

## OCTOBER SPECIALS

Specials available from 29<sup>th</sup> September to 1<sup>st</sup> November 2025

E.&O.E.

### SKINLESS FLATHEAD FILLETS 4/6oz



5kg....\$81.70/ctn

### TASMANIAN OYSTERS 1 doz TRAY



**Now in a 1doz tray!**

Premium Oysters from the pristine  
waters of Tasmania  
Plate Size

1doz....\$20.00/tray

### 21/25 COOKED PRAWN MEAT



Approx 50-55 prawns per kg  
1kg...\$27.70/bag

### TIBALDI MIDDLE RASHER RINDLESS BACON



2.5kg...\$34.60/bag

### BONELESS PORK BELLIES



Approx 4kg...\$24.40/kg

### RUMP STEAK U/6 YG MSA GRAINFED



Approx 6kg...\$17.90/kg

### EXTRA VIRGIN OLIVE OIL



100% Australian, First Cold Pressed  
4Lt...\$65.40/tin



### DEVIL DOG (Battered Chilli Cheese Dogs)



**NOW IN A 10 PACK**  
Qty 10...\$22.20/pkt



### HEARTLANDS VEGETABLE OIL



20Lt...\$67.60tin

# frozen



## SALT & VINEGAR TENDERBITES



1kg....\$24.00/bag



## CLASSIC CRUMBED TENDERLOINS



**Hot Price**

1kg....\$18.00/bag



## SOUTHERN STYLE TENDERS



1kg....\$18.90/bag



## CRUMBED DG BREAST NUGGETS



Only \$11.50/kg

3kg....\$34.50/ctn



## CHICKEN BREAST CRACKLES



50 x 20gm

Less than .42¢ each

1kg.....\$20.60/bag



## SOUTHERN STYLE POP`EM CHICKEN



1kg....\$18.40/bag



## SHORE MARINER FISH CAKES



10x100gm

1kg....\$10.80/bag



## JUMBO VEGIE SPRING ROLLS



16x140gm....\$19.90/pkt



**Patties**

## PARTY PIES



6doz..\$63.10/box (+gst)



## TEMPURA BATTERED HOKI FILLETS



Hand Cut Fillets of Blue Grenadier  
24 x 110gm      24 x 140gm

\$47.80/ctn      \$58.10/ctn

\$1.99 per portion      \$2.42 per portion



## CRUMBED HOKI FILLETS



Hand Cut Fillets of Blue Grenadier  
24 x 110gm      24 x 140gm

\$47.80/ctn      \$58.10/ctn

\$1.99 per portion      \$2.42 per portion



## WHITE VINEGAR



**GLUTEN  
FREE**

4Lt.....\$5.30/btl

**frozen**



**KARAAGE CHICKEN**  
Japanese Crispy Chicken

1kg....\$26.30/bag



**Simplot**  
AUSTRALIA  
**PLUTO PUPS**

Qty 20....\$31.80/ctn



**Seawave**  
Quality Seafood  
**PANKO CRUMBED  
GENUINE SQUID RINGS**

1kg....\$15.20/bag



**MARATHON**  
**DIM SIMS**

5doz....\$21.90/bag



**Specialty**  
FOODS  
**WAGYU BEEF  
PREMIUM MEATBALLS**  
100% PURE WAGYU BEEF

Perfect for Platters, Pastas or Subs

1kg....\$18.60/bag



**Mydibel**  
**HASH  
BROWN PATTIES**

2.5kg...\$13.10/bag



**SINGLE SERVE  
FRIED RICE**

Less than \$3.92 each

24x200gm

\$85.40/ctn (+gst)



**Bulla**  
Celebrating  
100 YEARS  
OF AUSTRALIAN DAIRY  
**CREAMY CLASSICS  
CHOC VANILLA TWINS**

4pk....\$5.70/pkt (+gst)



**EVEREST**  
**STRAWBERRY  
ICECREAM**

10Lt....\$24.70/tub (+gst)



**GOLDEN NORTH**  
**VANILLA ICE CREAM**

**GLUTEN  
FREE**

5Lt....\$17.80/tub(+gst)



**GOLDEN NORTH**  
**GIANT TWIN 24 PACK RANGE**

Honey  
Iced Coffee  
Salted Caramel  
Vanilla  
White Chocolate

**GLUTEN  
FREE**

**NEW**

Buy any 4 cartons and get 1 carton of Vanilla FREE!!!!  
All one Price...\$62.70/ctn (+gst)

# frozen

## TASMANIAN OYSTERS 12 doz BOX



Premium Oysters from the pristine waters of Tasmania  
Plate Size \$19.40/doz

**12doz....\$232.80/ctn**

## SMOOTH DORY FILLETS 115/175gm



**5kg....\$86.30/ctn**

## PACIFIC WEST PINEAPPLE CUT SQUID STRIPS



**1kg....\$12.90/bag**

## BLUESKY CRUMBED GARFISH FILLETS 80gm



**1kg....\$24.10/bag**

## BEER BATTERED TORPEDO FLATHEAD



Approx 16x60gm

**1kg....\$26.30/bag**

## PANKO CRUMBED PRAWNS



**1kg....\$32.80/box**

## Potato PERFECTION 10mm STRAIGHT CUT CHIPS



**2.5kg..\$8.70/bag (\$3.48/kg)**

## Potato PERFECTION 13mm STRAIGHT CUT CHIPS



**2.5kg..\$8.70/bag (\$3.48/kg)**

## FARM FRITES CRISPY COATED 10mm CHIPS Gluten Free



**2.5kg....\$13.70/bag**

## Edgell BEER BATTERED BAD BOYS



**2kg....\$11.40/bag**

## Edgell SWEET POTATO FRIES 10mm



**1.5kg....\$14.20/bag**

## McCain SEASONED WEDGES



**Hot Price**  
**2kg....\$12.00/bag**

goodman fielder 

## UNBAKED TART SHELLS



**76mm**  
144x23gm  
**\$77.50**

**102mm**  
144x52gm  
**\$83.40**

 **X- LARGE 300gm**   
**CHICKEN SCHNITZELS**



Premium Hand Cut Breast Schnitzels  
Only \$4.83 each  
**24x300gm...\$115.90/ctn**

  
**LARGE CROISSANTS**



Rustic Style Croissant  
**50x100gm....\$87.80/ctn**

  
**CHUNKY  
AVOCADO PUREE**



**475gm...\$9.00/tub**

  
**CHUNKY  
AVOCADO PUREE**



**1kg...\$18.90/tub**

  
**SMOOTH  
AVOCADO PUREE**



**1kg...\$17.90/tub**

 **TRADITIONAL  
RAVIOLI** 



**1kg....\$14.60/bag**

 **CHEESE AND  
SPINACH RAVIOLI** 



**1kg....\$14.60/bag**

  
**9.5" GLUTEN FREE  
PIZZA BASES**



**7pkt....\$29.50/pkt**

  
**WHITE DINNER ROLLS**



Less than 35¢ per roll  
**160x35gm....\$55.50/ctn**

  
**5" HAMBURGER BUNS**



Less than 99¢ each  
**72x95gm....\$70.90/ctn**

  
**11.5" GLUTEN FREE  
PIZZA BASES**



**7pkt....\$36.10/pkt**

# frozen/chilled

**Edgell**

## BROCCOLI



1.5kg....\$14.60/bag

**Edgell**

## BRUSSEL SPROUTS



2kg....\$12.40/bag

**Edgell**

## DICED MIXED VEGETABLES



2kg....\$9.30/bag

**Sara Lee**  
FOODSERVICE

## NEW YORK BAKED CHEESECAKE



8x80gm  
\$29.90/tray(+gst)

**Sara Lee**  
FOODSERVICE

## SALTED CARAMEL CHEESECAKE



8x95gm  
\$29.90/tray(+gst)

**NATURES LINK**

## CORN KERNELS



**Hot Price**

2kg....\$10.10/bag

**Forsters**  
Dairy For Life

## HI-MELT SHREDDED CHEESE BLEND



2kg....\$28.00/bag

**Bega**

## TASTY CHEESE BBQ CUBES



2kg....\$45.50/bag

**SANDHURST**

## MIXED MARINATED PITTED OLIVES



2kg....\$26.20/bucket

**Bulla**  
Celebrating 100 YEARS

## LIGHT SOUR CREAM



**Hot Price**

2kg....\$20.30/tub

**MAINLAND**

## MILD BLOCK CHEESE



**Hot Price**

2kg....\$49.10/block

**MAINLAND**

## TASTY BLOCK CHEESE



**Hot Price**

2kg....\$50.20/block

# chilled

## SAVELOYS



**Hot Price**

2.5kg....\$21.80/bag

## SLICED PEPPERONI



**Hot Price**

1kg....\$21.40/bag

## PREMIUM SHAVED LEG HAM



**GLUTEN FREE**

1kg....\$16.10/bag

## SLICED SILVERSIDE



**GLUTEN FREE**

1kg....\$26.30/bag

## SHAVED ROAST BEEF



1kg....\$30.10/bag

## TIBALDI SHORT CUT RINDLESS BACON



**GLUTEN FREE**

**Hot Price**

2.5kg...\$35.70/bag

## EASY SPREAD BUTTER



2kg....\$41.60/tub

## OVEN ROASTED HALF BREAST TURKEY



**GLUTEN FREE**

Chilled Product  
Approx 2.5kg each

RW....\$24.70/kg

## PULLED ROAST CHICKEN BREAST



1kg....\$22.80/bag

## GRATED PARMESAN CHEESE



**GLUTEN FREE**

1.5kg....\$54.80/bag

## SHREDDED PARMESAN CHEESE



**GLUTEN FREE**

1kg....\$32.10/bag

## SHAVED PARMESAN CHEESE



**GLUTEN FREE**

1kg....\$31.10/bag

# pantry

## QUEEN VANILLA BEAN PASTE



320gm....\$36.00/tube

## Nestlé SWEETENED CONDENSED MILK



**Hot Price**

395gm....\$4.30/tin

## Nestlé SNOWCAP WHITE CHOCOLATE BUTTONS



5kg....\$71.40/ctn

## McKENZIE'S TWO FRUITS



3kg....\$12.00/tin

## Nestlé TOP N FILL CARAMEL



**Hot Price**

395gm....\$4.90/tin

## Nestlé MILO



1.9kg...\$36.30/tin

## TRUMPS MIXED LOLLIES



**Hot Price**

1kg....\$15.40/bag (+gst)

## JELLY CRYSTALS



Makes approx. 11Lt of jelly  
Orange, Pineapple, Port Wine,  
Lime and Raspberry  
1.1kg....\$13.70/bag



## SAN REMO PASTA RANGE



#1 Linguine  
#5 Spaghetti  
#12 Fettuccine  
#16 Spirals  
#18 Penne  
#23 Bowtie  
#29 Large Shells  
#35 Elbows  
#53 Large Spirals  
#55 Spirali  
5kg....\$15.00/bag

## Maggi CHICKEN BOOSTER



8kg....\$103.80/tub



## YELLOW PANKO BREAD CRUMBS



**Hot Price**

10kg...\$51.00/bag



## SWEET SPICED GHERKIN ROUNDS



2.2kg...\$20.80/jar



## LONG SLICED GHERKIN STACKERS



2kg...\$10.60/jar



## BLACK CHIA SEEDS



STRONG RE-SEALABLE BAG  
1kg...\$13.40/bag



## CHILLI FLAKES



STRONG RE-SEALABLE BAG  
500gm...\$10.10/bag



## CHILLI POWDER



STRONG RE-SEALABLE BAG  
1kg...\$15.60/bag



## CHIVE FLAKES



STRONG RE-SEALABLE BAG  
250g...\$8.80/bag



## GROUND CINNAMON



STRONG RE-SEALABLE BAG  
1kg...\$16.80/bag



## CINNAMON STICKS



200gm...\$26.80/jar



## SEMOLINA



STRONG RE-SEALABLE BAG  
1kg...\$4.70/bag



## FINE COCONUT



1kg...\$11.70/bag



## LONG THREAD SHREDDED COCONUT



STRONG RE-SEALABLE BAG  
1kg...\$13.40/bag

# pantry

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Knorr</b></p> <p><b>HOLLANDAISE SAUCE</b></p>  <p>1Lt...\$13.00/pkt</p>    | <p><b>Knorr</b></p> <p><b>THAI RED CURRY PASTE</b></p>  <p>850gm...\$22.90/tin</p>           | <p><b>SRIRACHA HOT CHILLI SAUCE</b></p>  <p>700ml...\$10.90/btl</p>                                             |
| <p><b>Zoosh</b></p> <p><b>TARTARE SAUCE</b></p>  <p>2.4kg...\$21.80/jar</p>     | <p><b>Zoosh</b></p> <p><b>SATAY SAUCE</b></p>  <p>2.85kg...\$25.50/jar</p>                   | <p><b>Woods</b></p> <p><b>TOMATO RELISH MAYONNAISE</b></p>  <p>2kg...\$24.10/tub</p>                           |
| <p><b>TRUMPS</b></p> <p><b>DRIED PITTED DATES</b></p>  <p>1kg...\$5.70/bag</p> | <p><b>Allied Mills</b></p> <p><b>GLUTEN FREE PLAIN FLOUR</b></p>  <p>10kg...\$78.40/bag</p> | <p><b>Allied Mills</b></p> <p><b>GLUTEN FREE SELF RAISING FLOUR</b></p>  <p>10kg...\$78.40/bag</p>            |
| <p><b>SANDHURST</b></p> <p><b>CREAMED CORN</b></p>  <p>410gm...\$1.85/tin</p>  | <p><b>MCKENZIE'S</b></p> <p><b>BI-CARB SODA</b></p>  <p>2kg...\$6.50/bag</p>               | <p><b>MCKENZIE'S</b></p> <p><b>CRÈAM OF TARTAR</b></p>  <p>STRONG RE-SEALABLE BAG<br/>1.5kg...\$26.90/bag</p> |

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| <p><b>Riviana</b></p> <p><b>RED KIDNEY BEANS</b></p>  <p><b>3kg....\$13.90/tin</b></p>                                       | <p><b>golden circle</b></p> <p><b>SLICED BEETROOT</b></p>  <p><b>3kg....\$13.00/tin</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>Goodness me, it's <b>SPC</b></p> <p><b>PIZZA &amp; PASTA SAUCE</b></p>  <p><b>3.05kg....\$14.20/tin</b></p>           |
| <p><b>TRUMPS</b></p> <p><b>WHOLE NATURAL ALMONDS</b></p>  <p><b>STRONG RE-SEALABLE BAG</b><br/><b>1kg....\$21.40/bag</b></p> | <p><b>TRUMPS</b></p> <p><b>ALMOND FLAKES</b></p>  <p><b>STRONG RE-SEALABLE BAG</b><br/><b>1kg....\$21.90/bag</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p><b>TRUMPS</b></p> <p><b>SLIVERED ALMONDS</b></p>  <p><b>STRONG RE-SEALABLE BAG</b><br/><b>1kg....\$21.90/bag</b></p> |
| <p><b>Riviana</b></p> <p><b>GREEN PEPPERCORNS</b></p>  <p><b>800gm.....\$10.90/tin</b></p>                                 | <p><b>MasterFoods</b> <b>SQUEEZE ON PC'S</b> <b>MasterFoods</b><br/>100/ctn</p> <div>  <p><b>TARTARE SAUCE \$25.70/ctn</b></p> </div> <div>  <p><b>TOMATO SAUCE \$20.00/ctn</b></p> </div> <div>  <p><b>MAYONNAISE \$23.40/ctn</b></p> </div> <div>  <p><b>BARBEQUE SAUCE \$29.60/ctn</b></p> </div>                                 |                                                                                                                                                                                                             |
| <p><b>Riviana</b></p> <p><b>ASPARAGUS SPEARS</b></p>  <p><b>340gm....\$4.00/jar</b></p>                                     | <div>   <p><b>FRENCH or ITALIAN VINAIGRETTE \$25.70/ctn</b></p> </div> <div>  <p><b>CAESAR DRESSING \$30.40/ctn</b></p> </div> <div>  <p><b>SOY SAUCE \$30.40/ctn</b></p> </div> <div>  <p><b>MILD SWEET CHILLI SAUCE \$30.40/ctn</b></p> </div> |                                                                                                                                                                                                             |

# pantry

**Riviana**

**ITALIAN CHUNKY CRUSHED TOMATOES**



**GLUTEN FREE**

**Hot Price**

2.5kg...\$10.10/tin

**Riviana**

**TOMATO PASTE**



**GLUTEN FREE**

**Hot Price**

3kg...\$14.60/tin

**Riviana**

**TOMATO PURÉE**



**GLUTEN FREE**

2.95kg...\$10.70/tin

**SAXA**

**ROCK SALT**



**10kg...\$15.90/bag**

**TRUMPS**

**WHOLE BLACK PEPPER**



**STRONG RE-SEALABLE BAG**

**1kg...\$27.40/bag**

**BUNDABERG SUGAR**

**ICING SUGAR MIX**



**GLUTEN FREE**

**15kg...\$35.10/bag**

**MPM Marketing Services**  
Marketers of Disposable Food Packaging

**HEAVY DUTY WIPES**



**Hot Price**

85 wipes 530 x 300mm  
**\$13.90/roll (+gst)**

**MPM Marketing Services**  
Marketers of Disposable Food Packaging

**ALL PURPOSE WIPES**



20 Wipes 600 x 450mm  
**\$6.80/pkt (+gst)**

**WINDSOR FARM**

**GARLIC SALT**



**1kg...\$8.10/bag**

**FOODSERVICE SOLUTIONS**

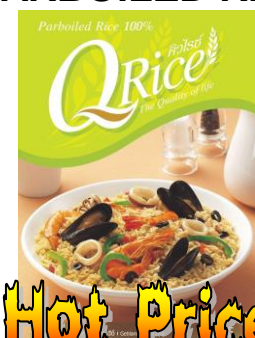
**"BIG RED" TOMATO SOUP**



**3kg....\$14.70/tin**

**Parboiled Rice 100%**

**Q Rice**



**GLUTEN FREE**

**Hot Price**

Ideal for a Quicker Cooking Time  
**10kg....\$28.20/bag**

**WINDSOR FARM**

**CHICKEN SALT**



**10kg....\$106.70/tub**