	\$3.79	\$1.99 per 100g
13	Maggi Gravy 24/27g	Digital	\$1.00	N/A
14	McKenzie's Soup Mixes 500g	Digital	\$1.40	\$2.80 per 1kg
15	Moccona Coffee 200g	Digital	\$12.49	\$6.25 per 100g
16	Nabisco In A Biskit 160g		\$2.25	\$1.41 per 100g
17	Natures Organics Fruits Shampoo & Conditioner 500mL	Digital	\$1.69	34¢ per 100mL
18	Nurofen Zavance 12pk	Digital	\$4.49	37¢ per 1ea
19	Omo Laundry Liquid 2L/3 in 1 Capsules 28pk	Digital	\$13.99	N/A
20	Queen Pure Maple Syrup 250mL	Digital	\$7.99	\$3.20 per 100mL
21	Quilton Gold 4ply Aloe Vera Facial Tissues 100pk	Digital	\$1.99	\$1.99 per 100ea
22	Quilton Toilet Tissue 12pk	TV	\$6.99	32¢ per 100sh
23	Sakata Rice Crackers 90/100g	TV	\$1.50	N/A
24	Sanitarium Up & Go Breakfast Drink 6 x 250mL	TV	\$5.99	\$3.99 per 1L
25	Smith's Potato Chips 130-175g	TV	\$2.40	N/A
26	Strepsils Lozenges 16pk	Digital	\$4.99	31¢ per 1ea
27	Suimin Cup Noodles 70g	TV	\$1.25	\$1.79 per 100g
28	TCC Coconut Milk 400mL	Digital	\$1.15	29¢ per 100mL
29	Valcom Curry Paste 210/230g	Digital	\$2.15	N/A
30	Vicks Vapodrops 16/24pk	Digital	\$4.49	N/A



Catalogue

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1	Bakers Oven Madeira Cake 500g LPE	\$6.20	\$1.24 per 100g
2	Bega Cheese Grated 500g	\$8.49	\$16.98 per 1kg
3	Bega Peanut Butter 375g	\$4.49	\$1.20 per 100g
4	Birds Eye Potato Mash 800g	\$4.99	\$6.24 per 1kg
5	Birds Eye Sliced Green Beans 1kg LPE	\$3.50	\$3.50 per 1kg
6	Bulla Multipack Sticks 8-14pk	\$6.75	N/A
7	Bundaberg Soft Drink 4 x 375mL	\$5.99	\$3.99 per 1L
8	Cadbury Family Block Chocolate 160-190g	\$4.25	N/A
9	Coca-Cola/Fanta/Sprite/Mt Franklin Sparkling Water 1.25L	\$2.25	\$1.80 per 1L
10	Colgate Plax Mouthwash 500mL	\$4.49	90¢ per 100mL
11	Community Co Extra Virgin Olive Oil 500mL	\$9.99	\$2.00 per 100mL
12	Cripps Muffins 6pk (POT)	\$3.79	\$1.05 per 100g
13	Eta 5 Star Spread 500g	\$2.69	54¢ per 100g
14	Fancy Feast Broth 40g	\$1.40	\$3.50 per 100g
15	Fyna Licorice Bags 200-250g	\$2.99	N/A
16	Heinz Baby Food Pouch 120g	\$1.60	\$1.33 per 100g
17	Helgas Gluten Free Bread 500g	\$6.69	\$1.34 per 100g
18	Johnno's Sauce/Chutney/Relish 400/520g (POT)	\$5.99	N/A
19	Juicy Isle Topping 375mL (POT)	\$2.69	72¢ per 100mL
20	Lean Cuisine Frozen Meals 375g	\$4.99	\$1.33 per 100g
21	Lemnos Fetta Cheese 180/200g	\$4.99	N/A
22	Lindt Bar 38g	\$1.25	\$3.29 per 100g
23	McCain Beer Batter Wedges/Chips 750g	\$4.49	\$5.99 per 1kg
24	Mission Naan Bread 4pk	\$3.49	\$1.25 per 100g
25	Mother Energy Drink 4 x 500mL LPE	\$8.10	\$4.05 per 1L
26	Multix Bake 30cm X 10MT	\$2.49	25¢ per 1MT
27	My Dog Canned Dog Food 400g	\$2.69	67¢ per 100g
28	National Pies Family Pie 750/900g (POT)	\$11.99	N/A
29	Nestle Milo 395/460g	\$6.99	N/A
30	Nyal Dry/Chesty/Bronchitis Cough Mix 200mL LPE	\$8.90	\$4.45 per 100mL
31	Palmolive Softwash Liquid Soap Pump 250mL	\$2.75	\$1.10 per 100mL
32	Palmolive Ultra Dishwashing Liquid 950mL	\$4.25	45¢ per 100mL
33	Panadol Rapid Caplets 20pk	\$4.99	25¢ per 1ea
34	Pandani Sausages 500g LPE	\$7.00	\$14.00 per 1kg
35	Pandani Sliced Meats 120g (POT) LPE	\$5.00	\$41.67 per 1kg
36	Pauls Double Thick Custard 900g	\$4.99	55¢ per 100g
37	Peters Drumstick/Maxibon 4/6pk	\$8.50	N/A
38	Powerade Sports Drink 1L	\$3.60	\$3.60 per 1L
39	Radox Shower Gel 1L	\$5.70	57¢ per 100mL
40	Sanitarium So Good Oat Milk 1L	\$1.99	\$1.99 per 1L
41	Schweppes Traditional/Mineral Water/Mixers 1.1L	\$1.85	\$1.68 per 1L
42	SunRice Microwave Rice Cups 240/250g LPE	\$3.00	N/A
43	Swisspers Cotton Tip 240pk	\$2.40	\$1.00 per 100ea
44	Tamar Valley The Creamery Yoghurt 170g (POT)	\$2.25	\$1.32 per 100g
45	Tasmanian Mountain Spring Water 10L (POT) LPE	\$7.00	70¢ per 1L
46	Tetley Teabags 100pk / Green 50pk	\$3.79	N/A



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47 Toblerone Chocolate 360g	\$7.99	\$2.22 per 100g
48 Uncle Tobys Oats 8/10pk	\$5.49	N/A
49 Vicks Vaporub 50gm	\$7.99	\$15.98 per 100g
50 Western Star Spreadable 500g	\$6.49	\$1.30 per 100g