



Contactless  
collect



Contactless  
delivery



Shop  
in store

# coles

life space  
LIFE SUPPLEMENTS

CENOVIS

Swisse

VÖÖST  
LIFE SUPPLEMENTS

Nature's Way

Nature's Own

BLACKMORES

## VITAMINS

Exclusions apply †



\$15<sub>ea</sub>

SAVE \$15  
WAS \$30

Nature's Way Kids Smart  
Vita Gummies 120 Pack<sup>^</sup>  
\$12.50 per 100 each.  
2nd week on sale



\$23<sub>ea</sub>

SAVE \$23  
WAS \$46

Swisse Ultiboost Magnesium  
200 Pack<sup>^</sup> \$11.50 per 100  
each. On sale for 2 weeks.  
\*See page 23 for T&Cs

# 1/2 PRICE



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

SAVE \$7.50  
WAS \$15

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



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

SAVE \$2.25  
WAS \$4.50

Muscle Nation Custard  
Protein Bars 60g  
\$3.75 per 100g

## DIET & SPORTS NUTRITION

Exclusions apply †

MUSCLENATION

MUSASHI  
THE WAY



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.

<sup>^</sup>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



© & TM DC. (s23)

# 1/2 PRICE

## DIET & SPORTS NUTRITION

Exclusions apply †



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

**SAVE \$18.50**  
WAS \$36

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



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

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

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



**\$22<sup>50</sup>**  
ea

**SAVE \$22.50**  
WAS \$45

**Rapid Loss Meal Replacement Shake** 740g \$3.04 per 100g.  
2nd week on sale



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

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

**Crankt Premium Protein Shake**  
400mL \$0.69 per 100mL



**\$11**  
ea

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

**Naturopathica Fat Blaster Weight Loss Shake** 430g  
\$2.56 per 100g



**\$26**  
ea

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

**Vital Strength Whey Protein**  
Vanilla Powder 720g  
\$3.61 per 100g



**\$8**  
ea

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

**Macro Mike Powdered Peanut Butter** 156g \$5.13 per 100g



**\$20**  
ea

**SAVE \$20**  
WAS \$40

**Dose & Co. Pure Collagen**  
Unflavoured 200g \$10.00 per 100g



**\$24**  
ea

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

**Cellucor C4 Sport Powder** 285g  
\$8.42 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.

# 1/2 PRICE

## DIET & SPORTS NUTRITION

Exclusions apply †



**\$27<sup>50</sup>**  
ea

**SAVE \$27.50**  
WAS \$55

BSc Bodyscience Protein Powder 800g-900g



**\$14**  
ea

**SAVE \$14**  
WAS \$28

BSc Bodyscience Pure Creatine 200g \$7.00 per 100g



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

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

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



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

**SAVE \$2.80**  
WAS \$5.60

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



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

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

Clif Energy Bars 68g \$2.57 per 100g



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

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

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



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

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

Musashi Protein Choc Block 120g \$2.92 per 100g



**\$5**  
ea

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

Aussie Bodies Lo Carb Whipped Protein Bars 120g \$4.17 per 100g



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

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

Muscle Nation Protein Chocolate 100g \$4.25 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.





**\$2.40**  
ea  
**SAVE \$2.40**  
WAS \$4.80

Quest Protein Bars  
60g \$4.00 per 100g

**1/2 PRICE**

**DIET & SPORTS NUTRITION**  
Exclusions apply †

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

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

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

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



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

Crankt Protein + Energy Bars 60g  
\$3.75 per 100g

**\$3**  
ea  
**SAVE \$3**  
WAS \$6

Musashi High Protein Bars 90g  
\$3.33 per 100g

**\$1.50**  
ea  
**SAVE \$1.50**  
WAS \$3

Maxine's Burn Bars 40g  
\$3.75 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**

**1/2 PRICE**

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

Muscle Nation Protein Jelly 30g  
\$7.50 per 100g



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

Muscle Nation Protein Water 300g  
\$5.83 per 100g



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

Muscle Nation Jelly Protein Bars 40g \$5.63 per 100g



**MUSCLENATION**

ADVERTISER PROMOTION



# 1/2 PRICE

## VITAMINS

Exclusions apply †



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

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

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



**\$12<sup>50</sup>**  
ea

**SAVE \$12.50**  
WAS \$25

Berocca Energy Original Berry or Orange Effervescents 45 Pack \$27.78 per 100 each



**\$27**  
ea

**SAVE \$27**  
WAS \$54

**Bonus character!**

Swisse Ultivite Men's or Women's Multivitamin 100 Pack \$27.00 per 100 each. \*See page 23 for T&Cs



**\$16**  
ea

**SAVE \$16**  
WAS \$32

Life Space Broad Spectrum Probiotic or Probiotic for 60+ Years 40 Pack \$40.00 per 100 each



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

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

**NEW at coles**

SUP Shots 50mL \$4.50 per 100mL



**\$16<sup>50</sup>**  
ea

**SAVE \$16.50**  
WAS \$33

**NEW at coles**

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



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

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

**NEW at coles**

Voost + Effervescent 20 Pack \$37.50 per 100 each



**\$15**  
ea

**SAVE \$15**  
WAS \$30

**NEW at coles**

Haircarebear Hair Gummies 60 Pack or Chocolate Probiotics 50 Pack



**\$20**  
ea

**SAVE \$20**  
WAS \$40

**NEW at coles**

Blackmores Bio Magnesium 150 Pack \$13.33 per 100 each



**\$6**  
ea

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

**NEW at coles**

Nature's Own Effervescent Collagen + Skin Support 20 Pack \$30.00 per 100 each



**\$11<sup>75</sup>**  
ea

**SAVE \$11.75**  
WAS \$23.50

**NEW at coles**

Cenovis Chewable Immune Vitamin C + Zinc 120 Pack \$9.79 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 \$1.45**  
WAS \$2.90

John West Deli Tuna  
90g or Salmon  
Templers 95g



**\$2.75**  
ea

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

Cadbury Dairy Milk  
Block Chocolate  
Varieties 160g-190g



**\$2**  
ea

**SAVE \$2**  
WAS \$4

Gatorade or G Active Sports Drink 600mL  
\$3.33 per litre



**\$23.50**  
ea

**SAVE \$23.50**  
WAS \$47

Fairy Platinum Plus Dishwashing Tablets  
28 Pack or Platinum 41 Pack



**\$2.35**  
ea

**SAVE \$2.35**  
WAS \$4.70

Thins Potato Chips 150g-175g

**1/2  
PRICE**



**\$20.90**  
ea

**SAVE \$13.95**  
WAS \$34.85

Pepsi Max or Solo Soft Drink 24x375mL  
\$2.32 per litre

**87¢  
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



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

**SAVE \$1.10**  
WAS \$2.20

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



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

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

Cadbury or Europe Bites Varieties  
110g-160g



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

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

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



**\$1<sup>35</sup>**  
ea

**SAVE \$1.35**  
WAS \$2.70

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



**\$1<sup>62</sup>**  
ea

**SAVE \$1.63**  
WAS \$3.25

Cheezels 125g  
\$1.30 per 100g



**\$2<sup>20</sup>**  
ea

**SAVE \$2.20**  
WAS \$4.40

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



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

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

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 \$10.56 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  
\$1.55 per 100mL



iON Laundry Capsules 36 Pack  
\$0.40 per each.  
On sale for 2 weeks

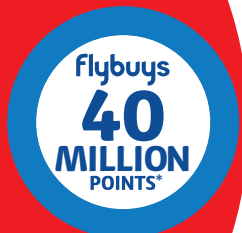


Sard Laundry Stain Remover  
Powder 900mL-1kg



Bref Twin Pack 100g  
\$5.50 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](http://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)

The Advertiser

Find me  
inside!



## FREE

limited edition collector poster

when you buy The Advertiser  
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. (s23)

**HUGGIES**

**\$17**  
ea  
**SAVE \$5**  
WAS \$22

Huggies Bulk Nappy Pants  
24 Pack-36 Pack



**HUGGIES**

**\$11**  
ea  
**SAVE \$1**  
WAS \$12

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



**DOLMIO**

**\$3<sup>50</sup>**  
ea  
**DROPPED & LOCKED**  
UNTIL 29 AUG 2023  
WAS \$4.15 SEPT 2022

Dolmio Pasta Bake Sauce  
490g-495g



**coles**  
**SUPER HERO**  
**BUILDERS**  
**Bonus**  
**character\***

**MasterFoods**

**\$2<sup>50</sup>**  
ea  
**SAVE \$1.30**  
WAS \$3.80

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**

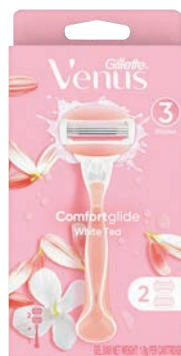
**1/2  
PRICE**

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



Gillette Lab Mens Razor Kit  
with 2 Blades  
\$20.00 per each

**Gillette**



**\$12<sup>25</sup><sup>ea</sup>**  
**SAVE \$5.25**  
**WAS \$17.50**

Gillette Venus White Tea  
Comfortglide Razor Kit  
with 2 Blades 1 Pack  
\$12.25 per each



**finish**

**\$28<sup>80</sup><sup>ea</sup>**  
**SAVE \$19.20**  
**WAS \$48**



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

**finish**

**1/2  
PRICE**

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



Finish Dishwasher Freshener  
1 Pack

\*See page 23 for T&Cs

# 100% Aussie Citrus



Coles Australian Lemons  
5 Pack \$0.58 per lemon



Australian Murcott Mandarins



Australian Cara Cara Oranges



Australian Amour Mandarins

SA-METRO-1608-23-238641



Australian Minneola Tangelos



Australian Ruby Red Grapefruit



# 100% Aussie Kanzi Apples

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

Australian Kanzi Apples



**\$2<sup>90</sup>**  
ea



Coles Australian Baby Broccoli Bunch

**1/2 PRICE**



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

SAVE \$4  
WAS \$8

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



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



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



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



Australian Green Zucchini



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

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<sub>kg</sub>**

**DROPPED & LOCKED**  
UNTIL 29 AUG 2023  
WAS \$21<sub>kg</sub> JUN 2023

Coles Australian Pork Spare Ribs  
Product sold uncooked



**\$11<sup>50</sup><sub>pk</sub>**

**SAVE \$1.50**  
WAS \$13

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



**\$16<sup>50</sup><sub>kg</sub>**

**SAVE \$1.50<sub>kg</sub>**  
WAS \$18<sub>kg</sub>

Coles RSPCA Approved Chicken  
Tenderloins



**\$21<sub>kg</sub>**

**SAVE \$7<sub>kg</sub>**  
WAS \$28<sub>kg</sub>

Coles Australian Lamb Loin Chops



**\$15<sub>kg</sub>**

**SAVE \$3<sub>kg</sub>**  
WAS \$18<sub>kg</sub>

Coles No Added Hormones Beef  
Roast Topside



**\$11<sub>pk</sub>**

**SAVE \$1**  
WAS \$12

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



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

**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

**\$13<sub>ea</sub>**

**EVERY DAY LOW PRICE**

Coles Southern Style Hot Roast  
RSPCA Approved Chicken From the Deli

**\$160<sub>PER 100g</sub>**

**\$16<sub>kg</sub>**

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

Primo Rindless Short Cut Bacon  
From the Deli

**\$265<sub>PER 100g</sub>**

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

**SAVE \$7.50<sub>kg</sub>**  
WAS \$34<sub>kg</sub>

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

**\$295<sub>PER 100g</sub>**

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

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

Don Hungarian Salami  
From the Deli

**\$320<sub>ea</sub>**

**SAVE 60¢**  
WAS \$3.80

Primo Spanish Style Chorizo  
From the Deli

**\$590<sub>pk</sub>**

**SAVE \$1**  
WAS \$6.90

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

**\$15<sub>ea</sub>**

**LOCKED**  
UNTIL 29 AUG 2023

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

Serving suggestion only

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

**SAVE \$6<sub>kg</sub>**  
WAS \$31<sub>kg</sub>

**\$250<sub>PER 100g</sub>**

Don Premium Melosi Leg Ham  
From the Deli





**1/2  
PRICE**



**\$2<sup>20</sup>**  
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



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

**EVERY DAY  
LOW PRICE**

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



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

**SAVE 70¢**  
WAS \$5.20

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



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

**SAVE 30¢**  
WAS \$2.80

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



**\$2<sup>70</sup>**  
ea

**EVERY DAY  
LOW PRICE**

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



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

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

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



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

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

**SAVE 50¢**  
WAS \$7

Coles Finest by Laurent  
Sourdough Vienna  
Selected stores only





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

**SAVE 50¢**  
WAS \$5

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



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

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

**Simson's Pantry Wraps 445g-528g**



**\$3<sup>20</sup>**  
ea

**SAVE 30¢**  
WAS \$3.50

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



**\$3<sup>40</sup>**  
pk

**SAVE 50¢**  
WAS \$3.90

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



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



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

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

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



**MOST SATISFIED CUSTOMERS**  
**FLATBREAD & WRAPS 2022**



**ADVERTISER PROMOTION**



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

**SAVE \$1.10**  
WAS \$6

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



**\$4<sup>20</sup>**  
ea

**SAVE \$1.80**  
WAS \$6

Tyrrells Crisps 150g-165g



**2 for \$6**

**SAVE \$2**

Arnott's Shapes Crackers  
160g-190g



**2 for \$6**

**SAVE \$3**

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



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

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

Arnott's Tim Tam Biscuits  
165g-200g



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

**SAVE \$1.40**  
WAS \$6.90

Whittaker's Block  
Chocolate Varieties  
200g-250g



**\$7**  
ea

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

Lindt Lindor Bag  
121g-125g



**\$4<sup>20</sup>**  
ea

**SAVE \$1.80**  
WAS \$6

Nutella Cream Biscuits  
193g \$2.18 per 100g



**\$3<sup>35</sup>**  
ea

**SAVE \$1.45**  
WAS \$4.80

Doritos Corn Chips  
150g-170g



**2 for \$3**

**SAVE \$1**

Poppin Microwave  
Popcorn 85g-100g



**1/2  
PRICE**



**ONLY  
at coles**



**\$1.50  
ea**  
**SAVE \$1.50  
WAS \$3**

**Splits Squares Crackers**  
70g \$2.14 per 100g

**1/2  
PRICE**



**\$2  
ea**  
**SAVE \$2  
WAS \$4**

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



**\$2.40  
ea**  
**SAVE \$1.60  
WAS \$4**

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



**\$3  
ea**  
**SAVE \$1.50  
WAS \$4.50**

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



**\$2.80  
ea**  
**SAVE 70¢  
WAS \$3.50**

**Eclipse Mints** 40g  
\$7.00 per 100g



**\$1.25  
ea**  
**SAVE 35¢  
WAS \$1.60**

**Mentos Single Roll** 37.5g  
\$3.33 per 100g



**\$17  
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

**\$2**  
ea

**SAVE \$2**  
WAS \$4

Gatorade or G Active Sports Drink 600mL  
\$3.33 per litre

**\$6<sup>87</sup>**  
ea

**SAVE \$6.88**  
WAS \$13.75

Wallaby Still Water 6x375mL  
\$3.05 per litre



**\$8<sup>40</sup>**  
ea

**SAVE \$3.60**  
WAS \$12

Red Bull Energy Drink  
4x250mL \$8.40 per litre



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

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

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



**\$3<sup>30</sup>**  
ea

**SAVE \$2.20**  
WAS \$5.50

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



**90¢**  
PER CAN

**\$26<sup>90</sup>**  
ea

**SAVE \$18**  
WAS \$44.90

Coca-Cola Soft Drink  
30x375mL \$2.39 per litre



**\$1<sup>65</sup>**  
ea

**SAVE \$1.15**  
WAS \$2.80

Schweppes Mixers, Soft  
Drink or Mineral Water  
1.1 Litre \$1.50 per litre



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

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

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



**\$9<sup>60</sup>**  
ea

**SAVE \$6.40**  
WAS \$16

V Energy Drink 4x500mL  
\$4.80 per litre



**2 for  
\$18<sup>20</sup>**

**SAVE \$10.70**

Monster Energy Drink  
4x500mL \$4.55 per litre





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

**SAVE \$1.45**  
WAS \$4.70

CC's Corn Chips 175g or  
Cornados 110g



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

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

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



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

**SAVE \$1.20**  
WAS \$4

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



**\$9<sup>65</sup><sub>ea</sub>**

**SAVE \$6.45**  
WAS \$16.10

Coca-Cola, Fanta or Sprite Soft  
Drink or Mount Franklin Lightly  
Sparkling Water 10x375mL  
\$2.57 per litre



**2 for \$7**

**SAVE \$2.60**

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



**2 for \$7**

**SAVE \$1.80**

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

# FIND THE TICKET & WIN

PLUS A TRIP TO SEE THE MATILDAS PLAY TO BE WON

# \$1,000

**ONLY**  
at coles



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

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

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**

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](http://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**



**\$2<sup>85</sup>**  
ea  
**SAVE \$2.85**  
WAS \$5.70

Passage to India Simmer Sauce 375g  
\$0.76 per 100g

**\$4<sup>15</sup>**  
ea  
**SAVE \$4.15**  
WAS \$8.30

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



**\$2<sup>80</sup>**  
ea  
**SAVE 70¢**  
WAS \$3.50

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



**\$2<sup>80</sup>**  
ea  
**SAVE 70¢**  
WAS \$3.50

Heinz Baked Beans or Spaghetti  
535g-555g



**\$4**  
ea  
**SAVE \$3.50**  
WAS \$7.50

Patak's Curry Paste 283g-312g



**\$4<sup>80</sup>**  
ea  
**SAVE \$1.20**  
WAS \$6

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



**\$4**  
ea  
**DROPPED & LOCKED**  
UNTIL 29 AUG 2023  
WAS \$4.50 MAY 2023

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





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

Continental Cup A Soup  
2 Serve 50g-75g

**\$2<sup>25</sup>**  
ea  
**SAVE \$2.25**  
WAS \$4.50

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



Maggi 2 Minute Noodles 5 Pack  
335g-380g

Ben's Flavoured Rice Pouch  
240g-250g

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



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

Nestlé Cooking Chocolate  
180g- 290g

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](https://coles.com.au/superheroterms) JUSTICE LEAGUE and all related characters and elements © & TM DC. (s23)



SAVE \$3.25  
WAS \$6.50

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



SAVE \$3.50  
WAS \$7

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



SAVE \$2.50  
WAS \$9

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



SAVE \$1  
WAS \$3

Twinings Tea Bags  
10 Pack \$0.20 per each



SAVE \$2  
WAS \$10

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



SAVE \$1  
WAS \$4.50

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



SAVE \$2  
WAS \$5

Nice & Natural Nut Bars  
180g-192g



SAVE \$2.90  
WAS \$9.40

Nestlé Milo 460g  
\$1.41 per 100g



DROPPED & LOCKED  
UNTIL 10 OCT 2023  
WAS \$5.30 APR 2023

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



SAVE \$2.25  
WAS \$7.50

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





**1/2  
PRICE**

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

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

Pic's Peanut Butter 380g  
\$0.99 per 100g



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

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

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



**\$12<sup>50</sup>  
ea**

**SAVE \$3.50  
WAS \$16**

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



**Bonus  
character\***

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

**SAVE \$1.80  
WAS \$7**

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



**\$18<sup>ea</sup>**

**SAVE \$8  
WAS \$26**

Nescafé Blend 43 500g  
or Gold 400g

\*See page 23 for T&Cs



**\$24<sup>50</sup>  
ea**

**SAVE \$10.50  
WAS \$35**

Grinders Coffee Beans  
1kg \$2.45 per 100g



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

**EVERY DAY  
LOW PRICE**

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



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

**SAVE \$2  
WAS \$7.50**

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



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

**SAVE \$2  
WAS \$4.50**

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

coles

# overnight chia pudding just add milk

NEW  
at coles



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

EVERY DAY  
LOW PRICE

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





**\$14<sup>40</sup>**  
ea

**SAVE \$3.60**  
WAS \$18



Moro Olive Oil 1 Litre  
\$1.44 per 100mL



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

**SAVE 45¢**  
WAS \$2.20

SPC Baked Beans or Spaghetti  
420g-425g

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

**SAVE \$2**  
WAS \$9.50



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

**\$4**  
ea

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



Fehlbegs Sandwich Stackers 500g  
\$8.00 per kg. On sale for 2 weeks

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

**SAVE 55¢**  
WAS \$2.30



Mutti Polpa Chopped Tomatoes  
400g \$4.38 per kg

**\$4**  
ea

**DROPPED & LOCKED**  
UNTIL 29 AUG 2023  
WAS \$4.50 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](https://coles.com.au/superheroterm)

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



**\$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 \$3  
WAS \$21

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

— MIX AND SAVE EVERYDAY ON YOUR —

# Family Favourites



Any 2 for  
**\$6<sup>30</sup>**  
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**





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

**EVERY DAY  
LOW PRICE**

Danone YoPro Yoghurt 700g  
\$1.07 per 100g



**\$6<sup>20</sup>**  
ea

**SAVE \$2.10  
WAS \$8.30**

Jalna Greek Yoghurt 1kg  
\$0.62 per 100g



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



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

**SAVE \$1  
WAS \$2.90**

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



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

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

Flora ProActiv 500g  
\$1.50 per 100g



**\$4<sup>80</sup>**  
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<sup>ea</sup>**  
**EVERY DAY LOW PRICE**

Coles Lasagne Sheets  
375g \$1.07 per 100g



**\$5<sup>ea</sup>**  
**EVERY DAY LOW PRICE**

Coles Beef Ravioli  
600g \$0.83 per 100g



**\$5<sup>ea</sup>**  
**EVERY DAY LOW PRICE**

Coles Veal Tortellini  
600g \$0.83 per 100g



**\$5<sup>ea</sup>**  
**EVERY DAY LOW PRICE**

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





**1/2  
PRICE**



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

Pitango Soup 600g  
\$0.58 per 100g



**\$5<sup>60</sup>  
ea**  
**SAVE \$2.40  
WAS \$8**

Latina Filled Pasta 375g  
\$1.49 per 100g



**\$7<sup>ea</sup>**  
**SAVE \$2.95  
WAS \$9.95**

Mersey Valley Cheese  
235g \$29.79 per kg



**\$4<sup>pk</sup>**  
**SAVE 50¢  
WAS \$4.50**

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



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

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



**2 for \$15**  
**SAVE \$6.90**

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



**\$3<sup>50</sup>  
ea**  
**SAVE \$2.50  
WAS \$6**

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



**Bonus character**

**\$3<sup>ea</sup>**  
**DROPPED & LOCKED  
UNTIL 31 OCT 2023  
WAS \$3.50 MAY 2023**

Coles Kitchen Soup 300g \$1.00 per 100g



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

Coles Kitchen Meals 350g \$2.00 per 100g



**\$5<sup>pk</sup>**  
**SAVE \$1  
WAS \$6**

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

\*See page 23 for T&Cs



**\$6** ea  
**SAVE \$1.50**  
 WAS \$7.50

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



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

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



**\$5** ea  
**SAVE \$1.25**  
 WAS \$6.25

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



**\$6<sup>20</sup>** ea  
**SAVE 70¢**  
 WAS \$6.90

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



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

**Dare Flavoured Milk 750mL** \$5.33 per litre



**\$2<sup>80</sup>** ea  
**SAVE 70¢**  
 WAS \$3.50

**Oak Flavoured Milk 600mL** \$4.67 per litre

# Entertain with Coles



**\$3** ea  
**EVERY DAY LOW PRICE**



**Coles Camembert or Brie 125g** \$24.00 per kg



**\$2<sup>40</sup>** ea  
**EVERY DAY LOW PRICE**

**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



**\$6<sup>50</sup>**  
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  
WAS \$12**

**Cadbury Tub 460mL**  
\$1.74 per 100mL

SA-METRO-1608-23-238641



**\$8**  
ea

**SAVE \$4  
WAS \$12**

**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**



**\$5<sup>25</sup>  
ea**  
**SAVE \$5.25  
WAS \$10.50**

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



**\$5<sup>20</sup>  
ea**  
**SAVE \$1.30  
WAS \$6.50**

Birds Eye Steamfresh Vegetables  
400g \$13.00 per kg



**\$6<sup>40</sup>  
ea**  
**SAVE \$1.60  
WAS \$8**

Fro Pro Burrito 245g  
\$2.61 per 100g



**\$7<sup>50</sup>  
ea**  
**SAVE \$2  
WAS \$9.50**

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



**\$6<sup>50</sup>  
ea**  
**SAVE \$2.50  
WAS \$9**

Dr Oetker Ristorante Pizza  
310g-390g



**2 for  
\$12**  
**SAVE \$4**

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



**2 for  
\$10**  
**SAVE \$8**

McCain Ultra Thin Crust Pizza  
300g-320g



**\$5<sup>60</sup>  
ea**  
**SAVE \$1.40  
WAS \$7**

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

\*See page 23 for T&Cs





**\$7<sup>20</sup>**  
ea  
**SAVE \$1.80**  
WAS \$9

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



**\$6<sup>30</sup>**  
ea  
**SAVE \$2.20**  
WAS \$8.50

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



**\$13<sup>50</sup>**  
ea  
**SAVE \$3.40**  
WAS \$16.90

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



**\$8<sup>80</sup>**  
ea  
**SAVE \$2.20**  
WAS \$11

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



Any 2 for  
**\$15**  
**MIX 'N SAVE**  
**SAVE \$4**

Patties Party 12 Pack  
450g-560g



**\$6<sup>80</sup>**  
ea  
**SAVE \$1.70**  
WAS \$8.50

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. Deli promotions are not available at Coles Adelaide Rundle Place, Craigmore, Paralowie, Ingle Farm Walkleys, Prospect & Newton. Savings, single sell prices and unit prices shown are off South Australian regular selling prices. Some advertised products may already be priced below the South Australian selling price therefore savings and unit prices may vary. Multi Save price only available when purchased in the multiples specified. We reserve the right to limit sale quantities. Some product varieties, colours or styles may not be available at all stores and only available while stocks last.



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

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

Nature's Way Adult Vita Gummies Multivitamin or Vitamin C 120 Pack<sup>^</sup>  
\$9.58 per 100 each.  
2nd week on sale

**\$13<sup>92</sup>**  
ea

**SAVE \$13.93**  
WAS \$27.85

Ostelin Calcium & Vitamin D3 Tablets or Vitamin D3 1000IU Capsules 130 Pack<sup>^</sup>  
\$10.71 per 100 each



**Bonus character**

**\$26<sup>50</sup>**  
ea

**SAVE \$26.50**  
WAS \$53

Swisse Ultiboost Odourless High Strength Wild Fish Oil 1500mg 400 Pack<sup>^</sup> \$6.63 per 100 each  
\*See page 23 for T&Cs

**1/2 PRICE**

## VITAMINS

Exclusions apply<sup>†</sup>



**\$19<sup>50</sup>**  
ea

**SAVE \$19.50**  
WAS \$39

Blackmores Executive B Stress Formula 125 Pack<sup>^</sup>  
\$15.60 per 100 each



**\$15<sup>50</sup>**  
ea

**SAVE \$15.50**  
WAS \$31

Blackmores Probiotics+ Daily Health Capsules 30 Pack<sup>^</sup>  
\$51.67 per 100 each



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

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

Caltrate Bone & Muscle Health or Bone & Muscle 50+ 100 Pack<sup>^</sup>  
\$10.50 per 100 each

**1/2 PRICE**

**\$6<sup>67</sup>**  
ea

**SAVE \$6.68**  
WAS \$13.35

Cenovis Sugarless C 500mg 160 Pack<sup>^</sup>  
\$4.17 per 100 each



**\$23<sup>80</sup>**  
ea

**SAVE \$10.20**  
WAS \$34

Gillette Fusion 5 Razor Kit with 4 Blades 1 pack  
\$23.80 per each.  
\*See page 23 for T&Cs

**\$5<sup>10</sup>**  
ea

**SAVE \$3.40**  
WAS \$8.50

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



**NEW**  
at coles  
Exclusive

**\$7**  
ea

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

Impulse Body Mist 150mL  
\$4.67 per 100mL



<sup>†</sup>Excludes Berocca 15 and 30 Pack, Every Day, Down Down & clearance items

<sup>^</sup>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.





**\$3<sup>25</sup>**  
ea  
**SAVE \$3.25**  
WAS \$6.50

Palmolive Naturals Body Wash 500mL  
\$0.65 per 100mL

**\$10<sup>50</sup>**  
ea  
**SAVE \$10.50**  
WAS \$21

Head & Shoulders Shampoo or Conditioner  
660mL \$1.59 per 100mL



**1/2 PRICE**

**\$15**  
ea  
**SAVE \$15**  
WAS \$30

Essano Expertise Daily Hydration Shampoo or Conditioner 600mL  
\$2.50 per 100mL



**\$7**  
ea  
**SAVE \$3.50**  
WAS \$10.50

Herbal Essences Classics Shampoo or Conditioner 400mL  
\$1.75 per 100mL



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

Revlon Colorsilk Hair Colourant 1 Pack



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

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



**\$15**  
ea  
**SAVE \$7**  
WAS \$22

Bondi Sands Dark Self Tanning Foam 200mL  
\$7.50 per 100mL



**1/2 PRICE**  
**Bonus character**  
**\$30**  
ea  
**SAVE \$30**  
WAS \$60

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



**1/2 PRICE**  
**NEW at coles**  
**\$21<sup>50</sup>**  
ea  
**SAVE \$21.50**  
WAS \$43

Revlon Illuminance Skin Caring Foundation 30mL \$7.17 per 10mL



**\$14<sup>40</sup>**  
ea  
**SAVE \$3.60**  
WAS \$18

Tom Organic Period Brief Regular or Medium Flow 1 Pack

**\$11<sup>06</sup>**  
ea

**SAVE \$4.74**  
WAS \$15.80

Cetaphil Baby Gentle Wash & Shampoo or Baby Daily Lotion  
400mL \$2.77 per 100mL

**\$26**  
ea

**SAVE \$4**  
WAS \$30

BabyLove Cosifit Jumbo Nappies  
54 Pack-84 Pack

**\$45**  
ea

**SAVE \$11**  
WAS \$56

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

**\$4**  
ea

**SAVE 50¢**  
WAS \$4.50

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

**\$1<sup>65</sup>**  
ea

**SAVE 50¢**  
WAS \$2.15

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

**\$18<sup>40</sup>**  
ea

**SAVE \$4.60**  
WAS \$23

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

**TENA**

**THE RIGHT PROTECTION SO I CAN GET ON WITH MY DAY**

**\$5**  
ea

**SAVE \$1.30**  
WAS \$6.30

**Flybuys BUY 5 GET 6th FREE**

**UP TO 12 HRS DRYNESS**

**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](http://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](http://flybuys.com.au).

**ADVERTISER PROMOTION**



**1/2 PRICE**

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

**SAVE \$50**  
WAS \$100



**Oral B Pro 800 Cross Action Electric Toothbrush 1 Pack**  
\$50.00 per each

**1/2 PRICE**

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

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



**Colgate Plax Freshmint Mouthwash 250mL**  
\$0.90 per 100mL

**1/2 PRICE**

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

**SAVE \$3.25**  
WAS \$6.50



**Colgate Total Advanced Clean or Whitening Toothpaste 115g**  
\$2.83 per 100g

\*See page 23 for T&Cs

**\$9<sup>10</sup><sup>ea</sup>**

**SAVE \$3.90**  
WAS \$13



**Hismile Flavoured Toothpaste 60g**  
\$15.17 per 100g

**\$8<sup>60</sup><sup>ea</sup>**

**SAVE \$3.70**  
WAS \$12.30



**Sensodyne Repair & Protect Whitening or Sensitivity & Gum Extra Fresh Toothpaste 100g<sup>^</sup>**  
\$8.60 per 100g

**\$4<sup>95</sup><sup>ea</sup>**

**SAVE \$3.05**  
WAS \$8



**Listerine Mouthwash Freshburst or Freshburst Zero 500mL**  
\$0.99 per 100mL

<sup>^</sup>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.

**1/2 PRICE**

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

**SAVE \$4.50**  
WAS \$9

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

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

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

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



**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

NO PALM OIL, SLES, PARABENS

Australian made & owned

**Bosisto's AUSTRALIAN NATIVES**

**Bosisto's Hand Wash Pump 500mL**  
\$0.90 per 100mL

**Bosisto's Hand Wash Refill 1 Litre**  
\$0.75 per 100mL

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

**ADVERTISER PROMOTION**

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

**SAVE 80¢**  
WAS \$2.60

**Whiskas Cat Food 400g**  
\$0.45 per 100g

**\$21<sup>50</sup>**  
ea

**SAVE \$9.50**  
WAS \$31

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

**\$3<sup>50</sup>**  
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 \$4.50**  
WAS \$14.50

**Felix Cat Food 12x85g**  
\$0.98 per 100g

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

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

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

**\$9**  
ea

**SAVE \$5**  
WAS \$14

**Bonus character\***

**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<sup>WC</sup>**

*Spa Moments*

**1/2 PRICE**

**NEW at coles**

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

**SAVE \$5.50**  
WAS \$11

**Bref Spa Moments Twin Pack 100g**  
\$5.50 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](https://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 †



**\$3<sup>10</sup>**  
ea

**SAVE \$3.10**  
WAS \$6.20

Décor Microsafe Easy Heat  
Container 800mL



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

**SAVE \$3.25**  
WAS \$6.50

Décor Microsafe Easy Heat  
Container 900mL



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

**SAVE \$8.25**  
WAS \$16.50

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

† Excludes clearance items



**\$11<sup>20</sup>**  
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



**\$4<sup>40</sup>**  
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.

SA-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**

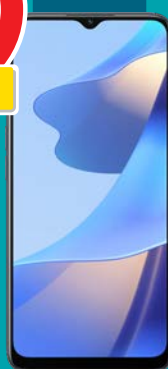
- 50MP triple AI camera
- 5,000mAh battery
- Google Wallet via NFC



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](https://optus.com.au/prepaidplans) for full plan details. New services only. **Coverage:** Coverage varies, see [optus.com.au/coverage](https://optus.com.au/coverage) **Compatibility:** Devices are network locked. For unlocking fees see [optus.com.au/unlock](https://optus.com.au/unlock) **General:** Limit of one per customer. No rainchecks.

ADVERTISER PROMOTION

# Telstra Pre-Paid feel the freedom.



\$79<sup>ea</sup>

RRP \$99

**Telstra Essential 2**

- 5" display
- 5MP rear camera +2MP front camera



\$189<sup>ea</sup>

RRP \$229

**Nokia G11 Plus**

- 6.5" HD+ display
- Dual rear camera (50MP+2MP) +8MP front camera



\$22<sup>ea</sup>

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

**\$45**

45GB

28 days expiry

Continuous Data Rollover  
Roll over up to 250GB of unused data when you recharge an eligible amount before expiry.

Unlimited calls & text  
To standard Australian numbers.

For new customers only  
For use in Aus.

Download speeds are capped at 150Mbps on 4G and 5G networks. Speeds may vary due to various factors.

**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.

## Join Australia's first carbon neutral telco

\$17<sup>ea</sup>

SAVE \$18  
WAS \$35

**Belong \$35 Starter Pack**

- Includes SIM card and \$35 credit

1/2 PRICE

**\$35/mth**

40GB

Carbon neutral mobile

Our mobile plans are for use in Australia. Unlimited data roaming. Unlimited national calls & text.

### boost Premium Refurbished

\$249<sup>ea</sup>

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

\$45

\$17<sup>ea</sup>

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](https://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<sub>ea</sub>

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<sub>ea</sub>

SAVE \$31 WAS \$200

Coles Mobile \$200 SIM

• 200GB, 365 day expiry

15% OFF

iPhone

\$199<sub>ea</sub>

RRP \$429

iPhone 8 64GB Premium Refurbished

• Network unlocked

BETTER THAN 1/2 PRICE

50GB \$40

5G

\$15<sub>ea</sub>

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<sub>ea</sub>

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<sub>ea</sub>

RRP \$20

Coles Mobile \$20 SIM

• 15GB, 28 day expiry

\$229<sub>ea</sub>

SAVE \$20 WAS \$249

Telstra Samsung Galaxy A14

• 6.6" FHD+ display

• 50MP triple rear camera

\$129<sub>ea</sub>

RRP \$149

Telstra Nokia C30

• 6.82" HD+ display

• 13MP dual rear camera

\$99<sub>ea</sub>

SAVE \$30 WAS \$129

Telstra Essential Pro 3

• 6.52" HD+ display

• 13MP dual rear camera

\$59<sub>ea</sub>

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.

SA-METRO-1608-23-238641

45

coles

BestBuys

ONLINE  
EXCLUSIVES

FREE  
DELIVERY

Shop now

Treat Dad  
Father's Day

3 September

\$1359<sup>ea</sup>



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<sup>ea</sup>



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<sup>ea</sup>



**e-Zumi 4K Smart Home Theatre Projector**

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

\$429<sup>ea</sup>



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<sup>ea</sup>



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<sup>ea</sup>



**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**<sub>ea</sub>



60 minute  
timer

**Kitchen Couture 25 Litre Air Fryer Oven**

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



**\$239**<sub>ea</sub>



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**<sub>ea</sub>

**Xiaomi Mi Smart  
Air Purifier 4 Pro**

Pet hair and pollen  
filtration, OLED display,  
35-60m<sup>2</sup> effective  
coverage area.

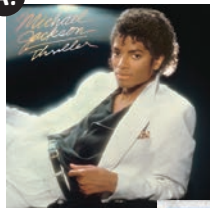


**\$79**<sub>ea</sub>

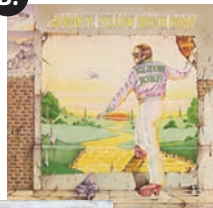
**Xiaomi Mi Electric  
Toothbrush T700**

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

A.



B.



C.



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

**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**<sub>ea</sub>



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  
**\$50** ea

WAS \$58 (07/2023)



Tooheys Extra  
Dry Bottles  
24x345mL

**24  
PACK**

NOW  
**\$55** ea

WAS \$61 (07/2023)



Sapporo  
Bottles  
24x355mL

**24  
PACK**

NOW  
**\$59** ea

WAS \$61 (07/2023)



Victoria Bitter  
VX Bottles  
24x250mL

**24  
PACK**

NOW  
**\$63** ea

WAS \$65 (07/2023)



Coopers  
Sparkling Ale  
Bottles  
24x375mL

**24  
PACK**

NOW  
**\$6** ea

WAS \$10 (07/2023)



Zilzie Bulloak  
Sauvignon  
Blanc

NOW  
**\$14** ea

WAS \$22 (08/2023)



Botter  
Prosecco DOC

NOW  
**\$16** ea

WAS \$23 (06/2023)



Taylors Estate  
Cabernet  
Sauvignon

NOW  
**\$20** ea

WAS \$25 (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. Additional product restrictions and exclusions apply at Whyalla, Port Augusta and Rundle Mall. Purchase limits also apply in some stores. Save statements are based on the lowest of the regular single selling price across our South Australian 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 on 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](http://www.liquorland.com.au)



## DARK SPIRITS



**\$53<sup>ea</sup>**

Jim Beam  
Black  
Extra-Aged  
Kentucky  
Straight  
Bourbon



**\$55<sup>ea</sup>**

Johnnie  
Walker  
Black Label  
12YO Scotch  
Whisky



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

Spearhead  
Single  
Grain  
Scotch  
Whisky



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

Bushmills  
10YO Irish  
Malt  
Whiskey

## WHITE SPIRITS



**\$53<sup>ea</sup>**

Pure Origin  
Tasmanian  
Gin



**\$55<sup>ea</sup>**

Haku  
Vodka



**\$55<sup>ea</sup>**

Whitley Neill  
Raspberry  
Gin



**\$68<sup>ea</sup>**

Malfy Gin  
Con  
Arancia

## PRE-MIXED



**\$23<sup>ea</sup>**

Fireball & Cola  
6.6% Cans  
4x355mL

**4  
PACK**



**\$24<sup>ea</sup>**

-196 Double  
Lemon & Vodka  
Cans 4x330mL

**4  
PACK**



**\$44<sup>ea</sup>**

Woodstock  
Bourbon & Cola  
4.8% Cans  
10x375mL

**10  
PACK**



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

Ned Australian  
Whisky & Cola  
Cans 10x375mL

**10  
PACK**

## WINE



**PRICE DROP**

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

WAS \$10 (08/2023)

McGuigan  
Black Label  
Red Blend



~~\$17~~  
**\$14<sup>ea</sup>**

Stoneleigh  
Marlborough  
Sauvignon  
Blanc



~~\$25~~  
**\$15<sup>ea</sup>**

Wirra Wirra  
McLaren Vale  
Vineyards  
Shiraz



**PRICE DROP**

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

WAS \$28 (07/2023)

Sensi  
Prosecco  
DOC  
18K Gold

Choose to  
**DrinkWise.**



Liquorland Supports  
the Responsible  
Enjoyment of Alcohol

Shop  
Online

Click &  
Collect

Home  
Delivery