

LIQUOR SPECIALS

Plus more great deals in store!



Tooheys Extra Dry
24 Pack

\$48 ea



Pure Blonde 4.2%
24 Pack

\$55 ea



Great Northern Super Crisp Lager
30 Can Block

\$59 ea



Grant's Scotch
700ml

\$43 ea



Yellowtail
750ml

\$9 ea



Johnnie Walker Red And Cola
4.6% 10 Pack

\$46 ea

OUR TOP PICKS

Plus 1000's more specials available instore!



Virginian Ham
Shaved or Sliced

\$15 kg



Premium Rump Steak

\$27⁹⁵ kg



Navel Oranges

\$3⁹⁹ kg



Nestlé Block
Chocolate
118g-180g

\$3 ea



Arnott's Shapes
130g/190g

\$2 ea



Continental Cup A Soup
2 Serve
70¢ per Serve

\$1⁴⁰ ea

WEEKLY SPECIALS

Plus 1000's more specials available instore!

HALF PRICE!



Birds Eye Oven Bake Fish 425g
\$1.41 per 100g

SAVE \$6.00

\$6.00 ea

HALF PRICE!



Cadbury Ice Creams 4 Pack
\$1.46 per 100ml

SAVE \$5.25

\$5.25 ea

HALF PRICE!



Golden Circle Juice Drink 1L
\$1.35 per Litre

SAVE \$1.35

\$1.35 ea

UNDER HALF PRICE!



Mars Medium Bars 35g-58g

SAVE \$1.20

\$1 ea



Dairy Farmers Yoghurt 150g
\$1.00 per 100g

SAVE \$1.10

\$1.50 ea



Devondale Spread 500g
\$1.20 per 100g

SAVE \$1.50

\$6 ea



Cheer Cheese Block 1kg
\$12.50 per kg

SAVE \$3.35

\$12.50 ea

HALF PRICE!



Nestlé Medium Bars 35g-58g

SAVE \$1.25

\$1.25 ea



Cadbury Block Chocolate 160/180g

SAVE \$2.00

\$4 ea

HALF PRICE!



Kettle Chips 150g/165g

SAVE \$3.25

\$3.25 ea



Four N Twenty Angus Pies 4 Pack 700g
\$1.07 per 100g

SAVE \$4.50

\$7.50 ea



McCain Little Pizzas 400g
\$1.50 per 100g

SAVE \$1.80

\$6 ea



McCain Beer Batter Chips 750g
61¢ per 100g

SAVE \$1.20

\$4.60 ea



Arnott's Assorted Creams 500g
\$1.10 per 100g

SAVE \$1.50

\$5.50 ea



Golden Circle Juice Drink 6 x 250ml
\$2.26 per Litre

SAVE \$2.40

\$3.40 ea

HALF PRICE!



Belvita Breakfast Biscuits 300g
75¢ per 100g

SAVE \$2.25

\$2.25 ea



McCain Red Box Meals 400g
\$4.12 per 100g

SAVE \$3.00

\$4.50 ea



Sara Lee Danish 400g
\$1.70 per 100g

SAVE 70¢

\$6.80 ea



Cadbury Ice Cream 460ml
\$1.30 per 100ml

SAVE \$6.00

\$6 ea

HALF PRICE!



Kellogg's LCM's 100g
\$2.25 per 100g

SAVE \$2.25

\$2.25 ea



Moccona Freeze Dry Coffee 400g
\$4.87 per 100g

SAVE \$3.50

\$19.50 ea

HALF PRICE!



Nescafé Menu 10 Pack
38¢ per each

SAVE \$3.80

\$3.80 ea

WEEKLY SPECIALS

Plus 1000's more specials available instore!

HALF PRICE!



Heinz Chunky or Classic Soup
535g
41¢ per 100g

\$2²⁰ ea

SAVE \$2.20

HALF PRICE!



Continental Stock
1L
20¢ per 100ml

\$2 ea

SAVE \$2.00

HALF PRICE!



Johnson's Body Wash
1L
65¢ per 100ml

\$6⁵⁰ ea

SAVE \$6.50



Palmolive Liquid Soap Foam Refill
1L
50¢ per 100ml

\$5 ea

SAVE \$3.50



Fantastic Cup Noodles 70g
\$2.50 per 100g

\$1⁷⁵ ea

SAVE 75¢



Continental Pasta & Sauce Value Pack
145g/170g

\$2⁷⁵ ea

SAVE \$1.05



Dolmio Pasta Sauce
500g
72¢ per 100g

\$3⁶⁰ ea

SAVE \$1.00

HALF PRICE!



Sunsilk Shampoo
700ml
86¢ per 100ml

\$6 ea

SAVE \$6.00

HALF PRICE!



Colgate Toothpaste Total Advanced
200g
\$2.50 per 100g

\$5 ea

SAVE \$5.00



Viva Paper Towel 3 Pack
\$2.44 per 100 Sheets

\$4⁴⁰ ea

SAVE \$2.10



Leggo's Pasta Sauce
500g
56¢ per 100g

\$2⁸⁰ ea

SAVE \$1.50



San Remo Pasta 750g
40¢ per 100g

\$3 ea

SAVE 60¢



Bertolli Extra Virgin Olive Oil
750ml
\$2.40 per 100ml

\$18 ea

SAVE \$8.00

HALF PRICE!



Cold Power Laundry Liquid
2L
\$6.00 per Litre

\$12 ea

SAVE \$12.00

HALF PRICE!



Cuddly Fabric Softener
900ml/1L

\$5 ea

SAVE \$5.00

HALF PRICE!



Morning Fresh Dish Washing Liquid
350ml/400ml

\$2⁷⁵ ea

SAVE \$2.75

HALF PRICE!



Golden Crumpets 6 Pack
73¢ per 100g

\$2²⁰ ea

SAVE \$2.20



Pepsi/Schweppes 24 x 375ml
\$2.21 per Litre

\$19⁹⁰ ea

SAVE \$14.95

HALF PRICE!



Coca-Cola Soft Drink
1.25L
\$1.54 per Litre

\$1⁹² ea

SAVE \$1.92

HALF PRICE!



Ajax Wipes 110's
\$0.05 per each

\$5⁵⁰ ea

SAVE \$5.50



Whiskas Cat Food 12 x 85g
82¢ per 100g

\$8⁴⁰ ea

SAVE \$3.60



Optimum Dog Food 7kg
41¢ per 100g

\$29 ea

SAVE \$13.00

FRESH SPECIALS

Australian grown & guaranteed freshness



Grown in Australia

Stir Fry Beef Strips

\$18⁹⁵ kg

SERVING SUGGESTION



Grown in Australia

Kent or Jap Pumpkin

\$1⁶⁹ kg

SERVING SUGGESTION



Grown in Australia

Chicken Shnitzels
Shaved or Sliced

\$3 ea

SERVING SUGGESTION



Grown in Australia

Round Steak

\$18⁹⁵ kg



Grown in Australia

BBQ Lamb Chops

\$14⁹⁵ kg



Grown in Australia

Kiwifruit Green

\$7⁹⁹ kg



Grown in Australia

Onions Brown
Pre Pack
1kg

\$1⁹⁹ bag



Grown in Australia

Pizza Ham

\$8 kg



Grown in Australia

Streaky Bacon

\$15 kg



Grown in Australia

Pork Medallions

\$18⁹⁵ kg



Grown in Australia

Chicken Maryland

\$4⁹⁵ kg



Grown in Australia

PRE PACKED
5kg

Potatoes
Brushed
5kg
\$1.00 per kg

\$4⁹⁹ bag



Grown in Australia

Limes

\$5⁴⁹ kg



Grown in Australia

Roast Beef
Shaved or Sliced

\$25 kg



Grown in Australia

Silverside
Shaved or Sliced

\$25 kg