

JUNE SPECIALS

Specials available from 2nd June to 28th June 2025 E.&O.E.

PRE-SLICED SMOKED SALMON SIDES



1kg....\$40.60/tray

GIGAS PINEAPPLE CUT SQUID TUBES U/5



Hot Price

5kg....\$64.30/ctn

LING FILLETS U/500gm SEAFROZEN



(\$18.38/kg)

6.8kg....\$125.00/ctn

BONELESS NETTED LAMB LEG



Approx 2.5kg \$19.50/kg

EVEREST STRAWBERRY ICECREAM



Hot Price

10Lt....\$26.90/tub (+gst)

CRISPY CINNAMON TOAST



28 x 45gm

1.26kg....\$20.80/box

FARM FRITES FINEST 10mm STRAIGHT CUT CHIPS



**GLUTEN
FREE**

Hot Price

2kg....\$8.60/bag (\$4.30/kg)

FARM FRITES FINEST 13mm STRAIGHT CUT CHIPS



**GLUTEN
FREE**

Hot Price

2kg....\$8.60/bag (\$4.30/kg)

RIVERINA CANOLA OIL



**GLUTEN
FREE**

Hot Price

- 100% Australian Grown & Produced
- Certified Non-Genetically Modified

20Lt....\$68.70/tin

frozen

INGHAM'S

SWEET CHILLI TENDERS



Great For Wraps

1kg....\$16.20/bag

INGHAM'S

DEVIL CHICKEN TENDERS



1kg....\$17.30/bag

INGHAM'S

TERIYAKI BREAST MEDALLIONS



Approx 20 per bag

1kg....\$19.20/bag

Steggles

TEMPURA BATTERED BREAST NUGGETS



Hot Price

1kg....\$14.50/bag

Steggles

DINO SNACKS (Breast Nuggets)



1kg...\$17.50/bag

INGHAM'S

COUNTRY CRISP CHICKEN STRIPS



Approx 33 pieces per bag

1kg....\$20.70/bag

INGHAM'S

CRUMBED CHICKEN BREAST NUGGETS



1kg....\$13.70/bag

CRUMBED PRAWN CUTLETS 13/15



1kg....\$15.90/box

Patties

QUICHE PARTY PACK



2 doz Quiche Lorraine
2 doz Cheesy Chorizo
2 doz Spinach and Fetta
Approx \$1.49 per portion

\$97.50/6doz ctn (+gst)

Mydibel

SHOESTRING CHIPS



GLUTEN FREE

Hot Price

2.5kg...\$10.80/bag

Edgell

POTATO GEMS



Approx. 210 per bag

2kg....\$10.60/bag

Edgell

SUPA CRUNCH STEAKHOUSE CHIPS



2kg....\$11.70/bag

frozen



LARGE CHICKEN DIM SIMS



4doz....\$58.50/ctn



LARGE PORK DIM SIM



4doz....\$70.10/ctn



MOKA DOGS



"Battered Franks"
20ctn....\$43.40/ctn



HASH BROWNS



Hot Price

2.2kg....\$15.60/bag



MINI BEEF DIM SIMS



5doz....\$11.30/bag



POTATO CAKES

FORMED MADE FROM REAL POTATO
- NOT POWDER



Only 52¢ each
Qty 120....\$62.00/ctn



HOKKIEN NOODLES



1kg....\$4.20/pkt



FISH CAKES



36x100gm
3doz....\$34.60/ctn



"TZATZIKI" YIROS GARLIC SAUCE



1kg....\$12.60/btl

BLUE
MOON

COCONUT
SWIRL

COCONUT
& VBEAN

HONEY

PEACH
MELBA

RASPBERRY
TWIST



2.5Lt
ALL ONE PRICE....\$19.20/tub (+gst)



frozen

SQUID RINGS RAW



1kg....\$13.40/bag

SOFT SHELL CRAB 120/150



Lightly Batter & deep fry for 1-2mins
each side or until golden brown
Approx 7 per box

1kg....\$29.50/box

SCALLOPS ROE OFF 10/20 IQF



These are HUGE scallops

Approx. 4-5cm across

1kg....\$37.20/bag



PANKO CRUMBED PRAWNS



1kg....\$32.80/box



TEMPURA BATTERED SQUID RINGS



1kg....\$21.30/bag



PRAWN TWISTERS



Approx 43 per ctn

1kg....\$32.10/ctn



BUFFET VEGETABLE MIX



Includes: Broccoli, Carrots, Mini Corn
Cobbs & Whole Baby Beans

2kg....\$15.00/bag



MELANGE VEGETABLE MIX



Includes: Broccoli, Carrots, Red
Capsicum, Cauliflower, Green Beans
& Yellow Beans

1.5kg....\$10.30/bag



PANACHE VEGETABLE MIX



Includes: Broccoli, Carrots, Red
Caps, Baby Corn & Sugar Snap Peas

1.5kg....\$11.50/bag



TIRAMISU TRAY CAKE



1.25kg..\$27.20/tray(+gst)



CHOCOLATE BROWNIE TRAY CAKE



1.6kg..\$26.90/tray(+gst)



WHITE CHOCOLATE & RASPBERRY TRAY CAKE



2kg..\$37.90/tray(+gst)

Pampas

PUFF PASTRY SHEETS



Hot Price

18 Sheets approx 435mm x 225mm
6kg....\$57.70/ctn

SMALL/MEDIUM 200gm CHICKEN SCHNITZELS



Premium Hand Cut Breast Schnitzels
Only \$3.66/each
30x200gm..\$109.90/ctn



AMERICAN PORK SPARE RIBS



Hot Price

Approx 8kg per box
RW....\$18.10/kg

GROUND VALUE

Ground Value BLACKBERRIES



1kg....\$10.60/bag

GROUND VALUE

Ground Value BLUEBERRIES



1kg....\$12.60/bag

NATURES LINK

CHOPPED SPINACH



2.5kg....\$11.50/bag



TRADITIONAL TORTELLINI



1kg....\$14.70/bag



9.5" GLUTEN FREE PIZZA BASES



GLUTEN FREE

7pkt....\$29.50/pkt



11.5" GLUTEN FREE PIZZA BASES



GLUTEN FREE

7pkt....\$36.10/pkt



SANDWICH SUB LARGE WHITE PARBAKE



Less than \$1.38 per roll
36x160gm....\$49.40/ctn



CIABATTA DINNER ROLL



Less than 67¢ per roll
160x60gm...\$106.00/ctn



4.5" BRIOCHE BUN



Less than \$1.19 per roll
48x100gm....\$57.00/ctn

chilled

<p>ROASTED GARLIC AIOLI</p>  <p>Squeeze Bottle 1kg....\$11.90/btl</p>	<p>LIGHT SOUR CREAM</p>  <p>Hot Price 2kg....\$20.30/tub</p>	<p>EASY SPREAD BUTTER</p>  <p>2kg....\$42.00/tub</p>
<p>GRATED PARMESAN CHEESE</p>  <p>GLUTEN FREE</p>  <p>1.5kg....\$54.80/bag</p>	<p>SHREDDED PARMESAN CHEESE</p>  <p>GLUTEN FREE</p>  <p>1kg....\$32.10/bag</p>	<p>SHAVED PARMESAN CHEESE</p>  <p>GLUTEN FREE</p>  <p>1kg....\$31.10/bag</p>
<p>RICH GRAVY MIX</p>  <p>Hot Price 7.5kg....\$103.90/tub</p>	<p>PESTO BASIL or TOMATO</p>  <p>2kg....\$31.00/jar</p>	<p>CHAR GRILLED PUMPKIN</p>  <p>2kg....\$32.80/tub</p>
<p>PLAIN FLOUR</p>  <p>12.5kg..\$20.80</p>	<p>SELF RAISING FLOUR</p>  <p>12.5kg..\$23.00</p>	<p>BAKERS FLOUR</p>  <p>12.5kg..\$21.80</p>

chilled

FRESH BBQ PULLED PORK



1kg....\$20.80/bag

TIBALDI SHORT CUT RINDLESS BACON



2.5kg...\$35.80/bag

TIBALDI MIDDLE RASHER RINDLESS BACON



2.5kg...\$35.00/bag

7" SKIN ON FRANKFURTS



Approx. 36 per bag
2.5kg....\$24.40/bag

8" OL' SMOKEY SKINLESS FRANKS



Approx. 36 per bag
2.5kg....\$30.00/bag

10" OL' SMOKEY SKINLESS FRANKS



Approx. 28 per bag
2.5kg....\$30.00/bag

CHILLI CHEESE KRANSKY



2.5kg...\$56.00/bag

DONS KABANA



Approx 4kg bag
RW....\$17.80/kg

HI-MELT SHREDDED CHEESE BLEND



2kg....\$29.10/bag

TASTY CHEESE BBQ CUBES



2kg....\$45.50/bag

MILD BLOCK CHEESE



Hot Price
2kg....\$49.10/block

TASTY BLOCK CHEESE



Hot Price
2kg....\$50.20/block

pantry

Nestlé
PROFESSIONAL

AERO DESSERT MIX



Hot Price

1.9kg \$49.40/tub(+gst)

QUEEN
EST. 1971

VANILLA BEAN PASTE



320gm....\$36.00/tube

Cadbury

TUSCANY (DARK) CHOCOLATE BUTTONS



15kg....\$149.30/bag

TRUMPS

DRIED APPLE RINGS



STRONG RE-SEALABLE BAG
500gm....\$9.90/bag

TRUMPS

DRIED FIGS



STRONG RE-SEALABLE BAG
1kg....\$20.10/bag (+gst)

TRUMPS

SULTANAS (AUST)



STRONG RE-SEALABLE BAG
1kg....\$12.00/bag

Riviana

RED KIDNEY BEANS

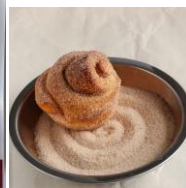


NEW TO US

3kg....\$13.40/tin

WINDSOR FARM

CINNAMON SUGAR



1kg....\$8.00/bag

McKENZIE'S

GLUTEN FREE RICE FLOUR (Fine or Coarse)



GLUTEN FREE

25kg....\$63.70/bag

McKENZIE'S

ANCHOVY FILLETS



GLUTEN FREE

Hot Price

690gm....\$19.40/tin

McKENZIE'S

MUSHROOM PIECES & STEMS



2.84kg....\$12.40/tin

McKENZIE'S

RED WINE or WHITE WINE VINEGAR



5Lt....\$15.70/btl

kikkoman
seasoning your life
ORIGINAL SOY SAUCE



1Lt or 3Lt
\$8.90/btl \$21.40/btl

Maggi
CHICKEN GRAVY MIX



GLUTEN FREE

REUSABLE CONTAINER
2kg....\$37.10/tub

Maggi
RICH GRAVY MIX



Hot Price

REUSABLE CONTAINER
2kg....\$28.50/tub

TRUMPS
GARLIC GRANULES



GLUTEN FREE

STRONG RE-SEALABLE BAG
1kg....\$14.10/bag

TRUMPS
GARLIC POWDER



GLUTEN FREE

STRONG RE-SEALABLE BAG
1kg....\$14.10/bag

TRUMPS
GROUND GINGER



1kg....\$13.40/bag

TRUMPS
ITALIAN HERBS



STRONG RE-SEALABLE BAG
500gm....\$12.80/bag

TRUMPS
MIXED HERBS



STRONG RE-SEALABLE BAG
350gm....\$12.10/bag

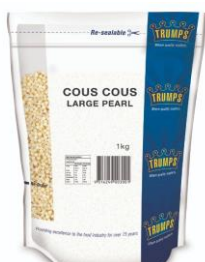
TRUMPS
MIXED SPICE



GLUTEN FREE

STRONG RE-SEALABLE BAG
1kg....\$17.50/bag

TRUMPS
LARGE PEARL COUS COUS



STRONG RE-SEALABLE BAG
1kg....\$9.10/bag

KRAFT
APRICOT SPREAD



2.5kg....\$21.70/tub

KRAFT
STRAWBERRY SPREAD



2.5kg....\$21.70/tub

pantry

<p>GARLIC AIOLI VEGAN</p>  <p>10kg....\$120.30/tub</p>	<p>PREMIUM MAYONNAISE</p>  <p>4.5kg.....\$32.30/tub</p>	<p>MasterFoods HOMESTYLE MAYONNAISE</p>  <p>Hot Price</p> <p>21kg....\$77.80/tub</p>
<p>SLICED BEETROOT</p>  <p>Hot Price</p> <p>3kg....\$13.70/tin</p>	<p>GREEN PEPPERCORNS</p>  <p>GLUTEN FREE</p>  <p>800gm.....\$10.40/tin</p>	<p>STUFFED GREEN OLIVES</p>   <p>2kg....\$23.00/jar</p>
<p>RED & GREEN PEPPER STRIPS</p>  <p>GLUTEN FREE</p> <p>3kg....\$12.40/tin</p>	<p>TIKKA MASALA SAUCE</p>   <p>2.2kg...\$42.50/jar</p>	<p>BAKED BEANS & SPAGHETTI</p>   <p>220gm....\$1.90/tin</p>
<p>GRANITA SYRUP</p> <p>BLUE LAGOON COLA LEMON LIME RASPBERRY TROPICAL</p>  <p>4Lt....\$23.80/btl (+gst)</p>		<p>ASPARAGUS SPEARS</p>  <p>GLUTEN FREE</p> <p>Hot Price</p> <p>340gm....\$4.60/jar</p>



WHITE PANKO BREAD CRUMBS



Hot Price

10kg...\$51.50/bag



SMOKEY TOMATO RELISH



2.4kg...\$35.10/tub



THAI GREEN CURRY PASTE



850gm...\$22.90/jar



RAW CASHEWS



STRONG RE-SEALABLE BAG
1kg...\$24.90/bag



ROASTED UNSALTED CASHEWS



STRONG RE-SEALABLE BAG
1kg...\$25.20/bag (+gst)



ROASTED SALTED CASHEWS



STRONG RE-SEALABLE BAG
1kg...\$25.20/bag (+gst)



ITALIAN DRESSING



3Lt....\$27.10/btl



FRENCH DRESSING



3Lt....\$27.10/btl



BALSAMIC VINAIGRETTE



3Lt....\$37.60/btl



GHERKIN SPREAD



2.7kg....\$32.90/jar



SLICED PICKLED ONIONS



2kg.....\$20.30/jar



BALSAMIC DRESSING



2.6kg....\$23.90/btl

**GLUTEN
FREE**

pantry

Riviana

ITALIAN CHUNKY CRUSHED TOMATOES



GLUTEN FREE

Hot Price

2.5kg....\$9.80/tin

Riviana

TOMATO PASTE



GLUTEN FREE

Hot Price

3kg...\$14.00/tin

Riviana

TOMATO PURÉE



GLUTEN FREE

2.95kg....\$10.20/tin

Cerebos food service

MERMAID TABLE SALT



NET 14kg
PRODUCT OF AUSTRALIA

14kg....\$21.70/ctn

TRUMPS

GROUND WHITE PEPPER



Hot Price

STRONG RE-SEALABLE BAG

1kg....\$41.60/bag

BUNDABERG SUGAR

CASTER SUGAR



GLUTEN FREE

Hot Price

15kg....\$31.50/bag

mpm MPM Marketing Services
Marketers of Disposable Food Packaging

BIN LINERS



Hot Price

50 Bags

\$6.00/pkt (+gst)

ALLIED PINNACLE

SUPER SPONGE CAKE MIX



10kg....\$65.80/bag

BUNDABERG SUGAR

BROWN SUGAR



GLUTEN FREE

Hot Price

15kg....\$36.20/bag

ALLIED PINNACLE

BUTTERMILK SCONE MIX



10kg....\$53.50/bag

Riviana

ARBORIO RICE



5kg....\$29.30/bag

WINDSOR FARM

NATURAL SPRINKLES



Hot Price

750gm....\$19.10/jar