

Everyday low prices across our range

cash & carry... Effpos available

"We don't just sell fruit!"

Price List (1000s more in store!)

SOUP, NOODLES RICE & MEALS			each	deals	CHILLED PRODUCTS			each	deals	
Campbells Chunky Beef Stroganoff Soup 505g	\$2.75			2 for \$5	IN THE FRIDGE					
Continental Cup A Soup Varieties	\$1.25			ctn x 7 \$8	Bertocchi Budget Bacon 1kg	\$8.95				
FFS Panko Crumbs 275g	\$2.95				Bertocchi Polish Sausage 375g	\$4.50				
Fortune Cup Noodle Varieties 70g	\$1.25			box of 12 \$13.50	Bertocchi Salami Varieties per kilo	from	\$17.50 per kilo			
Heinz Soup of the Day Varieties 430g	\$1.50			4 for \$5	Bertocchi Smoked Streaky Bacon 1kg	\$15.00				
Sunrice Low GI Rice Cups 250g	\$1.50			4 for \$5	Bertocchi Strassburg Varieties 600g	\$4.50				
DRINKS			each	deals	Don Strasburg 1kg	\$9.95				
Billson's Cordial Varieties 700ml	\$7.95				Mil Lel Shredded Parmesan 2kg	\$19.50				
Billson's Soda cans 355ml	\$3.50			3 for \$10	Porterhouse Steak per kilo	\$24.00				
Bubly Passionfruit Sparkling Water 375ml x8pk	\$4.95				Rump Steak per kilo	\$19.00				
Bundaberg 375ml 4pack Varieties	\$5.95			Ctn Of 6x4pk \$34	FROZEN PRODUCTS			each	deals	
Mildura Sparkling Drink Varieties 330ml x 6pk	\$3.00				Ben & Jerry Varieties 458ml	\$4.95				
Mr D Cola 2 litres	\$3.95				Bird's Eye Barramundi 250g	\$3.95		3 for \$10		
Murray Valley Juice Varieties 250ml	\$1.80			3 for \$5	Bird's Eye Cauli Cheese/Scalloped Pots 600g	\$3.95		3 for \$10		
Riverport Drink Varieties 330ml	\$2.20			box of 12 \$25	Bird's Eye Fried Rice Cauli Rice, Peas & Corn 500g	\$2.00		3 for \$5		
TEA / COFFEE			each	deals	Bird's Eye Vege Rice / Risotto 500g	\$1.00				
Cadbury Drinking Chocolate 450g	\$5.50				Connoisseur Ice Cream 1 Litre Varieties	\$5.95		2 for \$10		
Chicco D'Oro Capsules 12pk	\$3.00			2 for \$5	Gibbs Pie Varieties 150g (while stocks last)	\$1.50				
Kingston Tea Bag Varieties 100pc 185g	\$2.40				Golden Wok Bao Buns Varieties 250g	\$3.75		3 for \$10		
Lavazza Oro Coffee Beans 1kg	\$23.00				I&J Fish Goujons 800g	\$7.95				
Lavazza ORO Ground Coffee 250g twin pack	\$11.50				I&J Salt & Pepper Squid 800g	\$7.95				
Mokate Latte Sachet Varieties 22g	\$1.00			4 for \$3	Magnum Bites 183ml	\$3.95		3 for \$10		
Mokate Instant Coffee Varieties 90g	\$2.95			2 for \$5	Magnum Mini 330ml	\$4.95				
Mokate Cappuccino Sachet Varieties 100g	\$2.00			3 for \$5	Marathon Dim Sims 1.5kg	\$9.95				
Nescafe Forte 200g (Imported)	\$6.50				Marathon Mini Dim Sims 1kg	\$12.00				
Nescafe Blend 43 Espresso Coffee 375g	\$12.50				Marathon Spring Rolls 2kg	\$14.00				
Vittoria Chocochino Drinking Chocolate 375g	\$4.20			Ctn Of 6 \$25	Maxibon Varieties 4pk 620ml	\$4.95				
Vittoria Coffee Bag Varieties 20pk	\$8.50				McCain Spinach & Mozzarella Pizza 350g	\$3.95		3 for \$10		
Vittoria Italian Beans 1kg	\$19.00				Mediterranean Pastizzis 850g	\$8.95				
CEREAL / JAMS			each	deals	Ming Cocktail Spring Rolls 1kg	\$7.95				
1kg Honey Varieties	from \$11				Ruffie Plant Based Creations 350g	\$2.95				
IXL Jam Varieties 480g	\$3.50			3 for \$10	Sara Lee Rasp White Choc Semifreddo 1.3L	\$9.00				
Roses Raspberry Conserve 500g	\$3.95				Sara Lee Mango Passionfruit Ice Cream 1 litre	\$5.95		2 for \$10		
St Dalfour Lemon Lime Spread 284g	\$3.95				Sara Lee Original Cheesecake 500g	\$6.95				
CONFECTIONERY & SNACKS			each	deals	Steggles Chicken Nuggets 1kg	\$11.95				
Berri Quelch 24pk	\$2.95			2 for \$5	Cleaning Products			each	deals	
Anna's Almond Thins 150g	\$1.00				Finish Powerball Dishwasher Tablets 110pk	\$18.95				
Fantastic Black Rice Crackers 100g	\$1.00			3 for \$2	HEALTH & BEAUTY			each	deals	
Fantastic Rice Crackers Teriyaki 100g	\$1.00				Colgate Toothpaste & Toothbrush Varieties	Starting From \$1.00				
Fantastic Rice Crackers Varieties 100g	\$1.80			3 for \$5	Palmolive Gold Soap 4pk	\$3.75				
Green & Blacks Organic Chocolate Block 90g	\$1.00				Rexona Deodorant Spray Varieties 150g	\$3.95				
Kellogg's Ktime Bars 333g	\$3.50			3 for \$10	Sukin Varieties 125ml	\$2.95		2 for \$5		
Kooka's Country Cookie Varieties 500g	\$4.50				CANNED FISH			each	deals	
Life Savers Jelly Beans 180g	\$2.00			3 for \$5	Ally Pink Salmon 210g	\$3.95		box of 24 \$94		
M&M's Peanut 500g	\$5.95			2 for \$10	Greenseas Tuna Varieties 95g	\$1.00		box of 12 \$11		
McVitie's Penguin 147.6g	\$1.80			3 for \$5	Greenseas Tuna Chunks in Brine 425g	\$4.50				
Natural Confectionery Co. Lollies 1-1.2kg	\$9.95				Greenseas Tuna Chunks in Ex Virg Olive Oil 425g	\$4.95				
Pascall Jelly Gems 150g	\$2.00			3 for \$5	Santamaria Sardines 120g	\$2.25		ctn x 12 \$25		
Uncle John's Licorice 300g	\$2.95				Selesta Tuna in Brine 425g	\$3.75				
Uncle Toby's Bar Varieties 185g	\$2.00				Selesta Tuna in Sunflower Oil 425g	\$3.95				
SAUCES/OILS			each	deals	DÉCOR/WILLOW PRODUCTS			each	deals	
Batleys Sweet Chilli Sauce 900ml	\$2.50				And many more in store...					
Fountain BBQ Sauce 2 litre	\$5.50				Décor Fresh Cooler Bag	\$3.00		2 for \$5		
Heinz 295ml Sauce Varieties	\$1.00			4 for \$3	Décor Go Snack Cooler Bag & Tub	\$3.00		2 for \$5		
Red Island Extra Virgin Olive Oil Spray 150g	\$2.00				Décor Go Snack Tub 300ml	\$2.00		3 for \$5		
Royal Line Sweet Chilli Sauce 870g	\$3.50				Willow 55L Cooler	\$49.00				
Valcom Coconut Milk/Cream 400ml	\$1.40			4 for \$5	KEY					
White Crow Tomato Sauce 2 litres	\$4.95				Specials					
CANNED VEGETABLES			each	deals	Added To list this week / Price Reduced					
Contadina Creamed Corn 425g	\$1.00									
Golden Circle Pickled Sliced Beetroot 440g	\$1.50			4 for \$5						