WOOLWOITHS The fresh food people

On sale Wednesday 29th May 2024

1/2 Price

SAVE \$1.90

\$1.48 per litre

Coca-Cola Classic, Zero Sugar or Diet Soft Drink Varieties 1.25 Litre



SAVE \$3

Red Rock Deli Potato Chips 150-165g

Darrell Lea Chocolate

Liquorice, Batch 37 or

All Sorts 150-280g

Coated Bites or Bullets,



SAVE \$2.50



Wheels Mini or

Finger Biscuits

160-250g

Arnott's Chocolate Coated, Wagon Chocolate Scotch

> SAVE \$2.75

🚨 驪 📣 🥒 Darrellfea

SAVE \$7.40



\$3.68 per litre



Chicken Sandwich Schnitzels From the Deli

SAVE \$1.40



*See page 7 for details.







\$3¹⁵

SAVE \$3.15

Uncle Tobys Porridge Sachets 320-350g Pk 8/10

\$192

SAVE \$1.93



\$1.37 per 100g

Gippsland Dairy Yogurt Mix-Ins 140g – From the Fridge **\$4**50

25¢ per 100 sheets Sorbent Toilet Tissue

SAVE \$4.50 45° Per Roll

\$12

SAVE \$12

\$6 per litre/kg

Cold Power Laundry
Liquid 2 Litre or

Powder 2 ka



Hong Kong Kitchen

Dumplings

\$255

SAVE \$2.60

\$3.40 per litre

Dare Iced Coffee 750ml – From the Fridge



\$42

SAVE \$4.25



**FRESH# Special

\$**2**90



40% off

NC290524/TAS2/R

Hair Care, Colour and Accessories

†Find more details on page 44.



Contents

Click on the tabs to take you where you want to go.

1/2 Price

Fruit & Veg

Meat & Seafood

Bakery & Deli

Fridge

Freezer

Pantry

Health & Beauty

Baby

Household & Cleaning

Pet

BIGW



\$130

SAVE \$1.30

\$13.68 per kg Greenseas Tuna 95g



SAVE \$1.40

Continental Cup Soup 50-75g Pk 2



\$172

SAVE \$1.73

38¢ per 100g

Fantastic Noodles Varieties 450g From the Fridge



SAVE \$2.50

\$5 per 100g SunRice Protein Chips 50g From the Health Food Aisle



\$1.50 per 100g

Aunt Betty's Saucy Centres Puddings 2 x 100g

SAVE \$3



SAVE \$5.75

\$1.11 per 100g Nongshim Shin Black 520g Pk 4



\$11²⁵

Primo Kransky Double Smoked or Cheese

Per 100g

SAVE \$11.25 kg \$113

- From the Deli



\$16_{..}

SAVE \$16

40¢ per 100ml Farmers Harvest Vegetable, Canola or Sunflower Oil 4 Litre



WC290524/TAS3

\$485

SAVE \$1.85

\$1.06 per 100g

Danone YoPRO Perform High Protein Yoghurt 175g From the Fridge



DADDED SUGAR + BCAAs + PROBIOTICS Yopro MIXED BERRIES YOGHURT **HEALTH STAR**

SAVE \$2.95

\$2.95 per litre Cottee's Cordial

1 Litre



SAVE \$4.25

Twinings Tea Live Well Varieties Pk 18-22



SAVE \$4.50

96¢ per 100g Kellogg's Nutri-Grain 470g



SAVE \$4.50

90¢ per 100g Kellogg's Coco Pops Chex 500g



SAVE \$2.50

\$3.57 per 100g Suthera Coconut Rolls 70g



\$750

SAVE \$2.50

\$1.43 per 100g French Fries

Crunchy Potato Straws or Samboy Potato Chips 175g



SAVE \$3

\$1.50 per 100g Mr Brownie or

Mr Cake 200g



Aveeno[^]



- A Aveeno Skin Relief Body Wash 532ml \$9 ea \$1.69 per 100ml SAVE \$9
- B Aveeno Daily Moisturising Body Wash 532ml \$8.25 ea \$1.55 per 100ml SAVE \$8.25
- C Aveeno Daily Moisturising Body Lotion 532ml \$9.75 ea \$1.83 per 100ml SAVE \$9.75
- D Aveeno Intense Relief Hand Cream 100g \$6.50 ea \$6.50 per 100g SAVE \$6.50

1/2 Price

Neutrogena[†]



- A Neutrogena Hydro Boost Hyaluronic Acid Water Gel 50g
 - \$17.50 ea \$35 per 100g SAVE \$17.50
- **B** Neutrogena Night Calming Makeup Remover Cleansing Wipes Pk 25
 - \$4.25 ea 17¢ per ea SAVE \$4.25
- C Neutrogena Hydro Boost Hyaluronic Acid Night Cream 50g
 - \$17.50 ea \$35 per 100g SAVE \$17.50
- D Neutrogena Deep Clean Facial Cleanser 200ml \$10.50 ea \$5.25 per 100ml SAVE \$10.50

1/2 Price



- A Nature's Way Restore Probiotic Gummies Pk 60~ \$15 ea \$25 per 100 ea SAVE \$15
- **B** Nature's Way High Strength Magnesium Tablets Pk 150~
 - \$12 ea \$8 per 100 ea SAVE \$12
- C Nature's Way High Strength Sleep + Ashwagandha Adult Vita Gummies Pk 40~ \$12.50 ea \$31.25 per 100 ea SAVE \$12.50
- D Nature's Way High Strength Mega B Complex Adult Vita Gummies Pk 50~
 - \$12.50 ea \$25 per 100 ea SAVE \$12.50

\$740 SAVE \$7.40

\$4.93 per 100ml
Clearasil 5 in 1 Pimple Fighter Exfoliating Scrub 150ml



WC290524/TAS5

\$950

SAVE \$9.50

59¢ per ea

Quantum Alkaline Batteries AA or AAA Pk 16



\$13_{...}

SAVE \$13

\$6.50 per litre/kg

Biozet Attack Plus Laundry Liquid 2 Litre or Powder 2 kg



\$16_{..}

SAVE \$16

\$8 per litre/kg

OMO Ultimate or Expert Laundry Liquid 2 Litre or Powder 2 kg





\$4.75

SAVE \$4.75

53¢ per 100ml

Morning Fresh Dishwashing Liquid 900ml



\$350

SAVE \$3.50

Harpic Fresh Power Toilet Cleaner Block 39g or Liquid 700ml



\$**5**50

SAVE \$5.50

5¢ per ea

Ajax Luxury Home Cleaning Wipes Pk 110



\$7..

SAVE \$7

\$2.33 per 10ml
Air Wick Pure Reed
Diffuser 30ml



\$**7**50

\$7.50

\$1.56 per 100ml

Ecostore 3x Concentrate Laundry Liquid 480ml



\$27...

SAVE \$27

Finish Ultimate Dishwasher Tablets Pk 46





A chance to win 1,000,000 Everyday Rewards points and a \$3,000 appliance package every day*



- 1. Buy any 3 participating products
- 2. Scan
 your Rewards Card
 for your chance to win*
- 3. Repeat to enter every time you shop













\$2630

SAVE \$17.60

\$2.34 per litre
Coca-Cola Classic,
Diet or Zero Sugar
Soft Drink Varieties
30 x 375ml

Coco Cola

Lero Sugar
Dight in*

SAVE \$1.50

Cadbury Dairy Milk, Bubbly or Marvellous Creations 162-190g

\$59¢ per ea

Starbucks by Nespresso
Coffee Capsules Pk 10

STARBUCKS
ESPRESSO ROAST
STARBUCKS
HOUSE BLEND

STARBUCKS
HOUSE BLEND

\$1070 \$40% SAVE \$7.20

\$2.85 per litre

Coca-Cola Soft Drink Varieties 10 x 375ml

- 1. Buy any 3 participating products
- 2. Scan
 your Rewards Card
 for your chance to win*
- 3. Repeat to enter every time you shop







































Click here to find out more about the Big Night In prize pack

Discover more >





your first Direct to boot shop*

when you spend \$100 or more on your first Direct to boot order. Plus, you can pick up your shopping same day, if you order by 1pm.*

Find out more >

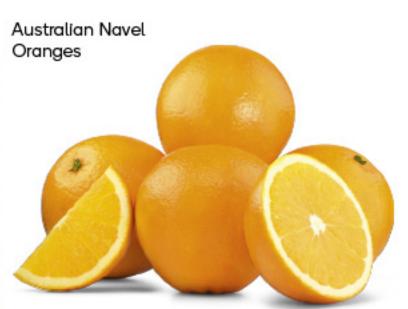
*Min. spend \$100 (excludes bag fees). Order by 1pm for same day. Direct to boot includes Pick Up. Select locations only. Exclusions and T&Cs apply.

FRUIT & VEG

Specials



\$290 kg





\$490

TAS Jazz™ Apples

100% Australian Hass avocados

Right now is the time to celebrate with Australian Hass avocados. With their rich, delicious flavour and creamy flesh, you'll find Hass avocados are a great quality and price, right now. Look for the bumpy skin that turns from green to purplish-black as they ripen.







WC290524/TASH

*FRESH * Specials

\$150



\$3,

\$12 per kg
Australian Cherry
Tomatoes 250g Pack



\$3⁵⁰

\$17.50 per kg
Australian
Cup or Sliced
Mushrooms
200g Pack





\$4_{pk}

\$2 per kg
TAS Washed White
Potatoes 2 kg Pack



\$4,

SAVE 50°

\$13.33 per kg

Woolworths Australian Baby Leaf with Carrot 300g Pack



\$**5**,

\$2.50 per kg
TAS Brown Onions
2 kg Pack



\$3.

SAVE 50°

Woolworths Simply Stir-Fry Vegetable Superfoods 250g Pack, Woolworths COOK Super Green Stir-Fry 250g Pack or Woolworths COOK Stir-Fry Rainbow Veg 400g Pack







BAKERY



\$40

\$1.53 per 100g Mission Low Carb Wraps Pk 6

SAVE \$1.10



25¢ per ea Anzac Biscuits or Choc Chip or Funfetti Cookies Pk 24#

SAVE 50°



\$650

\$1.81 per 100g Toscano Waffles 360g Pk 4

SAVE \$1



\$1.13 per ea Abe's Bagels Varieties 360g Pk 4

SAVE \$1





80¢ per ea Large Butter Croissant Pk 10#

SAVE \$1



\$11

\$1.47 per 100g Woolworths Apple Lattice Pie 750g

SAVE \$1.50



PRICES DROPPED

Range was \$6 4/4/24

53¢ per ea Woolworths Muffin Bars Pk 10



Range was \$6.40 4/4/24

Woolworths Mudcake Varieties#



BAKERY

Back +



Proudly made with Australian wheat flour, these sourdough bread recipes have been crafted by an expert artisan baker. Using time-honoured methods, the 40-hour recipe loaves begin with a traditional culture, are slowly fermented then hand-shaped and rested before being fully baked on stone then finished in our in-store ovens.

Serving suggestion

Discover more >

\$7_{ea}
SAVE 50[¢]

Crafted Range of Sourdough Loaf Varieties#



SAVE \$1.80

91¢ per 100g

Dari's Soups 550g - From the Fridge



D'Orsogna Quad Pack \$630 Varieties 240-320g From the Fridge HUNGARIAN SAVE \$1.60 LEG HAM

SAVE \$4

\$1.12 per 100g

Latina Fresh Filled Pasta Varieties 625g From the Fridge



SAVE \$3

\$1.04 per 100g

La Famiglia Sourdough Garlic 480g From the Fridge

Pack

Ingham's Oven Roasted Turkey Breast

Sliced or Shaved

From the Deli



SAVE \$3 kg \$970 Per 100g

Marinated Wing Varieties with RSPCA Approved Chicken

- From the Deli



SAVE \$5.50



\$14 per kg

D'Orsogna Middle or Shortcut Bacon 1 kg From the Fridge

Bertocchi Sopressa Salami

- Mild or Hot

Sliced

- From the Deli





Range was \$4 27/2/24

\$1.30 per 100g

Woolworths Prepacked Salads 250g - From the Deli



MEAT & SEAFOOD

Back •

\$**5**_{kg}

SAVE \$1.50_{kg}

Macro Free Range Australian Fresh Whole Plain RSPCA Approved Chicken



\$20_{kg}

Australian Lamb Mid Loin Chops



\$7 eq

\$18.67 per kg

Woolworths COOK Marinated Kebabs 375g with RSPCA Approved Chicken \$950

\$19 per kg

Woolworths COOK or BBQ Marinated Chicken Breast Steaks Varieties 500g with RSPCA Approved Chicken

SAVE \$1





SAVE \$1



CHOKEN BREAST STEALS

SHITT FOR SOL

LEVEL STATES

SHIT FOR SOL

SHITT FOR SOL

LEVEL STATES

SHITT FOR SOL

SHIT

\$10

\$17.86 per kg

Woolworths COOK Slow Cooked Pork Shoulder with BBQ Sauce 560g **\$10**°

\$16.67 per kg

Australian Pork Scotch Fillet Steak 600g

SAVE \$5



SAVE \$2 600g

\$18_{kg}

Australian Thawed Extra Large Green Tiger Prawns

\$**25**_k

Australian Beef T Bone Steak

SAVE \$11_{kg}





Budget Friendly Meals.



Braised chicken with lemon and beans

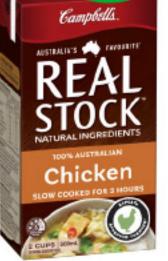


\$137

SAVE \$1.38

27¢ per 100ml Campbell's Real Stock Chicken 500ml





Range since 21/7/22

\$4



SunRice Microwave Family Rice 450g







WC290524/TASI9

Budget Friendly Meals.



Speedy stroganoff

ea



Was \$12 27/2/24 \$1

\$20 per kg Woolworths Beef Stir Fry 500g

WC290524/TAS20





Range since 22/2/23

\$250

\$1.25 per 100g

Woolworths Gravy or Finishing Sauce 200g



Drinks & Pantry





SAVE \$1.55

\$3.83 per litre Gatorade Sports Drink 600ml or G-Active Flavoured Water

600ml



SAVE \$1.80

Heinz Classic Soup 520-535g



\$**7**80

SAVE \$1.90

70¢ per 100g La Zuppa Soup Pouch 400g



SAVE \$2

\$1.50 per 100g Tasti Protein Bars 200g Pk 5



SAVE \$1.50

45¢ per 100ml Rosella Tomato Sauce 500ml



SAVE \$2

Green's Temptations or Gluten Free **Baking Mixes** 380-630g



SAVE \$4.50

\$6.75 per litre Red Bull Energy **Drink Varieties** 4 x 250ml



\$**@**30

SAVE \$6.20

\$4.65 per litre V Energy Drink 4 x 500ml



*See page 7 for details.

\$2...

SAVE \$2

Haribo 140-150g



\$360

SAVE 90°

\$3.60 per litre
Australia's Own
Barista Milk 1 Litre



\$**7**50

SAVE \$2

\$7.81 per litre T2 Iced Tea 4 x 240ml



\$3.50

SAVE \$1.50

35¢ per ea

Moccona Barista Reserve Capsules Pk 10



\$805

SAVE \$3.45

\$8.05 per 100g

Moccona Freeze

Dried Instant

Coffee 100g



\$805

SAVE \$3.45

\$8.47 per 100g Moccona Flavoured Coffee 95g



PRICES DROPPED for Winter

Was \$6 28/5/24

\$5

Moccona Hot and Cold Mixers Pk 8-10









\$780

SAVE 70°

Green's Pancake Shake 300-375g



SAVE \$2

Temole Chips 40-50g - From the Health Food Aisle



SAVE \$1.90

Carman's Aussie Oat Bars 150-180g Pk 5/6



SAVE \$4.50

64¢ per 100g Kellogg's Sultana Bran 700g



180

SAVE \$1.20

\$4 per 100g Goodness Me Fruit Packs

120g Pk 8



SAVE \$1.80

Uncle Tobys Plus Cereal 565-705g



\$240 \$AVE \$2.40

60¢ per 100g Mutti Sugo Semplice Pasta Sauce 400g 1/2
Price

MUTTI

BOLOGNESE

BOLOGNESE

MAPOLETANA STREET

\$260
John West Salmon
Tempters 95g

SAVE
JOHN WEST
SALMON
N SPRINGWATER

JOHN WEST
SALMON
ONION & TOMATO
HEALTH STAR
RATING

\$3⁶⁰

SAVE 90°

Sauce 200g



\$380

SAVE \$1

\$3.17 per 100g Green's Gravy Granules 120g



\$3.50

SAVE \$2

\$1.19 per 100ml Heinz Seriously Good Mayo or

Aioli 295ml



\$**3**²⁰

SAVE 80°

\$1.64 per 100g Ayam Thai Red Curry Paste 195g



\$13.50 per kg

Australian Fresh
RSPCA Approved
Chicken Tenderloi



\$490

SAVE \$2.40

Fix & Fogg Spread 275-375g



\$**2**30

SAVE 60°

85¢ per 100ml Ayam Coconut

Milk 270ml



Easy chicken satay

For full recipe >

Serving suggestion

\$170

SAVE 50°

Glico Pocky Biscuits 40-47g



\$10_e

SAVE \$3

\$13.33 per kg

Woolworths Australian Almonds Roasted and Salted 750g Pack



\$140

SAVE 25°

35¢ per 100ml

Pandaroo Coconut Milk 400ml



\$120

SAVE 50°

\$1.20 per 100g

Chang's Crunchy Noodles 100g



\$430

SAVE \$1.85

\$2.26 per 100g

Conimex Sambal Oelek Paste Hot Chilli 190g



\$750

SAVE \$3.50

\$3.79 per litre

Genki Forest Sparkling Water 6 x 330ml



\$440

SAVE \$1.10

79¢ per 100g

Amoy Sauce Oyster 555g



\$9...

SAVE \$2

\$2.25 per 100g

Fresh Harvest Roasted and Salted Pistachios 400g Pack



WC290524/TAS25



THE PERFECT NIGHT IN

What more could you wish for?





\$275

SAVE \$2.75

\$1.57 per 100g Arnott's Tim Tam Deluxe 175g



*See page 7 for details.

WC290524/TAS13

Pantry, Fridge & Freezer

\$350

SAVE \$1

\$1.75 per 100g

Yumi's Hommus Varieties 200g – From the Fridge





\$**5**.75

\$16.43 per kg

Bhuja Original Mix Big Bag 350g



\$360

SAVE 90°

\$9.60 per kg

Sunbeam Sultanas 375g \$9.60 per kg



\$480

SAVE \$1.20

\$4.80 per kg

McCain Healthy Choice 97% Fat Free Chips 1 kg – From the Freezer



\$9

\$40 per kg

Dates Almond Roll 225g – Produce of USA/Mexico



\$16_°

SAVE \$16

40¢ per 100ml

Farmers Harvest Sunflower, Canola or Vegetable Oil 4 Litre 43¢ per 100ml FARMERS HARVEST.

PEHILIM
SUNFLOWER
OIL
PROVIDENCE ON THE PERILIM SUNFLOWER
OIL
PROVID

1/2 Price Loos Date

Loose Medjool
Dates - Product of
USA/Mexico

*See page 7 for details.

WC290524/TAS27

^Offer available from 29/05/24 to 04/06/24 on all denominations of gift cards listed, in-store only at Woolworths Supermarkets and Woolworths Metro, scan your Everyday Rewards Card to collect 20x points. Excludes Woolworths Online and MILKRUN. Standard points will not be earned on amount spent on gift cards, but the relevant number of bonus points which you qualify for under this offer. Bonus points can take up to 14 business days to be loaded onto your Everyday Rewards Card from date of purchase. Refer to individual cards for their terms and conditions. For cards with a fixed value, limit of 10 cards per day per Rewards Member (can be done across multiple transactions). For variable card where you choose the amount to load, limit of 10 cards per day per

Fridge & Gift Cards

Back •

\$350

SAVE \$1

Primo Stackers or Trios 45-57g





\$**9**...

SAVE \$1.50

\$18 per kg
Bega Block or
Grated Cheese
500g



\$350

\$1.75 per 100g Yumi's Dips 200g



\$**5**85

SAVE 65°

\$3.90 per litre
Original Juice
Black Label
1.5 Litre



\$10_{••}

SAVE \$1

\$20 per kg Bega Sliced Cheese 500g



\$6⁸⁰

\$1.81 per 100g Mainland Buttersoft 375g

SAVE \$1.20



\$7...

SAVE \$1.50

\$3.50 per litre
Nudie Gold
Nothing But
Carrot, Orange,
Apple & Ginger
2 Litre



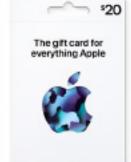
\$10⁸⁰

\$1.44 per 100g Flora Pro Activ Spread 750g

SAVE \$1.20



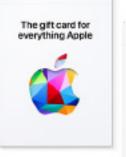




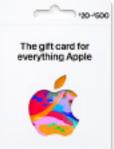






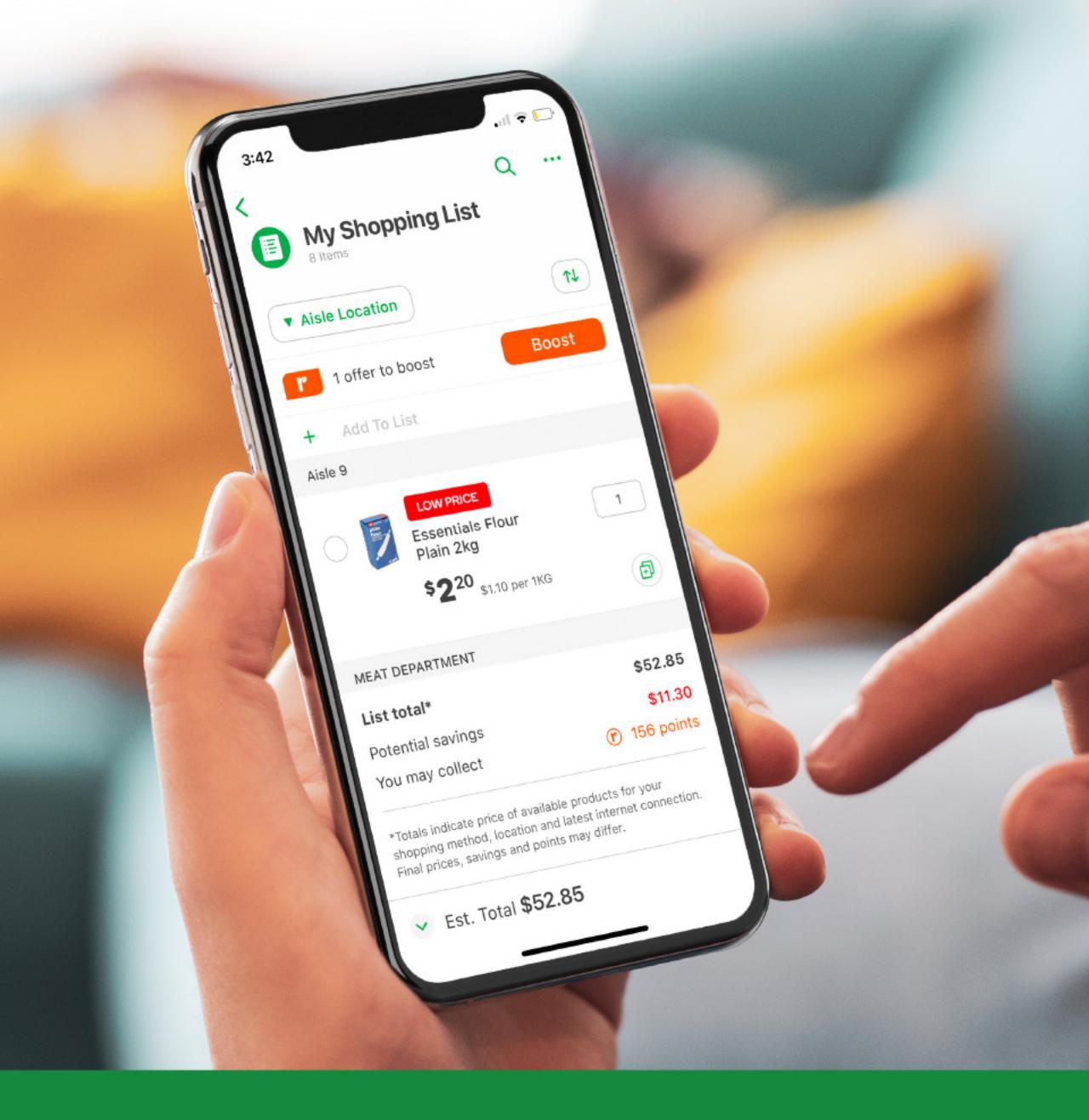


\$200



Earn 20x Everyday Rewards Points on Apple Gift Cards \$20, \$30, \$50, \$100, \$200 or Variable Gift Cards.

Refer to T&Cs^



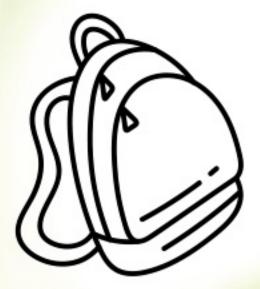
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Check your estimated total by creating a List online or in the app. It's easy to stick to a budget.

Create a List 〉

Pricing and products shown are for illustrative purposes only.

ADVERTISER PROMOTION







BUY ANY PACK FOR YOUR CHANCE TO

- VAIN -INSTANTLY



\$100 rebal GIFT CARD

25+ - UP FOR GRABS — EVERY HOUR

BUY any participating pack

\$350

SAVE \$1

Primo Stackers or Trios 45-57g – From the Fridge











or visit primobacktoschoolpromo.com.au to upload receipt

WIN

enter for your chance to win

T&Cs apply, see http://www.primobacktoschoolpromo.com.au/. Open to AU res 18+. Starts: 12:01am AEST E/S/24. Ends: 11:59pm AEST 21/6/24. Max 1 entry p/transaction & 1 entry p/day. Retain receipt/s Prizes: 1,010 x \$100, 3,080 x \$50 & 23,500 x \$20 all awarded as Rebel Digital Prezzee eGift Cards. ACT winners published at http://www.primobacktoschoolpromo.com.au/ on 11/1/24. Promoter: Primo Foods Rty Ltd (ABN 67 002 781 142) of 18 Hume Highway, Chullora NSW 2190. NSW Authority: NSW TR/03366. ACT TP24/00492 SA 124/392.

Fridge & Freezer

\$215

SAVE 55°

Chobani Greek Yogurt Pot or Pouch 140-160g – From the Fridge



\$750

SAVE \$3

\$1.34 per 100ml

Peters Maxibon Ice Cream 560ml Pk 4

- From the Freezer



MONSTER COOKIE



\$**2**55

SAVE \$2.60

\$3.40 per litre

Dare Iced Coffee 750ml

From the Fridge



\$650

SAVE \$3

Peters Drumstick Ice Cream 475-490ml Pk 4/6

- Excludes

Plant Based – From the Freezer



\$6.50

SAVE \$3.50

\$1.63 per 100ml

Streets Golden Gaytime Ice Cream 400ml Pk 4

- From the Freezer



\$**3**15

SAVE \$2.15

53¢ per 100g

Vaalia Probiotics Yoghurt 150g Pk 4

– From the Fridge



\$6.

SAVE FROM \$1.50

Tamar Valley Greek or Creamery Yoghurt 700g-1 kg

- From the Fridge



\$7...

SAVE \$2

\$3.43 per 100g

Doughlicious Cookie Dough Bites 204g Pk 6

- From the Freezer



PRICES DROPPED Was \$10 06/2/24

\$950

\$13.57 per kg Hillview Cheese Shredded

Tasty 700g – From the Fridge



Was \$10.50 13/2/24

\$990

\$9.90 per kg

Hillview Cheese Block Tasty 1 kg – From the Fridge



*See page 7 for details.



\$720

SAVE \$4.80

\$1.03 per 100g

Four'N Twenty Red Rooster Chicken Pie or Angus Beef 700g Pk 4



\$460

SAVE \$1.20

\$6.13 per kg

McCain Beer Batter Chips or Wedges 750g



\$3.

SAVE \$1

\$6 per kg

Birds Eye Country Harvest 500g



\$10_e

SAVE \$3.50

\$10 per kg Steggles Dino

Steggles Dino Snacks, Pops, Fingers or Hot Wing Nibbles 1 kg



\$**6**⁵⁰

SAVE \$2.50

\$21.67 per kg Sealord Hoki Fillets 300g



\$**6**50

SAVE \$2

Buonissimo Family Pizza 400-470g



\$7...

SAVE \$2

\$1.17 per 100g

McCain Pizza Slices 600g



\$750

SAVE \$2

McCain Pub Size Meals 480-500g





\$450

McCain Healthy Choice Meals 280-350g



\$450

22¢ per 100ml

Woolworths Essential Reduced Fat Vanilla Ice Cream 2 Litre



WC290524/TAS32

*See page 7 for details.



PRICES DROPPED for Winter



Was \$5.50 kg

28/5/24

\$/150

Australian Fresh RSPCA Approved Whole Plain Chicken From the Meat Dept



Was \$10 kg

28/5/24

Australian Pork Shoulder Boneless Roast



Was \$15 kg

28/5/24

Australian Beef Bolar Blade Roast



Was \$19 kg

28/5/24

Australian Pork Belly Roast PORY

Range was \$4

28/5/24

\$1.32 per 100g

Gravox Gravy Liquid 250g



Was \$9.50

28/5/24

\$3.78 per 100g

Cobram Garlic Infused Extra Virgin Olive Oil Spray 225g



WC290524/TAS33



PRICES DROPED for Winter



Was \$9

28/5/24

\$14 per kg

Australian Fresh RSPCA Approved Chicken Breast Stir Fry 500g From the Meat Dept



Range was \$4

28/5/24

\$260

\$2.40 per 100g

Maggi Bowl Recipe Bases 150g



Was \$10.50 kg

28/5/24

Macro Free Range Fresh RSPCA Approved Chicken Portuguese Portions

From the Meat Dept



Was \$8.60

28/5/24

34¢ per 100g SunRice Jasmine Rice 2 kg



Australian Beef

Chuck Steak

Was \$18 kg 28/5/24

Woolworths COOK Slow Cooked Lamb Shanks in Tomato, Red Wine & Rosemary Sauce



Was \$11 28/5/24

\$18 per kg

Australian Diced Beef Heart Smart 500g



Was \$17.50 kg 28/5/24





PRICES DROPED for Winter



Range was \$4

28/5/24

\$3.50

70¢ per 100g

La Molisana Pastificio 500g



Range was \$5.30

28/5/24

\$470

\$1.34 per 100g Leggo's Stir Through

Sauce 350g





OLDELPaso.

Range was \$4.50

28/5/24

\$**4**_{ea}

Perfect Italiano Cheese 125-150g

- From the Fridge



Range was \$12

28/5/24

\$1080

Old El Paso Bulk Kits 560g-1.04 kg



Range was \$10

28/5/24

\$9_{eq}

Birds Eye Deli Fish or Snacking Varieties 225-250g – From the Freezer



Was \$20

28/5/24

\$17

\$17 per kg

Birds Eye Whiting 1 kg – From the Freezer





PRICES DROPED for Winter



Range was **\$5.50**

28/5/24

\$470

\$1.18 per 100g

Strength Co Soup Varieties 400g – From the Fridge



Was \$3.70

28/5/24

\$295

\$1.18 per 100g

La Famiglia Garlic Bread 250g – From the Fridge



Was \$7

28/5/24

\$6.30

\$31.50 per kg

D'Orsogna Natural Shortcut Bacon 200g – From the Fridge



Was \$27 kg

28/5/24



Range was \$6.60

28/5/24

\$**5**80

\$32.22 per kg

Riverina Haloumi 180g – From the Fridge



Was \$8.50

28/5/24

\$7

\$46.67 per kg

Jarlsberg Sliced Cheese 150g – From the Fridge





PRICES DROPED for Winter



Was \$13.50 kg

Bertocchi Smoked Pork Meaty Hocks - From the Deli

28/5/24 \$110 Per100g Range was **\$5.90**

28/5/24

\$**5**30

\$1.06 per 100ml

Maggie Beer Natural Stock 500ml



Range was \$2.50 \$1.73 per 100g

28/5/24

Mutti Vegetable or Organic Tomato Paste 130g



Range was \$2.60 28/5/24

SPC Baked Beans or Spag-a-saurus Snack Pot 175-180g



Was \$3.90 28/5/24

\$4.32 per kg Ardmona

Crushed Australian Tomatoes 810g



Range was **\$4.40** 28/5/24

Heinz Chunky Soup 520-535g





Range was **\$4.60**

28/5/24

87¢ per 100g

La Zuppa Soup Bowl 420g



Range was \$2.50

28/5/24

\$2.36 per 100g

Mamee Chef Noodle Cups 72g



WC290524/TAS37



PRICES DROPED for Winter



Range was \$5.50

28/5/24

\$150

97¢ per 100g

Skippy Peanut Butter 462g



Was \$6.60

28/5/24

\$**匚**95

\$1.75 per 100g

Capilano Upside Down Honey 340g



Was \$4.80

28/5/24

\$3.90 per litre

Minor Figures Barista Oat Milk 1 Litre



Was \$6.50

28/5/24

\$**匚**50

\$5.50 per litre

Bickfords Blueberry Juice or Superberry Juice 1 Litre



Range was \$8.50

28/5/24

Twinings Tea Bags Pk 40-50



Was \$13

28/5/24

45¢ per ea

Vittoria Capsules Pk 20



Range was \$28

28/5/24

\$5.50 per 100g

Moccona Freeze Dried Coffee 400g





PRICES DROPPED for Winter



Range was **\$6.50**

28/5/24

\$**5**..

83¢ per 100g

Pauls Custard Golden Gaytime, Violet Crumble or Chupa Chups 600g – From the Fridge



Was \$14

28/5/24

\$12

\$2.18 per 100g

Woolworths Chocolate Chunk Cookie Pie 550g – From the Bakery



Range was \$9.50

28/5/24

ea

Mars or Snickers
Ice Cream Bars

295-300ml Pk 6

- From the Freezer





Range was \$8

28/5/24

\$550

Peters Twin Pole 544-590ml Pk 8 – From the Freezer





Range was \$2.40

28/5/24

\$190

¢1 // nor10/

\$1.46 per 100g

Chobani Kids No Sugar Added Yogurt Pouch 130g – From the Fridge



Range was \$3.50

28/5/24

\$3.

\$2.40 per 100g

Co Yo Organic Coconut Yoghurt 125g – From the Fridge





PRICES DROPPED for Winter



Was \$16 28/5/24

72¢ per ea Codral Cold & Flu Tablets Pk 20-

Codrafcold & Flu Phenylephrine hydrochloride 5mg

Range was \$19 28/5/24

42¢ per ea

Strepsils Extra Blackcurrant Flavour Lozenges Pk 36-



Was \$11.90 28/5/24

\$21.40 per 100g Vicks VapoRub Extra Strong 50g-



Was \$17.10 28/5/24

\$20 per 100ml Fess Saline Nasal Spray 75ml-



Range was \$13.50

28/5/24

16¢ per ea

Vicks VapoDrops Pk 70-



Was \$19 28/5/24

47¢ per ea

Difflam plus Anaesthetic Throat Lozenges Pk 32-



Was \$14.50

28/5/24

\$6.50 per 100ml

Codral Mucus Cough + Cold 200ml-



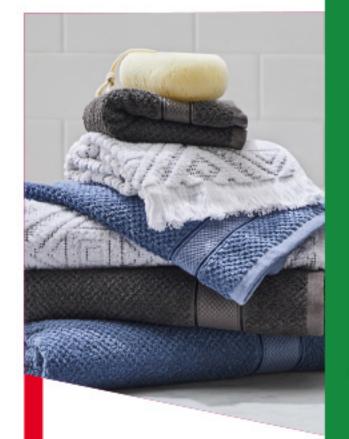
Was \$15.60

28/5/24

70¢ per ea Sudafed PE Nasal

Decongestant 10mg Tablets Pk 20-





PRICES DROPPED for Winter



Range was \$5

28/5/24

\$4.

80¢ per 100ml

Palmolive Ultra Dishwashing Liquid 500ml



Range was \$8

28/5/24

\$480

96¢ per 100ml

Pine O Cleen 24H Protection Trigger 500ml



Range was \$7

28/5/24

\$**5**_{ea}

\$1.25 per 100ml

Fluffy Freshen Up Fabric Softener 400ml



Range was \$15

28/5/24

\$9°

7¢ per ea

Pine O Cleen 24H Protection Cleaning Wipes Pk 126



Was \$52

28/5/24

\$26...

84¢ per ea

Finish Ultimate Plus All In One Dishwasher Tablets Pk 31



Was \$19

28/5/24

\$16

\$8 per kg

Vanish Stain Remover Powder 2 kg





Everyday Low Price



\$150

15¢ per 100ml Shine Dishwashing Liquid 1 Litre



\$250

20¢ per 100ml Strike Pro Disinfectant 1.25 Litre



\$**3**..

\$1.50 per litre

Soften Fabric

Conditioner 2 Litre



\$390

39¢ per 100g Shine Dishwasher Powder Concentrate 1 kg



\$4.

4¢ per ea Strike Disinfectant Wipes Pk 100



\$**5**50

\$2.75 per kg
Clean Laundry
Powder Tropical
Bloom 2 kg



\$**5**50

\$2.75 per litre

Clean Laundry Liquid
Fresh Getaway 2 Litre



\$950

32¢ per ea Clean 5 in 1 Laundry Capsules Pk 30





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make everyday count

\$1440

SAVE \$3.60

Licensed Kids PJ Minions or Gabby's Dollhouse Assorted



\$20

WHILE STOCKS LAST

Licensed Polar Fleece Throw - Available in Minions/ Frozen/Spiderman



\$9

WHILE STOCKS LAST

Kids Slip Ons Blue or Pink 1 pair



\$12

WHILE STOCKS LAST

Underworks Men's Heat Bods Thermal Insulated Socks Pk 1



\$**8**

SAVE \$8

Socks Low Cut Assorted Pk 3



\$8.

SAVE \$8

\$2.67 per ea

Bonds Men's

Quarter Socks Pk 3



\$**12**⁵⁰

SAVE \$12.50

Bonds Men's Guy Front Trunk Each



\$12...

SAVE \$12

\$6 per ea

Bonds Ladies'
Hipster Bikini
Assorted Pk 2





30% Off

BSc[¥]









- A BSc Collagen Protein Water 350g^ \$24.50 ea \$7 per 100g SAVE \$10.50
- **B** BSc Pure Creatine 200g[^] \$19.60 ea \$9.80 per 100g SAVE \$8.40
- C BSc High Protein Powder 800g[^] \$38.50 ea \$4.81 per 100g SAVE \$16.50
- D BSc Low Carb Mousse Bar 55g[^] \$3.15 ea \$5.73 per 100g SAVE \$1.35

40% Off

Freshwater Farm[§]







- A Freshwater Farm Body Bar 200g \$2.85 ea \$1.43 per 100g SAVE \$1.95
- **B** Freshwater Farm Hand Wash Pump 500ml \$6.60 ea \$1.32 per 100 ml SAVE \$4.40
- C Freshwater Farm Hand Wash Refill 1 Litre \$10.80 ea \$1.08 per 100ml SAVE \$7.20
- **D** Freshwater Farm Body Wash 1 Litre \$10.80 ea \$1.08 per 100ml SAVE \$7.20

\$9

Huggies Ultra Dry Nappy Pants Pk 24-36



\$10.50

Bonds Zippy Wondersuit Assorted Pk1



Babvwear[~]

\$13_{...}

SAVE \$4

\$2.60 per 100ml

Gaia Natural Baby Bath Wash Sleeptime 500ml



\$**16**⁸⁰

SAVE \$4.20

\$2.10 per 100g

Nestle NAN Comfort Stage 3 Baby Formula 800g

 Limit of 2 per Customer



\$2.15 ea or

ANY 5 FOR C

SAVE \$1.75

\$1.50 per 100g Only Organic Baby

Food Pouch 120g



40% Off

Hair Care, Colour and Accessories[†]

PANTENE

SAVE

\$8

\$1.33 per 100ml

Pantene Pro-V Shampoo or Conditioner 900ml

PANTENE

\$1.84 per 100ml

Head & Shoulders Shampoo or Conditioner 850ml

L'Oreal Paris Elvive Glycolic Gloss Shampoo 200ml or Conditioner 150ml

SAVE



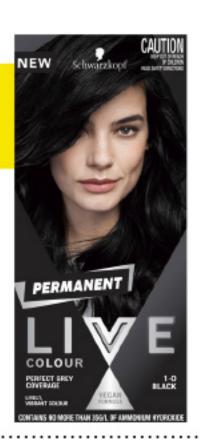
SAVE \$7.60





SAVE \$6

Schwarzkopf Permanent Live Hair Colour



\$15_{..}

SAVE \$10

\$30 per 100g Slick Stick Hair Wax Stick 50g



SAVE \$8

Toni&Guy Paddle Brush



\$1.71 per 100ml

My Soda Shampoo or Conditioner 350ml



\$2.16 per 100ml

Thanks To Nature Shampoo or Conditioner 500ml

SAVE \$7.20 HYDRATE & HYDRATE & NOURISH NOURISH SHAMPOO CONDITIONER Only at 6

\$1.03 per 100ml Sunsilk Shampoo or

Conditioner 700ml

SAVE \$4.80





One-pot winter recipe wonders

Save time with recipes like pasta bake and chicken risotto, all in one pot for easy cleanup.

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\$**24**⁵⁰

SAVE \$11.50

Supercoat Dry Dog Food 6.7-7 kg



\$6.50

SAVE \$3

\$1.08 per 100g My Dog Wet Dog Food Pk 6 x 100g



\$**9**_{eq}

SAVE \$7

\$1.80 per ea Bow Wow Pig Ears Pk 5



the Pet

\$4.80

SAVE \$2.20

\$1.07 per 100g Fancy Feast Dry Cat Food 450g



\$180

\$2.12 per 100g Pretty Wild Pate Cat Food 85g



\$**4**80

SAVE \$1.20

69¢ per 100g Natures Gift Meatballs Dog Food 700g



ADVERTISER PROMOTION

New

Introductory price

\$1180

Standard shelf price \$17 ea

\$2.02 per 100g

Purina One Wet Cat Food Pk 12 x 70g



Help support the immune health of your cat with PURINA ONE



Specialty blend of Vitamins A & E, Omega 6 and Beta Glucans

B

Beta Glucans

Helps support an optimal immune response

VIT

Vitamin A & E

Helps prevent cell damage

Omega 6
Helps keep skin healthy

Wet Pouches
Now Available in Multipacks



\$**79**..

SAVE \$20

Optus X Sight 3‡ Features:

- 6" display
- 5MP camera
- 3000mAh battery
- Android 13 Go



\$229_{...}

SAVE \$20

Optus Oppo A58‡
Features:

- 6.72" FHD display
- 50MP + 2MP main camera
- 5000mAh battery
- Android 13



\$249_{...}



SAVE \$30

Telstra Samsung A15§ Features:

- 6.5" Super AMOLED display
- 50MP main camera,
 5MP ultra wide, 2MP macro cameras
- 13MP front camera



\$**20**.

SAVE \$20

Felix \$40 Starter Pack¥ Includes:

- Unlimited mobile data (conditions apply)
- Unlimted talk and text
- No lock-in contract





On Underland secretarial talk, text and All Market in secretarial secretaria

\$12

SAVE \$23

Optus \$35 Starter Pack‡ Includes:

- Get 60GB data
 on 1st recharge
 (40GB + 20GB bonus)
- Activate by 3/6/23
- Unlimited standard talk & text within Australia
- Rollover up to 200GB
- 28-day expiry

\$**240**



260gb

46.5 orrus

SAVE \$80

Optus \$320 SIM Long Expiry Starter Pack‡ Includes:

- 260GB data on first3 recharges
- Unlimited talk & text within Australia
- New services only
- Activate within 30 days of purchase
- 365-day expiry



yes orrus

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150_{GB}

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\$20.90

Lebara \$29.90 Starter Pack# Includes:

- 70GB for first 30 days, 35GB ongoing^
- Unlimited standard talk & text in Australia

and to 35 selected countries Up to 200GB data banking



New

Lebara \$160 Starter Pack# Includes:

- 160GB total data (120GB base data
- + 40GB activation bonus), 120GB ongoing^ Unlimited standard talk & text in Australia
- Up to 300 mins of standard international talk

360-day expiry





SAVE \$1

Lebara \$2 Starter Pack# Includes:

- Pay as you go starter pack
- No connection fee
- No lock-in contract

Price LEBARA

SAVE \$18.90

Lebara \$24.90 Starter Pack# Includes:

- 35GB for first 30 days, 25GB ongoing^ Unlimited standard
- talk & text in Australia
- Up to 200GB data banking

Price



LEBARA

SAVE \$29.90

Lebara \$49.90 Starter Pack# Includes:

- 140GB for first 30 days, 100GB ongoing^
- Unlimited standard talk & text in Australia LEBAR
- and to 60 selected countries Up to 200GB data banking



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Women's Jeans
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\$675
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Graphic Tee^
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\$**7**²⁰
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***179**



200ANSI Lumens 1080P Projector 534183

526095

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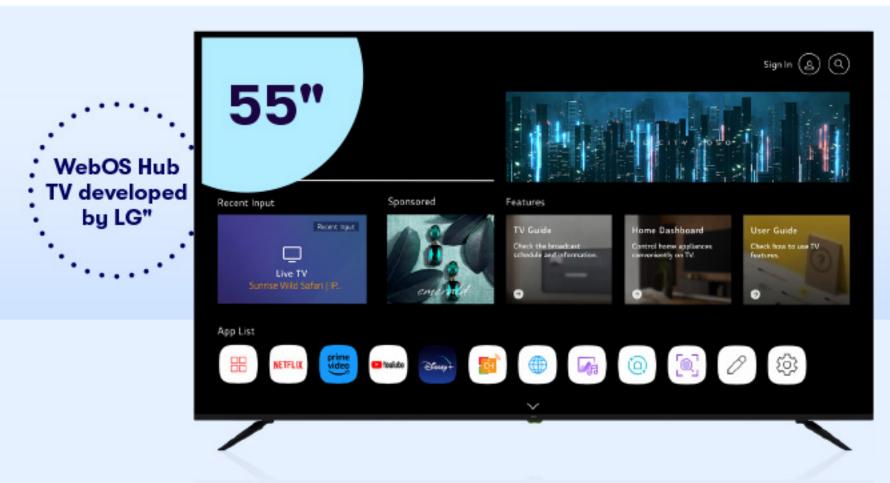
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Hard Rated Cans | 4x375ml



\$64.

SUPER SAVER

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Sparkling Ale
Bottles | 24x375ml

WAS
\$74
30/04/24

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SUPER SAVER
St Hallett
Faith Shiraz
750ml

WAS
\$22
30/04/24

Glenfiddich Scotch Whisky Malt | 700ml

SAVE \$25

Glenfiddich S25

iddich

Premix

\$23⁵⁰



Smirnoff Hard Soda Pink Grapefruit Crush Cans | 4x330ml

\$27



Vodka Cruiser Double 6.8% Raspberry Cans | 4x375ml

10 CANS



Jim Beam Zero Sugar Cola Cans | 10x375ml

\$52



Jameson Smooth Dry & Lime 6.3% Cans | 10x375ml

Beer

\$ PACK



Steersman Blonde Low Carb Bottles | 6x330ml

\$27



Great Northern Ginger Beer Cans | 6x375ml

\$38



4 Pines Pacific Ale Cans | 18x375ml

\$**56**



Peroni Nastro Azzurro Bottles | 24x330ml



700ML

Spirits





Gordon's Pink Gin 700ml

\$55



Dimple 12YO Scotch Whisky 700ml

\$57



Suntory Haku Vodka 700ml



Jim Beam Devil's Cut 700ml

Wine





Brown Brothers Moscato Victoria OR Strawberries & Cream 750ml



Hardys Stamp 1 Litre





Yellow Tail Merlot 750ml

1.5 LITRE **\$17**



Rewild Shiraz Bagnum | 1.5 Litre

Beer

\$58



Mountain GOAT Tasty Pale Ale Cans | 24x375ml

\$**86**



Guinness Draught Stout Cans | 24x440ml



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