

Everyday low prices across our range

cash & carry... Eftpos available

"We don't just sell fruit!"

Price List (1000s more in store!)

SOUP, NOODLES RICE & MEALS			each	deals
Continental Cup A Soup Varieties	\$1.25	ctn x 7	\$8	
Fantastic Noodle Bowls 85g	\$2.00	box of 12	\$23	
FFS Panko Crumbs 275g	\$2.95			
Fortune Cup Noodle Varieties 70g	\$1.25	box of 12	\$13.50	
Uncle Ben's Long Grain White Rice 500g	\$1.50	4 for	\$5	
DRINKS			each	deals
Billson's Cordial Varieties 700ml	\$7.95			
Billson's Soda cans 355ml	\$3.50	3 for	\$10	
Bundaberg 375ml 4pack Varieties	\$5.95	Ctn Of 6x4pk	\$34	
Mr D Cola 2 litres	\$3.95	box of 6	\$22	
Murray Valley Juice Varieties 250ml	\$1.80	3 for	\$5	
Nexba Liquid Brekkie Varieties 250ml x 3pk	\$3.00			
Powerade Berry Ice Powder 500g	\$4.95			
Remedy Kick Natural Energy Varieties 250ml	\$1.20	box of 12	\$12	
Remedy Peach Kombucha 750ml	\$2.00	box of 6	\$10	
River Port Drink Varieties 330ml	\$2.20	box of 12	\$25	
Roar Drink Varieties 532ml	\$1.00	box of 12	\$9	
Schweppes Varieties 200ml x 6pk	\$2.00	box of 4x6pk	\$7.50	
TEA / COFFEE			each	deals
Cadbury Drinking Chocolate 450g	\$5.50			
Kingston Tea Bag Varieties 100pc 185g	\$2.40			
Lavazza Oro Coffee Beans 1kg	\$23.00			
Lavazza ORO Ground Coffee 250g twin pack	\$11.50			
Mokate Sachet Varieties 8-10pk	\$2.95	2 for	\$5	
Nescafe Blend 43 500g	\$22.00			
Vittoria Chocochino Drinking Chocolate 375g	\$4.20	Ctn Of 6	\$25	
Vittoria Coffee Bag Varieties 20pk	\$8.50			
Vittoria Italian Beans 1kg	\$19.00			
CEREAL / JAMS			each	deals
1kg Honey Varieties	from \$9.50			
Cottees Apricot Jam 375g	\$2.00	3 for	\$5	
IXL Strawberry / Breakfast Marmalade 250g	\$2.40			
Jordans Nutty Granola 500g	\$2.00			
Kellogg's Rice Bubbles Multigrain 450g	\$2.00	3 for	\$5	
Kraft Orange Marmalade Portions 14g x 75	\$4.50			
Roses Raspberry Conserve 500g	\$3.95			
St Dalfour Lemon Lime Spread 284g	\$3.95			
CONFECTIONERY & SNACKS			each	deals
Atkins Protein Bars Varieties 37g x 5pack	\$2.95	2 for	\$5	
Carman's Muesli Cookies 215g	\$2.00			
Fantastic Rice Crackers Varieties 100g	\$2.00			
Hooley's Ring Varieties 90g	\$2.95	2 for	\$5	
Kooka's Country Cookie Varieties 500g	\$4.50			
Lays Stax Varieties 135g	\$2.00			
LCM Choc Strawberry Bars 100g	\$2.00			
Lolliland Lolly Varieties 400-425g	\$3.95			
M&M's Peanut 500g	\$5.95	2 for	\$10	
McVities Digestive Top Varieties 100g	\$1.50	4 for	\$5	
McVitie's Rich Tea Biscuits 300g	\$2.00	3 for	\$5	
Mother Earth Bar Varieties 200-240g	\$2.50			
Natural Confectionery Co. Lollies 1-1.2kg	\$11.50			
Popcorn Time Butter 200g	\$3.95			
Pringles Meat Lovers 118g	\$2.00			
Snack Lovers Savoury Snack Varieties 160g	\$3.50	3 for	\$10	
Twix 11 piece bag	\$2.50			
Uncle John's Licorice 300g	\$2.95			
SAUCES/OILS			each	deals
Batleys Sweet Chilli Sauce 900ml	\$2.50			
Fountain BBQ Sauce 2 litre	\$5.50			
Maggi Gravy Mix 2kg	\$29.50			
Royal Line Sweet Chilli Sauce 870g	\$3.50	box of 12	\$40	
Royal Line Coconut Milk 400ml	\$1.40	4 for	\$5	
Valcom Coconut Cream 400ml	\$2.00	3 for	\$5	
White Crow Tomato Sauce 2 litres	\$4.95			
CHILLED PRODUCTS			each	deals
IN THE FRIDGE				
Bertocchi Polish Sausage 375g	\$4.95			
Bertocchi Salami Varieties per kg	from		\$17.50 per kg	
Bertocchi Strassburg Varieties 600g	\$4.50			
Flora Salt Reduced Margarine 1kg	\$5.00			
Lactalis Brie 167g	\$3.95			
Meadow Lea Buttery 500g	\$2.50			
Tatura Butter Varieties 250g	\$3.95			
FROZEN PRODUCTS			each	deals
Ben & Jerry Varieties 436-458ml	\$4.95			
Birds Eye Cauli Cheese/Scalloped Pots 600g	\$3.95	3 for	\$10	
Birds Eye Deli Prawn Cutlets 225g	\$3.95	3 for	\$10	
Birds Eye Golden Crunch Chips 2kg	\$6.00			
Birds Eye Onion Rings 500g	\$2.95			
Birds Eye Potato Mash 400g	\$1.00			
Birds Eye Seasoned Sides 600g	\$2.00			
Bulla Creamy Classics Ice Cream Varieties 4pk	\$4.00			
Earths Kitchen Truffle Stuffed Gnocchi 400g	\$2.75	2 for	\$5	
Edgell Bite Sized Veges 1.5kg	\$3.00	2 for	\$5	
Four Farms Garden Corn 800g	\$2.95	2 for	\$5	
Four Farms Garden Peas 800g	\$2.95	2 for	\$5	
I&J Fish Goujons 800g	\$5.95	2 for	\$10	
Marathon Dim Sims 1.5kg	\$9.95			
Marathon Dim Sims 500g	\$4.95			
Marathon Dim Sims Mini 1kg	\$12.00			
Mediterranean Pastizzis 850g	\$9.50			
Pampas Lemon Meringue Pie 500g	\$4.95			
Papa Giuseppe's Flatbread 185g	\$3.95	3 for	\$10	
Porterhouse Steak per kg	\$24.00			
Sara Lee Chocolate Swirl Pound Cake 300g	\$3.95			
Sara Lee Deep Dish Apple Pie Varieties 800g	\$7.95			
CANNED FISH			each	deals
Greenseas Tuna Varieties 95g	\$1.00	box of 12	\$11	
Greenseas Tuna Chunks in Brine 425g	\$4.50			
Greenseas Tuna Chunks in Ex Virg Olive Oil 425g	\$4.95			
Santamaria Sardines 120g	\$2.50	ctn x 12	\$28	
Selesta Tuna Varieties 425g	\$3.95			
CANNED VEGETABLES			each	deals
Contadina Creamed Corn 425g	\$1.00			
Edgell Sauerkraut 410g	\$1.00	box of 12	\$11	
Cleaning Products			each	deals
Finish Powerball Dishwasher Tablets 110pk	\$18.95			
Finish Powerball Quantum 64Pk	\$15.00			
HEALTH & BEAUTY			each	deals
Colgate Toothpaste & Toothbrush Varieties	Starting From \$1.00			
Brutal Truth/Myaura Toiletry Varieties	\$2.75	2 for	\$5	
Palmolive Gold Soap 4pk	\$3.75			
Rexona Deodorant Spray Varieties 150g	\$3.95			
Sukin Varieties 125ml	\$2.00	3 for	\$5	
DÉCOR/COLEMAN PRODUCTS			each	deals
Coleman Cooler Bags from	\$17.00			
Décor Double Wall Tea Infuser 380ml	\$5.95			
Décor Double Wall Thermal Flask 500ml	\$5.95			
Décor Double Wall Travel Cup 340ml	\$3.95	3 for	\$10	
And many more in store...				
KEY				
Specials				
Added To list this week / Price Reduced				