

# coles

life space

CENOVIS

Swisse

VÖÖST

Nature's Way

Nature's Own

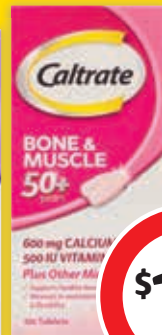
BLACKMORES



\$15<sup>ea</sup>

SAVE \$15  
WAS \$30

Nature's Way Kids Smart Vita Gummies 120 Pack<sup>^</sup>  
\$12.50 per 100 each



\$10<sup>ea</sup>

SAVE \$10  
WAS \$20

Caltrate Bone & Muscle 100 Pack<sup>^</sup>  
\$10.00 per 100 each

1/2  
PRICE



\$2<sup>25</sup><sup>ea</sup>

SAVE \$2.25  
WAS \$4.50

Muscle Nation Custard Protein Bars 60g<sup>^</sup> \$3.75 per 100g

VITAMINS,  
DIET & SPORT  
NUTRITION

Exclusions apply<sup>†</sup>



\$7<sup>25</sup><sup>ea</sup>

SAVE \$7.25  
WAS \$14.50

Atkins Low Carb Endulge Bars 5 Pack 150g-200g<sup>^</sup>

MUSCLENATION

MUSASHI  
THE WAY



DOSE  
& CO.

QUEST  
NUTRITION

<sup>^</sup>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.

<sup>†</sup>Excludes Berocca, Every Day, Down Down & clearance items



**\$4<sup>75</sup>**  
ea

**SAVE \$4.75**  
WAS \$9.50

Peters Drumstick  
4 Pack-6 Pack



**\$5**  
ea

**SAVE \$5**  
WAS \$10

Bulla Creamy Classics  
2 Litre \$0.25 per 100mL



**\$24**  
ea

**SAVE \$24**  
WAS \$48

Finish Quantum Ultimate Pro  
Dishwashing Tablets 32 Pack  
or 0% 34 Pack



**\$1**  
ea

**SAVE \$1**  
WAS \$2

Mars Medium Bar 35g-56g, Cadbury Layers  
32g-35g Toblerone or Violet Crumble 50g  
Excludes Mars Raspberry Smash Bar



**\$4<sup>25</sup>**  
ea

**SAVE \$4.25**  
WAS \$8.50

Old El Paso Hard 'N Soft Taco Kit 350g  
\$1.21 per 100g



**\$9**  
ea

**SAVE \$6.10**  
WAS \$15.10

Coca-Cola, Fanta or Sprite Soft Drink 10x375mL  
\$2.40 per litre



**\$16**  
kg

**SAVE \$4/kg**  
WAS \$20/kg

Coles Australian Lamb  
Boneless Leg Roast  
Product sold uncooked

Serving suggestion only



# 1/2 PRICE

## VITAMINS

Exclusions apply †

**\$20<sup>ea</sup>**  
**SAVE \$20**  
**WAS \$40**



**Nature's Way Glucosamine  
1500mg Tablets 200 Pack**  
 \$10.00 per 100 each.  
 2nd week on sale

**\$12<sup>50</sup><sup>ea</sup>**  
**SAVE \$12.50**  
**WAS \$25**



**Nature's Way High Strength  
Sugar Free Multivitamins  
65 Pack** \$19.23 per 100 each

**\$14<sup>ea</sup>**  
**SAVE \$14**  
**WAS \$28**



**Swisse Ultiboost Magnesium,  
Calcium + D3 120 Pack**  
 \$11.67 per 100 each

**\$13<sup>50</sup><sup>ea</sup>**  
**SAVE \$13.50**  
**WAS \$27**



**Swisse Ultiboost Sleep 60 Pack**  
 \$22.50 per 100 each

**\$18<sup>50</sup><sup>ea</sup>**  
**SAVE \$18.50**  
**WAS \$37**



**Swisse Ultiboost Magnesium  
120 Pack** \$15.42 per 100 each

**\$19<sup>50</sup><sup>ea</sup>**  
**SAVE \$19.50**  
**WAS \$39**



**Blackmores Executive B Stress  
Formula 125 Pack**  
 \$15.60 per 100 each

**\$17<sup>50</sup><sup>ea</sup>**  
**SAVE \$17.50**  
**WAS \$35**



**Blackmores Fish Oil 1000mg  
400 Pack** \$4.38 per 100 each

**\$13<sup>50</sup><sup>ea</sup>**  
**SAVE \$13.50**  
**WAS \$27**



**Ostelin Vitamin D3 or Calcium +  
Vitamin D3 130 Pack**  
 \$10.38 per 100 each

**\$16<sup>ea</sup>**  
**SAVE \$16**  
**WAS \$32**



**Cenovis Men's Multi + Performance  
or Women's Multi + Energy  
100 Pack** \$16.00 per 100 each

**\$8<sup>ea</sup>**  
**SAVE \$8**  
**WAS \$16**



**Voost Effervescent 40 Pack**  
 \$20.00 per 100 each

**\$10<sup>75</sup><sup>ea</sup>**  
**SAVE \$10.75**  
**WAS \$21.50**



**Centrum Multivitamin for Men or  
Women 60 Pack** \$17.92 per  
 100 each. 2nd week on sale

**\$14<sup>ea</sup>**  
**SAVE \$14**  
**WAS \$28**



**Life Space Probiotic 40 Pack**  
 \$35.00 per 100 each

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.

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



# 1/2 PRICE

## DIET & SPORTS NUTRITION

Exclusions apply †



**\$2<sup>75</sup>**  
ea

**SAVE \$2.75**  
WAS \$5.50

**Bodie's Protein Water 500mL**  
\$0.55 per 100mL



**\$32<sup>50</sup>**  
ea

**SAVE \$32.50**  
WAS \$65

**Musashi P30 High Protein Powder 900g** \$3.61 per 100g



**\$5**  
ea

**SAVE \$5**  
WAS \$10

**Aussie Bodies Lo Carb Bars 4 Pack 120g** \$4.17 per 100g



**\$26**  
ea

**SAVE \$26**  
WAS \$52

**Vital Strength Protein Powders 600g-720g**



**\$17<sup>50</sup>**  
ea

**SAVE \$17.50**  
WAS \$35

**Muscle Nation Raspberry Collagen Protein Water Powder 300g** \$5.83 per 100g



**\$17<sup>50</sup>**  
ea

**SAVE \$17.50**  
WAS \$35

**Muscle Nation Protein Daily Shake 300g** \$5.83 per 100g



**\$2<sup>25</sup>**  
ea

**SAVE \$2.25**  
WAS \$4.50

**Musashi Protein Deluxe Bars 60g** \$3.75 per 100g



**\$1<sup>75</sup>**  
ea

**SAVE \$1.75**  
WAS \$3.50

**Clif Energy Bars 68g** \$2.57 per 100g



**\$2<sup>25</sup>**  
ea

**SAVE \$2.25**  
WAS \$4.50

**Muscle Nation Custard Plant Protein Bars 50g** \$4.50 per 100g

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 Every Day, Down Down & clearance items



# 1/2 PRICE

## DIET & SPORTS NUTRITION

Exclusions apply †



**\$17<sup>50</sup>**  
ea

**SAVE \$17.50**  
WAS \$35

Dose & Co. Pure Collagen  
Unflavoured Powder 200g  
\$8.75 per 100g



**\$11**  
ea

**SAVE \$11**  
WAS \$22

Naturopathica Fat Blaster Weight  
Loss Shake 430g \$2.56 per 100g.  
2nd week on sale



**\$17<sup>50</sup>**  
ea

**SAVE \$17.50**  
WAS \$35

Muscle Nation Custard Protein  
Powder 440g \$3.98 per 100g



**\$8**  
ea

**SAVE \$8**  
WAS \$16

Quest Chocolate Chip Cookie  
Protein Bar 4 Pack 240g  
\$3.33 per 100g



**\$10<sup>50</sup>**  
ea

**SAVE \$10.50**  
WAS \$21

Nature's Way Slim Right Powder  
500g \$2.10 per 100g



**\$8**  
ea

**SAVE \$8**  
WAS \$16

Macro Mike Powdered  
Peanut Butter 180g  
\$4.44 per 100g



**\$2<sup>25</sup>**  
ea

**SAVE \$2.25**  
WAS \$4.50

BSc Low Carb Protein Bars  
45g-60g



**\$2<sup>25</sup>**  
ea

**SAVE \$2.25**  
WAS \$4.50

Musashi Protein Crisp Bar 60g  
\$3.75 per 100g



**\$2<sup>75</sup>**  
ea

**SAVE \$2.75**  
WAS \$5.50

Musashi P45 High Protein Bars  
90g \$3.06 per 100g

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New Year New You

**\$129**<sub>ea</sub>



**Powertrain Ab Sit-Up Gym Bench**

Adjustable incline and decline levels, padded foam rollers, rowing spring bar, handle bars for performing push ups. Metal frame construction, W48 x H72 x L140cm.

**\$89**<sub>ea</sub>



**Decathlon Domyos MS100 Stepper**

Tracks pace, reps, calories and time, steel frame, compact and portable with anti-slip feet.

**\$59**<sub>ea</sub>



**Powertrain Pedal Exerciser Mini Bike**

Exercise legs and arms. Measure distance, time, calories. Compact and lightweight with large non-slip pedals, adjustable resistance.

**\$49**<sub>ea</sub>



**Decathlon Nyamba 3kg Medicine Ball**

100% butadiene rubber, won't damage floors.

**\$45**<sub>pk</sub>



**Decathlon Nyamba Adjustable Hand Weights Pair**

Adjustable from 500g to 2kg, velcro grips, use on ankles or hands, perfect for walking, Pilates and fitness.

On sale Monday 02/01/23 to Sunday 15/01/23. 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.

New Year New You



**\$59**<sub>pk</sub>

**Powertrain Fitness Yoga Ball Balance Trainer**

Includes 2x resistance bands to add intensity to your workouts. Anti-slip base, anti-burst PVC, ABS with mill finish, D58cm.



**\$45**<sub>ea</sub>

**Decathlon Domyos Speed Pro Skipping Rope**

Ergonomic grip, rolling efficiency and adjustable length.



**\$25**<sub>pk</sub>

**ZEN FLEX Flexor Gym Ball**

Includes 2x resistance bands, 1x inflatable gym ball, 1x inflatable ring, and 1x pump. Made from durable PVC.



**\$25**<sub>pk</sub>

**Powertrain Yoga and Pilates Stability Disc Balance Trainer**

Inflatable balance board disc, made from durable PVC with non-slip textured surface, includes 1x pump, D34.5cm.



**\$49**<sub>pk</sub>

**Spector 4 Head Electric Massage Gun**

Can effectively reduce muscle stiffness and pain while increasing blood circulation. Includes 4x head attachments.



**\$29**<sub>pk</sub>

**Milano Decor Ultrasonic USB Diffuser**

Portable, USB charging, includes 10 aroma oils.

On sale Monday 02/01/23 to Sunday 15/01/23. 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.



# Perino Tomatoes 100% Aussie

Growing sustainable tomatoes.

Costa is one of Australia's leading growers of premium Australian grown tomatoes, committed to finding more sustainable ways to make fresh, healthy food available for everyone. Tomato crops are grown in state-of-the-art glasshouses that have reduced reliance on town water.

Veronica Caronan & Tal Kanety,  
Costa Tomatoes



Australian Gold or Red Perino Tomatoes  
200g Pack \$17.50 per kg





# Nectarines 100% Aussie

**\$3<sup>90</sup>**  
kg

Australian White  
or Yellow Nectarines



**\$3<sup>50</sup>**  
pk



Australian Raspberries 125g Punnet  
\$28.00 per kg

**\$5<sup>90</sup>**  
kg



Australian Montague Tree Plums

**\$3<sup>50</sup>**  
pk



Coles Australian Quikes Baby  
Cucumbers 250g Pack  
\$14.00 per kg

**\$4<sup>90</sup>**  
pk



Coles Australian Family  
Broccolini Bunch

**\$7**  
pk



Coles Dry Roasted, Roasted  
& Salted or Natural Cashews  
400g Pack \$17.50 per kg

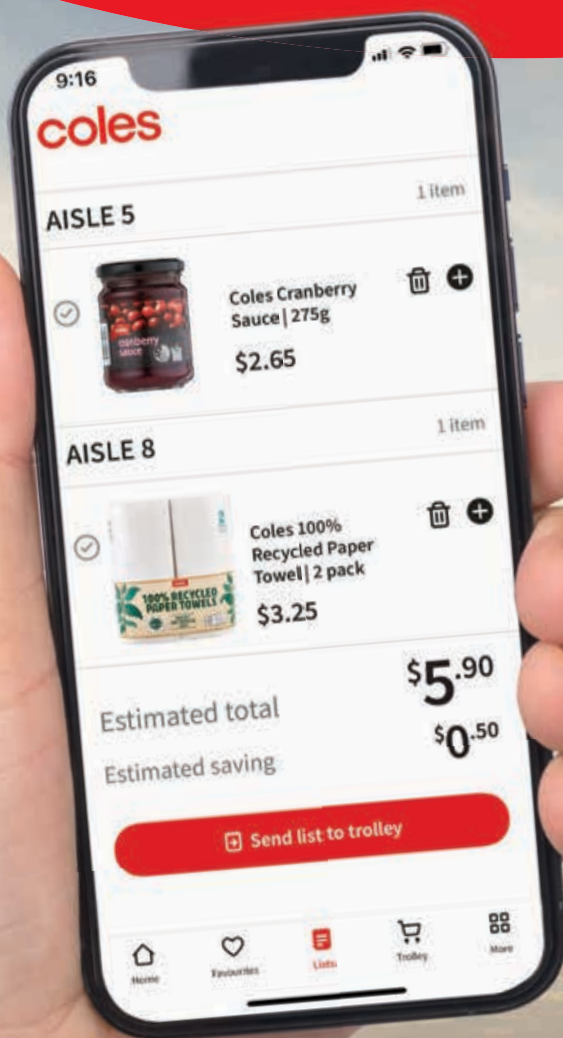
**\$4<sup>50</sup>**  
pk



Australian Blackberries 170g Punnet  
\$26.47 per kg

# Enjoy more of summer. Shop anywhere with the Coles app.

Download the Coles app today



GET IT ON  
Google Play

Download on the  
App Store



Serving suggestion only



**\$16** kg

**SAVE \$4 kg**  
~~WAS \$20 kg~~

**Coles Australian Lamb Boneless Leg Roast**  
Product sold uncooked




**\$34** kg

**SAVE \$9 kg**  
~~WAS \$43 kg~~



**Coles Australian Lamb Cutlets**  
2nd week on sale



**\$15** kg

**SAVE \$3 kg**  
~~WAS \$18 kg~~



**Coles Australian No Added Hormones Beef Roast Topside**



**\$14** pk

**SAVE \$2**  
~~WAS \$16~~



**Coles Made Easy Slow Cooked Lamb Shanks in Red Wine Sauce 800g** \$15.56 per kg



**\$18** kg

**SAVE \$3 kg**  
~~WAS \$21 kg~~



**Coles Australian Pork Spare Ribs**



**\$5<sup>50</sup>** pk

**DOWN DOWN**  
~~WAS \$6.50~~  
SEP 2022



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



**\$13** kg

**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
~~WAS \$15 kg OCT 2022~~



**Coles Free Range RSPCA Approved Chicken Breast Large Pack**



**Any 2 for \$15**

**SAVE \$1**

**Coles Australian No Added Hormones Beef Quick Cook Scotch Fillet or Porterhouse Steak 170g-180g** Product sold uncooked




Serving suggestion only



Serving suggestion only



**\$22<sub>kg</sub>**

**SAVE \$4<sub>kg</sub>**  
**WAS \$26<sub>kg</sub>**

**Coles Thawed Australian MSC Raw Banana Prawns**  
From the Deli. Product sold uncooked

**CANSTAR**  
2022  
BLUE  
SEAFOOD  
SUPERMARKET MEATS

**AUSTRALIAN SEAFOOD**

**CERTIFIED SUSTAINABLE SEAFOOD MSC**  
www.msc.org  
MSC-C-54768



**\$32<sub>kg</sub>**

**SAVE \$4<sub>kg</sub>**  
**WAS \$36<sub>kg</sub>**

**AUSTRALIAN SEAFOOD**

**Coles Fresh Tasmanian Salmon Portions Skin Off** From the Deli.  
2nd week on sale



**\$265  
PER 100g**

**\$26<sup>50</sup><sub>kg</sub>**

**SAVE \$6.50<sub>kg</sub>**  
**WAS \$33<sub>kg</sub>**

**Bertocchi Tripe Smoked Leg Ham**  
On sale for 2 weeks. From the Deli



**\$20<sub>pk</sub>**

**NEW at coles Exclusive**

**Coles Entertaining Norwegian Smoked Trout 400g** \$50.00 per kg.  
From the Dairy department. While stocks last. No rainchecks



**\$235  
PER 100g**

**\$23<sup>50</sup><sub>kg</sub>**

**SAVE \$10<sub>kg</sub>**  
**WAS \$33.50<sub>kg</sub>**

**Hans Twiggy Sticks**  
From the Deli. 2nd week on sale



**\$295  
PER 100g**

**\$29<sup>50</sup><sub>kg</sub>**

**SAVE \$5<sub>kg</sub>**  
**WAS \$34.50<sub>kg</sub>**

**Don Hungarian Salami**  
From the Deli



**Any 2 for \$10**

**SAVE \$4**

**Latina Filled Pasta 375g or Sauce 425g**



**\$25<sub>kg</sub>**

**SAVE \$5<sub>kg</sub>**  
**WAS \$30<sub>kg</sub>**

**\$250  
PER 100g**

**Don Premium Melosi Ham**  
From the Deli

Serving suggestion only

Serving suggestion only

**\$6**  
ea

**SAVE \$1**  
~~WAS \$7~~

Coles Finest by Laurent Sourdough Vienna  
Selected stores only

**\$2.65**  
ea

**SAVE 50¢**  
~~WAS \$3.15~~



Coles Bakery Apple Crown  
2 Pack \$1.33 per each.  
Selected stores only

**\$2.70**  
pk

**SAVE 50¢**  
~~WAS \$3.20~~



Coles Bakery Iced Donuts  
6 Pack \$0.45 per each.  
Selected stores only

**\$2.50**  
pk

**LOCKED**  
UNTIL 31 JAN 2023



Coles Bakery Rolls 6 Pack  
\$0.42 per each.  
Selected stores only

**\$2.50**  
ea

**SAVE \$1.50**  
~~WAS \$4~~



Golden Crumpet Rounds 6 Pack  
\$0.42 per each

**\$6**  
ea

**SAVE 90¢**  
~~WAS \$6.90~~



Herman Brot Low Carb Bread  
600g \$1.00 per 100g

**\$4.50**  
ea

**SAVE \$1**  
~~WAS \$5.50~~



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

**2 for \$6**

**SAVE \$2**



Coles Chocolate Hot Cross Buns  
3 Pack, 6 Pack or 9 Pack



Cocoa  
Find out more at [ra.org](https://ra.org)





# STOCK UP FOR SUMMER

*Australiahhh*



**\$1<sup>70</sup>**  
ea

**SAVE \$1.15**  
WAS \$2.85

Mount Franklin Lightly  
Sparkling Water  
1.25 Litre \$1.36 per litre



**\$9**  
ea

**SAVE \$6.10**  
WAS \$15.10

Mount Franklin Lightly  
Sparkling Water Cans  
10x375mL \$2.40 per litre



**2 for  
\$12<sup>90</sup>**

**SAVE \$3.50**

Mount Franklin Water  
6x1 Litre \$1.08 per litre



**\$9<sup>20</sup>**  
ea

**LOCKED**  
UNTIL 31 JAN 2023

Mount Franklin  
Still Water 20x500mL  
\$0.92 per litre

SHOP NOW THE *Coca-Cola* PLACE

ADVERTISER PROMOTION





**1/2  
PRICE**



**\$2<sup>60</sup>**  
ea

**SAVE \$2.60**  
WAS \$5.20

Cottee's Cordial 1 Litre  
\$2.60 per litre

**\$1<sup>90</sup>**  
ea

**SAVE \$1.90**  
WAS \$3.80

Gatorade Sports Drink or G-Active  
Electrolyte Water 600mL \$3.17 per litre



**84¢**  
PER  
CAN

**\$25<sup>25</sup>**  
ea

**SAVE \$16.85**  
WAS \$42.10

Coca-Cola Soft Drink 30x375mL  
\$2.24 per litre



**\$2<sup>10</sup>**  
ea

**SAVE \$1.45**  
WAS \$3.55

Coca-Cola, Fanta or Sprite  
Soft Drink 1.25 Litre \$1.68 per litre



**\$6**  
ea

**SAVE \$2.75**  
WAS \$8.75

Remedy Kombucha 4x250mL  
or 1.25 Litre



**\$8<sup>25</sup>**  
ea

**SAVE \$5.50**  
WAS \$13.75

Monster Energy Drink  
4x500mL \$4.13 per litre



**2 for  
\$11**

**SAVE \$3**

Bundaberg Ginger Beer  
or Sarsaparilla 4x375mL  
\$3.67 per litre



**\$7**  
ea

**SAVE \$3**  
WAS \$10

V Energy Drink 4x250mL  
\$7.00 per litre



**2 for  
\$14<sup>80</sup>**

**SAVE \$7**

Kirks Soft Drink 10x375mL  
\$1.97 per litre.  
2nd week on sale





Meanwhile in the  
pepsi-verse...

A CHANCE TO  
**WIN** <sup>1 of 3</sup> **\$100,000**  
Grand Prizes



**\$1.60**  
ea  
**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
WAS \$2.70 SEP 2022

Pepsi, Solo or Sunkist  
Soft Drink 1.25 Litre  
\$1.28 per litre



Any 2 for  
**\$22**  
**SAVE \$8**

Pepsi, Solo or Schweppes  
Soft Drink 10x375mL  
\$2.93 per litre



**\$16**  
ea  
**SAVE \$4**  
WAS \$20

Pepsi Max, Solo or Sunkist  
Soft Drink 12x450mL  
\$2.96 per litre

BUY ANY PARTICIPATING PEPSI PRODUCT AND ENTER FOR YOUR CHANCE TO WIN  
**Plus THOUSANDS of prizes**  
to be **WON INSTANTLY**



CONDITIONS APPLY. SEE [WWW.PEPSIMAX.COM.AU/SUMMERPROMO](http://WWW.PEPSIMAX.COM.AU/SUMMERPROMO). AU RES. 18+ ONLY. STARTS 9:00AM AEST 11/12/22. ENDS 11:59PM AEST 30/4/23. RETAIN RECEIPT/S. MAX. 5 ENTRIES PER PERSON PER DAY. 7,910 INSTANT PRIZES AVAILABLE. VALUED BETWEEN \$11.40 AND \$300 EACH. SEE TERMS FOR FULL LIST. MAJOR PRIZE DRAW AT 5/210 CENTRAL COAST HWY ERINA NSW 2250 AT 12PM AEST ON 2/5/23. MAJOR PRIZES: 3 X \$100,000 CASH. WINNERS PUBLISHED ON WEBSITE 8/5/23. PROMOTER IS PEPSICO BEVERAGES SINGAPORE PTY LTD (ABN 28 609 497 832), 799 PACIFIC HIGHWAY, CHATSWOOD NSW 2067. NSW AUTHORITY NO. TP/00510. ACT PERMIT NO. TP22/ 01552. SA LICENCE NO. T22/ 1266.

ADVERTISER PROMOTION





**41¢ PER BOTTLE**

**\$9<sup>75</sup> ea**

**LOCKED**  
UNTIL 31 JAN 2023

Coles Spring Water 24x600mL  
\$0.68 per litre



**\$1 ea**

**LOCKED**  
UNTIL 31 JAN 2023

Coles Natural Mineral Water  
1.25 Litre \$0.80 per litre



**\$1 ea**

**LOCKED**  
UNTIL 31 JAN 2023

Coles Soft Drink 1.25 Litre  
\$0.80 per litre



**\$2<sup>85</sup> ea**

**LOCKED**  
UNTIL 31 JAN 2023

Mother Energy Drink 500mL  
\$5.70 per litre



**\$7<sup>60</sup> ea**

**LOCKED**  
UNTIL 31 JAN 2023

Mother Energy Drink 4x500mL  
\$3.80 per litre



**\$3<sup>25</sup> ea**

**LOCKED**  
UNTIL 31 JAN 2023

Fruit Co. + Juice 2 Litre  
\$1.63 per litre



**\$3<sup>50</sup> ea**

**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
WAS \$4.80 SEP 2022

Golden Circle Juice 2 Litre  
\$1.75 per litre. Excludes Pineapple



**\$1<sup>60</sup> ea**

**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
WAS \$2.70 SEP 2022

Pepsi, Sunkist or Solo Soft Drink  
1.25 Litre \$1.28 per litre

**\$3<sup>50</sup> OFF**

**your next gas bottle at coles express**



when you spend \$30 or more in one transaction on Coles Brand sausages and steaks, and scan your Flybuys card



Terms and conditions apply – see [coles.com.au/coles-express/terms-and-conditions](https://coles.com.au/coles-express/terms-and-conditions) for details. Offer ends 1 Feb 2023, redeemable once per transaction. Excludes Coles Online.



**\$3<sup>50</sup>**  
ea

**SAVE \$1.50**  
WAS \$5

Cadbury Block Chocolate 160g-190g  
or Lindt Excellence or Lindor Block  
Chocolate 80g-100g



Any 2 for  
**\$6**

**SAVE \$1**

Doritos Corn Chips 6 Pack or  
Majans Infuzions Veggie Straws  
5 Pack On sale for 2 weeks



**\$3**  
ea

**SAVE 80¢**  
WAS \$3.80

Ritz Cracker Bites 160g or  
Breakz Crackers 250g



**\$2<sup>50</sup>**  
ea

**SAVE \$1**  
WAS \$3.50

Arnott's Creams or Tina Wafer  
Biscuits 200g-250g



**\$3**  
ea

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

Cadbury Choc Fingers or  
Breakaway Biscuits 114g-180g



**\$3<sup>50</sup>**  
ea

**SAVE \$1.50**  
WAS \$5

Mars Medium Funsized  
Bag 132g-216g  
2nd week on sale

NSW-METRO-0401-23-229224



2 for  
**\$3**

**SAVE \$1**

Cadbury Medium Bar  
30g-60g



**\$3**  
ea

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

Lifesavers Candy Bag  
160g-220g



**\$12**  
ea

**SAVE \$4**  
WAS \$16

Cadbury Roses Boxed  
Chocolates 450g  
\$2.67 per 100g



**\$1<sup>25</sup>**  
ea

**SAVE \$1.25**  
WAS \$2.50

Pringles Potato Crisps 53g  
\$2.36 per 100g

**\$2<sup>15</sup>**  
ea

**SAVE \$2.15**  
WAS \$4.30

Grainwaves 170g  
\$1.26 per 100g



**\$3**  
ea

**SAVE \$1.30**  
WAS \$4.30

Doritos Corn Chips  
150-170g or  
Doritos 3D 130g



Any 2 for  
**\$3**

**SAVE \$1.80**

Twisties, Burger Rings  
or Cheetos 80g-90g



**\$3<sup>85</sup>**  
ea

**SAVE \$1.65**  
WAS \$5.50

Red Rock Deli Potato  
Chips 150g-165g



2 for  
**\$6**

**SAVE \$2.60**

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



**\$2<sup>45</sup>**  
ea

**SAVE \$1.05**  
WAS \$3.50

Arnott's Jatz or Shapes  
Crackers 130g-225g



**\$2<sup>50</sup>**  
ea

**SAVE \$1**  
WAS \$3.50

Arnott's Cruskits  
Crispbread 125g  
\$2.00 per 100g



**\$1<sup>80</sup>**  
ea

**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
WAS \$2.50 SEP 2022

Cadbury Twin or  
Four Pack Bars  
58g-80g



**\$2<sup>50</sup>**  
ea

**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
WAS \$4.30 SEP 2022

Smith's Thinly Cut  
Potato Chips 175g  
\$1.43 per 100g



# AUSSIE SUMMERS ARE BETTER WITH 30% OFF



SCAN  
SHOP &



ONLY  
at coles

**\$2<sup>45</sup>**  
ea  
**SAVE \$1.05**  
WAS \$3.50

Arnott's Jatz or Shapes Crackers  
130g-225g



**\$3<sup>30</sup>**  
ea  
**SAVE \$1.45**  
WAS \$4.75

Arnott's Tim Tam Deluxe Biscuits 175g  
\$1.89 per 100g. Excludes regular  
Tim Tam range

THERE IS NO SUBSTITUTE.



ADVERTISER PROMOTION



**\$8<sup>50</sup>**  
ea

**SAVE \$3**  
WAS \$11.50

Denada Pops 3 Pack-4 Pack  
315mL-400mL



**\$9**  
ea

**SAVE \$4**  
WAS \$13

Ben & Jerry's  
436mL-458mL



**\$7**  
ea

**SAVE \$2.50**  
WAS \$9.50

Connoisseur 4 Pack-6 Pack  
350mL-456mL 2nd week on sale



**\$6<sup>50</sup>**  
ea

**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
WAS \$8 OCT 2022

Streets Splice 8 Pack  
\$1.19 per 100mL



**2 for \$11**

**SAVE \$5**

Bulla Multipacks  
8 Pack-14 Pack



**\$4**  
ea

**SAVE \$3.50**  
WAS \$7.50

Sara Lee Dessert  
350g-410g



**Peters®**  
**Drumstick®**  
FEELS LIKE SUMMER

**1/2 PRICE**

**\$4<sup>75</sup>**  
ea

**SAVE \$4.75**  
WAS \$9.50

Peters Drumstick  
4 Pack-6 Pack

**ADVERTISER PROMOTION**

Available in 4 or 6 pack varieties





Peters Maxibon 560mL-620mL



Weis Half & Half 1 Litre  
\$0.60 per 100mL. 2nd week on sale



Pana Organic Sticks 4 Pack 315mL  
\$2.86 per 100mL. 2nd week on sale



Pana Organic Tub 1 Litre  
\$1.68 per 100mL. 2nd week on sale



Streets Paddle Pop 4 Pack 544mL  
\$1.01 per 100mL. 2nd week on sale

**NEW  
DELICIOUS  
DUOS**

**\$7** ea  
SAVE \$3  
WAS \$10

**Streets Blue Ribbon  
Duos 2 Litre**  
\$0.35 per 100mL

**YUMMY CHUNKS  
ON ONE SIDE.**

**ADVERTISER PROMOTION**

**GOOEY SWIRLS  
ON THE OTHER.**

FIND US IN THE FREEZER AISLE!

**1/2  
PRICE**



**\$2<sup>82</sup><sub>ea</sub>**

**SAVE \$2.83**  
**WAS \$5.65**

**Creative Gourmet Blueberries 300g**  
\$9.40 per kg. 2nd week on sale



**\$6<sub>ea</sub>**

**DROPPED & LOCKED**  
**UNTIL 31 JAN 2023**  
**WAS \$10 SEPT 2022**

**Steggles Chicken Tenders 400g**  
\$15.00 per kg



**\$7<sub>ea</sub>**

**SAVE \$2**  
**WAS \$9**

**Core Powerfoods Frozen Meal 350g** \$2.00 per 100g



**\$17<sub>ea</sub>**

**DROPPED & LOCKED**  
**UNTIL 31 JAN 2023**  
**WAS \$19 OCT 2022**

**I&J Cooked & Peeled Prawns Tail Off 500g** \$34.00 per kg



**\$5<sup>20</sup><sub>ea</sub>**

**SAVE \$1.30**  
**WAS \$6.50**

**Fry's Meat Free Sausage Rolls 400g** \$1.30 per 100g

**Catalogue on sale Wed 4th Jan until Tue 10th Jan or until Tue 17th Jan 2023 where indicated. Selected specials commenced Wed 28th Dec 2022.** Promotional prices commence 7am Wednesday and may commence or extend beyond the advertised date. Promotional products and prices may not be available at Coles Express, Coles online, Coles Local, Coles Broken Hill and Wynyard. Deli promotions are not available at Coles Liverpool, West Ryde, Fairfield West, Narrandera, Chipping Norton, Ropes Crossing, The Entrance, Killarney Vale, Berkeley, Helensburgh, Jewellstown, Fairfield, Illawong, Tanilba Bay, Tea Gardens, Narromine, Westmead, South West Rocks, Green Point, Alstonville, Baulkham Hills, Brighton Le Sands, Cooma, Kings Langley, Wadalba, Tenterfield, Parkes, Eden, Edensor Park, Tuggeranong, Picton, Vincentia, Moss Vale, Wingham, Old Bar, Chullora & Umina Beach. Savings and single sell prices shown are off New South Wales regular selling prices. Some advertised products may already be priced below the New South Wales 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.





UNTIL 31 JAN 2023



**\$3<sup>80</sup>**  
ea

Coles Frozen Chicken Nuggets  
400g \$9.50 per kg



**\$10<sup>50</sup>**  
ea

Coles Frozen Chicken Kiev Balls  
720g \$1.46 per 100g



**\$6**  
ea

**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
WAS \$7 OCT 2022

Quorn Vegan Hot Spicy Burgers  
4 Pack \$2.27 per 100g



**\$7<sup>50</sup>**  
ea

**SAVE \$2.50**  
WAS \$10

Mrs Mac's Brush & Bake Pies  
2 Pack 400g \$1.88 per 100g



**\$2<sup>80</sup>**  
ea

**SAVE 70¢**  
WAS \$3.50

On The Menu Meals 260g  
\$1.08 per 100g



**\$7<sup>20</sup>**  
ea

**SAVE \$1.80**  
WAS \$9

Herbert Adams Slow Cooked  
Beef & Pepper Pie 2 Pack 400g  
\$1.80 per 100g



**\$7**  
ea

**LOCKED**  
UNTIL 31 JAN 2023

Dr. Oetker Papa Giuseppe's  
Pizza Rising Stuffed Crust  
Supreme 525g \$1.33 per 100g



**\$12**  
ea

**DROPPED & LOCKED**  
UNTIL 31 JAN 2023  
WAS \$15.50 SEPT 2022

Four N Twenty Party Pies 24 Pack  
1.12kg \$1.07 per 100g



# LUNCHTIME FAMILY FAVOURITES



SERVING SUGGESTION



## IS DON. IS GOOD.®

Don Sliced Meats  
170g-250g  
From the Dairy  
department

ADVERTISER PROMOTION

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Any 2 for  
**\$6<sup>50</sup>**

**MIX'N SAVE**

**SAVE \$1.50**

Black Swan Classic Dip 200g  
\$1.63 per 100g



**\$3<sup>50</sup>**  
ea

**SAVE \$1**  
WAS \$4.50

Yumi's Choice Dip 140g-150g



**\$10<sup>10</sup>**  
ea

**SAVE \$4.85**  
WAS \$14.95

Tasmanian Heritage Double Brie  
or Camembert 250g  
\$40.40 per kg



2 for  
**\$7**

**MIX'N SAVE**

**SAVE \$1.60**

Chris' Plant Based Dip 200g  
\$1.75 per 100g



**\$6<sup>75</sup>**  
ea

**DOWN DOWN**  
WAS \$8  
SEP 2022

Jindi Triple Cream Brie 180g  
\$37.50 per kg



**\$6<sup>50</sup>**  
ea

**DOWN DOWN**  
WAS \$7  
SEP 2022

South Cape Edam,  
Gouda or Havarti Cheese  
180g \$36.11 per kg



**\$2<sup>80</sup>**  
ea

**SAVE 80¢**  
WAS \$3.60

Oak Flavoured Milk  
600mL \$4.67 per litre



**\$6<sup>50</sup>**  
ea

**DOWN DOWN**  
WAS \$8.15  
NOV 2022

South Cape Club  
Cheddar or Trilogy  
Cheese 140g  
\$46.43 per kg



**\$3<sup>80</sup>**  
ea

**SAVE \$1**  
WAS \$4.80

Dare Flavoured Milk  
750mL \$5.07 per litre



1/2  
PRICE

**\$1<sup>75</sup>**  
ea

**SAVE \$1.75**  
WAS \$3.50



Chobani Flip Yogurt 140g  
\$1.25 per 100g



**\$6**  
ea

**SAVE \$1.50**  
WAS \$7.50

Gippsland Dairy Yogurt 720g  
\$0.83 per 100g



**\$4**  
ea

**SAVE 50¢**  
WAS \$4.50

Yoplait Yoghurt 1kg  
\$0.40 per 100g



**\$4<sup>80</sup>**  
ea

**SAVE \$1.20**  
WAS \$6

Yoplait Yoghurt 6x160g  
\$0.50 per 100g



**\$1<sup>10</sup>**  
ea

**SAVE 70¢**  
WAS \$1.80

Farmers Union Yogurt Pouch  
130g \$0.85 per 100g



**\$1<sup>70</sup>**  
ea

**SAVE \$1**  
WAS \$2.70

Tamar Valley The Creamery Yoghurt  
170g \$1.00 per 100g



**\$6<sup>70</sup>**  
ea

**DOWN DOWN**  
WAS \$7.80  
Oct 2022

Danone YoPRO  
Yoghurt 700g  
\$0.96 per 100g



**\$5**  
ea

**SAVE \$1**  
WAS \$6

Cocobella Coconut  
Yoghurt 500g  
\$1.00 per 100g



**\$3<sup>75</sup>**  
ea

**SAVE \$1.25**  
WAS \$5

Danone Ultimate Yoghurt  
4x115g \$0.82 per 100g





**\$4<sup>60</sup>**  
ea

**SAVE \$1.15**  
WAS \$5.75

Flora ProActiv 250g  
\$1.84 per 100g



**2 for**  
**\$16**

**SAVE \$5.90**

Youfoodz Regular Meals  
300g-350g



**\$5<sup>50</sup>**  
ea

**DOWN DOWN**  
WAS \$6  
JUL 2022

Lurpak Spreadable Tub 250g  
\$2.20 per 100g



**\$1<sup>70</sup>**  
ea

**SAVE 70c**  
WAS \$2.40

Bulla Creamy Australian Style  
Yoghurt 160g \$1.06 per 100g



**\$3<sup>75</sup>**  
ea

**LOCKED**  
UNTIL 31 JAN 2023

Coles Nature's Kitchen Burger  
250g \$1.50 per 100g  
NSW-METRO-0401-23-229224



**\$6**  
ea

**SAVE \$2**  
WAS \$8

Rana Filled Pasta 325g  
\$1.85 per 100g



**\$2**  
ea

**LOCKED**  
UNTIL 31 JAN 2023

Coles Fruit Drink 2 Litre  
\$1.00 per litre



UNTIL 31 JAN 2023



Coles Individually Wrapped  
Cheese Slices 500g \$8.50 per kg



Coles Tasty Cheddar Cheese  
Shredded 700g \$10.71 per kg



**LOCKED**  
UNTIL 31 JAN 2023



Coles Cheddar Cheese Block  
1kg \$9.00 per kg



**DOWN DOWN**  
WAS \$17.55  
NOV 2022



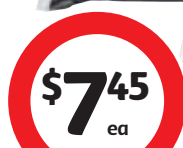
Cheer Cheese Slices 750g  
\$20.80 per kg



**SAVE \$1.80**  
WAS \$8



Cheer Cheese Slices 250g  
\$24.80 per kg



**SAVE \$1.75**  
WAS \$9.20



Cracker Barrel Cheese Block or  
Slices 250g \$29.80 per kg.  
On sale for 2 weeks



**SAVE 95¢**  
WAS \$4.75



Riverina Fetta 200g  
\$19.00 per kg



**SAVE \$2.40**  
WAS \$7.90



Norco Natural Cheese Slices  
250g \$22.00 per kg

# Shop online for even more savings

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



[coles.com.au](https://www.coles.com.au)





Mmmmm



**\$2**  
PER  
100g

**\$1.60**  
PER  
100g



**\$20**  
kg

**SAVE \$2<sub>kg</sub>**  
WAS \$22<sub>kg</sub>

**Primo Champagne Ham**  
From the Deli

**\$16**  
kg

**SAVE \$2<sub>kg</sub>**  
WAS \$18<sub>kg</sub>

**Primo Rindless Short Cut**  
Bacon From the Deli

**2 for**  
**\$10<sup>50</sup>**

**SAVE \$1.90**

**Primo Salt Reduced**  
**Rindless Short Cut Bacon**  
**200g** \$26.25 per kg.  
From the Dairy department

**ADVERTISER PROMOTION**



**\$4<sup>25</sup>**  
ea

**SAVE \$4.25**  
WAS \$8.50

Jordans Granola or Oat Clusters 500g-750g  
or Dorset Granola or Muesli 450g

**\$3<sup>75</sup>**  
ea

**SAVE \$3.75**  
WAS \$7.50

Kellogg's All-Bran 530g  
\$0.71 per 100g



**\$5**  
ea

**SAVE \$1.70**  
WAS \$6.70

Kellogg's Nutri Grain 290g  
\$1.72 per 100g



**\$4**  
ea

**SAVE \$1**  
WAS \$5

Kellogg's LCMs 120g-138g, K-Time 165g-185g or  
Nutri-Grain Bars 144g



**\$4**  
ea

**SAVE \$1**  
WAS \$5

Kellogg's Corn Flakes Gluten  
Free 270g \$1.48 per 100g



**\$4<sup>50</sup>**  
ea

**SAVE \$3**  
WAS \$7.50

Freedom Active Balance Cereal  
400g-500g



**\$4<sup>60</sup>**  
ea

**SAVE \$1.20**  
WAS \$5.80

Mayver's Smooth or Crunchy  
Peanut Butter 375g \$1.23 per 100g





**\$1.45**  
ea

**SAVE \$1.45**  
WAS \$2.90

John West Deli Tuna 90g  
or Salmon Tempters 95g

**\$1.75**  
ea

**SAVE \$1.75**  
WAS \$3.50

Ben's Original Flavoured Rice Pouch  
240g-250g



**\$4.50**  
ea

**SAVE \$1.50**  
WAS \$6

Hellmann's Vegan Mayonnaise  
270g \$1.67 per 100g



**\$10.80**  
ea

**SAVE \$7.20**  
WAS \$18

Cobram Estate Extra Virgin Olive  
Oil 750mL \$1.44 per 100mL



**\$3**  
ea

**SAVE \$1.50**  
WAS \$4.50

Masterfoods Simmer Sauce  
485g-520g



**\$2.40**  
ea

**SAVE 60¢**  
WAS \$3

Green's Traditional Baking Mix  
350g-470g 2nd week on sale



**\$5**  
ea

**SAVE \$2.30**  
WAS \$7.30

Berri Quelch 99% Fruit Juice  
Icy Tubes 24 Pack  
\$0.30 per 100mL



**\$3**  
ea

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

Paul Newman's Own Dressing  
250mL \$1.20 per 100mL

ONLY  
at coles

1/2  
PRICE



**\$1**  
ea

**SAVE \$1**  
WAS \$2

Wild Tides Tuna 95g  
\$10.53 per kg



**\$2**  
ea

**SAVE 50¢**  
WAS \$2.50

Heinz Beanz or Spaghetti 300g  
\$0.67 per 100g. 2nd week on sale

**\$1.85**  
ea

**LOCKED**  
UNTIL 31 JAN 2023



Zafarelli Pasta 500g  
\$0.37 per 100g

**\$4**  
ea

**SAVE \$2**  
WAS \$6



Marion's Kitchen Curry Paste  
190g \$2.11 per 100g

**\$1.20**  
ea

**SAVE 70¢**  
WAS \$1.90



Annalisa Beans 400g  
\$3.00 per kg. 2nd week on sale

**\$3.20**  
ea

**SAVE 80¢**  
WAS \$4



Old El Paso Beans 425g-435g

**\$4**  
ea

**SAVE \$1**  
WAS \$5



Old El Paso Regular Flour Tortilla  
10 Pack 400g \$1.00 per 100g

**2 for \$5.50**

**SAVE \$2.10**



Praise Dressing 250mL  
\$1.10 per 100mL

**LOCKED**

UNTIL 31 JAN 2023

**95¢**  
ea



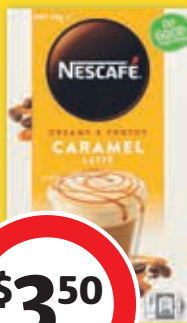
Coles Coconut Milk 400mL  
\$0.24 per 100mL

**90¢**  
ea



Coles Tuna 95g  
\$9.47 per kg





**\$3<sup>50</sup>**  
ea  
**SAVE \$3.50**  
WAS \$7

Nescafé Coffee Sachets  
10 Pack or Gold Sachets  
6 Pack-8 Pack  
2nd week on sale



**\$6<sup>75</sup>**  
ea  
**SAVE \$6.75**  
WAS \$13.50

Robert Timms Coffee  
Bags 28 Pack  
\$0.24 per each



**\$22**  
ea  
**SAVE \$22**  
WAS \$44

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



**\$1<sup>40</sup>**  
ea  
**SAVE \$1.40**  
WAS \$2.80

Pureharvest Organic Oat Milk 1 Litre  
\$1.40 per litre



**\$12<sup>50</sup>**  
ea  
**SAVE \$3.50**  
WAS \$16

Moccona Freeze Dried Instant  
Coffee 200g  
\$6.25 per 100g



**\$7<sup>50</sup>**  
ea  
**SAVE \$3.50**  
WAS \$11

Nescafé Blend 43 Instant Coffee  
140g-150g



**1/2 PRICE**  
**\$3<sup>75</sup>**  
ea  
**SAVE \$3.75**  
WAS \$7.50

Twinnings Live Well  
18 Pack-22 Pack



**\$6**  
ea  
**SAVE \$2.80**  
WAS \$8.80

Nestlé Milo 395g-460g



**\$2<sup>20</sup>**  
ea  
**LOCKED**  
UNTIL 2 MAY 2023

Sanitarium So Good Soy Long  
Life Milk 1 Litre \$2.20 per litre



**\$15<sup>80</sup>**  
ea  
**LOCKED**  
UNTIL 2 MAY 2023

Sanitarium Up & Go Liquid  
Breakfast Fridge Pack 12x250mL  
\$5.27 per litre

# 40% OFF

## L'ORÉAL HAIR & SKINCARE

Exclusions apply †

**\$33<sup>ea</sup>**  
SAVE \$22  
WAS \$55



L'Oréal Revitalift Filler  
[+Hyaluronic Acid] Serum 30mL  
\$110.00 per 100mL

**\$4<sup>50</sup><sup>ea</sup>**  
SAVE \$3.50  
WAS \$8



L'Oréal Elvive Shampoo or  
Conditioner 300mL  
\$1.50 per 100mL

**\$20<sup>ea</sup>**  
SAVE \$14  
WAS \$34



L'Oréal Paris True Match Liquid  
Foundation 30mL \$6.67 per 10mL.  
2nd week on sale

**\$6<sup>ea</sup>**  
SAVE \$4  
WAS \$10



Beach Road Naturals  
Hand Wash 500mL  
\$1.20 per 100mL

**\$4<sup>ea</sup>**  
SAVE \$4  
WAS \$8



Koi Body Wash 500mL  
\$0.80 per 100mL

**\$5<sup>ea</sup>**  
SAVE \$4  
WAS \$9



Nivea Express Hydration  
or Rich Nourishing Body  
Lotion 400mL  
\$1.25 per 100mL

**\$10<sup>50</sup><sup>ea</sup>**  
SAVE \$4.50  
WAS \$15



Garnier Body SuperFood  
380mL \$2.76 per 100mL

**1/2  
PRICE**

**\$8<sup>25</sup><sup>ea</sup>**  
SAVE \$8.25  
WAS \$16.50



Schick Hydro Silk Moisture  
Care Razor Kit with  
2 Blades 1 Pack  
\$8.25 per each

**\$4<sup>50</sup><sup>ea</sup>**  
SAVE \$3  
WAS \$7.50



Nivea Antiperspirant  
Aerosol Deodorant  
250mL \$1.80 per 100mL

**\$6<sup>60</sup><sup>ea</sup>**  
SAVE \$4.40  
WAS \$11



L'Oréal Men Expert Pure  
Charcoal Face Wash  
100mL \$6.60 per 100mL

**\$16<sup>ea</sup>**  
SAVE \$7  
WAS \$23



Hydralyte Effervescent  
40 Pack^  
\$40.00 per 100 each

† Excludes Down Down, Dropped & Locked & 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

## LIBRA

Exclusions apply †



**\$2<sup>15</sup>**  
ea

**SAVE \$2.15**  
WAS \$4.30

Libra Body Fit Regular or  
Super Tampons 16 Pack  
\$0.13 per each



**\$1<sup>75</sup>**  
ea

**SAVE \$1.75**  
WAS \$3.50

Libra Liners Extra Protect  
or Dry Long 30 Pack  
\$0.06 per each



**\$2<sup>50</sup>**  
ea

**SAVE \$2.50**  
WAS \$5

Libra Ultra Thin Pads with  
Wings Regular 14 Pack or  
Goodnights 10 Pack



**ONLY**  
at coles

**\$9<sup>50</sup>**  
ea

**SAVE \$7**  
WAS \$16.50

Rascal + Friends Bulk  
Nappy Pants  
24 Pack-29 Pack



**\$13**  
ea

**SAVE \$2**  
WAS \$15

Huggies Little Swimmers  
10 Pack-12 Pack  
2nd week on sale



**40% OFF**

**GAIA**

Exclusions apply †

**\$10**  
ea

**SAVE \$7**  
WAS \$17

Gaia Natural Baby  
Hair & Body Wash or  
SleepTime Bath 500mL  
\$2.00 per 100mL



**\$6<sup>30</sup>**  
ea

**SAVE \$2.20**  
WAS \$8.50

Always Discreet for  
Sensitive Bladder Long  
Plus Pads 8 Pack or  
Normal Pads 12 Pack



**1/2 PRICE**

**\$9<sup>50</sup>**  
ea

**SAVE \$9.50**  
WAS \$19

Head & Shoulders Bio  
Renew Shampoo or  
Conditioner 660mL  
\$1.44 per 100mL



**1/2 PRICE**

**\$6**  
ea

**SAVE \$6**  
WAS \$12

Herbal Essences Bio  
Renew Shampoo or  
Conditioner 400mL  
\$1.50 per 100mL



**1/2 PRICE**

**\$11<sup>50</sup>**  
ea

**SAVE \$11.50**  
WAS \$23

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



**\$6<sup>70</sup>**  
ea

**SAVE \$3**  
WAS \$9.70

Sensodyne Daily  
Care or Daily Care &  
Whitening Toothpaste  
110g^ \$6.09 per 100g

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

^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.



**\$3<sup>60</sup>**  
ea

**SAVE 90¢**  
WAS \$4.50

Multix Drawtight Roll Garbage Bags 56 Litre 20 Pack  
\$0.18 per each. 2nd week on sale

**1/2**  
**PRICE**



**\$7<sup>50</sup>**  
ea

**SAVE \$7.50**  
WAS \$15

Pine O Clean Disinfectant Wipes  
150 Pack \$5.00 per 100 each

**\$4**  
ea

**SAVE \$1**  
WAS \$5



Glad to be Green Plant Based  
Kitchen Tidy Bags 30 Pack  
\$0.13 per each

**\$7<sup>80</sup>**  
ea

**SAVE \$5.20**  
WAS \$13



Raid Max Crawling Insect  
Antibacterial Spray 350g  
\$2.23 per 100g

**1/2**  
**PRICE**

**\$8<sup>75</sup>**  
ea

**SAVE \$8.75**  
WAS \$17.50



Mortein Powergard All in One  
Insect Spray 300g \$2.92 per 100g

# The Ultimate Team for a Fresh and Clean Toilet

**\$4<sup>50</sup>**  
ea

**SAVE \$2.10**  
WAS \$6.60

Duck Fresh Discs 36mL  
\$12.50 per 100mL

**\$4<sup>65</sup>**  
ea

**SAVE \$1.20**  
WAS \$5.85

Duck Toilet Cleaning  
Liquid 750mL \$0.62 per 100mL

ADVERTISER PROMOTION

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# Ultra award-winning performance, when it matters.



**LOCKED**  
UNTIL 31 JAN 2023

Coles Ultra Antibacterial Wipes 100 Pack  
\$3.50 per 100 each



## MOST SATISFIED CUSTOMERS ANTIBACTERIAL SURFACE WIPES 2022

\*Such as E. coli and S. aureus

# 1/2 PRICE



**\$10<sup>50</sup>**  
ea

**SAVE \$10.50**  
WAS \$21

Cold Power Laundry Liquid  
1.8 Litre-2 Litre or Powder 2kg



**\$14<sup>50</sup>**  
ea

**SAVE \$14.50**  
WAS \$29

Omo Ultimate Laundry Powder  
2kg or Liquid 2 Litre



**\$8<sup>50</sup>**  
ea

**SAVE \$8.50**  
WAS \$17

Vanish Oxi Action Stain Remover  
Powder 1kg \$8.50 per kg



**\$4<sup>75</sup>**  
ea

**SAVE \$4.75**  
WAS \$9.50

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



**\$5<sup>25</sup>**  
ea

**SAVE \$5.25**  
WAS \$10.50

Finish 0% Dishwasher Rinse Aid  
400mL \$1.31 per 100mL



**\$12**  
ea

**SAVE \$12**  
WAS \$24

iON Laundry Liquid 2 Litre or  
Powder 2kg On sale for 2 weeks



**\$5**  
ea

**SAVE \$5**  
WAS \$10

Comfort Fabric Conditioner  
900mL \$5.56 per litre



**\$7<sup>50</sup>**  
ea

**SAVE \$7.50**  
WAS \$15

Pine O Clean Simply Wipes  
126 Pack \$0.06 per each



**\$3<sup>50</sup>**  
ea

**SAVE \$3.50**  
WAS \$7

Harpic Toilet Cleaner 39g  
or Liquid 700mL



# For your bundle of



Pups can be a handful. Ensure your furry little friend is covered for those cute, and not so cute moments, with Coles Pet Insurance. Awarded Pet Insurance Provider of the Year by Mozo's Experts Choice Awards.\*

 **Coles Pet Insurance**



Value the Australian way | **coles**

\*The Mozo Experts Choice Award 2022 for Pet Insurance Provider of the Year, Exceptional Value Accident and Illness Pet Insurance and Exceptional Value Comprehensive Pet Insurance was awarded in August 2022 to Coles Pet Insurance. Coles Supermarkets Australia Pty Ltd (Coles) is an authorised representative of the issuer, Guild Insurance Limited (ABN 55 004 538 863, AFSL 233791) and receives a commission for each policy sold and renewed. Any advice is of a general nature and does not take into consideration your objectives, financial situation or needs. Before acting on any advice you should consider its appropriateness. You should read the Product Disclosure Statement and Target Market Determinations before deciding whether to acquire an insurance policy.

ONLY  
at coles

1/2  
PRICE

\$7<sub>ea</sub>

SAVE \$7  
WAS \$14

Elevate Dry Cat Food 800g  
\$0.88 per 100g



\$6<sup>50</sup><sub>ea</sub>

SAVE \$3  
WAS \$9.50

My Dog Dog Food 6x100g  
\$1.08 per 100g

\$4<sub>ea</sub>

SAVE \$1  
WAS \$5

Temptations Cat Treats 85g  
\$4.71 per 100g



\$11<sub>ea</sub>

SAVE \$3  
WAS \$14

Dine Classic Collections  
Cat Food Pouch 12x85g  
\$1.08 per 100g. 2nd week on sale



\$11<sup>50</sup><sub>ea</sub>

SAVE \$5  
WAS \$16.50

Supercoat Dry Dog Food  
2.6kg-2.8kg 2nd week on sale



\$2<sup>45</sup><sub>ea</sub>

SAVE \$1.05  
WAS \$3.50

Natures Goodness Grain Free  
Dog Food 700g \$0.35 per 100g



\$3<sup>50</sup><sub>ea</sub>

SAVE \$1.50  
WAS \$5

Farmers Market Home Styled  
Shreds Dog Food 250g  
\$1.40 per 100g.  
From the chilled pet food fridge



\$4<sup>80</sup><sub>ea</sub>

SAVE \$1.20  
WAS \$6

Pedigree Dentastix 7 Pack  
\$0.69 per each



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.





**1/2  
PRICE**



**\$6<sup>62</sup>**  
ea  
**SAVE \$6.63**  
WAS \$13.25

Sistema Tritan Quick Flip Bottle  
800mL

**1/2  
PRICE**



**\$3<sup>50</sup>**  
ea  
**SAVE \$3.50**  
WAS \$7

Ikina Reactive Glaze Travel Mug

**1/2  
PRICE**



**\$2<sup>75</sup>**  
ea  
**SAVE \$2.75**  
WAS \$5.50

Bic Cristal Original Assorted,  
Black or Blue Pens 12 Pack

**\$4**  
ea



Presstik Glitter Book Covering  
While stocks last. No rainchecks



**1/2  
PRICE**



**\$2<sup>62</sup>**  
ea  
**SAVE \$2.63**  
WAS \$5.25

Sharpie Fine Black Pen  
2 Pack

**\$18<sup>55</sup>**  
ea  
**SAVE \$7.95**  
WAS \$26.50



Smash Blue 3 Compartment  
Bento Box 1300mL

**\$7<sup>70</sup>**  
ea  
**SAVE \$3.30**  
WAS \$11



Smash Blue Stainless Steel  
Cutlery Set

**\$20**  
ea



Licensed Double Decker  
Lunch Bag While stocks last.  
No rainchecks

**1/2  
PRICE**



**\$3<sup>50</sup>**  
ea  
**SAVE \$3.50**  
WAS \$7

Sistema To Go Mini Bites 3 Pack

**1/2  
PRICE**



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

Zak Kelso Licensed Tumbler

**30%  
OFF**

**BIC STATIONERY**  
Exclusions apply †

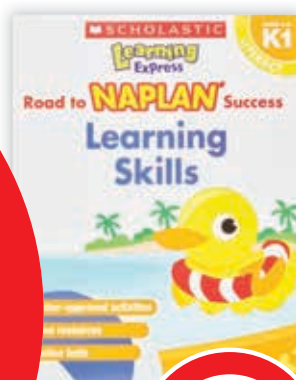


**\$9<sup>45</sup>**  
ea  
**SAVE \$4.05**  
WAS \$13.50

Bic Intensity Fineliner Assorted  
10 Pack



Kids Crew Socks White,  
Grey or Black 5 Pack  
Assorted sizes available.  
While stocks last. No rainchecks



**\$6**  
ea

Scholastic Learning Express  
Workbooks  
While stocks last. No rainchecks



A5 Day to Page Diary  
While stocks last. No rainchecks

**\$2<sup>88</sup>**  
ea  
**SAVE 72¢**  
WAS \$3.60

Bostik Glu Stik Blister 35g 1 Each

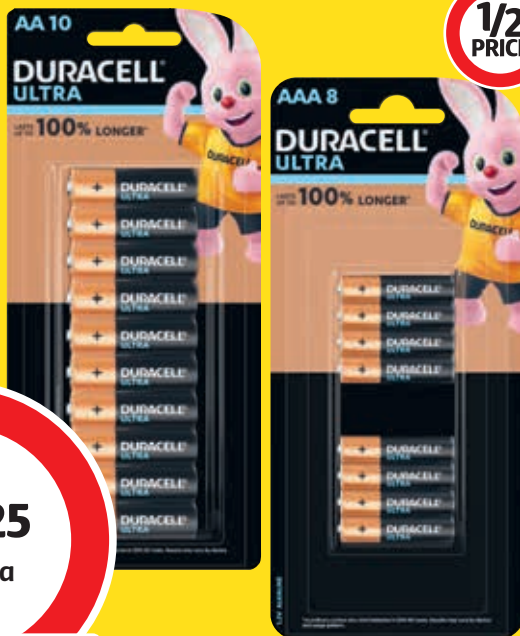


**\$5<sup>25</sup>**  
ea  
**SAVE \$2.25**  
WAS \$7.50

Sharpie Gel Pen Black 2 Pack

†Excludes clearance items





**1/2  
PRICE**

**\$11<sup>25</sup><sub>ea</sub>**

**SAVE \$11.25  
WAS \$22.50**

Duracell Ultra Batteries AA 10 Pack  
or AAA 8 Pack



**\$79<sub>ea</sub>**

**SAVE \$20  
WAS \$99**

Sodastream Spirit White  
Sparkling Water Maker

**\$12<sub>ea</sub>**

Coca-Cola Coloured  
Glass or Drink Bottle



**\$12<sub>ea</sub>**

Coca-Cola Tin Sign



While stocks last. No rainchecks

**\$36<sub>ea</sub>**

**SAVE \$9  
WAS \$45**

Tefal Easy Clean  
Frypan 30cm



**\$5<sup>95</sup><sub>ea</sub>**

**SAVE \$2.55  
WAS \$8.50**

Bic Mega Lighter 1 Pack



**\$7<sup>75</sup><sub>ea</sub>**

**SAVE \$7.75  
WAS \$15.50**

Brunnings Fast Action Weed Kill  
Ready To Use 1 Litre  
2nd week on sale



**1/2  
PRICE**



**On Apple Gift Cards  
when you swipe your  
Flybuys card at the  
checkout**



**Limit of 5 Gift Cards per Flybuys account.** Offer valid from 4/1/23 to 10/1/23 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. A limit of 50,000 Flybuys points per customer applies. **BONUS POINTS can be awarded more than once for each Gift Card type including different denominations of the same Gift Card but up to a maximum of 50,000 points can be collected per Flybuys account.** \$20 = 400 Flybuys Points; \$30 = 600 Flybuys Points; \$50 = 1,000 Flybuys Points; \$100 = 2,000 Flybuys Points; \$200 = 4,000 Flybuys Points. While stocks last, no rainchecks. Flybuys' privacy policy applies. Standard Flybuys terms and conditions apply and are available at Flybuys.com.au. TM and © 2023 Apple Pty Ltd. All rights reserved.

**DOUBLE  
DATA  
DEAL**

**Get lost in  
double data.**

Every month for 12 months on a  
\$35 or \$45 Belong mobile plan.

New customers only. Must activate  
by 31.01.23. For use in Australia.

**1/2  
PRICE**

**\$17<sub>ea</sub>**

**SAVE \$18  
WAS \$35**

**Belong \$35  
Starter Pack**  
Includes SIM  
card and  
\$35 credit

**boost mobile**

**\$30 SIM  
Pack**

**\$10<sub>ea</sub>**

**RRP \$30**

**28 Day Expiry**

**45GB**

on your first 3 recharges  
All for use within Aus. New customers only.

**\$199<sub>ea</sub>**

**SAVE \$100  
WAS \$299**

**Vivo Y55 5G**

- 6.58" FHD+ LCD display
- Triple rear camera (50MP+2MP+2MP) + 8MP front camera
- 5000mAh battery



**5G access  
included  
on selected  
recharges**

**\$49<sub>ea</sub>**

**RRP \$69**

**Telstra Essential  
Smart 2.1**

- 5" FWVGA display
- 5MP rear camera + 2MP front camera
- 2000mAh battery



**\$129<sub>ea</sub>**

**SAVE \$20  
WAS \$149**

**Nokia C30**

- 6.82" HD+ display
- 13MP + 2MP rear camera + 5MP front camera
- 6000mAh battery



**\$79<sub>ea</sub>**

**RRP \$99**

**Telstra  
Essential 2**

- 5" display
- 5MP rear camera + 2MP front camera
- 2000mAh battery



**\$199<sub>ea</sub>**

**RRP \$249**

**Oppo A16s**

- 6.52" HD+ display
- Triple rear camera (13MP+2MP+2MP) + 8MP front camera
- 5000mAh battery



**ADVERTISER PROMOTION**



Australia's largest mobile network.

**New year.  
New phone.**



**\$119<sub>ea</sub>**

**RRP \$150**

**Coles Mobile \$150  
Prepaid SIM**

- 120GB data, 365 day expiry



**\$10<sub>ea</sub>**

**RRP \$30**

**Optus \$30 Prepaid SIM**

- 40GB data on first three \$30 Epic Data recharges



**\$69<sub>ea</sub>**

**SAVE \$30  
WAS \$99**

**Optus X Sight 2**

- 6" display
- 5MP camera



**\$99<sub>ea</sub>**

**SAVE \$50  
WAS \$149**

**Optus X Tap**

- 6.52" HD+ display
- Google Pay via NFC

**Devices:** Devices are network locked, unlocking fees may apply. **Boost \$30 SIM:** Value SIMs include first recharge. Bonus data offer valid for new customers who activate by 30/1/23, with remaining two recharges by 27/3/23. For use in AUS within 28 days. **Belong \$25 SIM:** For use in Aus. Calls & texts to standard landline & mobile numbers. New customer's only. **Coles Mobile \$150 SIM:** For use in AU within 365 days. New customers only. **Optus \$30 SIM:** Bonus data on activation and next two \$30 Epic Data recharges occurring within 90 days of activation. Thereafter, \$30 recharge gives you 10GB standard data. For use in AU within 28 days. New customers only. **Optus Free \$30 Recharge:** Applied on activation of included SIM in Optus Prepaid smartphones. Excludes Optus Flex plan and Optus X Lite devices.



# colesmobile

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

POWERED BY  
**OPTUS**



30 day expiry

coles mobile

**\$20**

**15GB**

Unlimited standard national talk & text

Unlimited standard international calls to 15 selected destinations

Up to 50GB data rollover



365 day expiry

coles mobile

**\$120**

**60GB**

Unlimited standard national talk & text

Unlimited standard international calls to 15 selected destinations



365 day expiry

coles mobile

**\$150**

**120GB**

Unlimited standard national talk & text

Unlimited standard international calls to 15 selected destinations



**\$10**<sub>ea</sub>

**RRP \$20**

**\$120**<sub>ea</sub>

**\$119**<sub>ea</sub>

**RRP \$150**

Coles Mobile  
\$20 Prepaid SIM

15GB, 30 day expiry

Unlimited standard  
International calls to 15  
selected destinations

Coles Mobile  
\$120 Prepaid SIM

60GB, 365 day expiry

Unlimited standard  
International calls to 15  
selected destinations

Coles Mobile  
\$150 Prepaid SIM

120GB, 365 day expiry

Unlimited standard  
International calls to 15  
selected destinations

**Pick up a SIM today**

All for use in Australia. Optus Fair Go Policy applies. Activate within 30 days of purchase.  
Coles Mobile \$20 Prepaid SIM and Coles Mobile \$150 Prepaid SIM offers end 10/1/23. New customers only. Limit one per customer. Ongoing recharges revert to standard price or as otherwise advertised. **Data Rollover:** Roll over unused included data up to a max of 50GB if you recharge before expiry or when you maintain an active AutoRecharge. If you accrue over 50GB of Data Rollover you will forfeit any data over that limit. **Unlimited International Calls:** Excludes premium/special/satellite/overseas toll-free numbers and video calls. See [colesmobile.com.au/pricing](https://colesmobile.com.au/pricing) for international destinations and rates. Go to [colesmobile.com.au/terms](https://colesmobile.com.au/terms) for terms, coverage and compatibility.

# Prepaid deals

yes OPTUS

Switch to Optus at Coles today

1 month free\*

**\$49<sup>ea</sup>**

**SAVE \$30**  
WAS \$79

**Optus X Start 3**

- 5" display
- 5MP camera
- 32GB memory



1 month free\*

**\$89<sup>ea</sup>**

**RPP \$129**

**Optus X Delight**

- 6.52" HD+ display
- Dual AI rear camera
- Fingerprint unlock



1 month free\*

**\$99<sup>ea</sup>**

**SAVE \$50**  
WAS \$149

**Optus X Tap**

- 6.52" HD+ display
- Dual AI rear camera
- Google Pay via NFC



1 month free\*

**\$249<sup>ea</sup>**

**SAVE \$50**  
WAS \$299

**Samsung Galaxy A13**

- 6.6" HD+ display
- 50MP quad camera
- 5,000mAh battery



4GB data free

**\$19<sup>ea</sup>**

**SAVE \$20**  
WAS \$39

**USB Modem E3372**

- Activate within 30 days of purchase
- 28 day expiry
- Easy to set up and use



\*1 month free: available for 1st subscription or recharge period on \$30 plans. All for use in Australia. Optus Fair Go Policy applies. Activate within 30 days of purchase or by the date advertised, whichever is earlier. Optus X Start 3 and Optus X Tap offers end 10/1/23. Optus X Delight offer ends 24/1/23. Samsung Galaxy A13 and USB Modem E3372 offers end 31/1/23. 1 month free: Expiry, inclusions and potential AutoRecharge will depend on selected plan, see [optus.com.au/prepaidplans](https://optus.com.au/prepaidplans). Offer excludes Optus X Lite devices. 4GB data free: Applied when you activate included SIM. For use in AU within 28 days. Coverage: Check coverage at [optus.com.au/coverage](https://optus.com.au/coverage). Compatibility: Device must be compatible with the Optus Network, see [optus.com.au/compatibility](https://optus.com.au/compatibility). Devices are network locked. For unlocking fees see [optus.com.au/unlock](https://optus.com.au/unlock). General: New customers only. No rainchecks. Limit one per customer.

ADVERTISER PROMOTION



# LIQUORLAND

**New Years  
LANDED**

Bring in 2023 with a refreshing  
ultra-low or no alcohol drop.

## NO ALCOHOL

## WE'VE GOT YOU



**\$10<sup>ea</sup>**

Great Northern  
Zero Bottles  
6x330mL

**6  
PACK**



**2  
for  
\$18**

Peroni Nastro  
0.0% Bottles  
6x330mL

**6  
PACK**



**\$45<sup>ea</sup>**

James Squire  
Zero Bottles  
24x330mL

**24  
PACK**



**\$48<sup>ea</sup>**

Heineken 0.0  
Bottles  
24x330mL

**24  
PACK**



**PRICE DROP**

**NOW  
\$10<sup>ea</sup>**

**WAS \$12 (11/2022)**

McGuigan  
Zero Sparkling



**PRICE DROP**

**NOW  
\$10<sup>ea</sup>**

**WAS \$13 (12/2022)**

Wolf Blass  
Zero Shiraz



**2  
for  
\$24**

Plus & Minus  
Zero Alcohol  
Pinot Grigio



**\$45<sup>ea</sup>**

Four Pillars  
Bloody Shiraz  
Bandwagon  
Zero Alcohol

Offers apply from 04/01/23 until 10/01/23 while stocks last. Specials not available through Liquorland Warehouse, Liquorland George Street, World Square or Liquorland Broken Hill store. Prices may vary in country areas. Some products and offers may not be available in all stores or Coles Liquor Supermarkets. Save statements are based on the lowest of the regular single selling price across our New South Wales 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. No further discount. Liquor and tobacco not sold to under 18's. Not all promotions available online. [www.liquorland.com.au](http://www.liquorland.com.au)

## SPIRITS



**\$55** ea

Espolon  
Tequila  
Blanco



**\$55** ea

The Kraken  
Spiced  
Rum



**\$59** ea

Roku Gin



**\$69** ea

Jack Daniel's  
Tennessee  
Whiskey  
1 Litre

**1**  
LITRE

## WINE



**2**  
for  
**\$20**

Pensilva Estate  
Shiraz



**2**  
for  
**\$24**

The Ned  
Rosé



**2**  
for  
**\$30**

Squealing Pig  
Prosecco NV



**2**  
for  
**\$30**

Berri 5 Litre  
Cask  
Varieties



**\$7 OFF\* WHEN YOU SPEND \$70 ON WINE**

\*Limits apply. Valid instore only. Excludes Champagne & Champagne Rosé

When you  
scan your

Flybuys

## PRE-MIXED

**Any**  
**2**  
for  
**\$38**



**4**  
PACKS

**Any**  
**2**  
for  
**\$45**



**4**  
PACKS

Selected products as pictured  
see in-store for details

Selected products as pictured  
see in-store for details

## BEER

**\$17** ea



Brick Lane  
Hi-Fi Dry  
Japanese No  
Carb Lager Cans  
6x355mL

**6**  
PACK

**\$19** ea

**NEW**



Spill Easy Going  
Lager Cans  
6x375mL

**6**  
PACK

**\$46** ea



Pirate Life  
South Coast  
Pale Ale Cans  
16x355mL

**16**  
PACK

**\$55** ea



Travla Mid  
Strength  
Lager Cans  
24x375mL

**24**  
PACK

Choose to  
**DrinkWise.**



Liquorland Supports  
the Responsible  
Enjoyment of Alcohol



Shop  
Online



Click &  
Collect



Home  
Delivery