

Everyday low prices across our range

cash & carry... Eftpos available

"We don't just sell fruit!"

**Price List (1000s more in store!)**

| <b>SOUP, NOODLES RICE &amp; MEALS</b>         |  | <b>each</b>                    | <b>deals</b>         |
|---|--|--------------------------------|----------------------|
| Fortune Cup Noodles 70g                       |  | \$1.00                         | ctn x 12 \$11        |
| Sunrice Street Snack Butter Chicken 200g      |  | \$1.50                         | 4 for \$5            |
| Sunrice Chicken Satay Curry 350g              |  | \$2.00                         |                      |
| Fantastic Noodles Beef or Chicken 85g         |  | \$1.50                         | 4 for \$5            |
| Sunrice Parboiled Rice 900g                   |  | \$1.50                         | 4 for \$5            |
| Heinz Big Red Tomato Soup 300g                |  | \$1.00                         |                      |
| Heinz Soup Varieties 330ml                    |  | \$1.50                         | ctn x 6 \$7          |
| Safcol Soup Varieties 505g                    |  | \$1.40                         |                      |
| <b>DRINKS</b>                                 |  | <b>each</b>                    | <b>deals</b>         |
| Bundaberg 375ml 4pk Varieties                 |  | \$4.75                         | Ctn Of 6x4pk \$27.50 |
| Mr D Cola 2 litres                            |  | \$2.75                         |                      |
| Murray Valley Tomato / Pineapple Juice 250ml  |  | \$1.25                         | Ctn Of 12 \$13       |
| Beechworth Apple Juice Clear / Cloudy 2Lt     |  | \$4.95                         |                      |
| Riverport Varieties 330ml                     |  | \$1.75                         | Ctn Of 12 \$19       |
| Revive Spring Water 1.5 litre                 |  | \$0.95                         | ctn x 6 \$3.95       |
| Revive Spring Water 600ml x 12                |  | \$3.00                         |                      |
| Lipton Peach & Nectarine Iced Tea 500ml       |  | \$0.75                         | ctn x 12 \$7.50      |
| <b>TEA / COFFEE</b>                           |  | <b>each</b>                    | <b>deals</b>         |
| Andersons English Breakfast Tea 100pk         |  | \$2.50                         |                      |
| Nescafe Gold Coffee 190g                      |  | \$9.50                         |                      |
| Nescafe Classic Coffee (Imported) 200g        |  | \$5.95                         | 2 for \$10           |
| Cadbury Drinking Chocolate 400g               |  | \$3.95                         |                      |
| Twinnings Herbal Infusion Tea Vars 18pk       |  | \$2.00                         | 3 for \$5            |
| Twinnings Morning Tea 50pk                    |  | \$2.00                         |                      |
| Vittoria 1kg Beans / Ground                   |  | \$19.50                        |                      |
| Nescafe Blend 43 500g Coffee                  |  | \$16.00                        |                      |
| 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      |  | \$10.00                        |                      |
| <b>CEREAL / JAMS</b>                          |  | <b>each</b>                    | <b>deals</b>         |
| Carman's Porridge Sachets 320g                |  | \$3.75                         | 3 for \$10           |
| Kelloggs Corn Flakes 725g                     |  | \$4.50                         |                      |
| Lowan Coconut & Chia Muesli 650g              |  | \$2.50                         |                      |
| IXL Jam Varieties 480g                        |  | \$2.75                         | 2 for \$5            |
| IXL Apricot Conserve 250g                     |  | \$1.50                         | ctn x 6 \$8          |
| 1kg Honey Varieties                           |  | from \$12.95                   |                      |
| <b>CONFECTIONERY &amp; SNACKS</b>             |  | <b>each</b>                    | <b>deals</b>         |
| Green's Choc Pancake Mix 325g                 |  | \$2.00                         | 3 for \$5            |
| Outback Meat Jerky 100g                       |  | \$3.95                         |                      |
| Uncle John's Licorice Varieties 300g          |  | \$2.50                         |                      |
| Kooka's Country Cookies Varieties 500g        |  | \$3.95                         | 2 for \$7            |
| Fantastic Rice Crackers Varieties 100g        |  | \$1.80                         | 3 for \$5            |
| McVities Digestives Double Choc 250g          |  | \$2.00                         | 3 for \$5            |
| Oreo Biscuits 352g                            |  | \$2.95                         | Ctn Of 12 \$33       |
| Simply 9 Lentil Chips Fiery Hot 85g           |  | \$1.50                         | 4 for \$5            |
| Golden Chipees Varieties 100g                 |  | \$1.00                         |                      |
| <b>SAUCES/OILS</b>                            |  | <b>each</b>                    | <b>deals</b>         |
| Heinz Tomato Sauce 4 Litres                   |  | \$4.95                         |                      |
| Sandhurst Extra Virgin Olive Oil 4 litre      |  | \$25.00                        |                      |
| MON Tomato Sauce 580ml                        |  | \$2.75                         |                      |
| Royal Line Coconut Milk / Cream 400ml         |  | \$1.20                         | ctn of 24 \$27       |
| Fountain BBQ Sauce 2 litre                    |  | \$5.00                         |                      |
| White Crow Tomato Sauce 2Lt                   |  | \$3.95                         |                      |
| Royal Line Sweet Chilli Sauce 910g            |  | \$2.95                         |                      |
| Maggi Rich Gravy Mix 2kg                      |  | \$27.95                        |                      |
| <b>CANNED VEGETABLES</b>                      |  | <b>each</b>                    | <b>deals</b>         |
| Golden Circle Diced Beetroot 3kg              |  | \$3.75                         | ctn x 3 \$10         |
| <b>CANNED FISH</b>                            |  | <b>each</b>                    | <b>deals</b>         |
| Selesta Tuna in Brine / Sunflower Oil 425g    |  | \$3.50                         |                      |
| Santamaria Sardines 120g                      |  | \$1.80                         | 3 for \$5            |
| King Oscar Mackerel Varieties 95g             |  | \$1.00                         |                      |
| John West Tuna 180g                           |  | \$2.50                         |                      |
| John West Tuna Varieties 95g                  |  | \$0.75                         | 3 for \$2            |
| John West Tuna Tempter Varieties 95g          |  | \$1.00                         |                      |
| John West Salmon Citrus & Herb 95g            |  | \$1.00                         | 6 for \$5            |
| <b>CHILLED PRODUCTS</b>                       |  | <b>each</b>                    | <b>deals</b>         |
| <b>IN THE FRIDGE</b>                          |  |                                |                      |
| Don Mini Kabana/Chorizo 160g                  |  | \$2.00                         | 3 for \$5            |
| Bertolli Olive Oil Spread 500g                |  | \$2.00                         |                      |
| Delre Shredded Tasty Cheese 2kg               |  | \$19.50                        |                      |
| Delre Shredded Mozzarella 2kg                 |  | \$21.00                        |                      |
| Bertocchi Budget Bacon 1kg                    |  | \$5.00                         |                      |
| Mil Lel Shredded Parmesan 250g                |  | \$5.00                         | 2 for \$9            |
| Aeolikos Greek Feta 200g                      |  | \$4.95                         |                      |
| Viking Danish Blue Cheese 100g                |  | \$2.95                         |                      |
| <b>FROZEN PRODUCTS</b>                        |  | <b>each</b>                    | <b>deals</b>         |
| Steggles Chicken Nuggets 1kg                  |  | \$8.95                         |                      |
| Balfours Donut Varieties 2pk 200g             |  | \$2.00                         | 3 for \$5            |
| Lena Pastries 1kg                             |  | \$9.95                         |                      |
| McCain/Dr Oetker Pizzas Varieties             |  | \$2.00                         | 3 for \$5            |
| Mediterranean Pastizzis 850g                  |  | \$7.50                         |                      |
| Lean Cuisine Meals 280-350g                   |  | \$2.95                         | 2 for \$5            |
| Marathon Dim Sims 1.5kg                       |  | \$7.50                         |                      |
| Yarra Valley Lamb Shanks 1.6kg                |  | \$18.50                        |                      |
| Streets Vegan Cornetto 90ml                   |  | \$0.90                         | ctn x 24 \$7.50      |
| Get Vegged Vegetarian Nuggets 400g            |  | \$3.50                         |                      |
| Get Vegged Veggie Rissolis 400g               |  | \$3.50                         |                      |
| Get Vegged Vegetarian Schnitzel 240g          |  | \$3.50                         |                      |
| Crackerjack Jumbo Potato Cakes 20pk           |  | \$9.95                         |                      |
| Just Caught Calamari Rings 1kg                |  | \$18.50                        |                      |
| Haagen Dazs Brownie Macchiato 457ML           |  | \$2.95                         | 2 for \$5            |
| Marathon Spring Rolls 2kg                     |  | \$11.00                        |                      |
| Blue Ribbon Chocolate Ice Cream 1 litre       |  | \$3.95                         | 3 for \$10           |
| <b>Cleaning Products</b>                      |  | <b>each</b>                    | <b>deals</b>         |
| Finish Dishwashing Tablets 110pk              |  | \$17.95                        |                      |
| Morning Fresh Straw & Guava Dish Liquid 400ml |  | \$2.00                         |                      |
| Ajax Floor Cleaner 750ml                      |  | \$3.00                         |                      |
| Jif Lemon 500ml                               |  | \$2.95                         |                      |
| Scotts Hand Sanitiser 1 litre                 |  | \$5.00                         |                      |
| Radiant Washing Powder 2kg                    |  | \$5.95                         | 2 for \$10           |
| <b>HEALTH &amp; BEAUTY</b>                    |  | <b>each</b>                    | <b>deals</b>         |
| Colgate Toothpaste Varieties                  |  | Starting From \$2.00/3 for \$5 |                      |
| Lynx Body Spray Varieties                     |  | \$2.95                         | 2 for \$5            |
| Palmolive Gold Soap 4pk                       |  | \$2.00                         |                      |
| Treasure Comfort Nappies 16-26pk              |  | \$3.95                         |                      |
| Cedel Toothpaste Varieties 75-110g            |  | \$1.00                         |                      |
| Dove Cream Bar Varieties 100g                 |  | \$0.90                         |                      |
| Tresemme Shampoo Varieties 390-500g           |  | \$3.95                         | 3 for \$10           |
| Rexona Delicious Anti-perspirant Spray 150ml  |  | \$2.00                         |                      |
| Rexona Deodorant Spray Varieties 150g         |  | \$3.50                         | 3 for \$10           |
| <b>DÉCOR/WILLOW PRODUCTS</b>                  |  | <b>each</b>                    | <b>deals</b>         |
| Willow 20L Insulated Cooler + Ice Brick       |  | \$ 13.50                       |                      |
| Willow 4L Insulated Cooler + Ice Brick        |  | \$ 5.95                        |                      |
| Décor ThermoStone Oblong Baking Dish 1.8L     |  | \$ 9.50                        |                      |
| Décor Protein Shaker                          |  | \$5.00                         |                      |
| Décor Match Ups Assorted Sizes                |  | from \$3.50                    |                      |
| and many more in store!!!                     |  |                                |                      |
| <b>KEY</b>                                    |  |                                |                      |
| Specials                                      |  |                                |                      |
| Added To list this week / Price Reduced       |  |                                |                      |