

**Beef  
Rump Steak**  
**22<sup>99</sup>**  
kg

Special available until 23/01/2024

**Chicken Breast  
Supreme**  
**18<sup>99</sup>**  
kg

Special available until 23/01/2024

**Ingham's Gourmet  
Chicken Portions**  
**8<sup>99</sup>**  
kg

Special available until 23/01/2024

**Pork  
Loin Chops**  
**20<sup>99</sup>**  
kg

Special available until 23/01/2024

**Aurora Half Cut  
Lamb Legs**  
**9<sup>99</sup>**  
kg

Special available until 23/01/2024

**Nichols Chicken  
Kebabs 850g**  
**14<sup>99</sup>**  
ea  
= \$17.64 per 1kg

Special available until 23/01/2024

**Chicken  
Drumsticks**  
**4<sup>99</sup>**  
kg

Special available until 23/01/2024

**Chorizo**  
**25<sup>99</sup>**  
kg

Special available until 23/01/2024

**Frankfurts**  
**12<sup>99</sup>**  
kg

Special available until 23/01/2024

**Meaty  
Pork Ribs**  
**17<sup>99</sup>**  
kg

Special available until 23/01/2024

**Marion Bay Free Range  
Chicken Necks 1.5kg**  
**7<sup>29</sup>**  
ea  
= \$4.86 per 1kg

Special available until 23/01/2024

**Glenfields Lemon & Garlic  
Boneless Whole Chicken**  
**15<sup>99</sup>**  
kg

Special available until 23/01/2024

**Streaky  
Bacon**  
**21<sup>99</sup>**  
kg

Special available until 23/01/2024

**Ham  
Steaks**  
**13<sup>99</sup>**  
kg

Special available until 23/01/2024

**Cheese  
Kransky**  
**20<sup>99</sup>**  
kg

Special available until 23/01/2024

**Chicken  
Bocconcini**  
**7<sup>99</sup>**  
kg

Special available until 23/01/2024

**Chicken  
Burgers**  
**1<sup>50</sup>**  
ea

Special available until 23/01/2024

**Free Range  
Chicken Wings**  
**8<sup>99</sup>**  
kg

Special available until 23/01/2024

**JC's Almonds  
Natural 500g**  
**8<sup>99</sup>**  
ea  
= \$17.98 per 1kg

Special available until 23/01/2024

**Joes's Rice Wheels**  
**140g**  
**1<sup>99</sup>**  
ea  
= \$1.42 per 100g

Special available until 23/01/2024

**JC's Dried  
Cranberries 500g**  
**7<sup>49</sup>**  
ea  
= \$14.98 per 1kg

Special available until 23/01/2024

**JC's Peanuts Salted/  
Unsalted 500g**  
**4<sup>99</sup>**  
ea  
= \$9.98 per 1kg

Special available until 23/01/2024

**JC's Delicious  
Energy Mix 500g**  
**8<sup>99</sup>**  
ea  
= \$17.98 per 1kg

Special available until 23/01/2024

**Red  
Grapes**  
**6<sup>99</sup>**  
kg



Special available until 23/01/2024

**Bitterfree  
Cucumbers**

**150**  
**ea**



Special available until 23/01/2024

**Sweet  
Potatoes**

**250**  
**kg**



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