

Everyday low prices across our range

cash & carry... Eftpos available

"We don't just sell fruit!"

Price List (1000s more in store!)

<u>SOUP, NOODLES RICE & MEALS</u>	<u>each</u>	<u>deals</u>
Heinz Spicy Tomato Soup 420g	\$0.60	ctn x 12 \$6
Campbells Cream of Chicken & Mushroom 410g	\$1.00	ctn x 12 \$11
Fortune Cup Noodles Varieties 70g	75c	Ctn Of 12 \$9
Heinz Cream Of Pumpkin Soup 420g	75c	Ctn Of 12 \$8
Fantastic Noodles Beef or Chicken 85g	\$1.50	4 for \$5
Koala Jasmine Rice 1kg	\$2.00	3 for \$5
Sunrice Teriyaki Chicken 350g	\$2.95	2 for \$5
<u>DRINKS</u>	<u>each</u>	<u>deals</u>
Bundaberg 375ml 4pack Varieties	\$4.75	Ctn Of 6x4pk \$27.50
Prima Fruit Drink Vars 200mlx6	\$2.00	3 for \$5
Murray Valley Tomato / Pineapple Juice 250ml	\$1.25	Ctn Of 12 \$13
Beechworth Apple Juice Clear / Cloudy 2Lt	\$4.75	
Quench Water 600ml x 12	\$4.00	
Riverport Varieties 300ml	\$1.75	Ctn Of 12 \$19
M2Go Chocolate 250ml x 6pk	\$3.50	6pk x 4 \$13
<u>TEA / COFFEE</u>	<u>each</u>	<u>deals</u>
Tetley Tea Bags 200's	\$4.95	
Anderson's English Breakfast Tea Bags 100pc	\$2.50	Ctn Of 12 \$27.50
Tea House Black Tea 100pk	\$2.00	
Twinings Herbal Infusion Tea Vars 18pk	\$2.00	3 for \$5
Vittoria 1kg Beans / Ground	\$19.50	
Nescafe Blend 43 500g Coffee	\$16.00	
Nescafe Gold 190g	\$9.50	
Vittoria Chocochino Drinking Chocolate 375g	\$3.95	Ctn Of 6 \$22
Kingston Tea Bag Varieties 100pc 185g	\$2.00	
Lavazza ORO Ground Coffee 250g twin pack	\$9.50	
<u>CEREAL / JAMS</u>	<u>each</u>	<u>deals</u>
Carmans Porridge Varieties 775g	\$4.00	
IXL Jam Varieties 480g	\$2.75	2 for \$5
IXL Apricot Conserve 250g	\$1.50	ctn x 6 \$8
Nutri Grain Multipack 240g 6pk	\$3.75	3 for \$10
Kellogg's Corn Flakes 725g	\$4.50	
Jordan's Crispy Nut Oat Clusters 500g	\$1.80	3 for \$5
Carman's Traditional Oats 750g	\$3.75	3 for \$10
<u>CONFECTIONERY & SNACKS</u>	<u>each</u>	<u>deals</u>
Poppin Shakers Maple Bacon Popcorn 90g	\$1.00	
Arnotts Biscuits Varieties 200-250g	\$2.00	3 for \$5
Pringle Chip Varieties 134g	\$2.00	3 for \$5
Twisties Multipack 20pk	\$4.00	
Tim Tam Slam Varieties 175g	\$2.00	3 for \$5
Thins Cheese & Onion Chips 175g	\$2.00	3 for \$5
Uncle John's Licorice Varieties 300g	\$2.50	
Kooka's Country Cookies Varieties 500g	\$3.75	3 for \$10
Fantastic Rice Crackers Varieties 100g	\$1.50	4 for \$5
Oreo Biscuits 352g	\$2.95	Ctn Of 12 \$33
<u>SAUCES/OILS</u>	<u>each</u>	<u>deals</u>
Masterfoods Spicy BBQ Sauce 500ml	\$1.00	
Maille Horseradish Mustard 205g	\$1.00	
Maille Honey Dijon Mustard 230g	\$1.80	3 for \$5
Sandhurst Olive Oil 1 litre	\$8.50	
Gold Choice Canola Oil 4 litres	\$7.95	
Fountain BBQ Sauce 2 litre	\$5.00	
Bragg Organic Apple Cider Vinegar 473ml	\$6.95	
White Crow Tomato Sauce 2Lt	\$3.95	
Royal Line Sweet Chilli Sauce 910g	\$2.95	
Maggi Rich Gravy Mix 2kg	\$25.95	
<u>CANNED FISH</u>	<u>each</u>	<u>deals</u>
Tassal Salmon Varieties 185g	\$3.00	2 for \$5
Selesta Tuna in Brine 425g	\$3.50	
King Oscar Mackerel Varieties 115g	\$1.00	6 for \$5
Greenseas/Safcol Tuna Varieties 95g	\$1.00	6 for \$5
John West Tuna 180g	\$2.50	
Sole Mare Mackerel Varieties 120g	\$1.00	4 for \$3
Peck's Anchovette Spread 50g	\$1.50	4 for \$5
<u>CHILLED PRODUCTS</u>	<u>each</u>	<u>deals</u>
<u>IN THE FRIDGE</u>		
Flora Light Pro Active 750g	\$5.95	
Primo Saveloys 1kg	\$5.95	
Chefs Essentials Tasty / Mozzarella Cheese 2kg	\$17.50	
Alpenhain Prestige Camembert Cheese 125g	\$2.95	
Viking Danish Blue Cheese 100g	\$2.95	
Dream Whip Light Whipped Cream 250g	\$1.00	
Devondale Mozzarella 3 Cheese Blend 600g	\$5.95	
<u>FROZEN PRODUCTS</u>	<u>each</u>	<u>deals</u>
Maltesers Ice Cream 4 Pack	\$2.00	
Quorn Lasagne 300g	\$2.95	2 for \$5
Fry's Mediterranean Woodfire Pizza (Vegan)	\$3.00	
Steggles Chicken Pattie 2.5kg	\$10.00	
Sweet Potato Wedges 2kg	\$3.00	2 for \$5
Oreo Ice Creams 6pk 330ml	\$2.95	2 for \$5
When In Rome Garlic Bread 450g	\$2.50	
Lean Cuisine Meals 280-350g	\$2.95	2 for \$5
Papa Giuseppe's Cheese & Bacon Pizza 630g	\$4.95	
Papa Giuseppe's Pizza Pie Hawaiian 2Pk 330g	\$3.95	
Pacific West Squid Salt & Pepper 360g	\$4.50	
Steggles Chicken Goujons Sweet Chilli 1kg	\$7.50	
Heinz Garden Peas 500g	\$2.00	
I&J Croquettes Cheese & Spinach 350g	\$3.50	3 for \$10
Feast Straight Cut 12mm Chips 2.5kg	\$2.95	2 for \$5
Nanna's Minis Cremes Varieties 228g	\$1.00	
Haagen Dazs Belgium Choc Ice Cream 100ml	\$1.00	
Haagen Dazs Mango Rasp Ice Cream 457ml	\$2.95	2 for \$5
<u>Cleaning Products</u>	<u>each</u>	<u>deals</u>
Finish Powerball Dishwashing Tablets 110pc	\$16.50	
Fluffy/Cuddly Fabric Softener Varieties 250ml-300ml	\$2.00	3 for \$5
Fluffy Fabric Conditioner 2 litre	\$4.95	
Vanish Preen Stain Remover vars 375ml	\$3.50	3 for \$10
Radiant Washing Powder 2kg	\$5.95	2 for \$10
Sard Stain Remover Vars 450-500ml	\$2.95	
<u>HEALTH & BEAUTY</u>	<u>each</u>	<u>deals</u>
Colgate Toothpaste Varieties	Starting From \$2.00/3 for \$5	
Lynx Body Spray Varieties	\$3.50	3 for \$10
Palmolive Gold Soap 4pk	\$2.00	
VOS Conditioner Vars 450ml	\$2.00	3 for \$5
Dove Cream Bar 100g	\$1.00	
Tresemme Shampoo Varieties 390-500g	\$3.95	3 for \$10
Rexona Delicious Anti-perspirant Spray 150ml	\$2.00	
Rexona Deodorant Spray Varieties 150g	\$3.95	3 for \$10

KEY

Specials

Added To list this week