

# Farmer Jack's Can't Miss Deals!



Broome (WA) Fresh Fillets  
of Goldband Snapper

**\$59.99/kg**



Australian Grass Fed Whole  
Beef Scotch Fillet Portions

**\$34.99/kg**



WA Grown Medium  
Hass Avocados

**3 for \$5**



WA Grown  
Lebanese Cucumbers

**\$5.99/kg**



WA Grown  
Large Cauliflowers

**\$2.99/ea**



Australian Grown  
Sweet Potatoes

**\$2.99/kg**



Imported  
Gold Kiwi Fruit

**\$9.99/kg**



Australian Grown  
Bunches of Asparagus

**2 for \$5**



Northern Territory Fresh  
Fillets of Sweetlip Snapper

**\$35.99/kg**



Ipastai 800g  
Fresh Pasta Meals

**\$9.99/ea**

\$1.25 per 100g



WA Juicy  
Pork Belly

**\$16.99/kg**

Fruit & Veg specials available from Thursday 17/09/26 to Sunday 20/09/26, all other specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# SURF & TURF FAVOURITES



Mt Barker Free Range 1kg  
Marinated Chicken Winglets

**\$9.99/ea**  
\$9.99 per kg



Linley Valley WA Boned  
& Rolled Pork Shoulder

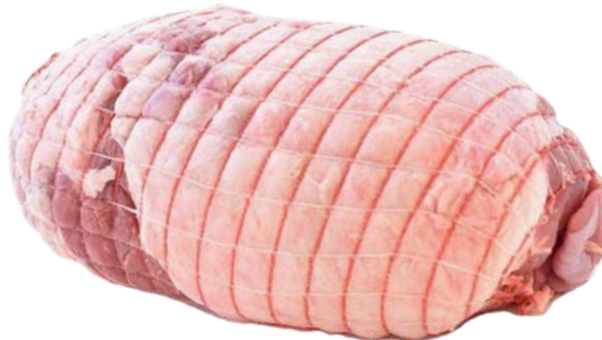
**\$6.99/kg**

**NEW**



550g BBQ  
Pork Spare Ribs

**\$10.99/ea**  
\$19.98 per kg



Australian Grass Fed  
Boneless Lamb Legs

**\$19.99/kg**



Caves Rd 450g Assorted  
Angus Beef Sausages

**\$8.49/ea**  
\$18.87 per kg



Broome (WA) Fresh  
Fillets of Red Emperor

**\$69.99/kg**



Northern Territory Fresh  
Fillets of Mangrove Jack

**\$36.99/kg**



Twenty Six Degrees  
500g Panko Crumbed Squid

**\$8.90/ea**  
\$17.80 per kg SNAP FROZEN

**NEW**



Tasmanian 1kg 8 Pack  
Centre Cut Salmon Portions

**\$28.80/ea**  
\$28.80 per kg SNAP FROZEN



Ready To Cook  
1kg Octopus Tentacles

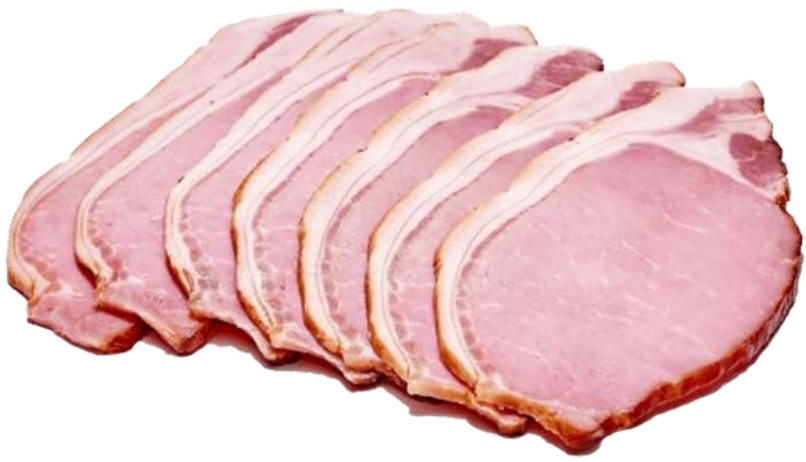
**\$24.99/ea**  
\$24.99 per kg SNAP FROZEN



Australian 700g Raw  
King Prawn Cutlets

**\$24.40/ea**  
\$34.86 per kg SNAP FROZEN

# BAKERY & DELI HIGHLIGHTS



D'orsogna 1kg Short Cut Bacon

**\$14.99/ea**

\$14.99 per kg



Fresh Delights 1 Litre Soup

**\$9.49/ea**

\$9.49 per Litre



Florida 200g  
Shredded Mozzarella

**\$4.99/ea**

\$24.95 per kg



Chris' 200g  
Homestyle Dips

**\$3.99/ea**

\$2.00 per 100g



Frico 150g Sliced Gouda,  
Maasdam or Edam Cheese

**\$5.29/ea**

\$35.27 per kg



Golden 6 Pack Original or  
Wholemeal Crumpets

**\$2.39/ea**



Toscano 280g  
Classic Brioche Rolls

**\$6.99/ea**

\$2.50 per 100g



Country Chef 140g Single  
Serve 4 Pack Pavlovas

**\$5.80/ea**

\$4.14 per 100g



Baked Provisions 420g  
Twin Pack Fresh Pies

**\$6.99/ea**

\$1.66 per 100g



Greens 4 Pack  
Lamingtons

**\$5.39/ea**



Mission 200g Plain  
or Garlic Pizza Base

**\$4.49/ea**

\$2.25 per 100g

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# TRULY LOCAL MEMBER ONLY SPECIALS

(Selected Varieties)



Coca-Cola, Fanta, Sprite or  
Mt Franklin Drinks 6x250ml

trulylocal  
MEMBER PRICE

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

Non-members  
\$7.70ea

\$4.47 per Litre



Ben's Original Flavoured  
Microwave Rice 220-250g



trulylocal  
MEMBER PRICE

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

Non-members  
\$2.50ea



Smith's Chips  
20 Pack 368-416g

trulylocal  
MEMBER PRICE

**\$7<sup>00</sup>**  
ea

Non-members  
\$8.00ea



Latina Fresh  
Pasta 375g

trulylocal  
MEMBER PRICE

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

Non-members  
\$6.00ea

\$1.47 per 100g



Steggles Crumbed  
Chicken Nuggets 1kg

trulylocal  
MEMBER PRICE

**\$9<sup>00</sup>**  
ea

Non-members  
\$10.00ea

\$9.00 per kg

(Selected Varieties)



Kellogg's Cereal  
460-545g

trulylocal  
MEMBER PRICE

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

Non-members  
\$7.00ea



Sard Stain  
Remover 900g-1kg



trulylocal  
MEMBER PRICE

**\$5<sup>00</sup>**  
ea

Non-members  
\$5.50ea



Viva Paper  
Towel 3 Pack

trulylocal  
MEMBER PRICE

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

Non-members  
\$4.00ea

(Selected Varieties)



Quest Protein  
Snacks 42-60g

trulylocal  
MEMBER PRICE

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

Non-members  
\$2.70ea



Golden Crumpets  
6 Pack 300g

trulylocal  
MEMBER PRICE

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

Non-members  
\$2.40ea

\$0.70 per 100g



Mainland  
Buttersoft 375g

trulylocal  
MEMBER PRICE

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

Non-members  
\$9.50ea

\$2.27 per 100g

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# HALF PRICE & UNDER

UNDER  
1/2  
PRICE



Cadbury Confectionery  
Bars 30-50g  
**\$0.99/ea**

1/2  
PRICE



Chupa Chups, Reese's or Violet  
Crumble Ice Creams 4 Pack 360-472ml  
**\$5.50/ea**

1/2  
PRICE



M&M's, Maltesers  
or Pods 120-180g  
**\$3.49/ea**

1/2  
PRICE



The Natural Confectionery Co  
or Sour Patch Bags 130-230g  
**\$2.49/ea**

1/2  
PRICE



Hershey's or Reese's  
Ice Cream Tub 1 Litre  
**\$5.50/ea**  
\$0.55 per 100ml

1/2  
PRICE



Skittles 120-200g  
**\$2.99/ea**

1/2  
PRICE



Powerade Active Water 600ml  
**\$2.29/ea**  
\$3.82 per Litre

1/2  
PRICE



Cadbury Favourites 264-265g  
**\$6.99/ea**

1/2  
PRICE



Powerade Sports  
Drink 600ml  
**\$2.29/ea**  
\$3.82 per Litre

1/2  
PRICE



(Selected Varieties)

Streets Magnum 4-6  
Pack 360-400ml  
**\$5.99/ea**

1/2  
PRICE



(Selected Varieties)

Pascall Confectionery  
Bags 160-300g  
**\$2.49/ea**

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# HALF PRICE

**1/2  
PRICE**



Red Rock Deli  
Chips Party Size 290g  
**\$4.25/ea**  
\$1.47 per 100g

**1/2  
PRICE**



Doritos or Smith's  
Chips Party Size 380g  
**\$4.25/ea**  
\$1.12 per 100g

**1/2  
PRICE**



Popcorners 130g  
**\$2.40/ea**  
\$1.85 per 100g

**1/2  
PRICE**



Smith's Crackers 160g  
**\$1.99/ea**  
\$1.24 per 100g

**1/2  
PRICE**



Olinas's Crackers 100g  
**\$2.50/ea**  
\$2.50 per 100g

(Selected Varieties)

**1/2  
PRICE**



(Selected Varieties)



Red Rock Deli Chips 150-165g  
**\$2.99/ea**

**1/2  
PRICE**



Quest Protein Tortilla Chips 32g  
**\$3.25/ea**  
\$10.16 per 100g

**1/2  
PRICE**



Thins Chips 150-175g  
**\$2.50/ea**

**1/2  
PRICE**



French Fries  
Chips 175g  
**\$2.50/ea**  
\$1.43 per 100g

**1/2  
PRICE**



On The Menu Bowl  
Frozen Meal 350g  
**\$4.25/ea**  
\$1.21 per 100g

**1/2  
PRICE**



Lean Cuisine  
Bowl Meal 350g  
**\$4.25/ea**  
\$1.21 per 100g

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# HALF PRICE

**1/2  
PRICE**



(Selected Varieties)

Bref In The Bowl Toilet  
Cleaner 2 Pack 84-100g

**\$5.50/ea**

**1/2  
PRICE**



(Selected Varieties)

Dynamo Professional  
Laundry Liquid 2 Litre

**\$14.50/ea**

\$7.25 per Litre

**1/2  
PRICE**



Cold Power Laundry  
Liquid 4 Litre

**\$19.50/ea**

\$4.88 per Litre

**1/2  
PRICE**



Duck Deep Action Gel  
Toilet Cleaner 750ml

**\$3.50/ea**

\$0.47 per 100ml

**1/2  
PRICE**



Energizer Max Plus Batteries  
AA or AAA 10 Pack

**\$11.50/ea**

\$1.15 per 1ea

**1/2  
PRICE**



Bonne Maman  
Intense Jam 335g

**\$3.90/ea**

\$1.16 per 100g

**1/2  
PRICE**



(Selected Varieties)

Old El Paso Taco  
Kits 295-418g

**\$4.75/ea**

**1/2  
PRICE**



Dynamo Professional  
Discs 29 Pack

**\$14.50/ea**

\$0.50 per 1ea

**1/2  
PRICE**



(Selected Varieties)

Nescafe Coffee Sachets  
8-10 Pack 120-185g

**\$3.99/ea**

**1/2  
PRICE**



Continental Cup A  
Soup 2 Serve 50-75g

**\$1.50/ea**

**1/2  
PRICE**



Sanitarium Up & Go Protein  
Energize 3x250ml

**\$3.80/ea**

\$5.07 per Litre

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# HALF PRICE & UNDER

**1/2  
PRICE**



Palmolive Naturals Shampoo  
or Conditioner 350ml

**\$3.00/ea**  
\$0.86 per 100ml

**1/2  
PRICE**



Colgate Toothpaste Sensitive Pro  
Relief Active Repair 110g

**\$6.50/ea**  
\$5.91 per 100g

**1/2  
PRICE**



Palmolive Naturals  
Shower Gel 1 Litre

**\$6.50/ea**  
\$0.65 per 100ml

**1/2  
PRICE**



Oral-B 3D White Luxe  
Toothpaste 95g

**\$4.99/ea**  
\$5.25 per 100g

**1/2  
PRICE**



(Selected Varieties)

Palmolive Liquid Hand  
Wash Refill 500ml

**\$2.75/ea**  
\$0.55 per 100ml

**1/2  
PRICE**



Colgate Gentle Clean  
Toothbrush 2 Pack

**\$6.00/ea**  
\$3.00 per 1ea

**1/2  
PRICE**



Palmolive Foaming  
Hand Wash Pump 250ml

**\$2.00/ea**  
\$0.80 per 100ml

**1/2  
PRICE**



(Selected Varieties)

Oral-B Vitality  
Electric Toothbrush

**\$25.00/ea**

**1/2  
PRICE**



Pantene Shampoo or  
Conditioner 375ml

**\$5.00/ea**  
\$1.33 per 100ml

**UNDER  
1/2  
PRICE**



TRESemmé Shampoo or  
Conditioner 500ml

**\$8.50/ea**  
\$1.70 per 100ml

**1/2  
PRICE**



Sunsilk Shampoo or  
Conditioner 700ml

**\$7.50/ea**  
\$1.07 per 100ml

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# HALF PRICE DOVE

**1/2  
PRICE**



Dove Antiperspirant Deodorant  
48 Hour Aerosol 250ml

**\$4.75/ea**

\$1.90 per 100ml

**1/2  
PRICE**



Dove Zero Aluminium  
Deodorant Roll On 50ml

**\$2.75/ea**

\$5.50 per 100ml

(Selected Varieties)

**1/2  
PRICE**



Dove Antiperspirant Deodorant  
72 Hour Roll On 50ml

**\$2.99/ea**

\$5.98 per 100ml

**1/2  
PRICE**



Dove Whole Body  
Deo Aerosol 230ml

**\$6.99/ea**

\$3.04 per 100ml

**1/2  
PRICE**



Dove Whole Body Deo Cream  
75ml or Stick 81g

**\$7.99/ea**

**1/2  
PRICE**



Dove Body Wash  
1 Litre

**\$9.50/ea**

\$0.95 per 100ml

## Elgin

## ORGANIC

**100%  
ORGANIC**



Elgin Organic  
Blueberries 350g

**\$7.99/ea**

\$22.83 per kg



Elgin Organic  
Mango Chunks 350g

**\$6.99/ea**

\$19.97 per kg



Elgin Organic  
Pomegranate 350g

**\$8.99/ea**

\$25.69 per kg



Elgin Organic  
Raspberries 350g

**\$11.99/ea**

\$34.26 per kg

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

18-20 SEPTEMBER

# 3 DAY SALE

SAVE UP TO 50%



Cadbury or Natural Confectionery Co. Share Packs 126-180g  
**\$3.25/ea**



Leggo's Pasta Sauce 490-500g  
**\$2.00/ea**



Pepsi or Pepsi Max Soft Drink 2 Litre  
**\$2.50/ea**  
 \$1.25 per Litre

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

18-20 SEPTEMBER

**3 DAY  
SALE**

**SAVE UP TO 50%**

**HOT  
BUY**

**40%  
OFF**



SAVE FROM  
**\$14<sup>00</sup>**

Sorbent Toilet Tissue 48 Pack

**\$18.99/ea**

\$0.22 per 100 Sheets

**BETTER  
THAN**

**1/2  
Price**



SAVE FROM  
**\$17<sup>00</sup>**

Paddle Pops 24 Pack 1.6 Litre

**\$8.99/ea**

\$0.56 per 100ml

**BETTER  
THAN**

**1/2  
Price**



SAVE FROM  
**\$6<sup>00</sup>**

McCain Rustica  
Pizza 335-450g

**\$5.00/ea**

**BETTER  
THAN**

**1/2  
Price**



SAVE FROM  
**\$7<sup>50</sup>**

Tasmanian Heritage Camembert  
or Double Cream Brie 200g

**\$5.00/ea**

\$25.00 per kg

**BETTER  
THAN**

**1/2  
Price**



SAVE FROM  
**\$5<sup>15</sup>**

Don Pan Size  
Rindless Bacon 250g

**\$4.00/ea**

\$16.00 per kg

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# MUSASHI®

## FUEL YOUR AMBITION



Musashi Protein Wafers 40g

**\$2.99/ea**

\$7.48 per 100g



Musashi Energy Drink 500ml

**\$3.60/ea**

\$7.20 per Litre



Musashi Protein Shake 375ml

**\$3.90/ea**

\$10.40 per Litre



Musashi Protein Crunch 55g

**\$3.90/ea**

\$7.09 per 100g



Musashi Protein+ Energy Bar 58g

**\$3.90/ea**

\$6.72 per 100g



Musashi Protein Deluxe or Crisp Bar 60g

**\$3.90/ea**

\$6.50 per 100g



Musashi Protein Cookie 58g

**\$3.90/ea**

\$6.72 per 100g



Musashi Protein Bar 90g

**\$4.99/ea**

\$5.54 per 100g

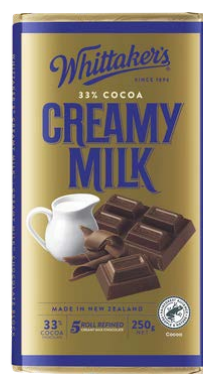
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# CONFECTIONERY & SNACKS



Burger Rings, Cheetos, Tasty Toobs  
or Twisties Party Bag 125-270g

**\$2.90/ea**



Whittaker's Block  
Chocolate 200-250g

**\$8.49/ea**



Fyna Chocolate  
Licorice 200-250g

**\$3.99/ea**



Nestle or Allen's Block  
Chocolate 118-180g

**\$5.25/ea**



Snackachangi  
Kettle Chips 150g

**\$4.99/ea**

\$3.33 per 100g



Haribo Confectionery  
Bags 140-150g

**\$2.49/ea**



Uncle Tobys Muesli Bars  
or Roll Ups 94-185g

**\$3.99/ea**



Nestle Nesquik  
Bars 6 Pack 120g

**\$3.99/ea**

\$3.33 per 100g



CC's Corn Chips 175g

**\$3.75/ea**

\$2.14 per 100g



Tostito's Corn Chips 165-175g

**\$2.99/ea**



Samboy Chips 150-175g

**\$3.75/ea**

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.



# JOES FOOD CO

A Great Treat For Sharing



1/2  
PRICE

Joe's Entertainers Mix 320g  
**\$2.99/ea**  
\$9.34 per kg



Joe's Rice Wheels 140g  
**\$1.99/ea**  
\$14.21 per kg



Joe's Soy Crisps 200g  
**\$2.90/ea**  
\$14.50 per kg



Joe's Pretzel Knots 250g  
**\$2.99/ea**  
\$11.96 per kg

## SAVE ON SNACKS



Eat Well Cashews Salted  
or Unsalted 400g  
**\$7.99/ea**  
\$19.98 per kg



JC's Australian Smoked or  
Roasted Almonds 375g  
**\$9.99/ea**  
\$26.64 per kg



Olympic Party Pretzels  
or Rice Crackers 350g  
**\$4.99/ea**  
\$14.26 per kg



JC's Quality  
Outback Mix 500g  
**\$9.99/ea**  
\$19.98 per kg



Eat Well Natural  
Almonds 400g  
**\$6.99/ea**  
\$17.48 per kg



Olympic Choc  
Coated Range 450g  
**\$8.99/ea**  
\$19.98 per kg

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.



Raw Food Factory  
Raw Honey Pail 1kg  
**\$12.99/ea**  
\$1.30 per 100g



Raw Food Factory  
Honey Squeeze 500g  
**\$8.99/ea**  
\$1.80 per 100g



Raw Food Factory Organic  
Maple Syrup 250ml  
**\$8.99/ea**  
\$3.60 per 100ml



Raw Food Factory Organic  
Blackstrap Molasses 480g  
**\$6.99/ea**  
\$1.46 per 100g



Raw Food Factory Black or  
White Chia Seeds 500g  
**\$8.99/ea**  
\$1.80 per 100g



Raw Food Factory  
Psyllium Husk 270g  
**\$12.50/ea**  
\$4.63 per 100g

## ITS CUPPA TIME

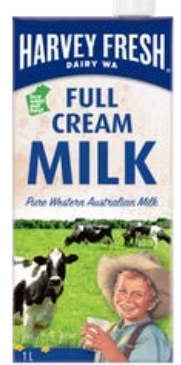


Moccona Barista Reserve  
Coffee Capsules 10 Pack  
**\$3.99/ea**  
\$0.40 per 1ea

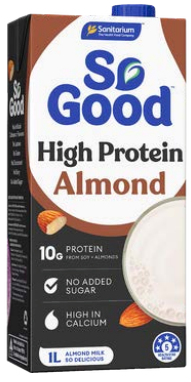


(Selected Varieties)

Nescafe Blend 43  
or Gold 90-150g  
**\$9.99/ea**



Harvey Fresh Full Cream or  
Skim UHT Milk 1 Litre  
**\$1.79/ea**  
\$1.79 per Litre



Sanitarium So Good High  
Protein Milk 1 Litre  
**\$2.99/ea**  
\$2.99 per Litre



Moccona Freeze  
Dried Coffee 400g  
**\$27.50/ea**  
\$6.88 per 100g



Queen Bee  
Coffee Beans 250g  
**\$9.99/ea**  
\$4.00 per 100g

# PANTRY STAPLES



Arnotts Cheds, Sesame Wheat or Country Cheese Crackers 250g

**\$3.50/ea**

\$1.40 per 100g

(Selected Varieties)



Ritz Breakz, Original or Mini Crackers 155-250g

**\$2.50/ea**

(Selected Varieties)



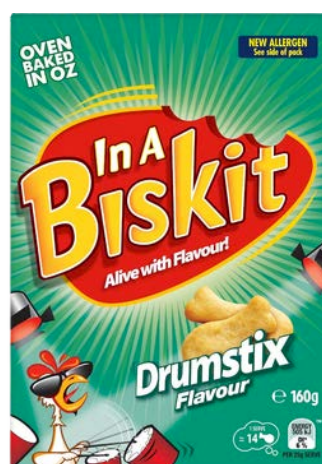
Arnott's Tim Tam 165-200g

**\$3.60/ea**



In A Biskit 145-160g

**\$2.50/ea**



BSc Protein Bar 50-60g

**\$3.99/ea**



Fresh Bake Almond Fingers or Rounds 255-280g

**\$3.99/ea**



Hill River Free Range Eggs 18 Pack 1kg

**\$8.99/ea**

\$0.90 per 100g



Uncle Tobys Quick or Traditional Oats 1kg

**\$3.60/ea**

\$0.36 per 100g



Red Tractor Organic Instant or Rolled Oats 1kg

**\$6.99/ea**

\$0.70 per 100g



Atkins Low Carb Endulge Bars 5 Pack 140-200g

**\$8.50/ea**



Quest Protein Milkshake 414ml

**\$6.00/ea**

\$14.49 per Litre

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# PANTRY STAPLES



Heinz Seriously Good  
Mayonnaise or Aioli 500ml

**\$4.40/ea**

\$0.88 per 100ml



Praise Whole Egg  
Mayonnaise Squeeze 470-500g

**\$5.90/ea**



Massei Liquid Stock 1 Litre

**\$2.99/ea**

\$0.30 per 100ml



Praise Dressings 330ml

**\$2.80/ea**

\$0.85 per 100ml



(Selected Varieties)



Barilla Pasta 500g

**\$2.49/ea**

\$0.50 per 100g

(Selected Varieties)



Barilla Pasta Sauce 400g

**\$2.99/ea**

\$0.75 per 100g



Marco Polo Sardines 105g

**\$1.99/ea**

\$18.95 per kg



La Doria Passata 700g

**\$2.29/ea**

\$0.33 per 100g



Cobram Extra Virgin  
Olive Oil 750ml

**\$17.50/ea**

\$2.33 per 100ml



White Wings Plain or  
Self Raising Flour 1kg

**\$2.50/ea**

\$2.50 per kg



Fantastic Cup or  
Bowl Noodles 45-85g

**\$1.75/ea**

Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

# THIRST QUENCHERS



Mount Franklin Lightly Sparkling  
Mineral Water 1.25 Litre

**\$1.99/ea**

\$1.59 per Litre



Pepsi or Schweppes  
Drinks 24x375ml

**\$23.00/ea**

\$2.56 per Litre



Monster Energy Drink 4x500ml

**\$9.95/ea**

\$4.98 per Litre



Schweppes Drinks 1.1 Litre

**\$1.95/ea**

\$1.77 per Litre



Remedy Organic  
Kombucha 4x250ml

**\$5.99/ea**

\$5.99 per Litre



Coca-Cola, Fanta or  
Sprite 10x375ml

**\$13.80/ea**

\$3.68 per Litre



Santa Vittoria Sparkling  
Mineral Water 6x750ml

**\$8.99/ea**

\$2.00 per Litre



Cottees Cordial  
1 Litre

**\$2.95/ea**

\$2.95 per Litre



Crystal Peak Australian Natural  
Spring Water 24x600ml

**\$8.99/ea**

\$0.62 per Litre



Solo Energy  
Drink 4x250ml

**\$7.99/ea**

\$7.99 per Litre



Specials available from Wednesday 16/09/26 to Tuesday 22/09/26 unless stated otherwise and while stocks last.

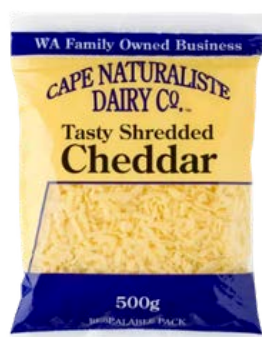
# CHEESY GOODNESS



Brunswick  
Shredded Cheese 500g

**\$6.99/ea**

\$13.98 per kg



Cape Naturaliste  
Shredded Cheese 500g

**\$6.99/ea**

\$13.98 per kg



Brunswick Pizza or Mozzarella  
Shredded Cheese 500g

**\$6.99/ea**

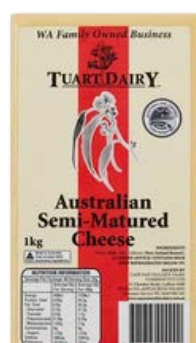
\$13.98 per kg



Brunswick  
Shredded Cheese 1kg

**\$13.99/ea**

\$13.99 per kg



Tuart Dairy Matured or  
Semi-Matured Cheese 1kg

**\$13.99/ea**

\$13.99 per kg



Cape Naturaliste New York  
Burger Slices 200g

**\$6.99/ea**

\$34.95 per kg

## FRIDGE FINDS



Chobani Greek  
Yoghurt 150-160g

**\$2.30/ea**



Vaalia Kids Yoghurt  
Pouch 140g

**\$1.99/ea**

\$1.42 per 100g



Daily Juice Co  
Breakfast Juice 2 Litre

**\$5.99/ea**

\$3.00 per Litre



Lurpak Spreadable Salted 1kg

**\$18.99/ea**

\$1.90 per 100g



Masters Flavoured Milk 600ml

**\$2.49/ea**

\$4.15 per Litre



Gippsland Yoghurt 700g

**\$5.99/ea**

\$0.86 per 100g

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# FREEZER FILLERS



Herbert Adams Gourmet  
Pies 2 Pack 400-420g

**\$6.90/ea**



Birds Eye Golden Crunch  
Sidewinders or Lattice Chips 750g

**\$4.80/ea**

\$6.40 per kg



Birds Eye Deli Seasoned  
Sides Corn Ribs 600g

**\$5.60/ea**

\$9.33 per kg



Hong Kong Kitchen  
Dim Sum 240-480g

**\$4.99/ea**



McCain Pub Style  
Fries or Wedges 750g

**\$4.80/ea**

\$6.40 per kg



McCain Pub Size Meals 480-500g

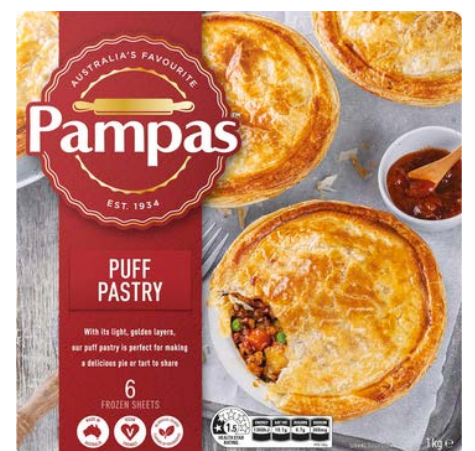
**\$7.50/ea**



Nanna's Apple Crumble 550g

**\$4.99/ea**

\$0.91 per 100g



Pampas Puff Pastry 1kg

**\$5.40/ea**

\$0.54 per 100g



Mrs Mac's Microwave Pie,  
Pastie or Sausage Roll 165-175g

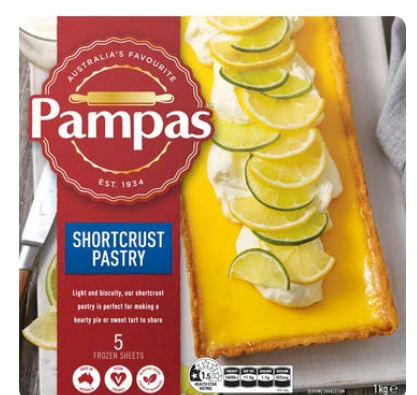
**\$2.99/ea**



Pacific West Prawn  
Nuggets 12 Pack 220g

**\$5.80/ea**

\$26.36 per kg



Pampas Shortcrust  
Pastry 1kg

**\$5.90/ea**

\$0.59 per 100g

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# INCONTINENCE CARE



Tena Incontinence  
Pants Discreet 10-12 Pack  
**\$13.00/ea**

Tena Incontinence  
Pants Plus Night 10-12 Pack  
**\$17.45/ea**



Poise Pads Maxi Nights 20 Pack  
**\$14.00/ea**  
\$0.70 per 1ea

Poise Liners Light 18 Pack  
**\$2.80/ea**  
\$0.16 per 1ea

Poise Liners Ultra Long 20 Pack  
**\$4.45/ea**  
\$0.22 per 1ea

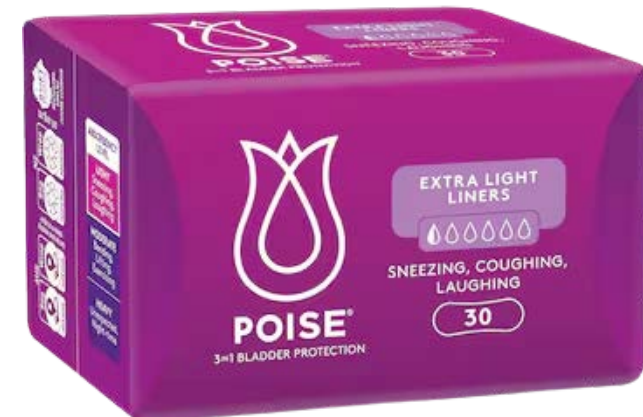


Poise Liners Odour Control  
Extra Long 20 Pack  
**\$4.90/ea**  
\$0.25 per 1ea

Poise Liners Extra Long  
22 Pack or Regular 26 Pack  
**\$4.60/ea**

Poise Liners Odour  
Control Light 22 Pack  
**\$4.40/ea**  
\$0.20 per 1ea

(Selected Varieties)



Poise Live Free Pads 12-14 Pack  
**\$4.85/ea**

Poise Pads 8-16 Pack  
**\$5.30/ea**

Poise Liners Extra Light 30 Pack  
**\$4.60/ea**  
\$0.15 per 1ea

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# HOUSEHOLD ESSENTIALS



Palmolive Luminous Oils Shower Gel Frangipani & Coconut 400ml

**\$3.99/ea**

\$1.00 per 100ml



(Selected Varieties)

Head & Shoulders Shampoo or Conditioner 350-400ml

**\$9.99/ea**



Johnson's Body Wash 1 Litre

**\$6.50/ea**

\$0.65 per 100ml



(Selected Varieties)

Listerine Mouth Wash 1 Litre

**\$8.75/ea**

\$0.88 per 100ml



(Selected Varieties)

Colgate Plax Mouthwash 500ml

**\$5.00/ea**

\$1.00 per 100ml



Nivea Men Sensitive Shaving Foam 200ml

**\$5.25/ea**

\$2.63 per 100ml



Kleenex Eucalyptus or Aloe Vera Facial Tissues 140 Pack

**\$2.99/ea**

\$2.14 per 100 Sheets



Colgate Total Dental Floss Waxed Mint 100m

**\$6.00/ea**

\$0.06 per Metre



Fab Laundry Liquid 900ml-1 Litre

**\$6.50/ea**



(Selected Varieties)

Cuddly Fabric Softener 900ml-1 Litre

**\$6.50/ea**



Huggies Baby Wipes Value Pack 216-240 Pack

**\$11.00/ea**

# HOUSEHOLD ESSENTIALS



Duck Fresh Discs 36ml

**\$4.50/ea**

\$12.50 per 100ml



Harpic Toilet Cleaner 500-700ml

**\$4.20/ea**



(Selected Varieties)



Earth Choice Dishwashing Liquid 500ml

**\$2.50/ea**

\$0.50 per 100ml



Handee Ultra Paper Towel 3 Pack

**\$3.50/ea**

\$1.94 per 100 Sheets



Morning Fresh Dishwashing Liquid 900ml

**\$5.75/ea**

\$0.64 per 100ml



Glade Air Freshener 180-200g

**\$2.80/ea**



iCare Toilet Tissue 24 Pack

**\$11.50/ea**

\$0.27 per 100 Sheets



Multix Cling Wrap 33cmx60m

**\$2.99/ea**

\$0.05 per Metre



Sorbent Toilet Tissue 32 Pack

**\$17.00/ea**

\$0.30 per 100 Sheets



Harpic Blue or Turquoise Power Toilet Block 39g

**\$4.20/ea**

\$10.77 per 100g



Harpic Fresh Power Toilet Cleaning Tabs 6 Pack

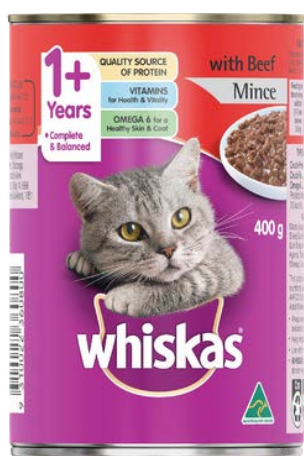
**\$8.40/ea**

\$1.40 per 1ea



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# PET FAVOURITES



Whiskas Cat Food 400g

**\$1.85/ea**

\$0.46 per 100g



My Dog Classic Dog Food 400g

**\$2.40/ea**

\$0.60 per 100g



My Dog Classic Selection  
Dog Food 6x100g

**\$7.99/ea**

\$1.33 per 100g



Pedigree Denta-Stix Dog  
Dental Chews 28 Pack

**\$16.50/ea**

\$0.59 per 1ea



Schmackos Strapz  
Dog Treats 200g

**\$6.40/ea**

\$3.20 per 100g



Nature's Gift Dog Food 100g

**\$0.99/ea**

\$0.99 per 100g



Whiskas Dry Cat Food 800g

**\$4.99/ea**

\$0.62 per 100g



Optimum Dry Dog Food 2.5-3kg

**\$15.99/ea**



Temptations Cat Treats 85g

**\$3.99/ea**

\$4.69 per 100g



Vitapet Jerhigh Dog Treats 400g

**\$14.00/ea**

\$3.50 per 100g



Schmackos Marrobones 737g

**\$9.99/ea**

\$1.36 per 100g

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|                                                                                                                                                                                       |                                                                       |                                                                                                                                                                                                          |                                                                       |                                                                                                                                                                                               |                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
|  <p><b>GEELONG</b></p> <p>Mulline Barrabool Syrah 750ml</p> <p><b>\$52.99/ea</b></p>                  | <p><b>SAVE \$17</b></p> <p><b>98 POINTS</b><br/>BY JAMES HALLIDAY</p> |  <p><b>New In Store</b></p> <p><b>MCLAREN VALE</b></p> <p>Yangarra Ovitelli Grenache 750ml</p> <p><b>\$79.99/ea</b></p> | <p><b>SAVE \$15</b></p> <p><b>98 POINTS</b><br/>BY JAMES HALLIDAY</p> |  <p><b>YARRA VALLEY</b></p> <p>Giant Steps YV Pinot Noir 750ml</p> <p><b>\$39.99/ea</b></p>                | <p><b>SAVE \$10</b></p> <p><b>96 POINTS</b><br/>BY JAMES HALLIDAY</p> |
|  <p><b>YARRA VALLEY</b></p> <p>Giant Steps YV Chardonnay 750ml</p> <p><b>\$39.99/ea</b></p>          | <p><b>SAVE \$10</b></p> <p><b>95 POINTS</b><br/>BY JAMES HALLIDAY</p> |  <p><b>FRANCE</b></p> <p>Coeur Des Sages Blanc de Blanc 750ml</p> <p><b>\$27.99/ea</b></p>                             | <p><b>SAVE \$9</b></p>                                                |  <p><b>CANBERRA DISTRICT</b></p> <p>Nick O'leary Tumbarumba Chardonnay 750ml</p> <p><b>\$33.99/ea</b></p> | <p><b>SAVE \$6</b></p> <p><b>95 POINTS</b><br/>BY JAMES HALLIDAY</p>  |
|  <p><b>GREAT SOUTHERN</b></p> <p>Singlefile SBS 750ml</p> <p><b>\$25.99/ea</b></p>                  | <p><b>SAVE \$5</b></p>                                                |  <p><b>GREAT SOUTHERN</b></p> <p>Swinney Riesling 750ml</p> <p><b>\$33.99/ea</b></p>                                  | <p><b>SAVE \$6</b></p> <p><b>95 POINTS</b><br/>BY JAMES HALLIDAY</p>  |  <p><b>MARGARET RIVER</b></p> <p>Howard Park Jete NV 750ml</p> <p><b>\$32.99/ea</b></p>                  | <p><b>SAVE \$7</b></p>                                                |
|  <p><b>ADELAIDE HILLS</b></p> <p>Murdoch Hill Phaeton Pinot Noir 750ml</p> <p><b>\$41.99/ea</b></p> | <p><b>SAVE \$12</b></p> <p><b>95 POINTS</b><br/>BY JAMES HALLIDAY</p> |  <p><b>ADELAIDE HILLS</b></p> <p>Howard Shiraz 750ml</p> <p><b>\$21.99/ea</b></p>                                     | <p><b>SAVE \$11</b></p>                                               |  <p><b>BAROSSA VALLEY</b></p> <p>Spinifex Miette Shiraz 750ml</p> <p><b>2 for \$44</b></p>               | <p><b>Back In Stock!</b></p> <p><b>SAVE \$22</b></p>                  |