WA ON SALE Wed 16 Aug to Tue 22 Aug 2023 See page 35 for details



Contactless

Contactless



life-space

CEN®VIS



OOST



Nature's ()wr

BLACKMORES



Nature's Way Kids Smart Vita Gummies 120 Pack[^] \$12.50 per 100 each. 2nd week on sale

ITAMINS

Exclusions apply †



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



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

WAS \$15

DIET & SPORTS NUTRITION

Exclusions apply †



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

MUSCLENATION









DOSE & CO

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



1/2 PRICE

DIET & SPORTS NUTRITION

Exclusions apply †



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



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



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



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



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



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



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



Dose & Co. Pure Collagen Unflavoured 200g \$10.00 per 100g \$24ea

Cellucor C4 Sport Powder 285g \$8.42 per 100g

†Excludes Every Day, Down Down & clearance items

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1/2 PRICE

DIET & SPORTS NUTRITION

Exclusions apply †



BSc Bodyscience Protein Powder 800g-900g



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



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



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



Clif Energy Bars 68g \$2.57 per 100g



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



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



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



Muscle Nation Protein Chocolate 100g \$4.25 per 100g

†Excludes Every Day, Down Down & clearance items

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1/2 PRICE VITAMINS

Exclusions apply †



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



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



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



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



SUP Shots 50mL \$4.50 per 100mL



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



Voost + Effervescents 20 Pack \$37.50 per 100 each



Haircarebear Hair Gummies 60 Pack or Chocolate Probiotics 50 Pack



Blackmores Bio Magnesium 150 Pack \$13.33 per 100 each



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



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.





Thins Potato Chips 150g-175g



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



1/2 PRICE



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



Cadbury or Europe Bites Varieties 110g-160g



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



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



Cheezels 125g \$1.30 per 100g



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



Nestlé Chocolate Fun Pack Varieties 140g-185g



200g or Ferrero Collection 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 Cleen 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



1 Spend \$20 on cleaning products in one transaction.

2 Scan your Flybuys.

Flybuys



Receive an entry for a chance to win.

*Competition dates 16/8/23 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 Ply Ltd. Permits: ACT TP23/01183, NSW NTP/07040, SAT23/922.



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!



Ends 19/9/2023 or 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)







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)

Gillette





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



Gillette





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

finish



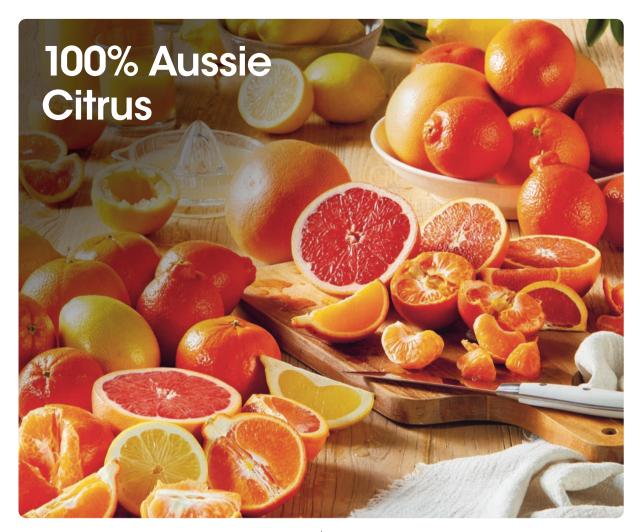
Finish Ultimate Pro Dishwashing Tablets 32 Pack \$0.90 per each







Finish Dishwasher Freshener









Australian Blood Oranges



West Australian Loose Lemons Single sell for \$1.20. \$1.00 per lemon when you buy 3

100% Aussie Sweet Potatoes





Australian Gold Sweet Potatoes

Coles Australian Cherry or Mini Roma Tomatoes 250g Pack \$10.00 per kg



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



Coles Australian Green Beans 500g Pack \$11.00 per kg



Coles Australian Baby Broccoli Bunch



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



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







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



Coles RSPCA Approved Chicken Tenderloins



Coles Australian Lamb Loin Chops



Coles No Added Hormones Beef Porterhouse Steak 2 Pack 450g \$33.33 per kg



Coles Australian No Added Hormones Beef Blade Roast



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





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





Primo Rindless Short Cut Bacon From the Deli



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



D'Orsogna Hungarian Salami From the Deli



Primo Spanish Style Chorizo From the Deli



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



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







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



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



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



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



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



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





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



Simson's Pantry Wraps 445g-528g



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



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



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



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





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



Tyrrells Crisps 150g-165g



Arnott's Shapes Crackers 160g-190g



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



Arnott's Tim Tam Biscuits 165g-200g



Whittaker's Block Chocolate Varieties 200g-250g



Lindt Lindor Bag 121g-125g



Nutella Cream Biscuits 193g \$2.18 per 100g



Doritos Corn Chips 150g-170g



Poppin Microwave Popcorn 85g-100g





Spliits Squares Crackers 70g \$2.14 per 100g NEW at coles

Ritz Share Pack Mini Crackers 155g-160g



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



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



Eclipse Mints 40g \$7.00 per 100g



Mentos Single Roll 37.5g \$3.33 per 100g



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.







Red Bull Energy Drink 4x250mL \$8.40 per litre



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



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



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



Schweppes Mixers, Soft Drink or Mineral Water 1.1 Litre \$1.50 per litre WA-METRO-1608-23-238641



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



V Energy Drink 4x500mL \$4.80 per litre



Monster Energy Drink 4x500mL \$4.55 per litre



CC's Corn Chips 175g or Cornados 110g



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



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



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



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



Golden Circle Tetra Fruit Drink 6x250mL \$2.67 per litre. Excludes Pineapple. On sale for 2 weeks

\$1,000



PLUS A TRIP TO SEE THE MATILDAS PLAY TO BE WON



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 specialty 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 claim form incl bank account details, unique ticket code & upload image of receipt, ticket & product packaging (if you have winning ticket). Major draw: Tam (AEDT) 11/10/23, 11/1/36 Cladstone St, Sth Melb. VIG 3206. 290 instant prizes: Stk. Major prize: trip of 2 adults/2 children to a capital city in AU (TBC) to see a Commbank Matidas 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) 11/1/1/33. Tolly 17/1/20 prize trip to \$200k. See website during comp for full TS&Cs, instant winces & on 3/11/2/3 for major winner. Promoter: Mondelez Australia Pty Ltd (ABN 78), 10/175 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 DEVICE AND THE COLOUR PURPLE ARE TRADE MARKS USED UNDER LICENCE. THE EQUIVALENT OF A GLASS AND A HALF DEVICE AND THE COLOUR PURPLE ARE TRADE MARKS USED UNDER LICENCE.





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



Heinz Baked Beanz or Spaghetti 535g-555g



Patak's Curry Paste 283g-312g



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



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





Maggi 2 Minute Noodles 5 Pack 335q-380q



Ben's Flavoured Rice Pouch 240q-250q



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



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)





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



Twinings Tea Bags 10 Pack \$0.20 per each



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



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



Nice & Natural Nut Bars 180g-192g



Nestlé Milo 460g \$1.41 per 100g



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



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





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



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



*See page 23 for T&Cs



Grinders Coffee Beans 1kg \$2.45 per 100g



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



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



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

coles

overnigh? chia pudding

just add milk





Moro Olive Oil 1 Litre \$1.44 per 100mL



SPC Baked Beans or Spaghetti 420g-425g



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





\$1.40 per 100mL





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



Mutti Polpa Chopped Tomatoes 400g \$4.38 per kg



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



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/superheroterms

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



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



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



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



Coles Thawed Australian Raw Black Tiger Prawns From the Deli



Coles Thawed Seafood Marinara Mix From the Deli



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









Jaina Greek Yoghurt 1kg \$0.62 per 100g



Yoplait Yoghurt 6x160g \$0.54 per 100g



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



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



Lo Bros Kombucha 750mL \$6.67 per litre



Flora ProActiv 500g \$1.50 per 100g



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



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.



Coles Lasagne Sheets **375g** \$1.07 per 100g



Coles Beef Ravioli 600g \$0.83 per 100g



Coles Veal Tortellini 600g \$0.83 per 100g



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





Latina Filled Pasta 375g \$1.49 per 100g



Mersey Valley Cheese 235g \$29.79 per kg



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



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



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



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



Coles Kitchen Meals 350g \$2.00 per 100g



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



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



The 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 Lel Shaved Parmesan Cheese 170g \$36.47 per kg



Dare Flavoured Milk 750mL \$5.33 per litre



Oak Flavoured Milk 600mL \$4.33 per litre







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



Cadbury Sticks 4 Pack 300mL-360mL



Ben & Jerry's Tub 427mL-458mL



Cadbury Tub 460mL \$1.74 per 100mL WA-METRO-1608-23-238641



Sara Lee Tub 1 Litre \$0.80 per 100mL



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





Birds Eye Steamfresh Vegetables **400g** \$13.00 per kg



Fro Pro Burrito 245g \$2.61 per 100g



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



Dr Oetker Ristorante Pizza 310g-390g



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



McCain Ultra Thin Crust Pizza 300g-320g





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



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





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



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



Patties Party 12 Pack 450g-560g



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



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 8am Wednesday and may commence or extend beyond the advertised date. The following stores are not open Sunday: Coles Albany, Albany (Orana), Hannans, Kalgoorlie and Narrogin. Promotional products and prices may not be available at Coles Express, Coles online, Coles Local, Coles Gateway, Raine Square and North West Western Australia stores. Deli promotions are not available at Coles Noranda Square, Scarborough, South Lake, Beldon, Bunbury, Beechboro and Kelmscott. Savings, single sell prices and unit prices shown are off Western Australian regular selling prices. Some advertised products may already be priced below the Western Australian selling price therefore savings and unit prices may vary. Multi Save price only available when purchased in the multiples specified. We reserve the right to limit sale quantities. Some product varieties, colours or styles may not be available at all stores and only available while stocks last.



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



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



\$**26**⁵⁰

SAVE \$26.50 WAS\$53

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

1/2 PRICE



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

VITAMINS

Exclusions apply †



Blackmores Probiotics+ Daily Health Capsules 30 Pack^ \$51.67 per 100 each



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



Cenovis Sugarless C 500mg 160 Pack^ \$4.17 per 100 each



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



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



Impulse Body Mist 150mL \$4.67 per 100mL

†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.





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



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



Revion Colorsilk Hair Colourant 1 Pack



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



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



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



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



Tom Organic Period Brief Regular or Medium Flow 1 Pack



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



BabyLove Cosifit Jumbo Nappies 54 Pack-84 Pack



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



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



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



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





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



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

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

*See page 23 for T&Cs



Hismile Flavoured Toothpaste 60g \$15.17 per 100g



Sensodyne Repair & Protect Whitening or Sensitivity & Gum Extra Fresh Toothpaste 100g^ \$8.60 per 100g



Listerine Mouthwash Freshburst or Freshburst Zero 500mL \$0.99 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.





Whiskas Cat Food 400g \$0.45 per 100g



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



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



Felix Cat Food 12x85g \$0.98 per 100g



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



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



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).



Exclusions apply †



\$310 ea SAVE \$3.10 WAS\$6.20

Décor Microsafe Easy Heat Container 800mL



\$325 ea SAVE*3.25

Décor Microsafe Easy Heat Container 900mL

†Excludes clearance items



\$825 ea SAVE *8.25

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



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



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



Smash Leak Proof Snack Box



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



Can Cooler Assorted designs. While stocks last. No rainchecks



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



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.

Prepaid deals













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.

Telstra Pre-Paid feel the freedom.





Telstra **Essential 2**

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







Nokia G11 Plus

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







Telstra \$45 SIM Kit

- 45GB on first 3 recharges, 25GB from fourth
- 28 days expiry
- For new customers only



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



boost Premium Refurbished RRP \$499

iPhone SE **64GB**



72 Point Inspection and in-depth testing

12 Month Warranty with 30 day guarantee

FREE \$2 Boost SIM

iPhones are unlocked. Colour availability varies per store



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 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





iPhone 8 64GB Premium Refurbished

Network unlocked



Vodafone \$40 Prepaid Starter Pack

 50GB data on first three Prepaid Plus recharges



Optus \$30 Prepaid Starter Pack

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



Coles Mobile \$20 SIM

· 15GB, 28 day expiry



Telstra Samsung Galaxy A14

- 6.6" FHD+ display
- 50MP triple rear camera



Telstra Nokia C30

- 6.82" HD+ display
- 13MP dual rear camera



Telstra Essential Pro 3

6.52" HD+ display13MP dual rear camera



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.

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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.



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.



e-Zumi 4K Smart Home Theatre Projector

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





Premium Refurbished Apple iPhone 11 64GB

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

Laptop not included



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.



OROTEC Airlight 15.6" Full HD Monitor

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

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



Xiaomi Mi Smart Air Purifier 4 Pro

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



Xiaomi Mi Electric Toothbrush T700

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



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.



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.







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.

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NOW

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WAS \$10 (07/2023)

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Coopers Sparkling Ale **Bottles** 24x375mL

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WAS \$25 (08/2023)

Pepperjack Barossa Shiraz



BULLOAK

DARK SPIRITS



Pure Origin.

Jim Beam **Black** Extra-Aged Kentucky Straight Bourbon





Johnnie Walker Black Label 12YO Scotch Whisky



SPEARHEAD

WHITLEY NEIL

DODSTOCK BOURBON

Spearhead Single Grain Scotch Whisky



Malt Whiskey BUSHMILLS

WHITE SPIRITS



Pure Origin Tasmanian Gin



Vodka



Whitley Neill Raspberry Ġin



PRE-MIXED

Fireball & Cola 6.6% Cans



PACK

-196 Double Lemon & Vodka Cans 4x330mL



PAČK

\$44_{ea}

Woodstock **Bourbon & Cola** 4.8% Cans 10x375mL

10 **PĀČK** \$50_{ea}

Ned Australian Whisky & Cola Cans 10x375mL



WINE



McGuigan Black Label **Red Blend**









3

BLACK









