

coles

life space
LIFE SUPPLEMENTS

CENOVIS

Swisse

VÖÖST
VITAMIN & MINERAL SUPPLEMENTS

Nature's Way

Nature's Own

BLACKMORES

VITAMINS

Exclusions apply †

\$15⁷⁵
ea

SAVE \$15.75
WAS \$31.50

Nature's Way Kids Smart
Vita Gummies 120 Pack[†]
\$13.13 per 100 each.
2nd week on sale



Bonus
character

\$24¹⁵
ea

SAVE \$24.15
WAS \$48.30

Swisse Ultiboost Magnesium
200 Pack[†] \$12.08 per 100
each. On sale for 2 weeks.
*See page 23 for T&Cs



1/2 PRICE

\$7⁸⁷
ea

SAVE \$7.88
WAS \$15.75

Atkins Low Carb Endulge Bars
5 Pack 150g-200g



DIET & SPORTS NUTRITION

Exclusions apply †

\$2³⁶
ea

SAVE \$2.37
WAS \$4.73

Muscle Nation Custard
Protein Bars 60g
\$3.93 per 100g



MUSCLENATION

MUSASHI
THE WAY

AUSSIE
BODIES

BSc

ATKINS

DOSE & CO.

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 and 30 Pack, Every Day, Down Down & clearance items



Collect one character with every
\$30 you spend in one transaction

See page 27 for T&Cs



DC

© & TM DC. (s23)

1/2 PRICE

DIET & SPORTS NUTRITION

Exclusions apply †



Amazonia Raw Protein Isolate
390g \$4.49 per 100g



Musashi High Protein Powder
900g \$3.79 per 100g



Rapid Loss Meal Replacement
Shake 740g \$3.19 per 100g.
2nd week on sale



Crankt Premium Protein Shake
400mL \$0.72 per 100mL



Naturopathica Fat Blaster
Weight Loss Shake 430g
\$2.69 per 100g



Vital Strength Whey Protein
Vanilla Powder 720g
\$3.79 per 100g



Macro Mike Powdered Peanut
Butter 156g \$5.38 per 100g



Dose & Co. Pure Collagen
Unflavoured 200g \$10.50 per 100g



Cellucor C4 Sport Powder 285g
\$8.84 per 100g

† Excludes Every Day, Down Down & clearance items

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1/2 PRICE

DIET & SPORTS NUTRITION

Exclusions apply †



\$28⁸⁷
ea

SAVE \$28.88
WAS \$57.75

BSc Bodyscience Protein Powder 800g-900g



\$14⁷⁰
ea

SAVE \$14.70
WAS \$29.40

BSc Bodyscience Pure Creatine 200g \$7.35 per 100g



\$18³⁷
ea

SAVE \$18.38
WAS \$36.75

Muscle Nation Protein Daily Shake 300g \$6.12 per 100g



\$2⁸⁰
ea

SAVE \$3.08
WAS \$5.88

Up&Go Protein Energize Choc 3x250mL \$3.73 per litre.
From the Cereal aisle



\$1⁸⁴
ea

SAVE \$1.84
WAS \$3.68

Clif Energy Bars 68g \$2.71 per 100g



\$11⁰²
ea

SAVE \$11.03
WAS \$22.05

Nature's Way Slim Right Meal Replacement 500g \$2.20 per 100g



\$3⁶⁷
ea

SAVE \$3.68
WAS \$7.35

Musashi Protein Choc Block 120g \$3.06 per 100g



\$5²⁵
ea

SAVE \$5.25
WAS \$10.50

Aussie Bodies Lo Carb Whipped Protein Bars 120g \$4.38 per 100g



\$4⁴⁶
ea

SAVE \$4.47
WAS \$8.93

Muscle Nation Protein Chocolate 100g \$4.46 per 100g

† Excludes Every Day, Down Down & clearance items

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\$2⁵²
ea
SAVE \$2.52
WAS \$5.04

Quest Protein Bars
60g \$4.20 per 100g

1/2 PRICE

DIET & SPORTS NUTRITION
Exclusions apply †

\$2³⁶
ea
SAVE \$2.37
WAS \$4.73

BSc Bodyscience High Protein Low Carb Bars
45g-60g

\$2⁶²
ea
SAVE \$2.63
WAS \$5.25

ATP Science Collagen Marshmallow or Jelly Bars
50g-60g



\$2³⁶
ea
SAVE \$2.37
WAS \$4.73

Crankt Protein + Energy Bars 60g
\$3.93 per 100g



\$3¹⁵
ea
SAVE \$3.15
WAS \$6.30

Musashi High Protein Bars 90g
\$3.50 per 100g



\$1⁵⁷
ea
SAVE \$1.58
WAS \$3.15

Maxine's Burn Bars 40g
\$3.93 per 100g

† 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. Follow the directions for use. If symptoms persist, talk to your healthcare professional. Vitamin and mineral supplements should not replace a balanced diet.

THE BEST IN PROTEIN



\$2³⁶
ea
SAVE \$2.37
WAS \$4.73

Muscle Nation Protein Jelly 30g
\$7.87 per 100g



\$18³⁷
ea
SAVE \$18.38
WAS \$36.75

Muscle Nation Protein Water 300g
\$6.12 per 100g

\$2³⁶
ea
SAVE \$2.37
WAS \$4.73

Muscle Nation Jelly Protein Bars 40g
\$5.90 per 100g

MUSCLENATION

ADVERTISER PROMOTION

1/2 PRICE

VITAMINS

Exclusions apply †



\$11⁸¹
ea

SAVE \$11.82
WAS \$23.63

Nature's Way High Strength Magnesium 150 Pack or Restore Probiotic Daily Health 28 Pack



\$13¹²
ea

SAVE \$13.13
WAS \$26.25

Berocca Energy Original Berry or Orange Effervescents 45 Pack \$29.16 per 100 each



\$28³⁵
ea

SAVE \$28.35
WAS \$56.70

Swisse Ultivite Men's or Women's Multivitamin 100 Pack \$28.35 per 100 each. *See page 23 for T&Cs



\$16⁸⁰
ea

SAVE \$16.80
WAS \$33.60

Life Space Broad Spectrum Probiotic or Probiotic for 60+ Years 40 Pack \$42.00 per 100 each



\$2³⁶
ea

SAVE \$2.37
WAS \$4.73

SUP Shots 50mL \$4.73 per 100 each



\$17³²
ea

SAVE \$17.33
WAS \$34.65

Inner Health On the Go Probiotics 40 Pack or Double Strength Balanced Gut Health Probiotics 20 Pack



\$7⁸⁷
ea

SAVE \$7.88
WAS \$15.75

Voost + Effervescent 20 Pack \$39.35 per 100 each



\$15⁷⁵
ea

SAVE \$15.75
WAS \$31.50

Haircarebear Hair Gummies 60 Pack or Chocolate Probiotics 50 Pack



\$21
ea

SAVE \$21
WAS \$42

Blackmores Bio Magnesium 150 Pack \$14.00 per 100 each



\$6³⁰
ea

SAVE \$6.30
WAS \$12.60

Nature's Own Effervescent Collagen + Skin Support 20 Pack \$31.50 per 100 each



\$12³⁴
ea

SAVE \$12.34
WAS \$24.68

Cenovis Chewable Immune Vitamin C + Zinc 120 Pack \$10.28 per 100 each

† Excludes Berocca 15 and 30 Pack, 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.



\$1.45
ea

SAVE \$1.60
WAS \$3.05

John West Deli Tuna
90g or Salmon
Tempters 95g



\$2.75
ea

SAVE \$3.03
WAS \$5.78

Cadbury Dairy Milk
Block Chocolate
Varieties 160g-190g



\$2.10
ea

SAVE \$2.10
WAS \$4.20

Gatorade or G Active Sports Drink 600mL
\$3.50 per litre



\$24.67
ea

SAVE \$24.68
WAS \$49.35

Fairy Platinum Plus Dishwashing Tablets
28 Pack or Platinum 41 Pack



\$2.46
ea

SAVE \$2.48
WAS \$4.94

Thins Potato Chips 150g-175g

**1/2
PRICE**



\$21.90
ea

SAVE \$14.69
WAS \$36.59

Pepsi Max or Solo Soft Drink 24x375mL
\$2.43 per litre



**91¢
PER
CAN**



\$10
kg

SAVE \$2/kg
WAS \$12/kg

Coles Australian Lamb Half
Leg Roast Product sold uncooked



Serving suggestion only

1/2 PRICE



\$1¹⁰
ea

SAVE \$1.21
WAS \$2.31

Mars Chocolate Bar Varieties
35g-56g or Nestlé Chocolate Bar
Varieties 35g-55g



\$2⁵⁰
ea

SAVE \$2.75
WAS \$5.25

Cadbury or Europe Bites Varieties
110g-160g



\$2⁵⁰
ea

SAVE \$2.75
WAS \$5.25

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



\$1⁴²
ea

SAVE \$1.42
WAS \$2.84

Twisties, Burger Rings,
or Cheetos 80g-90g



\$1⁷⁰
ea

SAVE \$1.71
WAS \$3.41

Cheezels 125g
\$1.36 per 100g



\$2³¹
ea

SAVE \$2.31
WAS \$4.62

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



\$2⁷⁵
ea

SAVE \$3.03
WAS \$5.78

Nestlé Chocolate Fun Pack
Varieties 140g-185g



\$8
ea

SAVE \$8
WAS \$16

Cadbury Favourites 334g-340g
or Ferrero Rocher 16 Pack
200g or Ferrero Collection
15 Pack 172g

Treat Dad
Father's Day

3 September



\$12
ea

SAVE \$12
WAS \$24

Lindt Cornet 327g-333g

1/2 PRICE



Vanish Preen Oxi Action Gold
Fabric Stain Remover Spray
450mL \$11.09 per litre.
*See page 23 for T&Cs



Fluffy Fabric Softener
900mL-1 Litre



Biozet Attack Plus Laundry
Liquid 2 Litre or Powder 2kg



Pine O Clean Disinfectant Wipes
150 Pack \$0.05 per each.
*See page 23 for T&Cs



Palmolive Ultra Dishwashing
Liquid 950mL \$0.45 per 100mL



Fairy Clean Booster Dishwasher
Power Spray 420mL
\$1.62 per 100mL



iON Laundry Capsules 36 Pack
\$0.42 per each.
On sale for 2 weeks

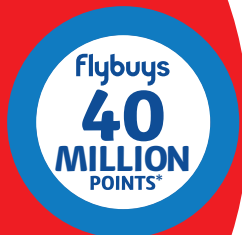


Sard Laundry Stain Remover
Powder 900mL-1kg



Bref Twin Pack 100g
\$5.77 per 100g

WIN a
share of



- 1 Spend \$20 on cleaning products in one transaction.
- 2 Scan your Flybuys.
- 3 Receive an entry for a chance to win.*



*Competition dates 1/6/23 to 3/10/23. Entrants must be an Australian resident over 18 years and a Flybuys member to participate. Entries drawn 10/10/23. Winners notified in writing (or via email). Full Terms & Conditions available at www.coles.com.au. Promoter is Coles Supermarkets Australia Pty Ltd. Permits: ACT 123/01183, NSW NTP/07040, SA 123/922.



Take the Fresh Food Challenge

**Eat like a Super Hero,
feel like one too.**

**Try all 35 foods to become
a Fresh Food Super Hero!**

**Pick up a free
poster in-store
or download
online**



[Click here](#)

**to discover more,
including recipes.**

© & TM DC. (s23)



**Find me
inside!**



FREE

limited edition collector poster

**when you buy the NT News
on the 19 August 2023***

*One per customer, per transaction, per day applies. Offer available 19 August 2023
and while stocks last. JUSTICE LEAGUE and all related characters and elements © & TM DC. (s23)





Bonus character



when you spend \$30 and purchase a selected product from a participating brand*

JUSTICE LEAGUE and all related characters and elements © & TM DC. (\$23)

HUGGIES

\$17
ea
SAVE \$6.10
WAS \$23.10

Huggies Bulk Nappy Pants
24 Pack-36 Pack



HUGGIES

\$11
ea
SAVE \$1.60
WAS \$12.60

Huggies DryNites Night Time
Pants 8 Pack-10 Pack
2nd week on sale



DOLMIO

\$3⁵⁰
ea
DROPPED & LOCKED
UNTIL 29 AUG 2023
WAS \$4.36 SEPT 2022

Dolmio Pasta Bake Sauce
490g-495g



coles
SUPER HERO
BUILDERS
**Bonus
character***

MasterFoods

\$2⁵⁰
ea
SAVE \$1.49
WAS \$3.99

MasterFoods Squeeze Tomato or
Barbecue Sauce 475mL-500mL



*See page 23 for T&Cs



Bonus character



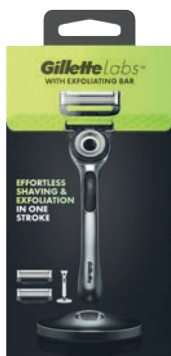
when you spend \$30 and purchase a selected product from a participating brand*

JUSTICE LEAGUE and all related characters and elements © & TM DC. (s23)

Gillette

**1/2
PRICE**

\$21^{ea}
SAVE \$21
WAS \$42



Gillette Lab Mens Razor Kit
with 2 Blades
\$21.00 per each

Gillette



\$12⁸⁶_{ea}
SAVE \$5.52
WAS \$18.38

Gillette Venus White Tea
Comfortglide Razor Kit
with 2 Blades 1 Pack
\$12.86 per each



finish

\$28⁸⁰_{ea}
SAVE \$21.60
WAS \$50.40



Finish Ultimate Pro Dishwashing Tablets
32 Pack \$0.90 per each

finish

**1/2
PRICE**

\$3⁹⁴_{ea}
SAVE \$3.94
WAS \$7.88



Finish Dishwasher Freshener
1 Pack

*See page 23 for T&Cs

100% Aussie Citrus



\$2⁹⁰
pk

Coles Australian Lemons
5 Pack \$0.58 per lemon



\$2⁹⁰
kg

Australian Murcott Mandarins



\$2⁹⁰
kg

Australian Cara Cara Oranges



\$3⁵⁰
kg

Australian Amour Mandarins

NT-METRO-1608-23-238641



\$3⁵⁰
kg

Australian Minneola Tangelos



\$3⁵⁰
kg

Australian Ruby Red Grapefruit

100% Aussie Kanzi Apples

\$4⁹⁰
kg

Australian Kanzi Apples



\$2⁹⁰
ea



Coles Australian Baby Broccoli Bunch



1/2
PRICE

\$4
pk

SAVE \$4
WAS \$8

Natural Delights Mini Medjools
Coconut or Cacao Pican
227g Pack \$17.62 per kg



\$3
pk



Coles Australian Baby Brussels
Sprouts 200g Pack \$15.00 per kg



\$3⁹⁰
kg



Australian Green Zucchini



\$10
pk

Coles Roasted & Salted Cashews
750g \$13.33 per kg



4 for
\$5



Gold Kiwifruit Single sell \$1.50.
\$1.25 per kiwifruit when you buy 4

coles

-CERTIFIED-
Organic

Australian Organics
Retailer of the
Year 2022



Serving suggestion only

\$18_{kg}

DROPPED & LOCKED
UNTIL 29 AUG 2023
WAS \$21_{kg} JUN 2023

Coles Australian Pork Spare Ribs
Product sold uncooked



\$11⁵⁰_{pk}

SAVE \$1.50
WAS \$13

Lilydale Free Range Chicken
Schnitzel Cauliflower 400g
\$28.75 per kg



\$16⁵⁰_{kg}

SAVE \$1.50_{kg}
WAS \$18_{kg}

Coles RSPCA Approved Chicken
Tenderloins



\$21_{kg}

SAVE \$7_{kg}
WAS \$28_{kg}

Coles Australian Lamb Loin Chops



\$15_{kg}

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

Coles No Added Hormones Beef
Roast Topside



\$11_{pk}

SAVE \$1
WAS \$12

Coles Australian No Added
Hormones Beef Scotch Steak
With Butter 265g \$41.51 per kg



\$12_{pk}

SAVE \$1
WAS \$13

Coles Made Easy Beef Stroganoff
with Creamy Sauce 500g or
Made Easy Mushroom & Chicken
Wellington Roast 600g

**MIX'N
SAVE**

**Any 3 for
\$20**

SAVE \$2.50



Coles RSPCA Approved Chicken Kebabs Honey Soy 375g,
Pork Scotch Steak with Rosemary & Honey Butter 280g or
Beef & Pork Meatballs 560g

Serving suggestion only

Ready to eat

\$12_{ea}

EVERY DAY LOW PRICE

Coles Hot Roast RSPCA Approved Chicken
From the Deli

OVEN ROASTED
CLASSIC HOMESTYLE
ROAST CHICKEN
Seasoned & marinated

RSPCA[®]
APPROVED FARMING

AUSTRALIAN
MADE

**\$160
PER
100g**

\$16_{kg}

SAVE \$2_{kg}
WAS \$18_{kg}

Primo Rindless Short Cut Bacon
From the Deli

**\$265
PER
100g**

\$26⁵⁰_{kg}

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

Jarlsberg Swiss Cheese
From the Deli. On sale for 2 weeks

**\$295
PER
100g**

\$29⁵⁰_{kg}

SAVE \$5_{kg}
WAS \$34.50_{kg}

Don Hungarian Salami
From the Deli

\$320_{ea}

SAVE 60¢
WAS \$3.80

Primo Spanish Style Chorizo
From the Deli

\$590_{pk}

SAVE \$1
WAS \$6.90

Don Skinless Footy Franks 435g
\$13.56 per kg.
From the Dairy department

\$15_{ea}

LOCKED
UNTIL 29 AUG 2023

Coles Classic Homestyle No Added Hormones Hot Roast Beef
From the Deli

AUSTRALIAN
MADE

Serving suggestion only

\$25_{kg}

SAVE \$6_{kg}
WAS \$31_{kg}

Don Premium Melosi Leg Ham
From the Deli



**1/2
PRICE**



\$2²⁰
ea

SAVE \$2.20
WAS \$4.40

Golden Crumpet Rounds 6 Pack
\$0.37 per each

\$3
ea

SAVE \$3
WAS \$6

Mr Kipling Cakes
155g-165g



\$2⁶⁰
ea

**EVERY DAY
LOW PRICE**

Coles Bake At Home Dinner Rolls
6 Pack \$0.43 per each



\$4⁵⁰
ea

SAVE 70¢
WAS \$5.20

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



\$2⁵⁰
ea

SAVE 30¢
WAS \$2.80

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



\$2⁷⁰
ea

**EVERY DAY
LOW PRICE**

Coles Bakery Loaf 680g
\$0.40 per 100g. Selected stores only



\$2⁸⁰
ea

**DROPPED & LOCKED
UNTIL 29 AUG 2023
WAS \$3.15 JUN 2023**

Coles Turkish Pide or Rolls 400g
\$0.70 per 100g



\$2⁵⁰
ea

**DROPPED & LOCKED
UNTIL 29 AUG 2023
WAS \$3 JUN 2023**

Coles Bakery Stone Baked by
Laurent Mini Pane di Casa
Selected stores only

Serving suggestion only

\$6⁵⁰
ea

SAVE 50¢
WAS \$7

Coles Finest by Laurent
Sourdough Vienna
Selected stores only



\$4⁵⁰
ea

SAVE 50¢
WAS \$5

Coles Dreams Crumb True Cookies 4 Pack \$1.13 per each.
Selected stores only



\$3⁵⁰
ea

SAVE \$1.50
WAS \$5

Simson's Pantry Wraps 445g-528g



\$3²⁰
ea

SAVE 30¢
WAS \$3.50

Coles Pastries 2 Pack
\$1.60 per each. Selected store only



\$3⁴⁰
pk

SAVE 50¢
WAS \$3.90

Coles Bakery Pizza Roll 2 Pack
\$1.70 per each.
Selected stores only



\$3²⁵
pk

SAVE 50¢
WAS \$3.75

Coles Bakery Rustic Rolls 4 Pack
\$0.82 per each.
Selected stores only



Any 2 for \$8

MIX'N SAVE
SAVE 60¢

Coles Slices 5 Pack 175g
\$2.29 per 100g



Awarded Most Satisfied Customers,
FLATBREAD & WRAPS



\$4⁵⁰
ea

SAVE \$1
WAS \$5.50

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



MOST SATISFIED CUSTOMERS
FLATBREAD & WRAPS 2022



ADVERTISER PROMOTION



\$4⁹⁰
ea

SAVE \$1.40
WAS \$6.30

Kinder Chocolate 16 Treat Share Bag 200g
\$2.45 per 100g



\$4²⁰
ea

SAVE \$2.10
WAS \$6.30

Tyrrells Crisps 150g-165g



2 for \$6

SAVE \$2.40

Arnott's Shapes Crackers
160g-190g



2 for \$6

SAVE \$3.46

Majans Bhujia Mix
140g-160g
On sale for 2 weeks



\$3⁵⁰
ea

SAVE \$1.23
WAS \$4.73

Arnott's Tim Tam Biscuits
165g-200g



\$5⁵⁰
ea

SAVE \$1.75
WAS \$7.25

Whittaker's Block
Chocolate Varieties
200g-250g



\$7
ea

SAVE \$2
WAS \$9

Lindt Lindor Bag
121g-125g



\$4²⁰
ea

SAVE \$2.10
WAS \$6.30

Nutella Cream Biscuits
193g \$2.18 per 100g



\$3³⁵
ea

SAVE \$1.69
WAS \$5.04

Doritos Corn Chips
150g-170g



2 for \$3

SAVE \$1.20

Poppin Microwave
Popcorn 85g-100g

**1/2
PRICE**

**ONLY
at coles**

**1/2
PRICE**



**\$1⁵⁷
ea**

**SAVE \$1.58
WAS \$3.15**

Splits Squares Crackers
70g \$2.24 per 100g

**\$2¹⁰
ea**

**SAVE \$2.10
WAS \$4.20**

**Ritz Share Pack Mini
Crackers 155g-160g**



**\$2⁴⁰
ea**

**SAVE \$1.80
WAS \$4.20**

Always Fresh Mediterranean Snack Bites 120g
\$2.00 per 100g. From the Biscuit aisle

**\$3⁰⁰
ea**

**SAVE \$1.73
WAS \$4.73**

Table of Plenty Grazing Poppers 60g
\$5.00 per 100g. From the Biscuit aisle



**\$2⁸⁰
ea**

**SAVE 88¢
WAS \$3.68**

Eclipse Mints 40g
\$7.00 per 100g

**\$1²⁵
ea**

**SAVE 43¢
WAS \$1.68**

Mentos Single Roll 37.5g
\$3.33 per 100g



**\$17⁰⁰
ea**

**SAVE \$6
WAS \$23**

Darrell Lea Dad's Gift Bag 1.2kg
\$1.42 per 100g. While stocks last.
No rainchecks

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**



NEW
at coles

\$2¹⁰
ea

SAVE \$2.10
WAS \$4.20

Gatorade or G Active Sports Drink 600mL
\$3.50 per litre

\$6⁸⁷
ea

SAVE \$7.57
WAS \$14.44

Wallaby Still Water 6x375mL
\$3.05 per litre



\$8⁸⁰
ea

SAVE \$3.80
WAS \$12.60

Red Bull Energy Drink
4x250mL \$8.80 per litre



\$2²⁰
ea

SAVE \$1.53
WAS \$3.73

Coca-Cola, Sprite or
Fanta Soft Drink
1.25 Litre \$1.76 per litre



\$3³⁰
ea

SAVE \$2.48
WAS \$5.78

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



94¢
PER CAN

\$28¹⁵
ea

SAVE \$19
WAS \$47.15

Coca-Cola Soft Drink
30x375mL \$2.50 per litre



\$1⁷⁵
ea

SAVE \$1.19
WAS \$2.94

Schweppes Mixers, Soft
Drink or Mineral Water
1.1 Litre \$1.59 per litre



\$1⁷⁵
ea

SAVE \$1.24
WAS \$2.99

Mount Franklin Lightly
Sparkling Water
1.25 Litre \$1.40 per litre



\$10
ea

SAVE \$6.80
WAS \$16.80

V Energy Drink 4x500mL
\$5.00 per litre



**2 for
\$19**

SAVE \$11.34

Monster Energy Drink
4x500mL \$4.75 per litre



\$3²⁵_{ea}

SAVE \$1.69
WAS \$4.94

CC's Corn Chips 175g or
Cornados 110g



\$3⁸⁵_{ea}

SAVE \$1.93
WAS \$5.78

Mars Chocolate Fun Size
Varieties 132g-192g
or Skittles Fun Size 180g



\$2⁸⁰_{ea}

SAVE \$1.40
WAS \$4.20

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



\$10¹⁰_{ea}

SAVE \$6.81
WAS \$16.91

Coca-Cola, Fanta or Sprite Soft
Drink or Mount Franklin Lightly
Sparkling Water 10x375mL
\$2.69 per litre



2 for \$7

SAVE \$2.60

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



2 for \$7

SAVE \$2.24

Golden Circle Tetra Fruit Drink
6x250mL \$2.33 per litre.
Excludes Pineapple.
On sale for 2 weeks

**FIND THE
TICKET & WIN** * **\$1,000**

**ONLY
at coles**

PLUS A TRIP TO SEE THE MATILDAS PLAY TO BE WON



\$2⁷⁵_{ea}

SAVE \$3.03
WAS \$5.78

Cadbury Dairy
Milk Block
Chocolate
Varieties
160g-190g



**\$300,000
PRIZE POOL**

Buy & unwrap any specially
marked block of CADBURY
DAIRY MILK, CADBURY
CARAMILK or OLD GOLD
to see if you're a winner*



2 for \$8

SAVE \$3.56

Cadbury Old
Gold Block
Chocolate
Varieties
170g-180g

ADVERTISER PROMOTION

AVAILABLE WHILE STOCKS LAST *Winning tickets randomly allocated to stores as follows: 15 to Coles Express stores & 275 to all other Coles stores (incl online & Coles Local). AU residents 18+ only. Between 12.01am (AEST) 7/8/23 & 11.59pm (AEDT) 30/10/23, buy any specially marked 180g or 360g CADBURY block from a participating Coles store (incl. Coles Express, Coles Local & online). If you have winning ticket, visit www.cadbury.com.au/findtheticket by 11.59pm (AEDT) 5/2/24 & fill out claim form incl bank account details, unique ticket code & upload image of receipt, ticket & product packaging. If you don't have a winning ticket, visit the website by 11.59pm (AEDT) 30/10/23 & fill out entry form incl. receipt upload to enter major draw. Max 5 major draw entries per household. Keep original itemised receipt/s, ticket/s (if any) & packaging (if you have winning ticket). Major draw: 11am (AEDT) 1/11/23, 11/87 Gladstone St, Sth Melb, VIC 3206. 290 instant prizes: \$1k. Major prize: trip for 4 (2 adults/2 children) to a capital city in AU (TBC) to see a CommBank Matildas International Friendly game in 2023/24 (excl. 2023 FIFA Women's World Cup™ games) as selected by Promoter valued up to \$10k. Must claim major prize by 5pm (AEDT) 14/11/23. Total prize pool up to \$300k. See website during camp for full Ts&Cs, instant winners & on 3/11/23 for major winner. Promoter: Mondelez Australia Pty Ltd (ABN 78 004 551 473). 10/75 Dorcas St, Sth Melb 3205. Auth. under: ACT TP22/02181, SA T22/1809, NSW TP/00437. CARAMILK, DAIRY MILK, THE GLASS AND A HALF DEVICE AND THE COLOUR PURPLE ARE TRADE MARKS USED UNDER LICENCE. THE EQUIVALENT OF A GLASS AND A HALF OF FULL CREAM MILK IN EVERY 200g OF CADBURY DAIRY MILK MILK CHOCOLATE.



**1/2
PRICE**



\$2⁹⁵
ea
SAVE \$3.04
WAS \$5.99

Passage to India Simmer Sauce 375g
\$0.79 per 100g

\$4¹⁵
ea
SAVE \$4.15
WAS \$8.30

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



\$2⁸⁰
ea
SAVE 88¢
WAS \$3.68

Green's Pancake Shake
300g-375g On sale for 2 weeks



\$2⁸⁰
ea
SAVE 88¢
WAS \$3.68

Heinz Baked Beans or Spaghetti
535g-555g



\$4
ea
SAVE \$3.88
WAS \$7.88

Patak's Curry Paste 283g-312g



\$4⁸⁰
ea
SAVE \$1.50
WAS \$6.30

Old El Paso Mild Nachos Salsa
390g \$1.23 per 100g



\$4
ea
DROPPED & LOCKED
UNTIL 29 AUG 2023
WAS \$4.73 MAY 2023

Old El Paso Regular Tortillas
6 Pack 240g \$1.67 per 100g



\$1⁴⁷
ea
SAVE \$1.47
WAS \$2.94

Continental Cup A Soup
2 Serve 50g-75g

\$2³⁶
ea
SAVE \$2.37
WAS \$4.73

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



\$4
ea
SAVE \$1.25
WAS \$5.25

Maggi 2 Minute Noodles 5 Pack
335g-380g



\$3
ea
SAVE \$1.20
WAS \$4.20

Ben's Flavoured Rice Pouch
240g-250g



2 for \$7
SAVE \$2.46

Campbell's Real Stock 1 Litre
\$0.35 per 100ml



\$3²⁰
ea
SAVE \$1
WAS \$4.20

Sunrice Microwaveable Family
Pack Rice 450g \$0.71 per 100g



\$3⁵⁰
ea
SAVE \$1.75
WAS \$5.25

Nestlé Cooking Chocolate
180g- 290g



\$3⁶⁰
ea
SAVE \$1.13
WAS \$4.73

Praise Traditional Mayonnaise
490g-555g

**Bonus
character**



when you spend \$30 and
purchase a selected product
from a participating brand*

Bonus Coles Super Hero Builders terms and conditions

*Spend \$30 in one transaction at Coles and Coles Online (after savings and discounts have been applied) and receive a Bonus Coles Super Hero Builder when you also purchase a selected product from a participating brand or product range. Limit of one Bonus Coles Super Hero Builder per brand, per transaction applies. Coles Super Hero Builder/s must be redeemed at point of purchase. \$30 spend excludes the purchase of Coles Insurance products, Coles Express, DoorDash, UberEats, Coles Best Buy Online Exclusive, 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. A maximum of 20 Coles Super Hero Builders per qualifying transaction for Coles Online applies. Offer ends 19 September 2023. While stocks last. For full terms and conditions visit coles.com.au/superheroterms
JUSTICE LEAGUE and all related characters and elements © & TM DC. (s23)



\$3²⁵
ea
SAVE \$3.58
WAS \$6.83

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

\$3⁵⁰
ea
SAVE \$3.85
WAS \$7.35

Kellogg's Pop Tarts 384g
\$0.91 per 100g



\$6⁵⁰
ea
SAVE \$2.95
WAS \$9.45

Kellogg's Nutri Grain
470g \$1.38 per 100g

\$2
ea
SAVE \$1
WAS \$3

Twinings Tea Bags
10 Pack \$0.20 per each

\$8
ea
SAVE \$2.50
WAS \$10.50

Uncle Tobys Le Snak
Value Pack 264g
\$3.03 per 100g

\$3⁵⁰
ea
SAVE \$1.23
WAS \$4.73

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



\$3
ea
SAVE \$2.25
WAS \$5.25

Nice & Natural Nut Bars
180g-192g



\$6⁵⁰
ea
SAVE \$3.37
WAS \$9.87

Nestlé Milo 460g
\$1.41 per 100g



\$4⁷⁵
ea
DROPPED & LOCKED
UNTIL 10 OCT 2023
WAS \$5.57 APR 2023

Red Tractor Australian
Oats 1kg \$0.48 per 100g



\$5²⁵
ea
SAVE \$2.63
WAS \$7.88

Carman's Granola 450g
\$1.17 per 100g.
*See page 23 for T&Cs

**1/2
PRICE**



**\$3⁹⁴
ea**

**SAVE \$3.94
WAS \$7.88**

Pic's Peanut Butter 380g
\$1.04 per 100g



**\$3⁵⁰
ea**

**SAVE \$1.23
WAS \$4.73**

Bob Snail Fruit Rolls 60g
\$5.83 per 100g



**\$12⁵⁰
ea**

**SAVE \$4.30
WAS \$16.80**

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



**\$5²⁰
ea**

**SAVE \$2.15
WAS \$7.35**

Nescafé Farmers Origin
Nespresso Compatible Capsules
10 Pack \$0.52 per each

**Bonus
character***



\$18^{ea}

**SAVE \$9.30
WAS \$27.30**

Nescafé Blend 43 500g
or Gold 400g

*See page 23 for T&Cs



**\$24⁵⁰
ea**

**SAVE \$12.25
WAS \$36.75**

Grinders Coffee Beans
1kg \$2.45 per 100g



\$12^{ea}

**EVERY DAY
LOW PRICE**

Coles Urban Coffee
Culture Coffee Beans
or Ground 1kg
\$1.20 per 100g



**\$5⁵⁰
ea**

**SAVE \$2.38
WAS \$7.88**

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



**\$2⁵⁰
ea**

**SAVE \$2.23
WAS \$4.73**

Almond Breeze Extra
Creamy Almond Milk
1 Litre \$2.50 per litre

coles

overnight chia pudding

just add milk

NEW
at coles



\$5⁵⁰
ea

EVERY DAY
LOW PRICE

Coles Overnight
Chia Pudding 210g
\$2.62 per 100g



\$14⁴⁰
ea

SAVE \$3.60
WAS \$18



Moro Olive Oil 1 Litre
\$1.44 per 100mL



\$1⁷⁵
ea

SAVE 56¢
WAS \$2.31

SPC Baked Beans or Spaghetti
420g-425g

\$7⁵⁰
ea

SAVE \$2.48
WAS \$9.98



Cobram Estate Extra Virgin Olive Oil 375mL
\$2.00 per 100mL

\$7
ea

DROPPED & LOCKED
UNTIL 29 AUG 2023
WAS \$13 MAY 2023



ONLY
at coles

La Española Olive Oil 500mL
\$1.40 per 100mL

\$4²⁰
ea

SAVE \$1.05
WAS \$5.25



Fehlbegs Sandwich Stackers 500g
\$8.40 per kg. On sale for 2 weeks

\$1⁷⁵
ea

SAVE 67¢
WAS \$2.42



Mutti Polpa Chopped Tomatoes
400g \$4.38 per kg

\$4
ea

DROPPED & LOCKED
UNTIL 29 AUG 2023
WAS \$4.73 MAY 2023



Old El Paso Taco Sauce 200g
\$2.00 per 100g

**Collect one
character with
every \$30 you
spend***



Coles Super Hero Builders terms and conditions

*Spend \$30 in one transaction at Coles or Coles Online (after savings and discounts have been applied) and receive a Coles Super Hero Builder. Coles Super Hero Builder/s must be redeemed at point of purchase. \$30 spend excludes the purchase of Coles Insurance products, Coles Express, DoorDash, UberEats, Coles Best Buy Online Exclusive, 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. A maximum of 20 Coles Super Hero Builders per qualifying transaction for Coles Online applies. Offer ends 19 September 2023. While stocks last. For full terms and conditions visit coles.com.au/superheroterm

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\$8 pk
SAVE \$2.30
WAS \$10.30



Coles Thawed Prawn Plate 200g
\$40.00 per kg. From the Deli



\$17 kg
SAVE \$2 kg
WAS \$19 kg



Coles Thawed Barramundi Fillets
From the Deli. On sale for 2 weeks



\$11 pk
SAVE \$1.50
WAS \$12.50



Coles Raw Peeled Prawns 260g
\$42.31 per kg. From the Meat department



\$26 kg
SAVE \$3 kg
WAS \$29 kg



Coles Thawed Australian Raw Black Tiger Prawns From the Deli



\$15 kg
DROPPED & LOCKED
UNTIL 29 AUG 2023
WAS \$18 kg SEPT 2022



Coles Thawed Seafood Marinara Mix From the Deli



\$18 pk
SAVE \$4.68
WAS \$22.68

Tassal Smoked Salmon 250g
\$72.00 per kg. From the Dairy department

— MIX AND SAVE EVERYDAY ON YOUR — Family Favourites



Any 2 for
\$6³⁰
SAVE \$1.10

Primo Sliced Meat 80g-100g
From the Dairy department.
* See page 23 for T&Cs

ADVERTISER PROMOTION

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



\$7⁵⁰
ea

**EVERY DAY
LOW PRICE**

Danone YoPro Yoghurt 700g
\$1.07 per 100g



\$6²⁰
ea

**SAVE \$2.76
WAS \$8.96**

Jalna Greek Yoghurt 1kg
\$0.62 per 100g



\$5²⁰
ea

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

Yoplait Yoghurt 6x160g
\$0.54 per 100g



**5 for
\$4**

SAVE \$1

Yoplait Petit Miam Yoghurt
Pouch 70g \$1.14 per 100g



\$1⁹⁰
ea

**SAVE \$1.23
WAS \$3.13**

Tamar Valley Dairy The Creamery
Yoghurt 170g \$1.12 per 100g



\$5
ea

**SAVE \$2.50
WAS \$7.50**

Lo Bros Kombucha 750mL
\$6.67 per litre



\$7⁵⁰
ea

**SAVE \$3.30
WAS \$10.80**

Flora ProActiv 500g
\$1.50 per 100g



\$4⁸⁰
ea

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

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



\$5
ea

**SAVE 80¢
WAS \$5.80**

Lurpak Butter Pats 250g
\$2.00 per 100g



Pasta made with 100% Aussie durum wheat.

Our Coles Brand Chilled Pasta is made with free range eggs and no artificial flavourings or colourings, serving up a delicious meal at home for the family has never been easier.



\$4^{ea}
EVERY DAY LOW PRICE

Coles Lasagne Sheets
375g \$1.07 per 100g



\$5^{ea}
EVERY DAY LOW PRICE

Coles Beef Ravioli
600g \$0.83 per 100g



\$5^{ea}
EVERY DAY LOW PRICE

Coles Veal Tortellini
600g \$0.83 per 100g



\$5^{ea}
EVERY DAY LOW PRICE

Coles Spinach & Ricotta
Agnolotti 600g
\$0.83 per 100g



**1/2
PRICE**



**\$3⁵⁰
ea**
**SAVE \$4.06
WAS \$7.56**

Pitango Soup 600g
\$0.58 per 100g



**\$5⁶⁰
ea**
**SAVE \$3.04
WAS \$8.64**

Latina Filled Pasta 375g
\$1.49 per 100g



\$7^{ea}
**SAVE \$3.75
WAS \$10.75**

Mersey Valley Cheese
235g \$29.79 per kg



\$4^{pk}
**SAVE 86¢
WAS \$4.86**

Don Crafted Cuts Grass
Fed Roast Beef 100g
\$40.00 per kg. From the
Dairy department



**2 for
\$8**
SAVE \$2.80

Obela Garnished
Hommus Dip 220g
\$1.82 per 100g



**2 for
\$15**
SAVE \$8.66

Youfoodz Regular
Meals 300g-350g
On sale for 2 weeks



**\$3⁵⁰
ea**
**SAVE \$2.98
WAS \$6.48**

La Famiglia Garlic Bread
Slices 270g \$1.30 per 100g



\$3^{ea}
**DROPPED & LOCKED
UNTIL 31 OCT 2023
WAS \$3.50 MAY 2023**

Coles Kitchen Soup
300g \$1.00 per 100g

**Bonus
character***



**2 for
\$14**
SAVE \$1

Coles Kitchen Meals
350g \$2.00 per 100g



\$5^{pk}
**SAVE \$1.48
WAS \$6.48**

Primo Café Classics
Chicken Schnitzel 150g
\$33.33 per kg. From the
Dairy department

*See page 23 for T&Cs



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



Laughing Cow Cheese 128g \$31.25 per kg. 2nd week on sale



Babybel Mini Cheese 100g \$50.00 per kg. On sale for 2 weeks



Mil Le! Shaved Parmesan Cheese 170g \$36.47 per kg



Dare Flavoured Milk 750mL \$5.33 per litre



Oak Flavoured Milk 600mL \$4.83 per litre

Entertain with Coles



Coles Camembert or Brie 125g \$24.00 per kg



Coles Dip 200g \$1.20 per 100g



**1/2
PRICE**

\$5
ea

SAVE \$5
WAS \$10



Streets Gaytime Multi Pack 400mL
\$1.25 per 100mL



\$8
ea

SAVE \$2.50
WAS \$10.50

Streets Magnum 4 Pack
340mL-428mL or Mini Classic
6 Pack 360mL



\$6⁵⁰
ea

SAVE \$3
WAS \$9.50

Cadbury Sticks 4 Pack
300mL-360mL



\$10
ea

SAVE \$4.50
WAS \$14.50

Ben & Jerry's Tub
427mL-458mL



\$8
ea

SAVE \$4.96
WAS \$12.96

Cadbury Tub 460mL
\$1.74 per 100mL

NT-METRO-1608-23-238641



\$8
ea

SAVE \$4.96
WAS \$12.96

Sara Lee Tub 1 Litre
\$0.80 per 100mL



\$6
ea

SAVE \$2
WAS \$8

Peters Original Twin Pole 8 Pack
592mL \$1.01 per 100mL



**1/2
PRICE**



**\$5²⁵
ea**
**SAVE \$6.09
WAS \$11.34**

Birds Eye Oven Bake Fish Fillets 425g
\$12.35 per kg



**\$5²⁰
ea**
**SAVE \$1.82
WAS \$7.02**

Birds Eye Steamfresh Vegetables
400g \$13.00 per kg



**\$6⁴⁰
ea**
**SAVE \$2.24
WAS \$8.64**

Fro Pro Burrito 245g
\$2.61 per 100g



**\$7⁵⁰
ea**
**SAVE \$2.22
WAS \$9.72**

Core Powerfoods Frozen Meal
350g \$2.14 per 100g



**\$6⁵⁰
ea**
**SAVE \$3.22
WAS \$9.72**

Dr Oetker Ristorante Pizza
310g-390g



**2 for
\$12**
SAVE \$5.28

On The Menu Big Feast Meal
480g \$1.25 per 100g



**2 for
\$10**
SAVE \$9.44

McCain Ultra Thin Crust Pizza
300g-320g



**\$5⁶⁰
ea**
**SAVE \$1.96
WAS \$7.56**

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

*See page 23 for T&Cs



\$7²⁰
ea
SAVE \$2.52
WAS \$9.72

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



\$6³⁰
ea
SAVE \$2.88
WAS \$9.18

Herbert Adams Seasonal Garden
Vegetables Pastie 4 Pack 700g
\$0.90 per 100g



\$13⁵⁰
ea
SAVE \$4.75
WAS \$18.25

Patties Party Pack 30 Pieces 1.25kg
\$1.08 per 100g



\$8⁸⁰
ea
SAVE \$3.08
WAS \$11.88

Four 'N Twenty Angus Beef Pies 4 Pack 700g
\$1.26 per 100g



Any 2 for
\$15
MIX 'N SAVE
SAVE \$5.52

Patties Party 12 Pack
450g-560g



\$6⁸⁰
ea
SAVE \$2.38
WAS \$9.18

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



2 for
\$15
SAVE \$3

Coles Frozen Perform Meal
330g-340g

Catalogue on sale Wed 16th August until Tue 22nd August 2023 or until Tue 29th August where indicated. Selected specials commenced Wed 9th August.

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 Local and Coles online. Bakery items may not be available at Coles Mitchell Centre. Savings, single sell prices and unit prices shown are off Northern Territory regular selling prices. Some advertised products may already be priced below the Northern Territory 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.



\$12⁰⁷
ea

SAVE \$12.08
WAS \$24.15

Nature's Way Adult Vita Gummies Multivitamin or Vitamin C 120 Pack[^]
\$10.06 per 100 each.
2nd week on sale

\$14⁶²
ea

SAVE \$14.62
WAS \$29.24

Ostelin Calcium & Vitamin D3
Tablets or Vitamin D3 1000IU
Capsules 130 Pack[^]
\$11.25 per 100 each



Bonus character

\$27⁸²
ea

SAVE \$27.83
WAS \$55.65

Swisse Ultiboost
Odourless High Strength
Wild Fish Oil 1500mg 400
Pack[^] \$6.96 per 100 each
*See page 23 for T&Cs



**1/2
PRICE**

VITAMINS

Exclusions apply[†]



\$20⁴⁷
ea

SAVE \$20.48
WAS \$40.95

Blackmores Executive B Stress
Formula 125 Pack[^]
\$16.38 per 100 each

\$16²⁷
ea

SAVE \$16.28
WAS \$32.55

Blackmores Probiotics+ Daily
Health Capsules 30 Pack[^]
\$54.23 per 100 each



\$11⁰²
ea

SAVE \$11.03
WAS \$22.05

Caltrate Bone & Muscle Health
or Bone & Muscle 50+ 100 Pack[^]
\$11.02 per 100 each

**1/2
PRICE**

\$7⁰¹
ea

SAVE \$7.01
WAS \$14.02

Cenovis Sugarless C
500mg 160 Pack[^]
\$4.38 per 100 each



\$24⁹⁹
ea

SAVE \$10.71
WAS \$35.70

Gillette Fusion 5 Razor
Kit with 4 Blades 1 pack
\$24.99 per each.
*See page 23 for T&Cs



\$5¹⁰
ea

SAVE \$3.40
WAS \$8.50

Nivea Antiperspirant
Aerosol Deodorant
250mL \$2.04 per 100mL



\$7³⁵
ea

SAVE \$3.15
WAS \$10.50

Impulse Body Mist 150mL
\$4.90 per 100mL

**NEW
at coles
Exclusive**



[†]Excludes Berocca 15 and 30 Pack, 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.



\$3⁴¹
ea
SAVE \$3.42
WAS \$6.83

Palmolive Naturals Body Wash 500mL
\$0.68 per 100mL

\$11⁰²
ea
SAVE \$11.02
WAS \$22.05

Head & Shoulders Shampoo or Conditioner
660mL \$1.67 per 100mL



\$15⁷⁵
ea
SAVE \$15.75
WAS \$31.50

Essano Expertise Daily Hydration Shampoo or Conditioner 600mL
\$2.63 per 100mL



\$7⁷²
ea
SAVE \$3.31
WAS \$11.03

Herbal Essences Classics Shampoo or Conditioner 400mL
\$1.93 per 100mL



\$8⁴⁰
ea
SAVE \$2.10
WAS \$10.50

Revlon Colorsilk Hair Colourant 1 Pack



\$4²⁰
ea
SAVE \$1.05
WAS \$5.25

U by Kotex Regular Pads with Wings 14 Pack or Maxi Overnight Long Pads with Wings 8 Pack



\$16¹⁵
ea
SAVE \$6.95
WAS \$23.10

Bondi Sands Dark Self Tanning Foam 200mL
\$8.08 per 100mL



\$31⁵⁰
ea
SAVE \$31.50
WAS \$63

Olay Luminous Niacinamide + Vitamin C Moisturiser 50g or Super Serum 30mL
*See page 23 for T&Cs



\$22⁵⁷
ea
SAVE \$22.58
WAS \$45.15

Revlon Illuminance Skin Caring Foundation 30mL \$7.52 per 10mL



\$15¹²
ea
SAVE \$3.78
WAS \$18.90

Tom Organic Period Brief Regular or Medium Flow 1 Pack

\$11⁶¹
ea

SAVE \$4.98
WAS \$16.59

Cetaphil Baby Gentle Wash & Shampoo or Baby Daily Lotion
400mL \$2.90 per 100mL

\$26
ea

SAVE \$5.50
WAS \$31.50

BabyLove Cosifit Jumbo Nappies
54 Pack-84 Pack

\$45
ea

SAVE \$13.80
WAS \$58.80

WaterWipes Fragrance Free
Baby Wipes 540 Pack
\$0.08 per each

\$4
ea

SAVE 73¢
WAS \$4.73

Rafferty's Garden Snack Bars
Apple & Raspberry or Blueberry,
Banana & Apple 128g
\$3.13 per 100g. On sale for 2 weeks

\$1⁶⁵
ea

SAVE 61¢
WAS \$2.26

Only Organic 4+ Months,
6+ Months or 8+ Months Baby
Food Pouch 120g \$1.38 per 100g

\$18⁴⁰
ea

SAVE \$5.75
WAS \$24.15

Nestlé Nan Optipro Stage 3
Milk Drink 800g \$2.30 per 100g

TENA

THE RIGHT PROTECTION SO I CAN GET ON WITH MY DAY

Pads

NEW LOOK! NEW NAME! LONGER LASTING PRODUCT!

MINI PLUS
LONG LENGTH
16 PADS

UP TO 12 HRS DRYNESS

\$5²⁹
ea

SAVE \$1.33
WAS \$6.62

Flybuys BUY 5 GET 6th FREE

Tena Pads Mini Plus Long Length 16 Pack or InstaDry Extra Long Length 6 Pack

T&C's - Offer valid only at Coles Supermarkets and Coles Online (excludes Coles Express), until Sun 31 Dec 2023 subject to availability. To check whether Coles deliver to your area visit shop.coles.com.au. To qualify for this offer you must present your Flybuys card at the time of purchase. Products can be purchased in one or multiple transactions. No rainchecks. This offer can be redeemed multiple times and can be used in conjunction with a multi-buy offer. If free offer redemption on the 6th item is used in conjunction with a multi-buy offer, the multi-buy offer will apply first, and the free item at the multi-buy price will then be deducted from the overall transaction amount. If multiple products are purchased in the qualifying transaction, the free product will be the lesser priced item. Discounts for Coles Online will appear on your invoice within the Loyalty Discounts' total. Flybuys' privacy policy applies. Standard Flybuys terms and conditions apply and are available at flybuys.com.au.

ADVERTISER PROMOTION

1/2 PRICE

\$52⁵⁰
ea

SAVE \$2.50
WAS \$105



Oral B Pro 800 Cross Action Electric Toothbrush 1 Pack
\$52.50 per each

1/2 PRICE

\$2³⁶
ea

SAVE \$2.37
WAS \$4.73



Colgate Plax Freshmint Mouthwash 250mL
\$0.94 per 100mL

1/2 PRICE

\$3⁴¹
ea

SAVE \$3.42
WAS \$6.83



Colgate Total Advanced Clean or Whitening Toothpaste 115g
\$2.97 per 100g

*See page 23 for T&Cs

\$9⁵⁵
ea

SAVE \$4.10
WAS \$13.65



Hismile Flavoured Toothpaste 60g
\$15.92 per 100g

\$9⁰⁴
ea

SAVE \$3.88
WAS \$12.92



Sensodyne Repair & Protect Whitening or Sensitivity & Gum Extra Fresh Toothpaste 100g^
\$9.04 per 100g

\$5²⁰
ea

SAVE \$3.20
WAS \$8.40



Listerine Mouthwash Freshburst or Freshburst Zero 500mL
\$1.04 per 100mL

^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. Incorrect use could be harmful.

Take a moment for you

Indulgent, aromatic hand & body wash, enriched with Australian Native botanicals.

NOT TESTED ON ANIMALS | PALM OIL FREE | VEGAN FRIENDLY

Bosisto's AUSTRALIAN NATIVES

Wattleseed & Orange
Refreshing Hand Wash
500mL

Desert Lime & Eucalyptus
Revitalising Hand Wash Refill
1L

Banksia, Nerolina & Lavender
Moisturising Body Wash
1L

\$4⁷²
ea

SAVE \$4.73
WAS \$9.45

\$7⁸⁷
ea

SAVE \$7.88
WAS \$15.75

\$8⁴⁰
ea

SAVE \$8.40
WAS \$16.80

Bosisto's Hand Wash Pump 500mL
\$0.94 per 100mL

Bosisto's Hand Wash Refill 1 Litre
\$0.79 per 100mL

Bosisto's Body Wash Pump 1 Litre
\$0.84 per 100mL

ADVERTISER PROMOTION



\$1⁸⁰
ea

SAVE 93¢
WAS \$2.73

Whiskas Cat Food 400g
\$0.45 per 100g



\$21⁵⁰
ea

SAVE \$11.05
WAS \$32.55

Pedigree Dry Dog Food 8kg
\$0.27 per 100g



\$3⁵⁰
ea

SAVE \$1.50
WAS \$5

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



\$10
ea

SAVE \$5.23
WAS \$15.23

Felix Cat Food 12x85g
\$0.98 per 100g



\$4⁵⁰
ea

SAVE \$1.80
WAS \$6.30

Handee Ultra Paper Towel 4 Pack
\$1.88 per 100 sheets



\$9
ea

SAVE \$5.70
WAS \$14.70

Sorbent Silky White Toilet Tissue
16 Pack \$0.31 per 100 sheets.
On sale for 2 weeks.
*See page 23 for T&Cs

Transform your toilet into your home spa with

Bref^{WC}

Spa Moments

1/2 PRICE

NEW
at coles



\$5⁷⁷
ea

SAVE \$5.78
WAS \$11.55

Bref Spa Moments
Twin Pack 100g
\$5.25 per 100g

A range full of Spa Moments

ADVERTISER PROMOTION

Car insurance, with extra peace of mind



When you need us, Coles Car Insurance helps you with extra peace of mind – like a Lifetime Guarantee on all authorised repairs, access to the repairer network of Australia’s largest insurer and much more.

[Learn more](#)

coles Insurance

Policy conditions, limitations and exclusions apply. For full terms and conditions, see the Product Disclosure Statement. Any advice provided is of a general nature only and does not take into consideration your objectives, financial situation or needs. Before acting on any advice you should consider its appropriateness. Consider PDS and TMDs at colesinsurance.com.au to decide if it's right for you. Coles Supermarkets Australia Pty Ltd is an authorised representative of the issuer Insurance Australia Limited (ABN 11 000 016 722) (AFSL 227681).

1/2 PRICE

DÉCOR MICROSAFE

Exclusions apply †



\$3¹⁰
ea

SAVE \$3.10
WAS \$6.20

Décor Microsafe Easy Heat
Container 800mL



\$3²⁵
ea

SAVE \$3.25
WAS \$6.50

Décor Microsafe Easy Heat
Container 900mL



\$8²⁵
ea

SAVE \$8.25
WAS \$16.50

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

†Excludes clearance items



\$11²⁰
ea

SAVE \$4.80
WAS \$16

Sharpie Markers Fine Tip Assorted
12 Pack On sale for 2 weeks



\$12
ea

SAVE \$3
WAS \$15

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



\$4⁴⁰
ea

SAVE \$1.10
WAS \$5.50

Smash Leak Proof Snack Box



\$8
ea

Hallmark Father's Day Card
Range may vary by store.
While stocks last. No rainchecks



\$5
ea

Can Cooler
Assorted designs.
While stocks last. No rainchecks

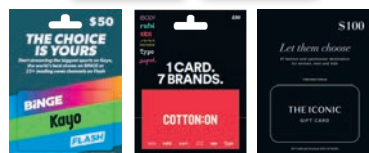


\$8
ea

Desktop Fishing or
Desktop Putting Game
While stocks last. No rainchecks

10% OFF

**Event Cinemas,
Gourmet Traveller,
Streamotion,
Cotton On
& The Iconic
Gift Cards**



Limit 5 Gift Cards per customer. Offer valid only in store at Coles Supermarkets (excludes Coles Online, Coles Express and purchases via giftcards.com.au), subject to store availability. While stocks last, no rainchecks. Offer valid from 16/8/23 to 22/8/23. Refer to individual Gift Card for terms and conditions.

NT-METRO-1608-23-238641

Prepaid deals



Free
\$35 SIM



Optus X Start 3

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



Free
\$35 SIM



Optus X Sight 2

- 6" display
- 5MP camera
- Octa-core processor



Free
\$35 SIM



Optus X Delight

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



Free
\$35 SIM



moto e13

- Dolby Atmos® and 6.5" HD+ screen
- 5,000mAh battery
- Slim, light and stylish



Free
\$35 SIM

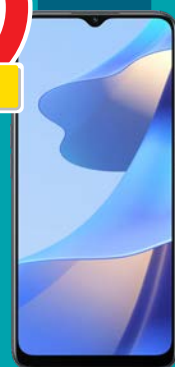


Optus X Max

- 50MP triple AI camera
- 5,000mAh battery
- Google Wallet via NFC



Free
\$35 SIM



OPPO A16s

- Triple AI camera
- 5,000mAh battery
- Google Pay via NFC

yes OPTUS

Switch to Optus at Coles today

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 2 and Optus X Delight offers end 22/8/23. Optus X Start 3, moto e13 and OPPO A16s offers end 29/8/23. Optus X Max offer ends 5/9/23. **Free \$35 SIM:** Included \$35 SIM for activation on available \$35 plans only. Speed caps apply. See optus.com.au/prepaidplans for full plan details. New services only. **Coverage:** Coverage varies, see optus.com.au/coverage **Compatibility:** Devices are network locked. For unlocking fees see optus.com.au/unlock **General:** Limit of one per customer. No rainchecks.

ADVERTISER PROMOTION

Telstra Pre-Paid feel the freedom.



\$79^{ea}
RRP \$99

Telstra Essential 2
• 5" display
• 5MP rear camera +2MP front camera



\$189^{ea}
RRP \$229

Nokia G11 Plus
• 6.5" HD+ display
• Dual rear camera (50MP+2MP) +8MP front camera



\$22^{ea}
SAVE \$23 WAS \$45

Telstra \$45 SIM Kit
• 45GB on first 3 recharges, 25GB from fourth
• 28 days expiry
• For new customers only



1/2 PRICE

Join Australia's first carbon neutral telco

\$17^{ea}
SAVE \$18 WAS \$35

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



1/2 PRICE

Speed Caps: Download speeds on our 4G & 5G networks are capped at 150Mbps for Telstra and Boost, (and 100Mbps for Belong,) on most recharges. Typical speeds will be slower and will vary due to various factors.

boost Premium Refurbished

\$249^{ea}
RRP \$499



iPhone SE 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

\$45 SIM Pack

\$17^{ea}
SAVE \$28 WAS \$45



BETTER THAN 1/2 PRICE

28 Day Expiry

65GB

65GB on first 3 recharges.
35GB from 4th recharge.
New Customers only.
All for use in Aus

Speed capping: 4G download speeds are capped at 150Mbps on most plans. Your speed cap is the maximum potential download speed for data included in your recharge. Typical speeds will be lower and speeds may vary due to various factors like your location, device and network congestion. An unlocking fee may apply for use with a non-Telstra SIM card. Limit 1 per customer and no trade sales. 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. Google, Google Play, Chrome and other marks are trademarks of Google Inc. Blue Tick lets you know which phones are recommended for handheld coverage in rural areas. **Telstra Pre-Paid Mobile:** First recharge by 25 September, remaining recharges by 27 November 2023. **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. Telstra 5G now reaches 80% of Australians. Compatible device required. Roll over unused data when you recharge \$10-\$60 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:** For use in Australia. Calls and texts to standard landline and mobile numbers. 4G and 5G download speeds capped at 100 Mbps. **Boost:** For new customers only who activate the \$45 SIM pack before 25 Sept 2023, with the remaining 2 recharges by 27 Nov 2023. Value SIM pack includes first recharge. Service provided by Telstra Corporation Ltd ABN 33 051 775 556. For personal use only. Telstra FairPlayPolicy applies

ADVERTISER PROMOTION

365 day expiry

coles mobile

60GB

\$120

Unlimited standard national talk & text

Unlimited standard international calls to 15 selected destinations

fits any mobile (standard, micro and nano)

POWERED BY OPTUS

\$99_{ea}

SAVE \$21 WAS \$120

Coles Mobile \$120 SIM

• 60GB, 365 day expiry

365 day expiry

coles mobile

200GB

\$200

Unlimited standard national talk & text

Unlimited standard international calls to 15 selected destinations

NEW CUSTOMERS ONLY
SIM fits any mobile (standard, micro and nano)

POWERED BY OPTUS

\$169_{ea}

SAVE \$31 WAS \$200

Coles Mobile \$200 SIM

• 200GB, 365 day expiry

15% OFF

iPhone

\$199_{ea}

RRP \$429

iPhone 8 64GB Premium Refurbished

• Network unlocked

BETTER THAN 1/2 PRICE

50GB

\$40

5G

RAID SIM

\$15_{ea}

SAVE \$25 WAS \$40

Vodafone \$40 Prepaid Starter Pack

• 50GB data on first three Prepaid Plus recharges

BETTER THAN 1/2 PRICE

40GB

\$30

\$10_{ea}

SAVE \$20 WAS \$30

Optus \$30 Prepaid Starter Pack

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

30 day expiry

coles mobile

15GB

\$20

POWERED BY OPTUS

\$10_{ea}

RRP \$20

Coles Mobile \$20 SIM

• 15GB, 28 day expiry

\$229_{ea}

SAVE \$20 WAS \$249

Telstra Samsung Galaxy A14

• 6.6" FHD+ display

• 50MP triple rear camera

\$129_{ea}

RRP \$149

Telstra Nokia C30

• 6.82" HD+ display

• 13MP dual rear camera

\$99_{ea}

SAVE \$30 WAS \$129

Telstra Essential Pro 3

• 6.52" HD+ display

• 13MP dual rear camera

\$59_{ea}

RRP \$79

Telstra Essential Smart 2.1

• 5" display

• 5MP rear camera

General: Excluding iPhones, all devices are network locked, unlocking fees may apply. **iPhone Refurbished:** While stocks last, no rainchecks. Colour availability may vary between stores. **Vodafone \$40 SIM:** Value SIM includes 1st recharge. 4th recharge gives 20GB standard data. For use in AU within 28 days. New customers only. **Optus \$30 SIM:** Value SIM includes 1st recharge. 28 day expiry. 4th recharge gives you 10GB standard data. New customers only. **Coles Mobile \$20 SIM:** For use in AU within 28 days. New services only. **Coles Mobile \$120 & \$200 SIM:** For use in AU within 365 days. New services only.

NT-METRO-1608-23-238641

45

coles

BestBuys

ONLINE
EXCLUSIVES

FREE
DELIVERY

Shop now

Treat Dad
Father's Day

3 September

\$1359^{ea}



Back heating
function

Livemor Zero Gravity Recliner Shiatsu Electric Massage Chair

3x speed and intensity levels, 9x targeted massage modes, calf and foot roller massage. Built-in wheels.



\$189^{ea}



360° massage

Livemor Foot And Calf Leg Massager

8x massage discs for feet, 4x discs for calves. 4x powerful motors, 3x intensity levels, 15-minute auto shut-off.

\$579^{ea}



e-Zumi 4K Smart Home Theatre Projector

Portable, perfect for movies and gaming, built-in stereo, WiFi.

\$429^{ea}



1 year
warranty

Premium Refurbished Apple iPhone 11 64GB

Unlocked. Includes AC wall adaptor and charging cable. *T&C's apply.

Laptop not included

\$449^{ea}



Folds flat

Triple Screen Laptop Monitor

Designed for 13-16" laptops. Foldable screen extends your laptop to multiscreen and differential screen display. 12" full HD 1080P IPS panel.

\$179^{ea}



OROTEC Airlight 15.6" Full HD Monitor

Portable, HD 1920 x 1080, built-in dual speakers, aspect ratio 16:9, mini HDMI port.

On sale Monday 14/08/23 to Sunday 27/08/23. 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. *While stocks last, colours vary, 30 day satisfaction guarantee. Further details available on the website.

coles

BestBuys

Online Exclusives

WHILE
STOCKS
LAST!

French
door
design

\$189_{ea}



60 minute
timer

Kitchen Couture 25 Litre Air Fryer Oven

22x preset cooking functions, air circulation technology, automatic shut-off function.



\$239_{ea}



Bluetooth

Crosley Lancaster Turntable

Play 33 1/3, 45 and 78 RPM records, CD and cassette player. 20x track memory. Includes AUX input and headphone jack.



\$279_{ea}

**Xiaomi Mi Smart
Air Purifier 4 Pro**

Pet hair and pollen
filtration, OLED display,
35-60m² effective
coverage area.

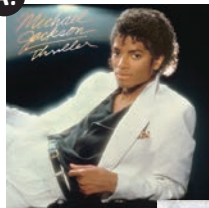


\$79_{ea}

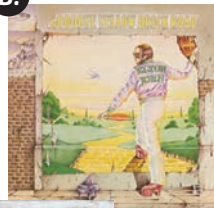
**Xiaomi Mi Electric
Toothbrush T700**

Specially designed for
sensitive teeth, soft and
non-irritant bristles.

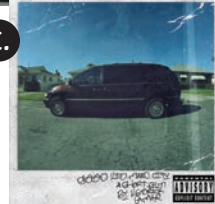
A.



B.



C.



\$59_{ea}

Vinyl Album Assortment

A. Thriller Michael Jackson

B. Elton John Goodbye Yellow Brick Road
Remastered, double vinyl album.

C. Kendrick Lamar Good Kid, M.A.A.D City
Double vinyl album.

\$359_{ea}



Queen size

Osteopedic Euro Top Mattress

Medium-firm, hybrid pocket spring with euro-top padding foam layers. 400GSM knitted jacquard cover and micro-quilting design. Zero partner disturbance technology.

On sale Monday 14/08/23 to Sunday 27/08/23. 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.

LIQUORLAND

Entertaining LANDED

Planning a dumpling dinner at home?
We have the beers that will pair perfectly.

PRICE DROP

NOW
\$54^{ea}

WAS \$60 (07/2023)



Hahn Super
Dry 3.5 Bottles
24x330mL

**24
PACK**

NOW
\$55^{ea}

WAS \$62 (07/2023)



Sapporo
Bottles
24x355mL

**24
PACK**

NOW
\$62^{ea}

WAS \$69 (07/2023)



Victoria Bitter
Block Cans
30x375mL

**30
PACK**

NOW
\$66^{ea}

WAS \$67 (07/2023)



Coopers
Sparkling Ale
Bottles
24x375mL

**24
PACK**

NOW
\$15^{ea}

WAS \$23 (08/2023)



Botter
Prosecco DOC

NOW
\$17^{ea}

WAS \$24 (06/2023)



Taylors Estate
Cabernet
Sauvignon

NOW
\$19^{ea}

WAS \$27 (08/2023)



Nepenthe
Elevation
Sauvignon
Blanc

NOW
\$21^{ea}

WAS \$26 (08/2023)



Pepperjack
Barossa Shiraz

Offers apply from 16/08/23 until 22/08/23 while stocks last. Prices may vary in regional areas. Some products and offers may not be available in all stores. Save statements are based on the lowest of the regular single selling price across our Northern Territory Metro stores. All wine, sparkling and champagne bottles are 750mL unless otherwise stated. All spirits are 700mL unless otherwise stated. Not valid in conjunction with any other offer. Price available on products featured in the multiples specified. Retail limits apply. Liquor and tobacco not sold to under 18's. Not all promotions available online. All liquor products are sold and supplied by Liquorland (Australia) Pty Ltd. To view our terms and conditions including licence numbers visit www.liquorland.com.au

DARK SPIRITS



~~\$54~~
\$54^{ea}

Jim Beam
Black
Extra-Aged
Kentucky
Straight
Bourbon



~~\$56~~
\$56^{ea}

Johnnie
Walker
Black Label
12YO Scotch
Whisky



~~\$61~~
\$61^{ea}

Spearhead
Single
Grain
Scotch
Whisky



~~\$71~~
\$71^{ea}

Bushmills
10YO Irish
Malt
Whiskey

WHITE SPIRITS



~~\$54~~
\$54^{ea}

Pure Origin
Tasmanian
Gin



~~\$56~~
\$56^{ea}

Haku
Vodka



~~\$56~~
\$56^{ea}

Whitley Neill
Raspberry
Gin



~~\$69~~
\$69^{ea}

Malfy Gin
Con
Arancia

PRE-MIXED



~~\$24~~
\$24^{ea}

Fireball & Cola
6.6% Cans
4x355mL

4
PACK



~~\$24~~
\$24^{ea}

-196 Double
Lemon & Vodka
Cans 4x330mL

4
PACK



~~\$44~~
\$44^{ea}

Woodstock
Bourbon & Cola
4.8% Cans
10x375mL

10
PACK



~~\$51~~
\$51^{ea}

Ned Australian
Whisky & Cola
Cans 10x375mL

10
PACK

WINE



~~\$17~~
\$15^{ea}

Stoneleigh
Marlborough
Sauvignon
Blanc



~~\$25~~
\$16^{ea}

Wirra Wirra
McLaren Vale
Vineyards
Shiraz



PRICE DROP
NOW
\$21^{ea}

WAS \$28 (07/2023)

Sensi
Prosecco
DOC
18K Gold



~~\$30~~
\$23^{ea}

The Shadow
Adelaide Hills
Pinot

Choose to
DrinkWise.



Liquorland Supports
the Responsible
Enjoyment of Alcohol

Shop
Online

Click &
Collect

Home
Delivery