

coles

WINTER OF SPORTS GIVEAWAY

1000s of prizes each day

Buy. Scan. Win.

Instant Win*

Spend \$20 in store and scan your registered Flybuis to find out if you've instantly won money off your shop.

Daily Prize Draw*

For every \$20 you spend in store or online, scan your registered Flybuis for a chance to win a year's worth of groceries valued at \$13,000 or a prize pack. Plus, get a bonus entry when you buy a selected product from a participating brand.

*See page 32 for Instant Win & *Page 4 for Daily Prize Draw T&Cs

1/2 PRICE

\$3_{ea}

SAVE \$3
WAS \$6

Daily Prize Draw Bonus Entry

Darrell Lea Block Chocolate
160g-180g

1/2 PRICE

\$4⁷⁵_{ea}

SAVE \$4.75
WAS \$9.50

Daily Prize Draw Bonus Entry

Peters Drumstick 4 Pack-6 Pack
475mL-490mL

1/2 PRICE

\$5_{ea}

SAVE \$5
WAS \$10

Daily Prize Draw Bonus Entry

Colgate Advanced Tartar & Whitening or Max Fresh
Toothpaste 200g \$2.50 per 100g

1/2 PRICE



\$1³⁵
ea

SAVE \$1.35
WAS \$2.70

John West Tuna Tempters 95g
\$14.21 per kg



\$3
ea

SAVE \$3
WAS \$6

Cadbury Sharepacks
120g-180g



\$3
ea

SAVE \$3
WAS \$6

Cadbury Old Gold Block
Chocolate 170g-180g



\$3
ea

SAVE \$3
WAS \$6

Red Rock Deli Potato
Chips 150g-165g



\$5⁵⁰
ea

SAVE \$5.50
WAS \$11

Bulla Creamy Classic 2 Litre
\$0.28 per 100mL



\$6
ea

SAVE \$6
WAS \$12

Sanitarium Up & Go Liquid
Breakfast 6x250mL \$4.00 per litre

**1/2
PRICE**

BODY WASH
Exclusions apply †

\$8⁵⁰
ea

SAVE \$8.50
WAS \$17

Dove Body Wash 1 Litre
\$0.85 per 100mL



**Daily
Prize Draw
Bonus
Entry***

\$19⁷⁵
ea

SAVE \$19.75
WAS \$39.50

Swisse Ultivite
Multivitamins 60 Pack^
\$32.92 per 100 each.
*See page 4 for T&Cs



\$12
ea

SAVE \$12
WAS \$24

Cold Power
Laundry Liquid 2 Litre
or Powder 2kg

**BETTER
THAN
1/2
PRICE**



\$27⁶⁰
ea

SAVE \$41.40
WAS \$69

Fairy Platinum
Dishwashing Tablets
70 Pack \$0.39 per each

†Excludes Down Down, Every Day & clearance Items

^This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your healthcare professional. Vitamin and mineral supplements should not replace a balanced diet.

1/2 PRICE



\$2⁷⁵ ea
SAVE \$2.75
 WAS \$5.50

Morning Fresh Dishwashing Liquid 350mL \$0.79 per 100mL



\$4 ea
SAVE \$4
 WAS \$8

Pine O Clean Disinfectant 1.25 Litre \$0.32 per 100mL.
 *See page 4 for T&Cs



\$5 ea
SAVE \$5
 WAS \$10

Cove Surface Cleaner 475mL \$1.05 per 100mL



\$4⁷⁵ ea
SAVE \$4.75
 WAS \$9.50

Glen 20 Disinfectant Spray 300g \$1.58 per 100g



\$5⁵⁰ ea
SAVE \$5.50
 WAS \$11

Bref Toilet Rimblock Twin Pack 100g \$5.50 per 100g



\$5⁵⁰ ea
SAVE \$5.50
 WAS \$11

Comfort Fabric Conditioner 900mL \$6.11 per litre



\$12 ea
SAVE \$12
 WAS \$24

Cold Power Laundry Capsules 26 Pack \$0.46 per each



\$12 ea
SAVE \$12
 WAS \$24

Biozet Attack Regular Laundry Liquid 2 Litre or Powder 2kg



\$14 ea
SAVE \$14
 WAS \$28

Omo Scents Laundry Liquid 2 Litre \$7.00 per litre



Daily Prize Draw Bonus Entry⁺

- 1 Spend \$20 in store or online in one transaction
- 2 Buy any selected product from a participating brand
- 3 Scan your registered Flybuys
- 4 Earn a bonus entry for your chance to win

Flybuys

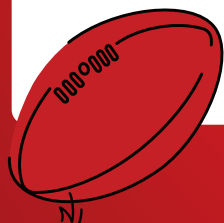
⁺Competition dates 24/7/24 to 10/9/24. Open to AU res. 18yrs+ and a registered Flybuys member. To receive an automatic entry into the competition, entrants must spend \$20 or more in-store or online in one transaction (after savings and discounts have been applied) and scan their Flybuys during the competition period. Limit of one Bonus entry applies per brand, per transaction. A limit of one bonus entry per nominated Coles participating product type also applies. \$20 spend excludes the purchase of Coles Insurance products, Coles Express, Coles Best Buys Online Exclusive, Coles Online business customers, DoorDash, UberEats, iTunes cards, gift cards, mobile phone and mobile phone plans, recharge, Opal top up, calling cards, charity products, liquor, tobacco and tobacco related product purchases, subscriptions, and any delivery charges. A Year's Worth of Groceries valued at \$13,500 AUD per winner, and Sports Fan Pack valued at \$7,300 AUD per winner. For full terms & conditions visit coles.com.au/winter-of-sports-terms. Permits: ACT Permit TP24/00941, NSW Permit NTP/09645, SA Permit T24/706.



When you purchase selected products
from participating brands at Coles



To view all participating products
look out for this roundel



1/2 PRICE

NIVEA

Exclusions apply †



\$2⁵⁰
ea

SAVE \$2.50
WAS \$5

Nivea Roll On Deodorant 50mL
\$5.00 per 100mL



\$4²⁵
ea

SAVE \$4.25
WAS \$8.50

Nivea Gentle Cleansing Wipes
25 Pack \$0.17 per each



\$4⁷⁵
ea

SAVE \$4.75
WAS \$9.50

Nivea Antiperspirant Aerosol
Deodorant 250mL
\$1.90 per 100mL



\$2⁵⁰
ea

SAVE \$2.50
WAS \$5

Nivea Lip Balm 4.8g
\$52.08 per 100g



\$8
ea

SAVE \$8
WAS \$16

Tresemmé Shampoo or
Conditioner 940mL
\$0.85 per 100mL



\$11⁵⁰
ea

SAVE \$11.50
WAS \$23

Ogx Argan Oil of Morocco
Shampoo or Conditioner 385mL
\$2.99 per 100mL



\$13
ea

SAVE \$13
WAS \$26

Aveeno Daily Moisturising
Body Wash 1 Litre
\$1.30 per 100mL



\$30
ea

SAVE \$30
WAS \$60

Olay Regenerist Micro Sculpting
Night Cream 50g
\$60.00 per 100g



\$50
ea

SAVE \$50
WAS \$100

Oral B Pro800 Cross Action
Electric Toothbrush 1 Each

†Excludes Suncare, Every Day, Down Down & clearance items

1/2 PRICE

BODY WASH

Exclusions apply †



\$4
ea
SAVE \$4
WAS \$8

OC Naturals Moisturising
Body Wash 725mL
\$0.55 per 100mL



\$6
ea
SAVE \$6
WAS \$12

Palmolive Naturals Body Wash
1 Litre \$0.60 per 100mL



\$6
ea
SAVE \$6
WAS \$12

Dettol Pro Fresh Shower Gel
950mL \$0.63 per 100mL



\$6⁵⁰
ea
SAVE \$6.50
WAS \$13

KOI Body Wash 1 Litre
\$0.65 per 100mL



\$8
ea
SAVE \$8
WAS \$16

Bosisto's Body Wash 1 Litre
\$0.80 per 100mL



\$8⁵⁰
ea
SAVE \$8.50
WAS \$17

Nivea Shower Gel or Cream
1 Litre \$0.85 per 100mL.
2nd week on sale

†Excludes Down Down, Every Day & clearance items



\$7⁵⁰
ea
SAVE \$7.50
WAS \$15

Swisse Ultiboost Iron
30 Pack[^]
\$25.00 per 100 each



\$9⁷⁵
ea
SAVE \$9.75
WAS \$19.50

Swisse Ultiboost Zinc+
60 Pack[^]
\$16.25 per 100 each



\$24⁷⁵
ea
SAVE \$24.75
WAS \$49.50

Swisse Ultiboost
Magnesium 200 Pack[^]
\$12.38 per 100 each



\$24⁷⁵
ea
SAVE \$24.75
WAS \$49.50

Swisse Ultiboost
Glucosamine Sulfate
180 Pack[^]
\$13.75 per 100 each

*See page 4 for T&Cs

[^]This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your healthcare professional. Vitamin and mineral supplements should not replace a balanced diet.

Great value. Hands down.



\$12
ea

SAVE \$12
WAS \$24

Sunrice Jasmine Rice
5kg \$0.24 per 100g



\$2²⁵
ea

SAVE \$2.25
WAS \$4.50

Campbell's Real Stock
1 Litre \$0.23 per 100mL



\$3
ea

SAVE \$3
WAS \$6

Coco Earth Meal with Rice
300g-400g



\$2⁴⁵
ea

SAVE \$2.45
WAS \$4.90

Aunt Betty's Puddings 2 Pack
190g-220g 2nd week on sale



\$20
ea

SAVE \$5
WAS \$25

Cobram Estate Olive Oil 750mL
\$2.67 per 100mL



\$13
ea

SAVE \$3.50
WAS \$16.50

Alfa One Rice Bran Oil 3 Litre
\$0.43 per 100mL



\$1⁹⁵
ea

EVERY DAY

Coles Tomato or Barbecue Sauce
500mL \$0.39 per 100mL



\$19
ea

SAVE \$8
WAS \$27

Moro Olive Oil 1 Litre
\$1.90 per 100mL



2 for \$5

SAVE \$2

Gravox Liquid Gravy or Finishing Sauce 165g
\$1.52 per 100g



\$1¹⁰
ea

SAVE 30¢
WAS \$1.40

Cucina Matese Tomatoes 400g
\$2.75 per kg

Great value. Hands down.



\$2²⁰
ea

SAVE \$2.20
WAS \$4.40

Sanitarium Weet-Bix
Cereal 575g
\$0.38 per 100g



\$3
ea

SAVE \$3
WAS \$6

Sanitarium Weet-Bix
Bites 500g-510g

**1/2
PRICE**



\$4⁴⁰
ea

SAVE \$4.40
WAS \$8.80

Uncle Tobys Plus 565g-705g
or Nestlé Milo Cereal 620g



\$6
ea

SAVE \$6
WAS \$12

Sanitarium Up & Go Liquid Breakfast
6x250mL \$4.00 per litre



\$4²⁵
ea

SAVE \$1.35
WAS \$5.60

Nice & Natural Fruit Strings 136g
\$3.13 per 100g



**2 for
\$10**

SAVE \$3

Uncle Tobys Oats Big Bowl 368g
\$1.36 per 100g. 2nd week on sale



\$7
ea

SAVE \$2
WAS \$9

Kellogg's Nutri Grain 470g
or Sultana Bran 700g



**2 for
\$9**

SAVE \$4

Nice & Natural Protein or
Layered Bars 165g-175g
2nd week on sale



\$6
ea

SAVE \$1.50
WAS \$7.50

Kellogg's LCMs 12 Pack
240g-264g



\$4
ea

SAVE \$1.90
WAS \$5.90

Carman's Aussie Oat Bars
150g-180g

1/2 PRICE



\$1.25
ea

SAVE \$1.25
WAS \$2.50

Cadbury Chocolate Bar 30g-55g
or Kinder Bueno Bar 39g-43g



\$3
ea

SAVE \$3
WAS \$6

Darrell Lea Block Chocolate
160g-180g *See page 4 for T&Cs



NEW
FLAVOUR



\$2.50
ea

SAVE \$2.50
WAS \$5

Loacker Gardena Wafer Biscuits
200g \$1.25 per 100g



\$1.40
ea

SAVE \$1.40
WAS \$2.80

Fantastic Delites Rice Snack
Crackers 100g \$1.40 per 100g



\$1.75
ea

SAVE \$1.75
WAS \$3.50

Cobs Popcorn 80g-120g



\$2.50
ea

SAVE \$2.50
WAS \$5

Natural Chip Co Potato Chips
175g \$1.43 per 100g

Any 2 for
\$7

SAVE \$3



The Natural Confectionery Co. 130g-230g, Sour Patch 190g,
Cadbury or Europe Bites 120g-160g or Pascall Marshmallows 280g

VIC-METRO-2407-24-269502

Great value. Hands down.



**1/2
PRICE**



\$11 ea

SAVE \$11
WAS \$22

Cadbury Favourites 520g or Lindt Lindor Gift Box 232g-235g

\$3 ea

SAVE \$3
WAS \$6

Arnott's Treatles Biscuit Bites 90g
\$3.33 per 100g



\$3.50 ea

SAVE \$1.50
WAS \$5

Allen's Lollies 140g-200g



\$3.50 ea

SAVE \$1.50
WAS \$5

Life Savers Candy 150g-200g



**NEW
FLAVOUR**

\$4.20 ea

SAVE \$1.80
WAS \$6

Nestlé Block Chocolate 118g-180g



**NEW
at COLES
Exclusive**

**2 for
\$9**

SAVE \$3

Cadbury Dairy Milk Block Chocolate 160g-190g



\$3 ea

SAVE \$2
WAS \$5

Griffins Marvels Biscuits 165g-200g



\$3.30 ea

SAVE \$2.20
WAS \$5.50

Twix, Mars or Bounty Biscuits 132g
\$2.50 per 100g



\$3.35 ea

SAVE \$1.45
WAS \$4.80

Smith's Crinkle Cut or Double Crunch Potato Chips 150g-170g



**2 for
\$7**

SAVE \$1

Twisties 6 Pack or Infuzions Veggie Straws 5 Pack

Great value. Hands down.



ONLY
at coles

**2 for
\$7**

SAVE \$3

Arnott's Tim Tam, Tee Vee, Wagon Wheels, Half Coat
Scotch Finger or Mint Slice Biscuits 165g-200g



ENJOY THE PERFECT
TREAT



\$3_{ea}

**SAVE \$1
WAS \$4**

ADVERTISER PROMOTION

Arnott's Cream, Tic Toc or Tina Wafer Biscuits 200g-250g, Savoy or
Clix Crackers 225g-250g or Salada or Vita-Weat Crispbreads 250g

Great value. Hands down.



Zero Alcohol



\$8⁴⁰
ea

SAVE \$2.10
WAS \$10.50

Edenvale Zero 750mL
\$11.20 per litre. On sale for 2 weeks



\$12⁴⁰
ea

SAVE \$3.10
WAS \$15.50

Jose Cuervo Non Alcoholic Mix
1 Litre \$12.40 per litre



\$2⁵⁰
ea

SAVE \$1.70
WAS \$4.20

Powerade Sports or Active Drink
600mL \$4.17 per litre



\$11⁴⁰
ea

SAVE \$7.60
WAS \$19

Coca-Cola, Fanta or Sprite Soft
Drink 12x300mL \$3.17 per litre



97¢
PER CAN

\$23¹⁰
ea

SAVE \$15.40
WAS \$38.50

Coca-Cola, Fanta or Sprite Soft
Drink 24x375mL \$2.57 per litre



\$2
ea

SAVE \$1
WAS \$3

Pepsi or Solo Soft Drink 1.25 Litre
\$1.60 per litre. *See page 4 for T&Cs



\$10⁸⁰
ea

SAVE \$7.20
WAS \$18

Pepsi or Solo Soft Drink 10x375mL
\$2.88 per litre. *See page 4 for T&Cs



\$9¹⁰
ea

SAVE \$6.10
WAS \$15.20

Monster Energy Drink 4x500mL
\$4.55 per litre

Shop online for even more savings

Lower the cost of your weekly shop with exclusive specials you can only get online.

ONLINE ONLY SPECIALS

coles.com.au

Stick to your budget with the Coles app

When you sort by lowest unit price

Download today



Great value. Hands down.



\$2⁹⁵
ea

SAVE \$2.95
WAS \$5.90

**1/2
PRICE**



\$10⁵⁰
ea

SAVE \$10.50
WAS \$21

Cottee's Cordial 1 Litre
\$2.95 per litre

Red Bull Energy Drink 8x250mL
\$5.25 per litre



\$5⁶⁰
ea

SAVE \$1.75
WAS \$7.35

Bundaberg Brewed Soft Drink
4x375mL \$3.73 per litre



\$6⁶⁰
ea

SAVE \$4.40
WAS \$11

V Energy Drink 4x250mL
\$6.60 per litre



\$6⁹⁵
ea

SAVE \$2
WAS \$8.95

Nexba Kombucha 4x330mL
\$5.27 per litre



\$3³⁰
ea

SAVE \$2.20
WAS \$5.50

Raw C Coconut Water 1 Litre
\$3.30 per litre

VIC-METRO-2407-24-269502



\$3⁵⁰
ea

SAVE \$1.30
WAS \$4.80

Golden Circle Juice 2 Litre
\$1.75 per litre. Excludes
Pineapple, Grape, Orange
and Orange & Mango



\$4
ea

SAVE \$1
WAS \$5

Bickford's Cordial 750mL
\$5.33 per litre

CHOOSE YOUR AUSSIE FAVES



\$1⁶⁰
ea

SAVE \$1.10
WAS \$2.70

Kirks Soft Drink
1.25 Litre
\$1.28 per litre

\$8⁷⁰
ea

SAVE \$5.80
WAS \$14.50

Kirks Soft Drink
10x375mL
\$2.32 per litre



ADVERTISER PROMOTION

Great value. Hands down.



1/2
PRICE

\$3_{ea}

SAVE \$3
WAS \$6



Tip Top English Muffins 6 Pack 400g
\$0.75 per 100g



2 for
\$6

SAVE \$6

Mr Kipling Cakes 155g-165g

\$3⁵⁰_{ea}

SAVE 50¢
WAS \$4



Daily
Prize Draw
Bonus
Entry*

Coles Bakery Stone Baked Turkish
Loaf, Ciabatta Loaf or Sourdough
Baguette Selected stores only.
*See page 4 for T&Cs

\$4⁵⁰_{ea}

SAVE \$1
WAS \$5.50



Mission Wraps 8 Pack 567g
\$0.79 per 100g

\$4⁹⁰_{ea}

SAVE 60¢
WAS \$5.50



Coles Mini Danish Selection
8 Pack \$0.61 per each.
Selected stores only

\$4⁴⁰_{ea}

EVERY DAY



Tip Top The One 700g
\$0.63 per 100g

\$6⁵⁰_{ea}

DOWN DOWN
WAS \$7
MAY 2024



Daily
Prize Draw
Bonus
Entry*

Coles Finest by Laurent Sourdough
Vienna or Cob Selected stores only.
*See page 4 for T&Cs

\$4_{ea}

EVERY DAY



Coles Choc Pikelets 8 Pack 200g
\$2.00 per 100g

\$4_{ea}

SAVE \$1
WAS \$5

Coles Bakery Tear & Share
Selected stores only



Serving suggestion only

100% Aussie Jazz Apples



\$4⁹⁰
kg

Australian Jazz Apples



100% Aussie Sweet Potatoes

\$2⁵⁰
kg

Australian Gold Sweet Potatoes



CERTIFIED-Organic

\$4
pk



Coles Australian Organic Baby Beetroot 250g Pack \$16.00 per kg



\$1⁵⁰
ea



Victorian Green or Brown Nashi Pears



ONLY
at coles

\$6⁹⁰
pk

Nutri V Mixed Veg Powder 70g Pack \$9.86 per 100g



\$5
pk



Australian Raspberries 125g Punnet \$40.00 per kg



\$10
pk



SAVE \$3
WAS \$13

Coles Australian Dry Roasted or Natural Almonds 750g Pack \$13.33 per kg



\$5
ea

DOWN DOWN
WAS \$6
MAY 2024

Coles Kitchen Chicken Style Soup Kit 450g \$1.11 per 100g

Supporting positive food habits for children

From 3rd to 30th July 2024, 25 cents from the purchase of every Coles Australian Carisma Washed Potatoes 2kg Bag will be donated to the Stephanie Alexander Kitchen Garden Foundation, to a maximum of \$100,000

ONLY
at coles



25¢
DONATION TO

STEPHANIE ALEXANDER
KITCHEN GARDEN
FOUNDATION.



Coles Australian Carisma Washed Potatoes 2kg Bag

Great value. Hands down.



On meat

\$8 kg

DOWN DOWN
WAS \$11kg MAY 2024

Coles Australian
No Added Hormones
Beef Corned Silverside
Product sold uncooked



Serving suggestion only

\$12⁷⁵ pk

DOWN DOWN
WAS \$15
JUN 2024



Coles Australian No Added
Hormones Beef Chuck
Casserole Steak 850g
\$15.00 per kg

\$10 pk

DOWN DOWN
WAS \$11
MAY 2024



Coles Australian No Added
Hormones Diced Beef 500g
\$20.00 per kg

\$13 pk

DOWN DOWN
WAS \$16
JUL 2024



Coles Made Easy Slow
Cooked Lamb Shanks 900g
\$14.44 per kg.
*See page 4 for T&Cs

Daily Prize Draw
Bonus Entry*

\$17 kg

DOWN DOWN
WAS \$20kg
MAY 2024



Coles Australian
Pork Ribs BBQ

\$8 kg

DOWN DOWN
WAS \$10kg
JUL 2024



Coles Australian Pork
Shoulder Roast Boneless

\$5⁵⁰ pk

DOWN DOWN
WAS \$6.50
MAY 2024



Coles RSPCA Approved
Chicken Mince 500g
\$11.00 per kg

Great value. Hands down.



Serving suggestion only

\$9⁵⁰ kg

SAVE \$1.50 kg
WAS \$11 kg

Coles RSPCA Approved Chicken Breast Fillets Large Pack Product sold uncooked




\$4⁵⁰ kg

SAVE \$1 kg
WAS \$5.50 kg



Coles RSPCA Approved Whole Chicken On sale for 2 weeks

\$17 kg

SAVE \$4 kg
WAS \$21 kg

Coles Australian Pork Spare Ribs Large Tray On sale for 2 weeks

2 for \$15

SAVE \$2



Coles Finest Sausages 450g-500g or Coles Classic Burgers 400g-500g

\$22 kg

SAVE \$6 kg
WAS \$28 kg



Coles Australian Lamb Loin Chops

\$16 kg

SAVE \$2 kg
WAS \$18 kg



Coles Australian No Added Hormones Beef Roast Topside

\$17 pk

SAVE \$2
WAS \$19



Coles Australian No Added Hormones Porterhouse Steak with Thyme & Pepper Butter 500g \$34.00 per kg

Serving suggestion only

\$12 kg

SAVE \$4 kg
WAS \$16 kg

Coles Australian Lamb Forequarter Chops Product sold uncooked





Proudly supporting kids' community sports

[Click here to find out more](#)

coles

**Mini
ROOS**

**HEALTHY
KICKS**
AFL

**Little
Athletics
Australia**

Great value. Hands down.



Ready to eat

\$12^{ea}

EVERY DAY

Coles Hot Roast RSPCA Approved Chicken
Selected stores only*

Serving suggestion only

RSPCA[®] APPROVED FARMING[®]

AUSTRALIAN[®] MADE[®]

\$4⁵⁰_{pk}

SAVE \$1.50
WAS \$6

Coles Australian Made Short Cut Bacon 200g \$22.50 per kg

\$220
PER 100g

\$22_{kg}

SAVE \$4_{kg}
WAS \$26_{kg}

Don Honey Ham
Selected stores only*

\$220
PER 100g

\$22_{kg}

SAVE \$14_{kg}
WAS \$36_{kg}

Hans Twiggy Sticks
Selected stores only*

\$16_{pk}

SAVE \$5
WAS \$21

Tassal Smoked Salmon 250g
\$64.00 per kg

\$28_{kg}

EVERY DAY

AUSTRALIAN[®] SEAFOOD[®]

Coles Australian Fresh Barramundi Portions Skin On
Selected stores only*

\$15_{kg}

SAVE \$3_{kg}
WAS \$18_{kg}

RESPONSIBLY SOURCED SEAFOOD

Coles Thawed Seafood Marinara Mix 2nd week on sale.
Selected stores only*

\$42_{kg}

SAVE \$4_{kg}
WAS \$46_{kg}

Coles Tasmanian Fresh Salmon Portions Skin Off Selected stores only*. On sale for 2 weeks. Product sold uncooked

Serving suggestion only

AUSTRALIAN[®] SEAFOOD[®]

*For locations of Deli counter stores visit coles.com.au/range-availability

Great value. Hands down.



A world of flavour



[Click here for recipe](#)

Serving suggestion only

\$3⁴⁰
ea
SAVE 90¢
WAS \$4.30



Valcom Curry Paste 210g-240g
2nd week on sale

1/2
PRICE

\$2²⁵
ea
SAVE \$2.25
WAS \$4.50



Campbell's Real Chicken Stock
1 Litre \$0.23 per 100mL

95¢
ea
EVERY DAY



Coles Coconut Milk 400mL
\$0.24 per 100mL

\$2⁴⁵
ea
SAVE 65¢
WAS \$3.10



Jinmailang Ramen Noodles 1kg
\$0.25 per 100g

Great value. Hands down.



Indian



\$4⁹⁵
ea

SAVE \$1.25
WAS \$6.20

The Spice Tailor Indian Curry Kit
225g-300g



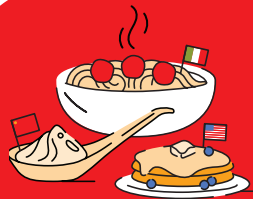
Mexican



\$4⁴⁰
ea

SAVE \$1.10
WAS \$5.50

Old El Paso Stand 'N Stuff Taco Shell
10 Pack 160g \$2.75 per 100g



**A world
of flavour**



\$1⁷⁵
ea

SAVE 75¢
WAS \$2.50

Mama Instant Noodle Cup 70g
\$2.50 per 100g



\$2⁵⁰
ea

SAVE \$1
WAS \$3.50

Heinz Mexican Chilli Beanz 420g
\$0.60 per 100g



\$5²⁰
ea

SAVE \$1.30
WAS \$6.50

SPC Baked Beans or Spaghetti
4x220g \$0.59 per 100g.
2nd week on sale



\$3⁵⁰
ea

SAVE \$2
WAS \$5.50

Patak's Indian Simmer
Sauce 450g
\$0.78 per 100g

VIC-METRO-2407-24-269502



\$4³⁰
ea

SAVE \$1.20
WAS \$5.50

Kewpie Mayonnaise
300g \$1.43 per 100g.
2nd week on sale



\$5
ea

SAVE \$3
WAS \$8

Nongshim Ramyun
Noodle 5 Pack 600g
\$0.83 per 100g.
Excludes Kimchi



\$1⁹⁰
ea

SAVE 80¢
WAS \$2.70

Lee Kum Kee Ready
Sauce 100g-145g
On Sale for 2 weeks

Great value. Hands down.



**1/2
PRICE**



\$3²⁵
ea
SAVE \$3.25
WAS \$6.50

Betty Crocker Frosting 400g
\$0.81 per 100g

\$3⁵⁰
ea
SAVE \$3.50
WAS \$7

Betty Crocker Baking
Triple Chocolate Fudge Brownie Mix 500g
or Chocolate Chunk Cookie Mix 485g



**2 for
\$6**
SAVE \$3

Campbell's Country
Ladle or Chunky Soup
495g-505g



\$4
ea
SAVE \$1
WAS \$5

Maggi 2 Minute
Noodles 5 Pack
325g-380g



\$3⁸⁰
ea
SAVE \$1
WAS \$4.80

Mutti Sugo 400g
\$0.95 per 100g.
2nd week on sale



\$50
ea
SAVE \$15
WAS \$65

Cobram Estate
Australian Extra
Virgin Olive Oil 3 Litre
\$1.67 per 100mL



\$3
ea
SAVE 80¢
WAS \$3.80

Wicked Pickle Baby
Cucumbers 500g
\$6.00 per kg.
2nd week on sale
VIC-METRO-2407-24-269502



\$2⁵⁰
ea
SAVE \$1.30
WAS \$3.80

Kikkoman Makoto
Thick Teriyaki Sauce
240g \$1.04 per 100g
2nd week on sale



\$3
ea
EVERY DAY

Wokka Wok Ready
Noodles 440g
\$0.68 per 100g



\$2⁵⁰
ea
EVERY DAY

Coles Microwave
Coconut Chilli & Lime
Rice 250g \$1.00 per 100g

30% OFF

**BSC, MUSCLE NATION & MUSASHI
SPORTS PERFORMANCE DRINKS**

Exclusions apply †



\$3⁵⁰
ea

SAVE \$1.50
WAS \$5

BSc Bodyscience Protein Water
355mL \$9.86 per litre



\$3¹⁵
ea

SAVE \$1.35
WAS \$4.50

Musashi Energy Drink 500mL
\$6.30 per litre



\$3⁵⁰
ea

SAVE \$1.50
WAS \$5

Muscle Nation Sparkling Protein Water 330mL \$10.61 per litre



\$4⁷⁰
ea

SAVE \$2
WAS \$6.70

Uncle Tobys Protein Muesli Bars
175g \$2.69 per 100g



\$5
ea

SAVE \$1.40
WAS \$6.40

Bega Smooth or Crunchy Peanut Butter 470g \$1.06 per 100g



NEW
at coles

\$5⁸⁰
ea

SAVE \$2.50
WAS \$8.30

Mayer's Low Carb High Protein Bar 128g \$4.53 per 100g



\$4
ea

SAVE \$1
WAS \$5

Vegemite 220g
\$1.82 per 100g



\$2⁸⁰
ea

EVERY DAY

Cottles Jam 375g
\$0.75 per 100g



\$9
ea

EVERY DAY

Uncle Tobys Roll Ups Value Pack 234g
\$3.85 per 100g



\$2⁹⁰
ea

SAVE \$2
WAS \$4.90

MasterFoods Smokey Barbecue or Aussie Farmers Tomato Sauce 500mL \$0.58 per 100mL

†Excludes clearance items

Great value. Hands down.



\$3¹⁵
ea

SAVE \$1.35
WAS \$4.50

BSc Bodyscience Soft Protein Bar
55g \$5.73 per 100g



\$2⁴⁰
ea

SAVE 90¢
WAS \$3.30

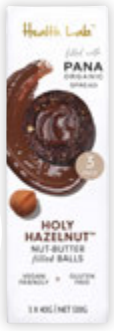
Vitasoy Oat Milk 1 Litre
\$2.40 per litre



\$4⁴⁰
ea

SAVE \$1.10
WAS \$5.50

Milklab 1 Litre
\$4.40 per litre



\$7
ea

SAVE \$2
WAS \$9

Health Lab Holy Hazelnut
Nut-Butter Filled Balls 3 Pack 120g
\$5.83 per 100g



\$2⁸⁰
ea

SAVE 70¢
WAS \$3.50

BC Snacks High Protein Bar 40g
\$7.00 per 100g



\$13⁸⁰
ea

SAVE \$9.20
WAS \$23

Vittoria Freeze Dried Instant
Coffee 200g \$6.90 per 100g

DELICIOUS CREAMY COFFEE

your way

NEW
at coles



\$5
ea

DOWN DOWN
WAS \$6
JUN 2024

Moccona Café Classic
Coffee Sachets
8 Pack-10 Pack

CADBURY® and THE COLOUR PURPLE are trademarks of Mondelēz International group used under licence.

ADVERTISER PROMOTION

Great value. Hands down.



1/2
PRICE



\$6²⁵
ea

SAVE \$6.25
WAS \$12.50

Vittoria Coffee Bags 20 Pack
\$0.31 per each. Excludes Decaf

\$22^{ea}

SAVE \$22
WAS \$44

Vittoria Mountain Grown or Organic
Espresso Coffee Beans 1kg \$2.20 per 100g

1/2
PRICE



\$6⁷⁵
ea

SAVE \$6.75
WAS \$13.50

Ovaltine Sleep Calm Chocolate
400g \$1.69 per 100g

Daily
Prize Draw
Bonus
Entry*

\$18^{ea}

SAVE \$8
WAS \$26

Nescafé Blend 43 500g
\$3.60 per 100g.
*See page 4 for T&Cs

Daily
Prize Draw
Bonus
Entry*



\$19^{ea}

SAVE \$9
WAS \$28

Nescafé Gold 400g
\$4.75 per 100g.
*See page 4 for T&Cs



\$9⁴⁵
ea

SAVE \$4.05
WAS \$13.50

Robert Timms Coffee Bags
24 Pack-28 Pack

VIC-METRO-2407-24-269502



\$9^{ea}

SAVE \$2.50
WAS \$11.50

Moccona Freeze Dried
Instant Coffee 95g-100g



\$2^{ea}

SAVE 90¢
WAS \$2.90

Sanitarium So Good Unsweetened
Almond Milk 1 Litre \$2.00 per litre



Help feed people in need this winter

Purchase a \$2 donation card in store at checkout
to support Aussies in need.

For more information, visit coles.com.au/community.

coles

SecondBite
Ending Waste. Ending Hunger.

All proceeds will be distributed to SecondBite. Donations of \$2 or more are tax deductible. The campaign runs from 17/7/24 – 30/7/34.

Great value. Hands down.



\$6³⁰
ea

SAVE \$1.60
WAS \$7.90

Chobani Greek Yogurt 907g
\$0.69 per 100g. 2nd week on sale

10^{}¢**
DONATION TO
Second
Bite



5 for
\$10

SAVE \$3.50

Chobani Flip, Fit or
Greek Yogurt Pot 140g-160g

**10c per unit will be donated to SecondBite Winter Appeal when you purchase any Chobani product.
All proceeds will be distributed to SecondBite. Chobani and Coles will donate 10 cents (5 cent each)
to SecondBite for every Chobani product sold. Campaign runs 17/7/24 to 13/8/24.



\$4⁵⁰
ea

DOWN DOWN
WAS \$5.75
MAY 2024

Danone Ultimate Yoghurt 4x115g
\$0.98 per 100g



\$6⁵⁰
ea

SAVE \$1.80
WAS \$8.30

Jalna Greek Yoghurt 1kg
\$0.65 per 100g.
On sale for 2 weeks



Daily
Prize Draw
Bonus
Entry*

\$7⁵⁰
ea

EVERY DAY

Danone YoPro Protein Yoghurt 700g
\$1.07 per 100g.
*See page 4 for T&Cs



\$5⁵⁰
ea

SAVE \$1.80
WAS \$7.30

Cheer Cheese Slices Refill
Pack 250g \$22.00 per kg
VIC-METRO-2407-24-269502



\$10
ea

SAVE \$1
WAS \$11

Bega Cheese Slices
500g \$20.00 per kg



\$4⁵⁰
ea

EVERY DAY

Coles Thickened Cream
600mL \$0.75 per 100mL



\$6⁹⁵
ea

SAVE \$2
WAS \$8.95

Flora Margarine 1kg
\$0.70 per 100g

Great value. Hands down.



1/2
PRICE

\$2⁸⁵
ea

SAVE \$2.90
WAS \$5.75

Flora ProActiv 250g
\$1.14 per 100g



\$5⁸⁰
ea

DOWN DOWN
WAS \$6.50
JUL 2024

Yumi's Traditional Hommus 500g
or Falafels 225g

\$6³⁰
ea

SAVE 70¢
WAS \$7



Dare Flavoured Milk
2 Litre \$3.15 per litre.
On sale for 2 weeks

\$3³⁰
ea

SAVE 85¢
WAS \$4.15



Dare Flavoured Milk
500mL \$6.60 per litre

\$6⁸⁰
ea

SAVE \$1.20
WAS \$8



Nudie Nothing But
Juice 2 Litre
\$3.40 per litre. Excludes
Orange Juice 2 Litre

\$6⁵⁰
ea

SAVE 50¢
WAS \$7



Western Star Spreadable
Blend 500g
\$1.30 per 100g

\$5⁵⁰
ea

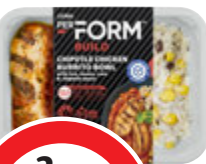
SAVE \$2.50
WAS \$8



Latina Filled Pasta 375g
\$1.47 per 100g

2 for
\$18

SAVE \$2



Coles Perform Meal
340g-450g

2 for
\$14

SAVE \$1



Coles Kitchen Meal
330g-350g
*See page 4 for T&Cs

\$15⁵⁰
ea

SAVE \$4.45
WAS \$19.95



Latina Beef Lasagne
1.6kg \$0.97 per 100g

Instant Win

*Competition dates 24/7/24 to 10/9/24. Open to AU res. 18yrs+ and a registered Flybuys member. Spend \$20 in one transaction in-store only at Coles (after savings and discounts have been applied) and scan your Flybuys. All instant win prize winners will be notified instantly on their shopping docket or on screen upon winning a prize. Instant win prize money can be used instore only and available to use until 9/11/24. Limit of one instant win prize per day per Flybuys account. \$20 spend excludes Coles Express, Coles for business customers, iTunes cards, gift cards, mobile phone and mobile phone plans, recharge, Opal top up, calling cards, charity products, tobacco and tobacco related product purchases. Instant win prize money cannot be used to purchase gift cards, iTunes cards, tobacco and tobacco-related products. For full terms & conditions visit coles.com.au/winter-of-sports-terms Permits: ACT Permit TP24/00941, NSW Permit NTP/09645, SA Permit T24/706



Great value. Hands down.



40% OFF

\$3⁴⁵ ea

SAVE \$2.30
WAS \$5.75



Danone Activia Yoghurt 4x125g
\$0.69 per 100g

\$4 ea

DOWN DOWN
WAS \$4.50
MAY 2024



Perfect Italiano
Cheese Parmesan 125g
\$32.00 per kg

\$9 ea

SAVE \$1.30
WAS \$10.30



Great Ocean Road
Cheese Block 500g
\$18.00 per kg

\$4²⁵ ea

SAVE \$2
WAS \$6.25



Babybel Mini Cheeses
5x20g \$42.50 per kg.
On sale for 2 weeks

2 for
\$9

SAVE \$2.40



Philadelphia Cream
Cheese Block or Tub 250g
\$18.00 per kg

\$8 ea

SAVE \$3.95
WAS \$11.95



Tasmanian Heritage
Camembert or Double
Cream Brie 200g
\$40.00 per kg

\$5 ea

SAVE \$2
WAS \$7



Tasmanian Heritage
Cheese Wedge 180g
\$27.78 per kg

\$4⁵⁰ ea

SAVE \$1
WAS \$5.50



Obela Garnished
Hommus Dip 220g
\$2.05 per 100g

2 for
\$7

SAVE \$1



Black Swan Favourites
Dip 200g \$1.75 per 100g

Great value. Hands down.



1/2
PRICE

\$4²⁵
ea

SAVE \$4.25
WAS \$8.50

Hong Kong Dim Sim Kitchen Pork & Chive
Dumplings 300g \$1.42 per 100g



\$3⁹⁰
ea

SAVE \$2.60
WAS \$6.50

Super Nature Pulses 300g
\$1.30 per 100g



\$6⁴⁰
ea

SAVE \$1.60
WAS \$8

On The Menu Big Feast Meal 480g
\$1.33 per 100g



\$5²⁰
ea

SAVE \$2.30
WAS \$7.50

Super Nature Wellness Meal 350g
\$1.49 per 100g



\$6⁸⁰
ea

SAVE \$1.70
WAS \$8.50

Golden Wok Szechuan Pork
Dumplings 230g \$2.96 per 100g



Daily
Prize Draw
Bonus
Entry*

\$7⁷⁰
ea

SAVE \$2
WAS \$9.70

Patties Party Meat Pies
12 Pack 560g \$1.38 per
100g. *See page 4 for T&Cs



\$5⁵⁰
ea

SAVE \$1.50
WAS \$7

I&J Fish Fillets 425g
\$12.94 per kg



\$8⁸⁰
ea

SAVE \$2.20
WAS \$11

Della Rosa XXL Pizza
950g \$0.98 per 100g



3 for
\$21⁹⁰

SAVE \$6.60

Coles Perform Frozen
Meals 330g-340g

Great value. Hands down.



\$5⁹⁰
ea

SAVE \$5.90
WAS \$11.80



1/2
PRICE

Charlotte's Bakery Pies 2 Pack
400g \$1.48 per 100g



Daily
Prize Draw
Bonus
Entry*

\$9⁶⁰
ea

SAVE \$2.40
WAS \$12

Four 'N Twenty Angus Beef Pies
4 Pack 700g \$1.37 per 100g.
*See page 4 for T&Cs

\$9⁹⁵
ea

SAVE \$3
WAS \$12.95



FroPro Protein Pizza Slices 2 Pack 360g
\$2.76 per 100g

\$7
ea

SAVE \$2
WAS \$9



McCain Pizza Slices 2 Pack 600g
\$1.17 per 100g

\$5
ea

EVERY DAY



Coles Sweet Potato Straight Cut
Chips 750g \$6.67 per kg

\$9⁵⁰
ea

EVERY DAY



Coles Chicken Breast Dino Nuggets 1kg
\$9.50 per kg

Catalogue on sale Wed 24th Jul until Tue 30th Aug 2024 or until Tue 6th Aug where indicated. Selected specials commenced Wed 17th Jul. Promotional prices commence 7am Wednesday and may commence or extend beyond the advertised date. Promotional products and prices are not available on DoorDash, UberEats or at Coles Express, and may not be available at Coles online, Coles Local, Coles Albury, Deniliquin and Lavington. Deli promotions are not available at Coles Coburg, Spring Hill, Springvale, Cairnlea, Benalla, Ardeer, Clayton (Centre Road), Coburg (Victoria Street), Geelong Bay City, Wallan, Noble Park, Hampton, Croydon North, Kilsyth, Balwyn East, Essendon, Brunswick West, Braybrook, Burnside, Seymour, Broadmeadows, Dandenong, Wodonga, Belmont, Newstead, McCrae & Warrnambool. Fruit & Vegetable offers may not be available at Coles Mildura. Savings, single sell prices and unit prices shown are off Victorian regular selling prices. Some advertised products may already be priced below the Victorian selling price therefore savings and unit prices may vary. Multi Save price only available when purchased in the multiples specified. We reserve the right to limit sale quantities. Some product varieties, colours or styles may not be available at all stores and only available while stocks last.

Great value. Hands down.
with Flybuys



Want \$10 off your in-store Coles shop faster?

Members who activate Coles offers in the Flybuys or Coles app weekly, collect points 4x faster than members who don't.**

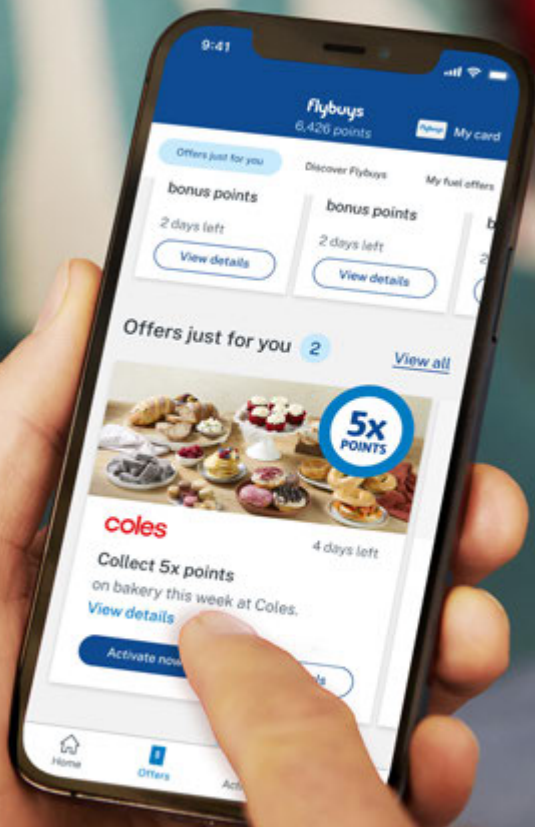


Image displayed for illustrative purposes only

The quickest way to get to 2,000 points is to **activate your offers** in the Flybuys or Coles app and to **always scan your Flybuys**, even on the little shops!

Flybuys

**4 times faster earn rate based on members who on average activated Coles digital offers weekly (at least 52 offers per year), over a 12 month period (Jul 2023-Jun 2024), compared to members who did not activate any Coles digital offers. Only Coles offers can be activated in the Coles app. Offers may have minimum spend thresholds and limits applied. Offers shown are examples only and may require activation. Flybuys T&Cs apply. Flybuys Dollars may be used after savings and discounts and in-store only (excluding purchases of gift cards, iTunes cards, charitable donations, tobacco and tobacco related products). Flybuys points can be converted to Flybuys Dollars in multiples of 2,000 points only. Every 2,000 points equates to \$10 Flybuys Dollars. Flybuys Dollars may be used in-store only. Physical Flybuys card must be presented at checkout. Flybuys Standard, Rewards and Dollars T&Cs apply and can be found at flybuys.com.au.

Great value. Hands down.



**1/2
PRICE**



\$6
ea

SAVE \$6
WAS \$12

Bulla Murray Street 1 Litre
\$0.60 per 100mL



\$4⁷⁵
ea

SAVE \$4.75
WAS \$9.50

Hershey's, Reese's or Violet Crumble
Ice Cream 1 Litre \$0.48 per 100mL



\$8
ea

DOWN DOWN
WAS \$10
MAY 2024

The Sweetporium Co Ice Cream
1 Litre \$0.80 per 100mL



\$10⁵⁰
ea

SAVE \$3
WAS \$13.50

Pana Organic Sticks 4 Pack
360mL \$2.92 per 100mL



Daily
Prize Draw
Bonus
Entry*

\$8
ea

SAVE \$3
WAS \$11

Streets Magnum 4 Pack-6 Pack
330mL-428mL *See page 4 for T&Cs

**1/2
PRICE**



\$4⁷⁵
ea

SAVE \$4.75
WAS \$9.50

Mars Multi Packs 6 Pack
246mL-300mL



\$5
ea

EVERY DAY

Coles Irresistible Ice Cream
4 Pack 400mL \$1.25 per 100mL



Daily
Prize Draw
Bonus
Entry*

\$8
ea

SAVE \$3.50
WAS \$11.50

Magnum Ice Cream Double
4 Pack 340mL \$2.35 per 100mL.
*See page 4 for T&Cs

Coles Group acknowledges the Traditional Custodians of Country throughout Australia. We recognise their strength and pay our respect to Elders past, present and emerging. Coles Group extends that respect to all Aboriginal and Torres Strait Islanders people, and recognises their rich cultures and continuing connection to land and waters.



Great value. Hands down.



\$25⁶⁰
ea
SAVE \$6.40
WAS \$32



Subo Food Bottle Duck Egg 210mL
1 Each

\$3⁷⁰
ea
SAVE 95¢
WAS \$4.65



Little Bellies Organic Banana
Date & Oat Bars 85g
\$4.35 per 100g

\$3⁸⁵
ea
SAVE \$1.65
WAS \$5.50



Tena Continence Liners
Long Length 26 Pack or
Extra Long 24 Pack

1/2 PRICE
BODY WASH
Exclusions apply †

\$8⁹⁷
ea
SAVE \$8.98
WAS \$17.95



Thankyou Body Wash 1 Litre
\$0.90 per 100mL

\$5²⁵
ea
SAVE \$2.25
WAS \$7.50



Femfresh Daily Intimate Wash
Aloe & Calendula 250mL
\$2.10 per 100mL

\$8
ea
SAVE \$2
WAS \$10



Tampax Pearl Compak Regular
Tampon or Super Tampon with
Applicator 18 Pack \$0.44 per each.
On sale for 2 weeks

†Excludes Every Day, Down Down & clearance items

Goodnights

**START WITH THESE
NIGHTTIME ESSENTIALS**

\$3⁵⁰
ea
SAVE \$1.50
WAS \$5



Libra Goodnights Ultra
Thin with Wings 10 Pack
\$0.35 per each

\$3⁵⁰
ea
SAVE \$1.50
WAS \$5



Libra Girl Goodnights
Pads with Wings
10 Pack \$0.35 per each

\$3⁵⁰
ea
SAVE \$1.50
WAS \$5



Libra Girl Regular Pads
12 Pack \$0.29 per each

\$13⁶⁵
ea
SAVE \$5.85
WAS \$19.50



Libra Period Proof Girl
Brief Black Size 10-12
1 Each

ADVERTISER PROMOTION

Great value. Hands down.



\$29^{ea}

SAVE \$10
WAS \$39

Huggies Ultimate Jumbo Nappies
52 Pack-72 Pack



ONLY
at coles

\$25^{ea}

SAVE \$5
WAS \$30

Rascals Premium Jumbo Nappies
64 Pack-96 Pack



\$17^{ea}

SAVE \$5
WAS \$22

Huggies Bulk Nappy Pants
24 Pack-36 Pack



ONLY
at coles

\$3^{ea}

SAVE \$2
WAS \$5

Rascals Premium Baby
Wipes Sensitive 80 Pack
or 99% Water 72 Pack



\$1⁸⁰^{ea}

SAVE 35¢
WAS \$2.15

Rafferty's Garden
4+ Months, 6+ Months
or 8+ Months Baby Food
Pouch 120g
\$1.50 per 100g.
On sale for 2 weeks



\$2⁸⁵^{ea}

SAVE \$1
WAS \$3.85

Baby Mum Mum Rusks
Vegetable or Blueberry
& Carrots 38g
\$7.92 per 100g



\$24^{ea}

SAVE \$6
WAS \$30

Nestlé Nan SupremePro
Stage 3 Milk Drink 800g
\$3.00 per 100g



\$11^{ea}

SAVE \$1
WAS \$12

Huggies DryNites
Night Time Pants
8 Pack-10 Pack



\$6⁶⁰^{ea}

SAVE \$4.40
WAS \$11

Johnson's Baby Bedtime
Bath or Shampoo 500mL
\$1.32 per 100mL



\$19⁸⁰^{ea}

SAVE \$13.20
WAS \$33

B.box Lunch Box or
Insulated Drink Bottle
350mL 1 Each
2nd week on sale

Great value. Hands down.



\$3⁵⁰
ea
SAVE \$1.50
WAS \$5



Piksters SupaGrip Tongue Cleaner
20 Pack \$0.18 per each

\$8
ea
SAVE \$2
WAS \$10



Difflam Plus Anaesthetic Lozenges
16 Pack^ \$0.50 per each

\$12
ea
SAVE \$3
WAS \$15



Vicks First Defence Nasal Spray
15mL or VapoShower 5 Pack^

\$18
ea
SAVE \$12
WAS \$30



Dermaveen Extra Hydration
Moisturising Lotion 1 Litre
\$1.80 per 100mL

\$11
ea
SAVE \$8
WAS \$19



Batiste Dry Shampoo Blush
or Original 350mL \$3.14 per 100mL

\$13²⁰
ea
SAVE \$8.80
WAS \$22



Revlon Volumazing Mascara 9mL
\$14.67 per 10mL

^This medicine may not be right for you. Read the label before purchase. Follow the directions for use.
Incorrect use may be harmful. If symptoms persist, talk to your healthcare professional.

GOLD SERIES FROM PANTENE

**1/2
PRICE**

\$10
ea
SAVE \$10
WAS \$20

Pantene Gold Series
Shampoo 252mL or
Conditioner 250mL



\$10
ea
SAVE \$10
WAS \$20

Pantene Gold Series
Hydrating Butter
Crème 193g
\$5.18 per 100mL

SOFTENS AND TAMES FRIZZ

For Curly Hair^

^Applicable to butter-cream

ADVERTISER PROMOTION



Great value. Hands down.



On cleaning essentials



\$3⁵⁰
ea

EVERY DAY

Ajax Spray N' Wipe Trigger Bathroom 500mL
\$0.70 per 100mL



Daily Prize Draw Bonus Entry*

\$25⁵⁰
ea

DOWN DOWN
WAS \$51
MAY 2024

Finish Ultimate 0% Dishwashing Tablets 46 Pack \$0.55 per each.
*See page 4 for T&Cs



Daily Prize Draw Bonus Entry*

\$26
ea

DOWN DOWN
WAS \$52
MAY 2024

Finish Ultimate Plus All In 1 Lemon Dishwashing Tablets 31 Pack \$0.84 per each.
*See page 4 for T&Cs



\$3⁵⁰
ea

DOWN DOWN
WAS \$5
MAY 2024

Micro Protect Multipurpose Spray 750mL \$0.47 per 100mL



\$5⁵⁰
ea

DOWN DOWN
WAS \$10
MAY 2024

Micro Protect Multipurpose Wipes 120 Pack
\$4.58 per 100 each



\$5
ea

DOWN DOWN
WAS \$8.50
MAY 2024

Morning Fresh Dishwashing Liquid 680mL \$0.74 per 100mL



\$14³⁰
ea

DOWN DOWN
WAS \$15.90
MAY 2024

Oates Stainless Steel Toilet Brush Set



\$4⁵⁰
ea

DOWN DOWN
WAS \$5.50
MAY 2024

Sabco Soft Grip Squeegee



\$18⁵⁰
ea

EVERY DAY

Vileda Super Microfibre Mop with Telescopic Handle

Great value. Hands down.



1/2
PRICE

\$1⁹²
ea

SAVE \$1.93
WAS \$3.85



Handee Ultra Paper Towel 2 Pack
\$1.60 per 100 sheets

\$3⁶⁰
ea

SAVE 90¢
WAS \$4.50



Kleenex 3-Ply Wellbeing Facial Tissues
140 Pack \$2.57 per 100 each



\$9⁶⁰
ea

SAVE \$2.40
WAS \$12

Multix Non-Stick Baking & Cooking
Paper 50 Metres \$0.19 per metre

1/2
PRICE

\$3
ea

SAVE \$3
WAS \$6



White King Power Toilet Gel 700mL
\$0.43 per 100mL

1/2
PRICE

\$7
ea

SAVE \$7
WAS \$14



Sorbent 3-Ply Silky White Toilet
Tissue 16 Pack \$0.24 per 100 sheets

coles



When
performance
matters



\$2
ea

EVERY DAY

Coles Ultra Floor Cleaner or
Glass & Window Cleaner 750mL
\$0.27 per 100mL

Great value. Hands down.



\$18²⁰
ea

SAVE \$7.80
WAS \$26



**Air Wick Active Fresh
Aerosol-Free Automatic Spray
+ Refill 228mL \$7.98 per 100mL**

\$14
ea

SAVE \$6
WAS \$20



**Botanica by Air Wick Candle
1 Each**

\$12
ea

SAVE \$3
WAS \$15



**Air Wick Aerosol-Free Auto Spray
Refill 228mL \$5.26 per 100mL**



\$2⁶⁵
ea

SAVE 65¢
WAS \$3.30

**Hercules TwinZip Resealable
Medium Storage Bags 15 Pack
\$0.18 per each**

**1/2
PRICE**

\$5²⁵
ea

SAVE \$5.25
WAS \$10.50



**Fairy Rinse Aid 360mL
\$1.46 per 100mL**

**1/2
PRICE**

\$9
ea

SAVE \$9
WAS \$18



**Comfort X In Wash Scent Booster
200g \$45.00 per kg**

**1/2
PRICE**

**STAINED IT?
SARD IT!**

\$5⁵⁰
ea

SAVE \$5.50
WAS \$11

**Sard Super Power Stain
Remover 900g
\$6.11 per kg**



ADVERTISER PROMOTION

SIMPLY GREAT NUTRITION

WOOFIN' GOOD!™



MADE WITH REAL
MEAT FOR PROTEIN



WHOLESOME

NO ARTIFICIAL
COLOURS OR
PRESERVATIVES



Woofin' Good Dog Food
720g \$0.42 per 100g

Woofin' Good Dog Treats
Oven Baked Biscuits 800g
\$1.13 per 100g

Woofin' Good Dog Treats
Dental Brush 5 Pack or
10 Pack On sale for 2 weeks

Great value. Hands down.



\$5¹⁰
ea

SAVE \$3.40
WAS \$8.50



40% OFF

Farmers Market Dog Food
6x100g \$0.85 per 100g

\$4⁸⁰
ea

SAVE \$1.20
WAS \$6



V.I.P. Paws Dog Food 600g
\$0.80 per 100g. From the chilled pet food fridge

\$4⁹⁰
ea

SAVE \$2.10
WAS \$7



Whiskas Dry Cat Food 800g
\$0.61 per 100g

\$2⁴⁵
ea

SAVE \$1.05
WAS \$3.50



Bow Wow Dog Treats
Pigs Ears 1 Pack

30% OFF

**BOW WOW
DOG
TREATS**
Exclusions apply ††

\$1²⁵
ea

SAVE 55¢
WAS \$1.80



My Dog Dog Food Tray 100g
\$1.25 per 100g. Excludes Shredded 100g. On sale for 2 weeks

\$5⁸⁵
ea

SAVE \$1.95
WAS \$7.80



4 Legs Natural + Wellness Boost
Meatball Dog Food Tray 870g
\$0.67 per 100g. From the chilled pet food fridge

†† Excludes clearance items

\$16¹⁰
ea

SAVE \$6.90
WAS \$23



Optimum Dry Dog Food
2.5kg-3kg

**DOWN
DOWN**

\$4⁵⁰
ea

DOWN DOWN
WAS \$5
JUL 2024



Farmers Market Home Styled
Shreds Dog Food 250g
\$1.80 per 100g. From the chilled pet food fridge

\$5⁸⁰
ea

DOWN DOWN
WAS \$6.50
JUN 2024



Fussy Cat Mince Cat Food 450g
\$1.29 per 100g. From the chilled pet food fridge

1/2 PRICE

SISTEMA ULTRA CONTAINERS

Exclusions apply †



\$7⁵⁷
ea

SAVE \$7.58
WAS \$15.15

Sistema Ultra Container
1.3 Litre \$7.57 per each



\$4⁰⁵
ea

SAVE \$4.05
WAS \$8.10

Sistema Ultra Container 460mL
\$4.05 per each



\$5⁹⁵
ea

SAVE \$5.95
WAS \$11.90

Sistema Ultra Container 920mL
\$5.95 per each

†Excludes clearance items



\$2⁵⁰
ea

SAVE \$2.50
WAS \$5

Décor Match Ups Container 500mL
\$2.50 per each



\$6⁹⁰
ea

SAVE \$1.80
WAS \$8.70

Command Large Picture
Hanging Strips 4 Pack



\$16⁷⁵
ea

SAVE \$16.75
WAS \$33.50

Décor Adventurer Stainless Steel
Bottle 1.2 Litre \$16.75 per each



\$15²⁰
ea

SAVE \$3.80
WAS \$19

Dynabook USB 3.0 32GB
2nd week on sale



\$33⁷⁵
ea

SAVE \$11.25
WAS \$45

Tefal Easy Clean Frypan 30cm



\$87
ea

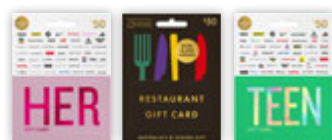
SAVE \$22
WAS \$109

Sodastream Terra White
Sparkling Water Maker 1 Each



**\$50 or \$100 TCN Her,
Restaurant & \$50 TCN Teen
when you swipe your
Flybuys card at the checkout**

Excludes variable load. In-store only



Limit 5 Gift Cards per Flybuys account. Offer valid from 24/7/24 to 30/7/24 and only available in store at Coles Supermarkets (excludes Coles Online, Coles Express and purchases via giftcards.com.au or coles.scanshopping.com.au), subject to store availability. To qualify for this offer you must present your Flybuys card at the time of purchase. While stocks last, no rainchecks. Excludes \$30 TCN Her and \$30 TCN Teen Gift Cards. Excludes Variable Load Gift Cards. Excludes all other TCN Gift Cards not listed above. BONUS POINTS can be awarded more than once for each Gift Card type including different denominations of the same Gift Card but can only be collected up to 5 times per Flybuys account. Gift Cards can't be used to purchase other Gift Cards at Coles. Standard Flybuys terms and conditions apply and are available at Flybuys.com.au.

colesmobile

Big data. Great price.
Now that's smart.

POWERED BY
OPTUS



28 day expiry

coles mobile

32GB

Unlimited standard national talk & text
Unlimited standard International Calls to 15 selected destinations
Up to 50GB data rollover

\$30

NEW FROM OPTUS

\$10_{ea}

RRP \$30

**Coles Mobile
\$30 Prepaid SIM**

32GB, 28 day expiry

Unlimited standard
International Calls to 15
selected destinations

365 day expiry

coles mobile

210GB

Unlimited standard national talk & text
Unlimited standard International Calls to 15 selected destinations

\$240

NEW FROM OPTUS

\$189_{ea}

RRP \$240

**Coles Mobile
\$240 Prepaid SIM**

210GB, 365 day expiry

Unlimited standard
International Calls to 15
selected destinations

New services only. Not for recharge use. Now with up to 500GB data rollover.

\$99_{ea}

RRP \$129

Optus X Delight 2

- 6.52" HD+ IPS display
- 13MP AI camera

\$139_{ea}

**SAVE \$30
WAS \$169**

Optus X Pro 5G

- 6.52" IPS HD+ display
- 50MP Ultra-Clear camera

\$179_{ea}

**SAVE \$70
WAS \$249**

Optus Samsung A04s

- 6.5" Infinity V display
- 50MP triple camera

\$119_{ea}

**SAVE \$30
WAS \$149**

Vodafone V Pro 2

- 6.56" HD+ IPS display
- 13MP camera

Free \$35
Prepaid starter pack included

NEW at coles

General Devices: Excluding iPhones, all devices are Network Locked. Unlocking fees may apply. All included starter pack offers are included in device packaging. General SIMs: All value SIMs include first recharge applied on activation. All for use in AU only. New services only, not for recharge purposes. All recharges revert to standard plan price. Terms & Fair Go policies apply.

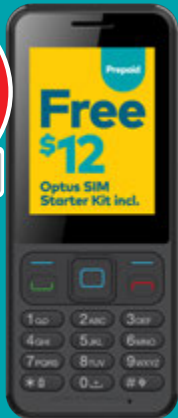
Prepaid deals

Switch to Optus at Coles today

\$49^{ea}

RRP \$59

- Optus X Lite 4**
- 4G network access
 - 2.4" display
 - Rear camera



\$59^{ea}

SAVE \$20
WAS \$79

- Optus X Start 4**
- 5" display
 - 5MP camera
 - Octa-core processor



\$79^{ea}

RRP \$99

- Optus Portable Modem**
- 4G network ready
 - Connect 30 users
 - 2,000mAh battery



\$17^{ea}

SAVE \$28
WAS \$45

- Optus \$45 Prepaid SIM Starter Kit**
- Get 60GB data on first three recharges
 - Unlimited std talk & text in Australia
 - Roll over up to 200GB
 - 28 day expiry



yes OPTUS

All for use in Australia. Optus Fair Go Policy applies. Activate within 30 days of purchase or by the date advertised on a promotion, whichever is earlier, to receive advertised inclusions. Optus X Start 4 and Optus Portable Modem offers end 30/7/24. Optus \$45 Prepaid SIM Starter Kit offer ends 6/8/24. Optus X Lite 4 offer ends 13/8/24. **Free Prepaid SIM:** Included \$12 SIM for activation on available \$12 plans only. Included \$35 SIM for activation on available \$35 plans only. See optus.com.au/prepaidplans for full plan details. New services only. **\$45 SIM Starter Kit:** Includes \$45 recharge. After 3rd recharge \$45 gives you 30GB. New services only. **Data Rollover:** Accrue up to 200GB when you recharge before expiry. **50GB data free:** Included when you activate included SIM. 28 day expiry. **Compatibility:** Devices are network locked. For unlocking fees see optus.com.au/unlock. To use SIM, device must be compatible with the Optus Network, see optus.com.au/compatibility. **General:** Coverage varies, see optus.com.au/coverage. For SIM offers, ongoing recharges revert to standard price. **Flybuys offer:** Offer valid only in store at Coles Supermarkets (excludes Coles Online, Coles Express and purchase via colesmobile.com.au) from 24/07/24 to 6/08/24. To qualify for this offer you must present your Flybuys card at the time of purchase. Flybuys' privacy policy applies. Standard Flybuys terms and conditions apply and are available at flybuys.com.au. Offer ends 6/08/24

ADVERTISER PROMOTION

Get your free \$20 gift card^{^^}



^{^^}digital gift card via redemption

ONLY
at coles

When you purchase and activate a

\$35 Telstra Pre-Paid SIM Kit



New services only. Not for recharge use.



Telstra T-Essential

- 5" FWVGA+ display
- Rear camera (5MP with flash) + 2MP front camera



Belong \$45 Starter Pack

- Includes SIM card, 100GB plus Unlimited calls & texts in Australia.



1/2
PRICE

Telstra 5G now reaches 85% of Australians. THINGS YOU NEED TO KNOW. Free \$20 gift card: *Offer valid for customers who purchase a Telstra \$35 Pre-Paid SIM Kit between 17/07/2024 & 30/07/2024 and activate the sim by 27/08/2024. Offer valid for Australian residents only. At participating Coles outlets throughout Australia, excludes Coles Express and Coles Online. Exclude recharge vouchers. Eligible customers will receive a SMS within 10 business days of activation with instructions on how to redeem their digital gift card. Customer must retain receipt and gift card must be redeemed within 90 days from date of SMS. For full Terms & Conditions see <https://telstra-redeem.com.au/Terms/colestermsandconditions.pdf>. Telstra Pre-Paid Handsets: Manufactured by ZTE, Motorola & Samsung. In non-5G coverage areas, you'll automatically switch to our 3G or 4G. Check telstra.com/coverage. Speed capping: 4G and 5G download speeds are capped at 150Mbps on most plans. Your capped download speed is the maximum potential download speed for data included in your recharge. Factors impacting typical speed include location, distance from the base station, local conditions, concurrent users, hardware and software configuration and download/upload destination. An unlocking fee may apply for use with a non-Telstra SIM card. Limit 1 per customer and no trade sales. SIM included. The Android Robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. Unlimited calls/texts exclude satellite and premium numbers (e.g. 19xx numbers), operator assisted calls (e.g. most 12xx numbers) and diverted calls. Blue Tick lets you know which phones are recommended for handheld coverage in rural areas. Belong: For use in Australia. Unlimited Calls and texts to standard landline and mobile numbers. Limit: Total of 5 Belong SIMs per customer. 4G and 5G download speeds capped at 150 Mbps.

Why choose us?



Australia's largest mobile network

We have Australia's largest 5G network and it's rapidly growing.



Continuous Data Rollover

Just recharge before expiry on selected recharges.



International calls

Capped mins from Australia to standard international numbers.



Set & forget with Auto Recharge

Stay in control and set up Auto Recharge, so you don't have to worry about recharging before your services expire.



Telstra T-Pro

- 6.52" IPS HD+ display
- Triple rear camera (13MP+ 2MP+2MP) + 5MP front camera



Motorola G34 5G

- 6.5" 120Hz HD LCD display
- Dual rear camera (50MP + 2MP) + 16MP front camera



Samsung Galaxy A05s

- 6.7" Full HD+TFT display
- Rear camera (50MP with flash) + 13MP front camera



ADVERTISER PROMOTION

At Home Fitness

\$655^{ea}



Powertrain Multi Station Home Gym

Pull down bar, bicep curl cable, chest fly machine, punching and speed bag station and more. Includes 110lbs weights.

Heavy gauge
steel frame

\$289^{ea}



Powertrain RX-900 Exercise Bike

Monitors time, speed, distance and calories. Resistance control. Brake lever for emergency stop.

\$289^{ea}



Foldable design

Powertrain V25 Foldable Treadmill

12x programs, 3x modes, up to 10km/h. Blue LED screen displays time, speed, distance, calories and pulse. MP3 USB input and soft grip handles.

\$189^{ea}



Foldable design

Finex Rowing Machine

4x resistance levels, elastic rope system, adjustable large foot rests. Large LCD screen display.

\$229^{ea}



Centra Under Desk Treadmill

Up to 6km/h, portable, rechargeable, wide running belt, digital LED display and built-in wheels.

\$145^{ea}

Foldable design



Finex Weight Bench

8-in-1 station. 3x adjustable incline levels, leg extension with thick foam rollers and 3x spring collars. PU padded back pad and powder coated steel frame.

On sale Monday 22/07/24 to Sunday 04/08/24. Offers only available through bestbuys.coles.com.au. Free delivery is available in selected postcodes and limited product quantities apply. For full participating postcodes and terms of use please see bestbuys.coles.com.au. Limit of 5 per product per transaction. No rainchecks apply.



\$79_{ea}



Bluetooth
connection

Centra Music Boxing Machine

Pair to your device and punch to the beat of your music. Punch the lit up section for agility training. Wall mountable.



\$119_{ea}

Centra Punching Bag

2x zone punching and kicking. Multi-layer, high density PU leather with shock absorbent layer. 12x strong suction cups to keep unit firmly in place.

Cross trainer and
exercise bike combo



\$195_{ea}

Everfit Elliptical Cross Trainer

Non-impact workout, reversible, two-way movement. Adjustable resistance, seat and handles. Built in resistance bands, LCD displays time, calcs, speed, distance and more.



3 years
warranty



\$1399_{ea}

Livemor Full Body Massage Chair

4x full body programs, 8x targeted massage modes, 3x speed and strength levels. Body scan system, 3D Bluetooth speakers.



\$89_{ea}

Livemor Foot Massager

3x intensity levels, 2x powerful motors. Automatic and manual control. Washable fabric liner.

Anti-slip stepper
surface



\$109_{ea}

Everfit Vibration Machine

Plate platform, 99x speed levels. Time and speed display. Includes resistance bands and remote control.

On sale Monday 22/07/24 to Sunday 04/08/24. Offers only available through bestbuys.coles.com.au. Free delivery is available in selected postcodes and limited product quantities apply. For full participating postcodes and terms of use please see bestbuys.coles.com.au. Limit of 5 per product per transaction. No rainchecks apply.

LIQUORLAND

Cheers! TO THE HOME TEAM

Having the gang over to watch
the sporting event of the year?
We've got your drinks covered!



\$20_{ea}

Carlton Dry
Cans 8x375mL



**8
PACK**

\$24_{ea}

Heineken Cans
6x500mL



**6
PACK**

**LOW PRICE
EVERY DAY**

\$34_{ea}

Corona Bottles
12x355mL



**12
PACK**

\$42_{ea}

Lorry Boys Mid
Strength Hazy
Pale Ale Cans
24x375mL



**24
PACK**

\$58_{ea}

Hahn Super Dry
3.5 Block Cans
30x375mL



**30
PACK**

\$59_{ea}

Coopers Pale
Ale Cans
24x375mL



**24
PACK**

\$62_{ea}

Great Northern
Super Crisp
Lager Block
Cans 30x375mL



**30
PACK**

\$64_{ea}

Little
Creatures
Pale Ale
Bottles
24x330mL



**24
PACK**

Offers apply from 24/07/24 until 30/07/24 unless sold out prior. Specials not available through Coles Liquor Supermarkets, Liquorland Warehouse, Liquorland Melbourne Central or Lavington stores. Prices may vary in regional areas. Some products and offers may not be available in all stores. Savings are shown off the regular selling price across our Victorian Metro stores. All wine, sparkling and champagne bottles are 750mL unless otherwise stated. All spirits are 700mL unless otherwise stated. Not valid in conjunction with any other offer. Price available on products featured in the multiples specified. Retail limits apply. Liquor and tobacco not sold to under 18s. Not all promotions available online. All liquor products are sold and supplied by Liquorland (Australia) Pty Ltd. To view our terms and conditions including licence numbers visit www.liquorland.com.au

SPIRITS



\$47^{ea}

Sailor Jerry
Caribbean
Rum



\$54^{ea}

Sierra Tequila
Blanco



\$55^{ea}

Jameson
Irish Whiskey



\$57^{ea}

Haku
Vodka

PRE-MIXED



\$19^{ea}

Smirnoff
Soda Lemon
Lime Cans
4x330mL

**4
PACK**



\$25^{ea}

Jameson
Smooth Dry
& Lime Cans
4x375mL

**4
PACK**



\$25^{ea}

Bombay
Sapphire
Gin & Tonic
Bottles
4x275mL

**4
PACK**



\$26^{ea}

Jack Daniels
& Cola Bottles
4x330mL

**4
PACK**

WINE



\$12^{ea}

The Ned
Pinot Gris



\$12^{ea}

Saltram
1859
Barossa
Shiraz



PRICE DROP

NOW

\$15^{ea}

WAS \$22 (05/2024)

Postcards from
Italy Prosecco
DOC Organic



\$20^{ea}

James Busby
Yarra Valley
Pinot Noir



\$20^{ea}

Taylors
Jaraman
Chardonnay



**2
for
\$20**

Pensilva
Grenache



**Any
of these
\$18^{ea}**

Berri 5 Litre
Cask Varieties

Choose to
DrinkWise.



Liquorland Supports
the Responsible
Enjoyment of Alcohol



**Shop
Online**



**Click &
Collect**



**Home
Delivery**