

PT HEDLAND ON SALE Wed 14 Aug to Tue 20 Aug 2024
See page 35 for details



Contactless
collect



Contactless
delivery



Shop
in store

coles

Great value. Hands down.



life-space
vitamins

CENOVIS

Swisse

VÖÖST

Nature's Way

Nature's Own

BLACKMORES

\$8⁰²
ea
SAVE \$8.03
WAS \$16.05



Daily
Prize Draw
Bonus
Entry*

VITAMINS

Exclusions apply †



\$16⁰⁵
ea
SAVE \$16.05
WAS \$32.10

Swisse Ultiboost Iron Tablets
30 Pack^ \$26.73 per 100 each.
On sale for 2 weeks.
*See page 12 for T&Cs

Nature's Way Kids Smart
Vita Gummies 120 Pack^
\$13.38 per 100 each.
2nd week on sale

**1/2
PRICE**

\$2⁴⁰
ea
SAVE \$2.42
WAS \$4.82



DIET & SPORTS NUTRITION*

BSc Bodyscience High Protein Low
Carb Bar 60g \$4.00 per 100g

Exclusions apply †



\$2⁴⁰
ea
SAVE \$2.42
WAS \$4.82

Musashi Protein Bar or Deluxe Bar
60g \$4.00 per 100g

MUSCLENATION

MUSASHI



QUEST
NUTRITION

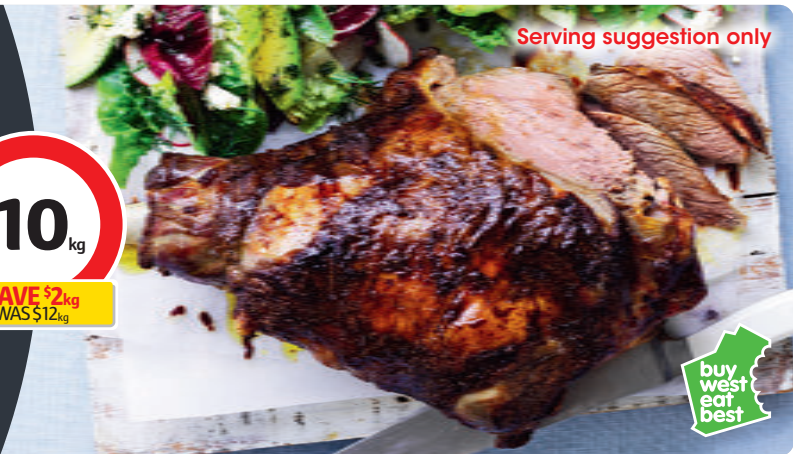
*Offer only applicable to diet and sports nutrition within the Health Food category. All weight management products on this page are only beneficial in conjunction with sensible lifestyle factors including diet and exercise.
^These products may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your healthcare professional. Vitamin and mineral supplements should not replace a balanced diet.

†Excludes Berocca 15 Pack, Berocca 45 Pack, Berocca 250mL, Every Day, Down Down & clearance items



Coles Australian Lamb Whole
or Half Leg Roast
Product sold uncooked

\$10
kg
SAVE \$2_{kg}
WAS \$12_{kg}



Serving suggestion only



1/2 PRICE



\$1⁶⁵
ea

SAVE \$1.88
WAS \$3.53

John West Salmon Tempters 95g
\$17.37 per kg

Daily
Prize Draw
Bonus
Entry*



\$2¹⁴
ea

SAVE \$2.14
WAS \$4.28

Gatorade or G Active Sports
Drink 600mL \$3.57 per litre.
*See page 12 for T&Cs

NEW
FLAVOUR



\$3²¹
ea

SAVE \$3.21
WAS \$6.42

Kettle Crafted Collection 150g
or Kettle Potato Chips 150g-165g

ONLY
at coles



\$3
ea

SAVE \$3.42
WAS \$6.42

Cadbury Dairy Milk Block
Chocolate 160g-190g

Daily
Prize Draw
Bonus
Entry*



\$4⁷⁵
ea

SAVE \$5.42
WAS \$10.17

Morning Fresh Dishwashing
Liquid 900mL \$0.53 per 100mL



\$27
ea

SAVE \$30.78
WAS \$57.78

Finish Ultimate Dishwashing
Tablets 46 Pack \$0.59 per each.
*See page 12 for T&Cs

100% Aussie Red Perino Tomatoes

\$3⁹⁰
pk

Coles Australian Red Perino Tomatoes
200g Pack \$19.50 per kg

ONLY
at coles



1/2 PRICE



\$1¹⁰
ea

SAVE \$1.25
WAS \$2.35

Mars Chocolate Bar 22.5g-56g



\$1²⁵
ea

SAVE \$1.43
WAS \$2.68

Nestlé Chocolate Bar 35g-50g
or Reese's Cup 39g



\$2⁵⁰
ea

SAVE \$2.85
WAS \$5.35

Cadbury or Europe Bites
120g-160g



\$1³⁴
ea

SAVE \$1.34
WAS \$2.68

Cobs Microwave Popcorn 85g
\$1.58 per 100g



\$1⁴⁴
ea

SAVE \$1.45
WAS \$2.89

Twisties, Burger Rings or Cheetos
80g-90g



\$2⁵⁰
ea

SAVE \$2.85
WAS \$5.35

Pascall Chocolate Bites
120g-185g or Pascall
Marshmallows 280g



\$9
ea

SAVE \$9
WAS \$18

Ferrero Collection 15 Pack
Gift Box 172g or Ferrero Rocher
16 Pack Gift Box 200g
On sale for 2 weeks



\$8
ea

SAVE \$8
WAS \$16

Cadbury Favourites 340g
\$2.35 per 100g



\$13
ea

SAVE \$13
WAS \$26

Lindt Cornet 327g-333g

ONLY
at coles

1/2 PRICE

DIET & SPORTS NUTRITION*

Exclusions apply †



\$1⁶⁰
ea

SAVE \$1.61
WAS \$3.21

Maxine's Burn Bar 40g
\$4.00 per 100g



\$1⁸⁷
ea

SAVE \$1.88
WAS \$3.75

Clif Energy Bar 68g
\$2.75 per 100g



\$2⁴⁰
ea

SAVE \$2.42
WAS \$4.82

BSc Bodyscience High Protein
Low Carb Bar 60g \$4.00 per 100g



\$2⁴⁰
ea

SAVE \$2.42
WAS \$4.82

BSc Bodyscience Soft Protein
Bar 55g \$4.36 per 100g



\$2⁴⁰
ea

SAVE \$2.42
WAS \$4.82

Muscle Nation Custard Protein
Bar 60g \$4.00 per 100g



\$2⁴⁰
ea

SAVE \$2.42
WAS \$4.82

Muscle Nation Cheesecake
Protein Bar 50g \$4.80 per 100g



\$2⁴⁰
ea

SAVE \$2.42
WAS \$4.82

Musashi Protein Crisp or Deluxe
Bar 60g \$4.00 per 100g



\$2⁵⁷
ea

SAVE \$2.57
WAS \$5.14

Quest Protein Bar 50g-60g



\$2⁶⁷
ea

SAVE \$2.68
WAS \$5.35

ATP Science Collagen Bar
50g-60g

† Excludes Every Day, Down Down & clearance items

* Offer only applicable to diet and sports nutrition within the Health Food category. All weight management products on this page are only beneficial in conjunction with sensible lifestyle factors including diet and exercise. These products may not be right for you. Read the label before purchase.

1/2 PRICE

DIET & SPORTS NUTRITION*

Exclusions apply †

\$2³⁰
ea
SAVE \$2.30
WAS \$4.60



BSc Bodyscience Energy Drink
500mL \$4.60 per litre

\$2⁴⁰
ea
SAVE \$2.42
WAS \$4.82



Muscle Nation Energy Drink
500mL \$4.80 per litre

\$2⁴⁰
ea
SAVE \$2.42
WAS \$4.82



Musashi Energy Drink 500mL
\$4.80 per litre

\$2⁴⁰
ea
SAVE \$2.42
WAS \$4.82



Atkins Low Carb Protein Shake
330mL \$7.27 per litre

\$2⁶⁷
ea
SAVE \$2.68
WAS \$5.35



Muscle Nation Sparkling Protein Water
330mL \$8.09 per litre

\$2⁶⁷
ea
SAVE \$2.68
WAS \$5.35



BSc Bodyscience Protein Water
355mL \$7.52 per litre

\$2⁹⁴
ea
SAVE \$2.95
WAS \$5.89



C4 Smart Energy Drink 473mL
\$6.22 per litre

\$2⁹⁴
ea
SAVE \$2.95
WAS \$5.89



Crankt Premium Protein Shake
400mL \$7.35 per litre

\$3²⁰
ea
SAVE \$3.22
WAS \$6.42



OxyShred Ultra Energy Drink
355mL \$9.01 per litre

†Excludes Every Day, Down Down and clearance items

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1/2 PRICE

VITAMINS, DIET & SPORTS NUTRITION*

Exclusions apply †



\$12⁸⁴
ea

SAVE \$12.84
WAS \$25.68

Centrum Advance Multivitamins or Advance 50+ Tablets 100 Pack^ \$12.84 per 100 each



\$17⁶⁵
ea

SAVE \$17.66
WAS \$35.31

Inner Health On The Go Probiotics Capsules 40 Pack or Inner Health Plus Double Strength Probiotics Capsules 20 Pack^



\$21⁴⁰
ea

SAVE \$21.40
WAS \$42.80

Blackmores Executive B Stress Formula Tablets 125 Pack^ \$17.12 per 100 each



\$24⁰⁷
ea

SAVE \$24.08
WAS \$48.15

Blackmores Super Magnesium+ Tablets 180 Pack^ \$13.37 per 100 each



\$14⁹⁸
ea

SAVE \$14.98
WAS \$29.96

Naturopathica Fat Blaster Weight Loss Shake 465g \$3.22 per 100g



\$14⁹⁸
ea

SAVE \$14.98
WAS \$29.96

Nature's Way Instant Natural Protein Powder 400g \$3.75 per 100g



\$21⁴⁰
ea

SAVE \$21.40
WAS \$42.80

Athena Protein Shake + Iron Chocolate 450g \$4.76 per 100g



\$21⁴⁰
ea

SAVE \$21.40
WAS \$42.80

Rapid Loss Meal Replacement Shake 740g \$2.89 per 100g



\$29⁴²
ea

SAVE \$29.43
WAS \$58.85

Pilot Protein Weight Reset Shake 770g \$3.82 per 100g

†Excludes Berocca 15 Pack, Berocca 45 Pack, Berocca 250mL, Every Day, Down Down & clearance items

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1/2 PRICE

DIET & SPORTS NUTRITION*

Exclusions apply †



\$8⁵⁶
ea

SAVE \$8.56
WAS \$17.12

Macro Mike Powdered Peanut Butter 156g \$5.49 per 100g



\$14⁹⁸
ea

SAVE \$14.98
WAS \$29.96

BSc Bodyscience Pure Creatine 200g \$7.49 per 100g



\$18¹⁹
ea

SAVE \$18.19
WAS \$36.38

Vital Strength Protein Powder 450g \$4.04 per 100g



\$19²⁶
ea

SAVE \$19.26
WAS \$38.52

Amazonia Raw Protein Isolate 390g \$4.94 per 100g



\$21⁴⁰
ea

SAVE \$21.40
WAS \$42.80

Musashi Pre Workout Powder 225g \$9.51 per 100g



\$24⁰⁷
ea

SAVE \$24.08
WAS \$48.15

Musashi Creatine Unflavoured 350g \$6.88 per 100g



\$25⁶⁸
ea

SAVE \$25.68
WAS \$51.36

Cellucor C4 Sport Powder 285g \$9.01 per 100g



\$29⁴²
ea

SAVE \$29.43
WAS \$58.85

BSc Bodyscience Protein Powder 800g-900g



\$34⁷⁷
ea

SAVE \$34.78
WAS \$69.55

Musashi P30 High Protein Powder 900g \$3.86 per 100g

†Excludes Every Day, Down Down and clearance items

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1/2 PRICE

VITAMINS

Exclusions apply †



\$5⁸⁸
ea

SAVE \$5.89
WAS \$11.77

Voost Effervescent Tablets
20 Pack \$29.40 per 100 each



\$9⁹⁰
ea

SAVE \$9.90
WAS \$19.80

Cenovis Sugarless C 500mg
Tablets 300 Pack
\$3.30 per 100 each



\$10¹⁶
ea

SAVE \$10.17
WAS \$20.33

Berocca Energy Effervescent
30 Pack \$33.87 per 100 each



\$11²³
ea

SAVE \$11.24
WAS \$22.47

Caltrate Bone & Muscle Health
or Bone & Muscle Health 50+
100 Pack \$11.23 per 100 each



\$12⁸⁴
ea

SAVE \$12.84
WAS \$25.68

Nature's Way High Strength
Magnesium Tablets 150 Pack or
Adult Vita Gummies Vitamin C
120 Pack



\$12⁸⁴
ea

SAVE \$12.84
WAS \$25.68

Nature's Way Adult Vita Gummies
Women's Multivitamins 100 Pack
or Multivitamins 120 Pack



\$18¹⁹
ea

SAVE \$18.19
WAS \$36.38

Nature's Own Glucosamine
Sulfate with Chondroitin Tablets
200 Pack \$9.10 per 100 each



\$18⁷²
ea

SAVE \$18.73
WAS \$37.45

Blackmores Probiotics+ Daily
Health or Immune Defence
Capsules 30 Pack
\$62.40 per 100 each



\$19²⁶
ea

SAVE \$19.26
WAS \$38.52

Life-Space Probiotic for 60+ Years
Capsules 40 Pack
\$48.15 per 100 each



\$20³³
ea

SAVE \$20.33
WAS \$40.66

Blackmores Omega Mini Double
Concentrate Capsules 200 Pack
\$10.17 per 100 each



\$21¹³
ea

SAVE \$21.14
WAS \$42.27

Daily Prize Draw Bonus Entry*

Swisse Ultiboost Vitamin D
Capsules 400 Pack
\$5.28 per 100 each



\$24⁷⁵
ea

SAVE \$24.75
WAS \$49.50

Swisse Ultiboost Magnesium
Tablets 200 Pack \$12.38 per
100 each. On sale for 2 weeks

*See page 12 for T&Cs

†Excludes Berocca 15 Pack, Berocca 45 Pack, Berocca 250mL, Every Day, Down Down & 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

VITAMINS

Exclusions apply †



\$7⁷⁶
ea

SAVE \$7.76
WAS \$15.52

Cenovis Chewable Mega C 1000mg Berry Tablets 60 Pack[^]
\$12.93 per 100 each



\$16⁰⁵
ea

SAVE \$16.05
WAS \$32.10

UltraLife Effervescent Tablets 60 Pack[^] \$26.75 per 100 each.
On sale for 2 weeks



\$19²⁶
ea

SAVE \$19.26
WAS \$38.52

Nature's Own Vitamin B12 1000mcg Tablets 150 Pack[^]
\$12.84 per 100 each



\$21⁹³
ea

SAVE \$21.94
WAS \$43.87

Ostelin Calcium DK2 Tablets 60 Pack[^] \$36.55 per 100 each



Daily Prize Draw Bonus Entry*

\$24⁰⁷
ea

SAVE \$24.08
WAS \$48.15

Swisse Ultivite Multivitamins 50+ Tablets 60 Pack[^]
\$40.12 per 100 each. On sale for 2 weeks. *See page 12 for T&Cs



\$26⁷⁵
ea

SAVE \$26.75
WAS \$53.50

Life Botanics Vitality Greens 450g[^] \$5.94 per 100g

†Excludes Every Berocca 15 Pack, Berocca 45 Pack, Berocca 250mL, Every Day, Down Down & clearance items

Daily Prize Draw Bonus Entry*

\$5³⁵
ea

SAVE \$5.35
WAS \$10.70

Colgate Advanced Tartar & Whitening or Max Fresh Toothpaste 200g \$2.68 per 100g.
*See page 12 for T&Cs



\$4
ea

SAVE \$4
WAS \$8

Lynx Antiperspirant Aerosol Deodorant or Body Spray 165mL
\$2.42 per 100mL

NEW at coles

\$8⁰²
ea

SAVE \$8.03
WAS \$16.05

Hismile Barbie or Wonka Chocolate Flavoured Toothpaste 60g \$13.37 per 100g



\$69⁵⁵
ea

SAVE \$69.55
WAS \$139.10

Oral B Pro 1500 Electric Toothbrush 1 Pack

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1/2 PRICE



\$3
ea

SAVE \$3.42
WAS \$6.42

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



\$4⁸¹
ea

SAVE \$4.82
WAS \$9.63

Fluffy Concentrated Fabric
Conditioner 900mL-1 Litre



\$4⁷⁵
ea

SAVE \$5.42
WAS \$10.17

Morning Fresh Dishwashing
Liquid 900mL \$0.53 per 100mL



Daily
Prize Draw
Bonus
Entry

\$5²⁵
ea

SAVE \$5.99
WAS \$11.24

Finish Dishwasher Deep Cleaner
250mL \$2.10 per 100mL.
*See page 12 for T&Cs



\$5⁸⁸
ea

SAVE \$5.89
WAS \$11.77

Sard Stain Remover 900g-1kg



\$10⁷⁰
ea

SAVE \$10.70
WAS \$21.40

Radiant Laundry Liquid 2 Litre
or Powder 2kg



Daily
Prize Draw
Bonus
Entry

\$7⁵⁰
ea

SAVE \$8.55
WAS \$16.05

Pine O Clean Disinfectant Wipes
150 Pack \$0.05 per each



\$13⁹¹
ea

SAVE \$13.91
WAS \$27.82

Pine O Clean Platinum
Anti-Bacterial Laundry Sanitiser
2 Litre \$6.96 per litre



\$13⁹¹
ea

SAVE \$13.91
WAS \$27.82

Biozet Attack Plus Laundry Liquid
2 Litre or Powder 2kg

*See page 12 for T&Cs

1/2 PRICE



\$1²⁰
ea

SAVE \$1.37
WAS \$2.57

Suimin Noodle Cup 70g
\$1.71 per 100g



ONLY
at coles

\$1²⁵
ea

SAVE \$1.25
WAS \$2.50

Wild Tides Tuna 95g
\$13.16 per kg



\$1³⁵
ea

SAVE \$1.43
WAS \$2.78

Mingle Mexican
Seasoning 30g-35g



\$1⁵⁰
ea

SAVE \$1.50
WAS \$3

Continental Cup a Soup
2 Serve 50g-75g



\$2⁴¹
ea

SAVE \$2.41
WAS \$4.82

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



\$3¹⁰
ea

SAVE \$3.53
WAS \$6.63

The Spice Tailor Indian Curry Kit
225g-300g



\$4¹⁵
ea

SAVE \$4.15
WAS \$8.30

Heinz Seriously Good
Mayonnaise or Aioli 500mL
\$0.83 per 100mL



\$8⁵⁰
ea

SAVE \$8.50
WAS \$17

Gold Sunset Canola Oil 2 Litre
\$0.43 per 100mL
On sale for 2 weeks



\$12³⁰
ea

SAVE \$12.31
WAS \$24.61

Maharajah's Choice Basmati
Rice 5kg \$0.25 per 100g



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



⁺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.

BIG PACK VALUE

\$4.67
PER
BOTTLE



\$14_{ea}

Morning Fresh Dishwashing
Liquid 3 Pack \$4.67 per each

\$15_{ea}



Biozet Attack Plus Laundry
Liquid 3 Litre \$5.00 per litre

\$2.86
PER
PAIR



\$20_{ea}

Bonds Cushioned Low Cut
Socks 7 Pack

4¢
PER
WIPE



\$25_{ea}

Huggies Thick Fragrance Free
Baby Wipes 640 Pack
\$3.91 per 100 each



\$40²⁵_{ea}

Rascals Premium Nappies
100 Pack-136 Pack



\$34_{ea}

Omo Laundry Powder 5kg
\$6.80 per kg

50¢
PER
TABLET



\$44⁵⁰_{ea}

Finish Ultimate Plus Dishwashing
Tablets 90 Pack \$0.50 per each

\$3.10
PER
KG



\$46⁵⁰_{ea}

Pedigree Dry Dog Food 15kg
\$0.31 per 100g



\$49_{ea}

Sistema Ultra Containers 7 Pack
\$7.00 per each

While stocks last. No rainchecks

100% Aussie Citrus




Daily Prize Draw Bonus Entry*

\$2⁹⁰
kg

SUPPORTING WA STATE GROWN

West Australian Cara Cara Oranges



\$3⁹⁰
pk

AUSTRALIAN GROWN

Coles Australian Lemons 5 Pack
\$0.78 per lemon



Daily Prize Draw Bonus Entry*

\$6⁵⁰
bag

AUSTRALIAN GROWN

Coles Australian Navel Oranges
3kg Bag \$2.17 per kg

*See page 12 for T&Cs

100% West Aussie Carrots

\$1⁵⁰
bag

Coles West Australian Carrots 1kg Bag
\$1.50 per kg



5 for
\$4

Green Kiwifruit
Single sell \$1.00. \$0.80 per kiwifruit when you buy 5



\$2⁵⁰
pk

Coles Australian Baby Beetroot
250g Pack \$10.00 per kg



2 for
\$9

SAVE \$2

Coles Kitchen Caesar Salad Kit 290g
\$15.52 per kg. *See page 12 for T&Cs

Daily
Prize Draw
Bonus
Entry*



\$8
pk

SAVE \$1
WAS \$9

Coles Dry Roasted, Natural, Honey Roasted or
Roasted & Salted Cashews 400g Pack \$20.00 per kg

\$4⁵⁰
pk

Australian Blueberries 125g Punnet
\$36.00 per kg



All Coles Brand fresh meat is WA grown

From the meat department. Excludes Coles Brand value added products



Serving suggestion only

\$10_{pk}

SAVE \$3
WAS \$13

Coles Made Easy Slow Cooked Beef Stroganoff in Creamy Sauce 500g \$20.00 per kg.
Product sold uncooked. *See page 12 for T&Cs

Daily
Prize Draw
Bonus
Entry

NEW
at coles

WA
MADE

\$5⁸⁰
kg

DOWN DOWN
WAS \$6.50/kg
JUL 2024

Coles Free Range RSPCA Approved Chicken Drumsticks

buy west
eat best

\$6_{pk}

SAVE \$3
WAS \$9

Coles RSPCA Approved Chicken Mac & Cheese Schnitzel 300g
\$20.00 per kg. On sale for 2 weeks



\$20_{kg}

SAVE \$8/kg
WAS \$28/kg

Coles Australian Lamb Loin Chops

buy west
eat best

\$16_{kg}

SAVE \$2/kg
WAS \$18/kg

Coles Australian No Added Hormones Beef Roast Topside

buy west
eat best

\$11_{pk}

SAVE \$4
WAS \$15

Coles Australian No Added Hormones Beef Rump Steak 500g
\$22.00 per kg

buy west
eat best

\$7⁵⁰_{pk}

SAVE \$1
WAS \$8.50

Coles Beef or Lamb Kebabs 450g
\$16.67 per kg. On sale for 2 weeks

buy west
eat best

SUPPORTING LOCAL

All Coles Brand meat is WA grown

From the meat department.
Excludes Coles Brand value added products.

buy west
eat best

\$5_{pk}

SAVE \$1.50
WAS \$6.50

Coles Australian Pork & Beef 3 Star Regular Mince Bolognese 500g \$10.00 per kg.
Product sold uncooked

Great value. Hands down.



Served hot from the Deli

Serving suggestion only

\$20_{ea}

DOWN DOWN
WAS \$21 MAY 2024

Riverview Farms Australian Hot Roast Pork
Selected stores only[#]

ONLY at coles

AUSTRALIAN MADE

Ready to eat

\$12_{ea}

EVERY DAY

AUSTRALIAN MADE

Coles Hot Roast RSPCA Approved Chicken
Selected stores only[#]

\$3⁵⁰_{ea}

SAVE 60¢
WAS \$4.10

Primo Spanish Style Chorizo
Selected stores only[#]

\$2⁹⁵_{PER 100g}

\$29⁵⁰_{kg}

SAVE \$6.50_{kg}
WAS \$36_{kg}

D'Orsogna Hungarian Salami
Selected stores only[#]

\$2⁶⁵_{PER 100g}

\$26⁵⁰_{kg}

SAVE \$7.50_{kg}
WAS \$34_{kg}

Jarlsberg Swiss Sliced Cheese
On sale for 2 weeks.
Selected stores only[#]

\$1⁷⁰_{PER 100g}

\$17_{kg}

SAVE \$4_{kg}
WAS \$21_{kg}

Primo Rindless Short Cut Bacon
Selected stores only[#]

\$6⁵⁰_{pk}

SAVE \$1.50
WAS \$8

Coles Free Range Carved Roast RSPCA Approved Chicken Breast
200g \$32.50 per kg.
2nd week on sale

Serving suggestion only

\$26_{kg}

SAVE \$6.10_{kg}
WAS \$32.10_{kg}

Don Premium Melosi Leg Ham
Selected stores only[#]

[#]For locations of Deli counter stores visit coles.com.au/range-availability

Great value. Hands down.



\$2⁵⁰
ea
DOWN DOWN
WAS \$2.75
AUG 2024



Coles Simply Hamburger Rolls
6 Pack 540g or Hot Dog Rolls
6 Pack 450g

\$3⁵⁰
ea
SAVE 50¢
WAS \$4



Coles Bakery Stone Baked Turkish
Loaf, Ciabatta Loaf or Sourdough
Baguette Selected stores only

Daily
Prize Draw
Bonus
Entry*



\$4⁵⁰
ea
SAVE 50¢
WAS \$5

Coles Bakery Stone Baked by
Laurent Sourdough Vienna
2nd week on sale.
Selected stores only

*See page 12 for T&Cs

\$3³⁰
pk
SAVE \$1.39
WAS \$4.69



Don Deli Cuts 80g-100g

\$3²⁵
pk
SAVE 50¢
WAS \$3.75



Coles Bakery Continental
Rolls 3 Pack or 4 Pack
2nd week on sale.
Selected stores only

\$3⁵⁰
pk
SAVE 65¢
WAS \$4.15



Coles Bakery Pizza Roll 2 Pack
\$1.75 per each. Selected stores only



Super Soft and Super Versatile



\$4⁵⁰
ea
SAVE \$1
WAS \$5.50

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



ADVERTISER PROMOTION

Great value. Hands down.



**1/2
PRICE**



10¢
DONATION TO
redkite

\$3
ea

SAVE \$3
WAS \$6

\$2²⁰
ea

SAVE \$2.20
WAS \$4.40

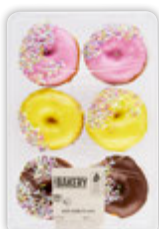
Golden Crumpet Rounds 6 Pack 300g
\$0.73 per 100g

Mr Kipling Cakes 155g-165g

10c donation to Redkite for packs of Mr Kipling products sold at Coles supermarkets or online at www.coles.com.au from 31/7/24 - 27/8/24 (up to a total maximum donation of \$35,000). Donated by Premier Foods Group Ltd. Subject to availability & whilst stocks last.

\$3²⁵
ea

SAVE 55¢
WAS \$3.80



Coles Bakery Iced Donuts 6 Pack
\$0.54 per each.
Selected stores only

\$14⁵⁰
ea

SAVE \$14.50
WAS \$29



Coles Vanilla Koala Cake 583g
\$2.49 per 100g.
On sale for 2 weeks

\$4⁹⁰
ea

SAVE 60¢
WAS \$5.50



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

\$4
ea

SAVE 50¢
WAS \$4.50



Coles Bakery Apple or Banoffee Turnover From the Patisserie fridge.
Selected stores only

\$4⁵⁰
ea

SAVE 70¢
WAS \$5.20



Tip Top Raisin Toast 520g-600g
On sale for 2 weeks

\$4
ea

DOWN DOWN
WAS \$6.40
MAY 2024



Tip Top Pizza Base 2 Pack 440g
\$0.91 per 100g

\$6⁵⁰
ea

DOWN DOWN
WAS \$7 MAY 2024

Coles Finest by Laurent Sourdough Vienna or Cob
Selected stores only. *See page 12 for T&Cs



**Daily
Prize Draw
Bonus
Entry**

Great value. Hands down.




\$36^{kg}

SAVE \$6^{kg}
WAS \$42^{kg}



Coles Tasmanian Fresh Salmon Portions Skin On 2nd week on sale. Selected stores only*



\$9^{kg}

SAVE \$2^{kg}
WAS \$11^{kg}



Coles Thawed Basa Fillet Selected stores only*



\$17^{kg}

SAVE \$3^{kg}
WAS \$20^{kg}



Coles Australian MSC Thawed Raw Banana Prawns Selected stores only*



\$20^{kg}

SAVE \$9^{kg}
WAS \$29^{kg}



Coles Raw Peeled Prawn Cutlets Selected stores only*



\$14^{pk}

SAVE \$2
WAS \$16



Daily Prize Draw Bonus Entry

Coles Tasmanian Teriyaki Salmon Portions 325g \$43.08 per kg. From the Meat department. *See page 12 for T&Cs



\$16^{pk}

SAVE \$6.89
WAS \$22.89

Tassal Smoked Salmon 250g \$64.00 per kg

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

CREATE THE BEST MEAL



Primo Reserve Classic or Cheese Kransky 250g \$17.60 per kg

Primo Reserve Chicken Schnitzel Classic or Roast BBQ Pork 130g \$34.62 per kg

NEW at coles

Serving Suggestion

THERE'S GOOD, THERE'S GREAT AND THEN **THERE IS PRIMO**

ADVERTISER PROMOTION



Serving suggestion
©General Mills

Pick up
**AUSTRALIA'S
FAVOURITE
PASTA & SAUCE***

Latina Pasta
Sauce 425g
\$1.29 per 100g

\$5⁵⁰

ea

SAVE \$2.68
WAS \$8.18



*Source: Nielsen Scantrack, Fresh Pasta and Sauce, MAT 04/07/2023, Value Market Share

ADVERTISER PROMOTION



\$8

ea

SAVE \$3.99
WAS \$11.99

Latina Filled Pasta 625g
\$1.28 per 100g

THE **Joyful** WAY TO EAT LOW SUGAR



Coles Joyful Dark
Choc & Raspberry
Muffin Bars 5 Pack
200g \$2.25 per 100g



Love Taste. Love Life. The NEW Coles Joyful Dark Choc Raspberry Muffin Bars are the joyful way to snack with less than 2g of sugar each and an excellent source of fibre. Available now in the bakery section at Coles.



♥ **LESS THAN 2g SUGAR PER BAR**



Great value. Hands down.



1/2
PRICE

\$1⁴⁰
ea

SAVE \$1.49
WAS \$2.89

Golden Circle Tetra Juice 1 Litre
\$1.40 per litre. Excludes Pineapple



Daily
Prize Draw
Bonus
Entry



\$22^{ea}

SAVE \$15.29
WAS \$37.29

Pepsi Max or Solo Soft Drink
24x375mL \$2.44 per litre.
*See page 12 for T&Cs



\$1⁹⁵
ea

SAVE \$1.26
WAS \$3.21

Schweppes Mixers,
Mineral Water or
Soft Drink 1.1 Litre
\$1.77 per litre



\$2⁹⁵
ea

SAVE \$1.38
WAS \$4.33

Monster Energy Drink
500mL \$5.90 per litre



\$7⁷⁰
ea

SAVE \$5.14
WAS \$12.84

Red Bull Energy Drink
4x250mL \$7.70 per litre



\$6⁴⁰
ea

SAVE \$4.30
WAS \$10.70

Lipton Iced Tea Cans
6x240mL or T2 Iced Tea
4x240mL



\$3³⁰
ea

SAVE \$2.59
WAS \$5.89

Raw C Coconut Water
1 Litre \$3.30 per litre.
On sale for 2 weeks



\$4⁶⁰
ea

SAVE \$2.46
WAS \$7.06

Nexba Kombucha
1 Litre \$4.60 per litre



\$3⁵⁰
ea

SAVE \$1.64
WAS \$5.14

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



2 for
\$27

SAVE \$12.38

Frantelle Still Water
24x600mL \$0.94 per litre

Great value. Hands down.



\$2⁴⁵
ea

SAVE \$1.67
WAS \$4.12

Coca-Cola, Fanta or Sprite
Soft Drink 1.25 Litre
\$1.96 per litre

\$12¹⁵
ea

SAVE \$8.18
WAS \$20.33

NEW FLAVOUR

Coca-Cola, Fanta or Sprite
Soft Drink or Mt Franklin Lightly
Sparkling Water 10x375mL
\$3.24 per litre

\$30
ea

SAVE \$20.50
WAS \$50.50

Coca-Cola Soft Drink 30x375mL
\$2.67 per litre

\$3⁵⁰
ea

SAVE \$1.85
WAS \$5.35

The Natural Confectionery Co.
130g-230g, Sour Patch 190g or
Pascall Candy 180g-300g

\$4²⁰
ea

SAVE \$2.22
WAS \$6.42

Mars, Nestlé or Skittles Funsize
127g-192g

2 for \$9

SAVE \$3.84

Cadbury Sharepacks
120g-180g

NATURALLY LIGHT & TASTY

INFUZIONS®

Add a better crunch to your family's lunch!

2 for \$7

SAVE \$1.56

Infuzions 5 Pack
\$4.67 per 100g

NEW

INFUZIONS®

VEGGIE STRAWS

\$2⁹⁵
ea

SAVE \$1.65
WAS \$4.60

Infuzions 90g
\$3.28 per 100g

3.5
HEALTH STAR
RATING

Real Crunchy, Real Delicious!

Find us in the Snacks Aisle

ADVERTISER PROMOTION

Great value. Hands down.



\$1⁰⁵
ea

SAVE \$1.09
WAS \$2.14

McVitie's Digestives
Tops Biscuits 100g
\$1.05 per 100g



BETTER
THAN
1/2
PRICE

\$2
ea

SAVE \$3.89
WAS \$5.89

McVitie's Fully Coated
Digestives or Hobnob
Biscuits 158g
\$1.27 per 100g



\$2³⁵
ea

SAVE \$2.36
WAS \$4.71

McVitie's Go Ahead Biscuits 174g
\$1.35 per 100g



\$2³⁵
ea

SAVE \$2.36
WAS \$4.71

McVitie's Digestives Plain or
Chocolate Biscuits 266g-355g



\$4²⁰
ea

SAVE \$2.22
WAS \$6.42

Nutella Cream Biscuits 193g
\$2.18 per 100g



Daily
Prize Draw
Bonus
Entry*

**2 for
\$6**

SAVE \$2.56

Arnott's Shapes Crackers
130g-190g *See page 12 for T&Cs



**2 for
\$7⁵⁰**

SAVE \$3.20

Arnott's Multipack Tiny Teddy
or Bluey Biscuits 168g-200g
On sale for 2 weeks



\$3
ea

SAVE \$1.28
WAS \$4.28

Arnott's Vita-Weat Crispbread
250g \$1.20 per 100g

WA-PTHELAND-1408-24-270050



\$3⁵⁰
ea

SAVE \$2.39
WAS \$5.89

Pringles Potato Crisps
118g-134g



\$6
ea

SAVE \$2.35
WAS \$8.35

Calbee Harvest Snaps Big Share
Bag 230g \$2.61 per 100g

Great value. Hands down.



Daily
Prize Draw
Bonus
Entry*



Father's Day
1 September



\$17
ea

SAVE \$7
WAS \$24

Darrell Lea Father's Day Gift Bag 914g
\$1.86 per 100g. *See page 12 for T&Cs

\$8
ea

SAVE \$2
WAS \$10

Lindt Lindor Bag
121g-125g



\$3²⁰
ea

SAVE \$1.08
WAS \$4.28

Eclipse Mints 40g
\$8.00 per 100g



2 for
\$4

SAVE \$1.36

Cadbury Chocolate
Bar 30g-55g



3 for
\$12

SAVE \$8.88

Lindt Excellence
or Lindor Block
Chocolate 80g-100g



2 for
\$7

SAVE \$3.70

Arnott's Mint Slice or
TeeVee Biscuits
175g-200g



\$2⁵⁰
ea

SAVE \$1.25
WAS \$3.75

Cheezels 125g
\$2.00 per 100g



\$3³⁵
ea

SAVE \$1.79
WAS \$5.14

Doritos Corn Chips
150g-170g



Any 2 for
\$7

SAVE \$1.56

Cheezels or Parkers
Pretzels 6 Pack or
Grainwaves 5 Pack



2 for
\$9

SAVE \$4.92

Tyrrell's Crisps 165g
\$2.73 per 100g

Great value. Hands down.



\$3³⁰
ea

SAVE \$2.59
WAS \$5.89

Nice & Natural Nut Bars
180g-192g

40% OFF



\$13⁸⁰
ea

SAVE \$10.81
WAS \$24.61

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



\$12
ea

SAVE \$4.59
WAS \$16.59

Nestlé Milo 1kg
or Milo Pro 700g



\$13⁵⁰
ea

SAVE \$7.37
WAS \$20.87

Moccona Freeze Dried Instant
Coffee 200g \$6.75 per 100g



\$5⁵⁰
ea

SAVE \$2.53
WAS \$8.03

L'or Nespresso Compatible Coffee
Capsules 10 Pack \$0.55 per each



\$17⁵⁰
ea

SAVE \$9.25
WAS \$26.75

Vittoria Coffee Beans 500g
\$3.50 per 100g



\$28
ea

SAVE \$9.45
WAS \$37.45

Grinders Coffee Beans 1kg
\$2.80 per 100g



\$18
ea

SAVE \$9.82
WAS \$27.82

Nescafé Blend 43 500g
\$3.60 per 100g.
*See page 12 for T&Cs

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

Great value. Hands down.



\$2⁵⁰
ea

SAVE \$2.85
WAS \$5.35

Sharwood's Simmer Sauce 420g
\$0.60 per 100g

**1/2
PRICE**



\$2²⁵
ea

SAVE \$2.57
WAS \$4.82

Mutti Sugo 400g
\$0.56 per 100g



\$5²⁰
ea

SAVE \$1.76
WAS \$6.96



SPC Baked Beans or Spaghetti
4x220g \$0.59 per 100g



\$4
ea

SAVE \$4.03
WAS \$8.03

Patak's Curry Paste
283g-315g



95¢
ea

EVERY DAY

Coles Coconut Milk 400mL
\$0.24 per 100mL



\$4
ea

SAVE \$1.35
WAS \$5.35

Green's Premium Baking Mix
380g-630g



\$4
ea

SAVE \$1.35
WAS \$5.35

Nestlé Baking Chocolate Melts
or Bits 200g-290g

Great value. Hands down.



1/2
PRICE

\$4^{ea}

SAVE \$4.03
WAS \$8.03

Pic's Really Good Peanut Butter
380g \$1.05 per 100g



\$6⁷⁵^{ea}

SAVE \$7.70
WAS \$14.45

Twinings Tea Bags 80 Pack-100 Pack
Excludes Green Tea



\$7^{ea}

SAVE \$2.63
WAS \$9.63

Kellogg's Nutri Grain 470g,
Coco Pops Chex 500g or
Sultana Bran 700g



\$3⁵⁰^{ea}

SAVE \$1.32
WAS \$4.82

Kellogg's LCM's or Nutri Grain
5 Pack 100g-110g



\$5^{ea}

SAVE \$3.03
WAS \$8.03

Carman's Protein Bars
150g-200g 2nd week on sale



\$4^{ea}

SAVE \$2.42
WAS \$6.42

Weet-Bix Bites 500g-510g



\$5^{ea}

SAVE \$1.96
WAS \$6.96

Nestlé Milo Cereal 350g or Uncle
Tobys Plus 410g-435g



\$4⁶⁵^{ea}

SAVE \$2.73
WAS \$7.38

Fibre One Bars 100g-120g
or Nature Valley Bars 252g

Great value. Hands down.



\$2⁹⁰
ea

SAVE \$2.02
WAS \$4.92



Dolmio Extra Pasta Sauce 490g-500g

\$10⁸⁰
ea

DOWN DOWN
WAS \$12.84
MAY 2024



Old El Paso Mexican Hard 'N Soft Taco Kit 560g
\$1.93 per 100g

2 for \$7

SAVE \$2.64



Campbell's Real Stock 1 Litre
\$0.35 per 100mL. On sale for 2 weeks

\$11
ea

SAVE \$5
WAS \$16



ONLY
at coles

La Española Olive Oil 500mL
\$2.20 per 100mL

\$20
ea

SAVE \$6.75
WAS \$26.75



Red Island Extra Virgin Olive Oil 1 Litre
\$2.00 per 100mL



Instant Win

*Competition dates 24/7/24 to 10/9/24. Open to AU res. 18yrs+ and a registered Flybuds member. Spend \$20 in one transaction in-store only at Coles (after savings and discounts have been applied) and scan your Flybuds. 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 in-store only and available to use until 9/11/24. Limit of one instant win prize per day per Flybuds 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



Bag more value with the Coles Rewards Mastercard

With a Coles Rewards Mastercard you'll collect 50,000 Flybuys points when you spend \$3,000 on eligible purchases within 3 months from approval. Offer ends 5 November 2024.

[Learn more](#)

coles credit cards

Credit criteria, fees, charges, terms and conditions apply. Individuals must be 18+ and a Flybuys member. Offer available to new Coles Credit Card customers only and is not available with any other offer. You will receive 50,000 Bonus Flybuys Points when you apply for a Coles Rewards Mastercard by 5 November 2024, are approved and then spend \$3,000 or more on eligible retail purchases (excluding Cash Advances, Balance Transfers, Special Promotions, purchases of foreign currency and travellers cheques, transactions made in operating a business, bank fees and charges such as interest and ATM charges, refunds and chargebacks) in the first 3 months of the Account approval date (spend period). Please note, purchases must be processed and charged to your account within the spend period. You will receive the Bonus Flybuys Points within 4 weeks of meeting the required \$3,000 spend, credited to the Flybuys Membership Account linked to your Coles Mastercard. Include your Flybuys number on your application to receive this offer. This offer cannot be used in conjunction with any other offer. Your Coles Mastercard needs to be in good standing (for example – your account is not in default, suspended or closed) for the Bonus Flybuys Points to be awarded. This offer is not available when closing or transferring from another Coles branded credit card account or in conjunction with any other Coles branded credit card offer. Points will be forfeited if you close your Account before we instruct Flybuys to credit them to your Flybuys Membership Account. Standard Flybuys terms and conditions apply and are available at flybuys.com.au. Mastercard is a registered trademark and the circles design is a trademark of Mastercard International Incorporated. Coles unsecured credit products are issued by National Australia Bank Limited (ABN 12 004 044 937, AFSL and Australian Credit Licence 230686) ("NAB") and distributed by Coles Supermarkets Australia Pty Ltd ABN 45 004 189 708. NAB has acquired the business relating to these products from Citigroup Pty Ltd (ABN 88 004 325 080, AFSL and Australian Credit Licence 238098) ("Citi") and has appointed Citi to assist to administer the products. Coles receives commission for the introduction of credit business to NAB.

Great value. Hands down.



\$1⁵⁰
ea

SAVE \$1.50
WAS \$3

Gippsland Dairy Twist Yogurt 160g
\$0.94 per 100g

1/2
PRICE



\$4⁴⁰
ea

SAVE \$1.10
WAS \$5.50

Dairy Farmers Thick & Creamy
Yoghurt 550g-600g



Daily
Prize Draw
Bonus
Entry*

\$2²⁰
ea

SAVE \$1.07
WAS \$3.27

Danone YoPro Protein
Yoghurt 160g
\$1.38 per 100g



\$7⁵⁰
ea

EVERY DAY

Danone YoPro Protein
Yoghurt 700g
\$1.07 per 100g

*See page 12 for T&Cs



\$1
ea

SAVE 53¢
WAS \$1.53

Brownes Dairy Wiggles
Yoghurt Pouch 90g
\$1.11 per 100g



\$4²⁰
ea

SAVE \$1.10
WAS \$5.30

Vaalia Probiotics
Yoghurt 4x150g
\$0.70 per 100g



\$6⁵⁰
ea

SAVE \$2.55
WAS \$9.05

Jalna Greek Yoghurt 1kg
\$0.65 per 100g



\$4⁴⁰
ea

SAVE 50¢
WAS \$4.90

Yoplait Yoghurt 1kg
\$0.44 per 100g



\$4⁸⁰
ea

SAVE \$1.20
WAS \$6

Western Star
Spreadable Blend 375g
\$1.28 per 100g



\$4⁵⁰
ea

SAVE 75¢
WAS \$5.25

Flora Margarine 500g
\$0.90 per 100g

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.



\$4^{ea}
SAVE \$3.09
 WAS \$7.09

La Famiglia Garlic Bread Slice
 270g \$1.48 per 100g



2 for \$11⁴⁰
SAVE \$2.20

Primo Rindless Streaky Bacon
 200g \$28.50 per kg



\$6⁸⁰^{ea}
SAVE \$1.92
 WAS \$8.72

Nudie Juice 2 Litre
 \$3.40 per litre.
 Excludes Orange Juice



\$4⁴⁰^{ea}
SAVE \$1.32
 WAS \$5.72

Dare Flavoured Milk 750mL
 \$5.87 per litre



\$3^{ea}
SAVE 90¢
 WAS \$3.90

Oak Flavoured Milk 600mL
 \$5.00 per litre



\$3⁸⁰^{ea}
SAVE \$1.27
 WAS \$5.07

Rokeby Farm Smoothies 425mL
 \$8.94 per litre. On sale for 2 weeks

We go to great lengths for quality Coles Brand dairy

At Coles, we go to great lengths to foster great relationships with Aussie dairy farmers. In fact, we have direct sourcing arrangements with over a hundred dairy farms around the country. So when you pick up a bottle, you know you'll be getting quality, delicious Aussie Coles Brand milk.



\$4⁵⁰^{ea}
EVERY DAY

Coles Full Cream Milk
 3 Litre \$1.50 per litre

\$3¹⁰^{ea}
EVERY DAY

Coles Reduced Fat Hi Lo Milk 2 Litre
 \$1.55 per litre



Kitchen Dairy, supplying Coles for 4 years
 Boyanup, WA

Great value. Hands down.



Say cheese to savings

\$9⁵⁰ ea

DOWN DOWN
WAS \$13.90 JUL 2024

Coles Cheese Block 1kg
\$9.50 per kg

\$6 ea

SAVE \$2.18
WAS \$8.18

Bega Cheese Block,
Grated or Slices 250g
\$24.00 per kg

\$10 ea

SAVE \$1.99
WAS \$11.99

Cheer Cheese Slices
500g \$20.00 per kg.
On sale for 2 weeks

\$6⁹⁰ ea

SAVE \$3.95
WAS \$10.85

Mersey Valley 235g
\$29.36 per kg

\$6²⁰ ea

SAVE \$1.32
WAS \$7.52

Mil Lel Parmesan Cheese
170g \$36.47 per kg

\$3⁵⁰ ea

SAVE \$1.41
WAS \$4.91

Yumi's Classic Dip 200g
\$1.75 per 100g

2 for \$19

SAVE \$7.16

Youfoodz Fuel'd Meal
400g-444g

\$13 ea

SAVE \$6.44
WAS \$17.44

Ready Chef Lasagne
1.9kg \$0.68 per 100g

2 for \$12

SAVE \$5.44

Rana Filled Pasta
300g-325g

Great value. Hands down.



**Daily
Prize Draw
Bonus Entry***

**40%
OFF**

**\$6⁶⁰
ea**

**SAVE \$4.40
WAS \$11**



**Streets Magnum 4 Pack-6 Pack
330mL-428mL *See page 12 for T&Cs**

**\$6⁸⁰
ea**

**SAVE \$1.70
WAS \$8.50**



**Bulla Multi Packs 8 Pack-14 Pack
400mL-750mL**

**\$6⁵⁰
ea**

**SAVE \$3
WAS \$9.50**



**Peters Drumstick 4 Pack-6 Pack
475mL-490mL *See page 12 for
T&Cs. On sale for 2 weeks**

\$10^{ea}

**SAVE \$4.50
WAS \$14.50**



**Ben & Jerry's Tub 427mL-465mL
*See page 12 for T&Cs**

\$8^{ea}

**DOWN DOWN
WAS \$10
MAY 2024**



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

\$5^{ea}

EVERY DAY



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

\$10^{ea}

**SAVE \$3.50
WAS \$13.50**



**Häagen-Dazs Mini Tub 4 Pack
380mL \$2.63 per 100mL**

Catalogue on sale Wed 14th Aug until Tue 20th Aug 2024 or until Tue 27th Aug where indicated. Selected specials commenced Wed 7th Aug.

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 Local and Coles online. Deli and Bakery items may not be available at Coles Broome, Kununurra, Karratha, South Hedland and Tom Price. Savings, single sell prices and unit prices shown are off North West Western Australian regular selling prices. Some advertised products may already be priced below the North West Western Australian 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.



\$4²⁵
ea

SAVE \$4.25
WAS \$8.50

**1/2
PRICE**



\$6
ea

SAVE \$7.08
WAS \$13.08

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

Birds Eye Oven Bake Fish Fillets 425g
\$14.12 per kg



\$6⁵⁰
ea

SAVE \$3.31
WAS \$9.81

Dr Oetker Ristorante Pizza
310g-390g
Excludes Pomodori Vegan Variant



\$7⁵⁰
ea

SAVE \$6.13
WAS \$13.63

Pacific West Cocktail Spring
Rolls 1kg \$0.75 per 100g



Daily
Prize Draw
Bonus
Entry*

\$14⁴⁰
ea

SAVE \$5.22
WAS \$19.62

Patties Party Pack 30 Pieces
1.25kg \$1.15 per 100g.
*See page 12 for T&Cs



\$7
ea

SAVE \$2.81
WAS \$9.81

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



\$9⁹⁵
ea

SAVE \$4.17
WAS \$14.12

FroPro Protein Pizza 325g
\$3.06 per 100g



\$2⁸⁰
ea

EVERY DAY

Coles Simply Mixed Vegetables 1kg
\$2.80 per kg

Great value. Hands down.



1/2
PRICE



\$3⁷⁵
ea

SAVE \$4.43
WAS \$8.18

Pasta Italia Pasta Sauce 450g
\$0.83 per 100g



\$3⁵⁰
ea

SAVE \$4.13
WAS \$7.63

Pasta Italia Ricotta & Spinach Ravioli
400g \$0.88 per 100g



\$5⁷⁰
ea

SAVE \$4.11
WAS \$9.81

Herbert Adams Slow Cooked
Beef Pies 2 Pack 400g-420g



\$5²⁰
ea

SAVE \$2.98
WAS \$8.18

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



\$5⁶⁰
ea

SAVE \$2.03
WAS \$7.63

On The Menu Plated Meal 320g
\$1.75 per 100g. 2nd week on sale



\$5⁶⁰
ea

SAVE \$2.03
WAS \$7.63

Lean Cuisine Dinner Meal 375g
\$1.49 per 100g



\$4⁶⁰
ea

SAVE \$1.72
WAS \$6.32

McCain Quick Cook Chips 750g
\$6.13 per kg



\$10⁴⁰
ea

SAVE \$3.77
WAS \$14.17

Family Faves Chicken Tenders
or Chips 1kg \$10.40 per kg

Great value. Hands down.



ONLY
at coles

\$21⁵⁰
ea

SAVE \$11.67
WAS \$33.17

Rascals Premium Jumbo Nappies
64 Pack-96 Pack

\$20
ea

SAVE \$6.75
WAS \$26.75

Nestlé Nan Optipro Stage 3 Milk
Drink 800g \$2.50 per 100g

\$22⁹⁰
ea

SAVE \$4.39
WAS \$27.29

Alula Gold Stage 3 Toddler or
Stage 4 Junior Milk Drink 900g
\$2.54 per 100g

\$17
ea

SAVE \$6.54
WAS \$23.54

Huggies Bulk Nappy Pants
24 Pack-36 Pack

\$10⁷⁰
ea

SAVE \$4.28
WAS \$14.98

Huggies Baby Wipes Coconut
Oil or Fragrance Free 240 Pack
\$4.46 per 100 each

\$12⁸⁰
ea

SAVE \$8.60
WAS \$21.40

Bunjie Baby Born to Be Mild Top to
Toe Wash 500mL \$2.56 per 100mL

HUGGIES
DryNites
NIGHT TIME PANTS

Flybuys
**GET EVERY
6th FREE***

**Buy any DryNites
Night Time Pants &
scan your Flybuys**

\$11
ea

SAVE \$1.84
WAS \$12.84

Huggies DryNites Night Time
Pants 8 Pack-10 Pack

After every 5th item you purchase,
the next one is **FREE** before 31st
January 2025

*Offer available in-store or online, on single or multiple visits, until Fri 31 Jan 2025.

Subject to store availability. Excludes Coles Express and any 3rd-party ordering platforms. Flybuys members only. No rainchecks. See www.drynites.com.au/drynites-flybuys for full terms and conditions.

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ADVERTISER PROMOTION

Great value. Hands down.



1/2
PRICE

\$5³⁵
ea

SAVE \$5.35
WAS \$10.70



Monday Shampoo or Conditioner
354mL \$1.51 per 100mL

\$8⁵⁶
ea

SAVE \$2.14
WAS \$10.70



Revlon Colorsilk Hair Colourant
1 Pack

\$7⁸⁶
ea

SAVE \$3.38
WAS \$11.24



Herbal Essences Classic
Shampoo or Conditioner 400mL
\$1.97 per 100mL

1/2
PRICE

OLAY
Exclusions apply†

\$32¹⁰
ea

SAVE \$32.10
WAS \$64.20



Olay Luminous Niacinamide +
Vitamin C Super Serum 30mL or
Moisturiser 50g

1/2
PRICE

\$20⁸⁶
ea

SAVE \$20.87
WAS \$41.73



Revlon Illuminance Serum Tint
28mL \$7.45 per 10mL

†Excludes clearance items

NEW
at coles

40%
OFF

BONDI SANDS
Exclusions apply†

\$17³³
ea

SAVE \$11.56
WAS \$28.89



Bondi Sands Aero Express
Tanning Foam 225mL
\$7.70 per 100mL

1/2
PRICE

NEW
at coles



SMELL
FINER
THAN THE
FINEST
FRAGRANCES

\$5³⁵
ea

SAVE \$5.35
WAS \$10.70

Lynx Antiperspirant
Aerosol Deodorant
150mL \$3.57 per 100mL

ADVERTISER PROMOTION

Great value. Hands down.



**1/2
PRICE**



\$4⁰¹
ea

SAVE \$4.02
WAS \$8.03

Palmolive Naturals Body Wash 500mL
\$0.80 per 100mL



**Daily
Prize Draw
Bonus
Entry***

\$11²³
ea

SAVE \$11.24
WAS \$22.47

Head & Shoulders Shampoo or Conditioner 660mL
\$1.70 per 100mL. *See page 12 for T&Cs



\$5⁹⁵
ea

SAVE \$2.55
WAS \$8.50

Rexona Antiperspirant
Aerosol Deodorant 250mL
\$2.38 per 100mL



\$8⁹⁸
ea

SAVE \$6
WAS \$14.98

Nivea Men Protect & Care
Face Wash 150mL or Face Scrub
125mL On sale for 2 weeks



\$5¹⁰
ea

SAVE \$3.34
WAS \$8.44

Listerine Freshburst or Freshburst
Zero Mouthwash 500mL
\$1.02 per 100mL



\$6²⁰
ea

SAVE \$4.18
WAS \$10.38

Sensodyne Daily Care
Toothpaste 100g[^]
\$6.20 per 100g



\$7⁸⁹
ea

SAVE \$5.27
WAS \$13.16

Sensodyne Sensitivity
& Gum Whitening
Toothpaste 100g[^]
\$7.89 per 100g



\$3⁷⁴
ea

SAVE \$1.61
WAS \$5.35

U By Kotex Ultra Thin
Pads with Wings
Regular 14 Pack or
Super 12 Pack



\$5¹³
ea

SAVE \$1.29
WAS \$6.42

Tom Organic Regular
Tampons 16 Pack or
Regular Pads 10 Pack

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

Great value. Hands down.



\$5⁶⁰
ea
SAVE \$2.96
WAS \$8.56



Friskies Dry Cat Food 1kg
\$0.56 per 100g

\$10
ea
SAVE \$5.52
WAS \$15.52



Felix Cat Food 12x85g
\$0.98 per 100g

\$11⁹⁰
ea
SAVE \$6.29
WAS \$18.19



Schmackos Dog Treats 500g
\$2.38 per 100g

\$12⁵⁰
ea
SAVE \$6.76
WAS \$19.26



Supercoat Dry Dog Food
2.6kg-2.8kg *See page 12 for T&Cs

\$4
ea
SAVE \$1.35
WAS \$5.35



Handee Ultra Paper Towel 3 Pack
\$2.22 per 100 sheets

\$7
ea
SAVE \$3.70
WAS \$10.70



McLintocks Vanilla Fresh Wipes
100 Pack \$7.00 per 100 each

No.1
BRAND*

Bref
WC

1/2
PRICE

HYGIENICALLY CLEAN & FRESH



\$5⁸⁸
ea
SAVE \$5.89
WAS \$11.77

Bref Toilet Rim Block Twin Pack
100g \$5.88 per 100g

*Bref is the No.1 Toilet Cleaner brand in Australia based on Value/Unit sales from Circana MarketEdge in Australia between Aug 2021 to Aug 2023

ADVERTISER PROMOTION

1/2 PRICE

DÉCOR MICROSAFE

Exclusions apply †



\$3²⁵
ea

SAVE \$3.25
WAS \$6.50

Décor Microsafe Easy Heat Container 800mL
\$3.25 per each



\$3²⁵
ea

SAVE \$3.25
WAS \$6.50

Décor Microsafe Easy Heat Container 900mL
\$3.25 per each



\$8²⁵
ea

SAVE \$8.25
WAS \$16.50

Décor Microsafe Easy Heat Containers 900mL 3 Pack
\$2.75 per each

†Excludes clearance items



\$3⁵⁰
ea

SAVE \$1.50
WAS \$5

Papermate Kilometrico Pens 10 Pack On sale for 2 weeks



\$10⁵⁰
ea

SAVE \$4.50
WAS \$15

NRG Wall Charger Dual USB-A 1 Each 2nd week on sale



\$8⁵⁰
ea

SAVE \$3.50
WAS \$12

Weber BBQ Briquettes 4kg
\$0.21 per 100g



Father's Day
1 September

While stocks last.
No rainchecks



\$8
ea

Hallmark \$8 Father's Day Card Range may vary by store



\$10
ea

Licensed Metal Signs



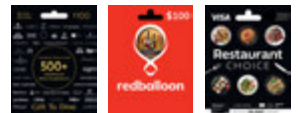
\$12
ea

Dad Jokes Game

Flybuys
2,000
BONUS POINTS

\$100 and above of the following Gift Cards: Gift To Dine, RedBalloon, Restaurant Choice, Event Cinemas and Flight Centre Gift Cards when you swipe your Flybuys card at the checkout.

Flight Centre: \$200 + \$6.95 Issuing Fee
Excludes Variable Load. In-store only



Limit 5 Gift Cards per Flybuys account. Offer valid from 14/8/24 to 20/8/24 and only available in store at Coles Supermarkets (excludes Coles Online, Coles Express and purchases via giftcards.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, \$50 and Variable Load Gift Cards. 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.

Great value. Hands down.



\$10_{ea}

SAVE \$15
WAS \$25



Coles Mobile \$25 Prepaid SIM

- 22GB + 25GB bonus data on first 3 recharges
- 28 day expiry

BETTER THAN 1/2 PRICE

\$155_{ea}

RRP \$195



Coles Mobile \$195 Prepaid SIM

- 140GB + 25GB bonus data on first 365 day
- 365 day expiry

\$12_{ea}

RRP \$35



Optus \$35 Prepaid SIM Starter Kit

- 20B + 20GB bonus data on first 3 Optus Flex recharges, 28 day expiry

\$25_{ea}

RRP \$55



Optus \$55 Prepaid SIM Starter Kit

- 40GB + 40GB bonus data on first 3 Optus Flex recharges, 28 day expiry

BETTER THAN 1/2 PRICE

\$15_{ea}

SAVE \$25
WAS \$40



Amaysim \$40 Starter Pack

- 80GB data every 28 days

\$199_{ea}

RRP \$229



Telstra Motorola G34 5G

- 6.5" 120Hz HD LCD display
- 50MP dual camera

\$229_{ea}

SAVE \$20
WAS \$249

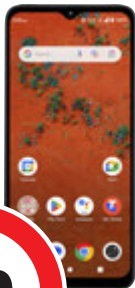


Telstra Samsung Galaxy A05s

- 6.7" Full HD+ TFT display
- 50MP camera

\$99_{ea}

SAVE \$30
WAS \$129



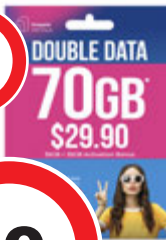
Telstra T-Pro

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

BETTER THAN 1/2 PRICE

\$10_{ea}

SAVE \$19.90
WAS \$29.90



Lebara \$29.90 Starter Pack

- 35GB + 35GB activation bonus data, 30 day expiry

\$99_{ea}

SAVE \$30
WAS \$129



Vodafone V Smart 2

- 6.3" HD+ IPS display
- 13MP dual camera

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. **Coles Mobile:** Activate by 31/10/24 for bonus data offers. **Optus:** After 3rd recharge, reverts to standard data inclusion. **Lebara:** Activate by 5/11/24 for bonus data on activation, ongoing \$29.90/35GB/30days. **amaysim:** Promo price valid till 20/8, ongoing is \$40/80GB/28 days auto-renewing. Speed caps apply. Coverage in selected areas.

Why choose us?



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



International calls
Capped mins from Australia to standard international numbers.



Continuous Data Rollover
Just recharge before expiry on selected recharges.



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.

\$18_{ea}

SAVE \$27
WAS \$45

Telstra \$45 SIM Kit

- 80GB on activation
- 28 days expiry
- For new customers only

BETTER THAN 1/2 PRICE

\$45

80GB

28 days expiry

Continuous Data Rollover

Roll over up to 200GB of unused data when you recharge an eligible amount before expiry

Unlimited calls & texts to standard Australian numbers

\$39_{ea}

SAVE \$20
WAS \$59

Telstra Lite 3

- 2.4" display
- 1.3MP rear camera
- Bluetooth



\$27_{ea}

SAVE \$28
WAS \$55

Telstra \$55 SIM Kit

- 100GB on activation
- 28 days expiry
- For new customers only

1/2 PRICE

\$55

100GB

28 days expiry

Continuous Data Rollover

Roll over up to 200GB of unused data when you recharge an eligible amount before expiry

Unlimited calls & texts to standard Australian numbers

Our recharge options are changing.

From 22 October 2024, our recharge prices are increasing. Scan QR code for more info.

\$59_{ea}

SAVE \$20
WAS \$79

Telstra Pre-Paid 4GX Wi-Fi Plus

- Connect up to 10 Wi-Fi enabled devices
- 5GB included to use in Australia within 28 days



BONUS 240GB
over 12 months on \$35 & \$45 plans

20GB/mth bonus mobile data for 12 months

Activate by 27.08.24. For new connections on \$35 or \$45 plans only. For use in Aus.

\$17_{ea}

SAVE \$18
WAS \$35

Belong \$35 Starter Pack

- Includes SIM card, 40GB + Unlimited calls & texts in Aus

40GB

\$35/mth

Mobile SIM

\$359_{ea}

SAVE \$40
WAS \$399

iPhone XR 64GB Premium Refurbished



iPhone XR 64GB



- ✓ 72 Point Inspection and in-depth testing
- 🕒 12 Month Warranty with 30 day guarantee
- 📱 FREE \$2 Boost SIM with every phone

iPhones are unlocked. Colour availability varies per store

Telstra 5G now reaches 85% of Australians. **THINGS YOU NEED TO KNOW.** Telstra Pre-Paid Handsets: Manufactured by ZTE. 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. **Telstra Pre-Paid Mobile:** Activate by 21 October 2024. **Offer for new customers only.** 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. Compatible device required. Roll over unused data when you recharge \$12-\$65 before expiry. Unlimited calls and text exclude satellite and premium numbers (e.g. 19xx numbers), operator assisted calls (e.g. most 12xx numbers) and diverted calls. Our FairPlay policy applies. Find out more about international destinations and minutes included at telstra.com/prepaid. **Belong:** New connections only. Must sign up by 27.08.2024. For use in Australia. Calls and texts to standard mobile and landline numbers. Download speeds capped at 150Mbps. 3 SIM limit per customer.

ADVERTISER PROMOTION

Prepaid deals



Switch to Optus at Coles today



Optus X Sight 3

- Bright 6" display
- 5MP camera with flash
- Octa-core processor



Optus X Delight 2

- 13MP AI camera
- 4,000mAh battery
- Google Wallet via NFC



Optus X Tap 3

- 6.6" HD+ display
- 50MP main camera
- 128GB storage



Optus X Pro 5G

- 4G+5G network access
- 50MP main camera
- Google Wallet via NFC



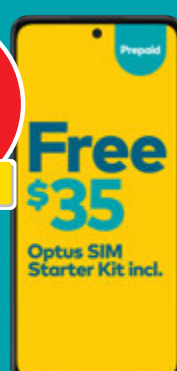
Samsung Galaxy A04s

- 6.5" Infinity V display
- 50MP rear camera
- 5,000mAh battery



OPPO A58

- FHD+ Sunlight display
- 33W SUPERVOOC™ battery



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 Sight 3, Optus X Pro 5G and OPPO A58 offers end 20/8/24. Optus X Delight 2, Optus X Tap 3 and Samsung Galaxy A04s offers end 3/9/24. Free Prepaid SIM: Included \$35 SIM for activation on available \$35 plans only. See optus.com.au/prepaidplans for full plan details. New services only. 5G network access: 5G available in selected areas (excl. NT) and on selected plans. Compatibility: Devices are network locked. For unlocking fees see optus.com.au/unlock General: Coverage varies, see optus.com.au/coverage

Home & Hardware



Weather and
rust resistant

\$159_{ea}



Livsip Outdoor Storage Cabinet

Lockable doors, adjustable or removable shelves and 6x hooks. W65 x H173 x D37cm.



\$65_{ea}

Outdoor Storage Box

Ideal for storing garden tools, cushions, toys and sporting gear. Ventilated with wheels for mobility. W112 x H54 x L49cm.



12V

\$199_{ea}



AGM Deep Cycle 170AH Battery

Perfect for campers, trucks, 4x4's, off-grid systems, solar and camping. Maintenance free, long life span with tough construction. Consistent fast charging and enhanced endurance. Advanced fibreglass mats.



\$119_{pk}

Giantz Tool Box 816 Pieces

Durable aluminium trolley case, telescopic handle. Dual lock and key latches with 2x keys, roller wheels for easy transportation.



120W

\$69_{ea}

Leier LED Solar Flood Light

5x settings, polysilicon solar panel. Auto turn on. Radar motion detection, large battery capacity.



Easy to clean

\$145_{ea}



Welba Stone Granite Sink

Granite stone composite, Wear and scratch-resistant. Anti-corrosion, anti-bacterial. Oil and water proof.

On sale Monday 12/08/24 to Sunday 25/08/24. 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.



Foldable

Extendable and
space-saving



\$79_{ea}

Giantz 2.6M Telescopic Ladder

Multi-purpose use. Premium aluminium alloy, rust-resistant, easy to carry, non-slip rubber feet, steady steps, durable nylon fittings.



Foldable

Comfortable
foam-covered
handle



\$85_{ea}

Traderight 5 Step Ladder

5x wide steps with anti-skid grooves. H189cm.

200kg
capacity per
shelf



\$149_{ea}

Giantz Shelving Racks

Industrial strength steel construction. Z-bracing for added strength and stability. 4x racks with adjustable height. Reinforced frame, rust-resistant coated finish. Comes with 16x safety plugs.



\$59_{ea}

Traderight Tool Cart

3x storage trays. High tensile cold-rolled steel frame, powder coated finish, convenient tool bracket, durable 2" castor with brakes.



\$105_{ea}

Instahut Marquee 3x9m

UV resistant and waterproof, 2x door panels with zip and 6x window panels. Includes carry bag, ropes and pegs.



\$39_{ea}

Traderight Tools Storage Rack

40x slots, bottom grooves and grid keeps tools from moving. Sturdy wheels for easy mobility.

On sale Monday 12/08/24 to Sunday 25/08/24. 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.