

NOVEMBER SPECIALS

Specials available from 3rd November to 29th November 2025 E.&O.E.

WHOLE COOKED SA KING PRAWNS 10/15



Approx. 22-26 prawns per bag
1kg....\$24.50/bag

WHOLE COOKED SA KING PRAWNS U/10



Approx. 18-20 prawns per bag
1kg....\$30.50/bag

WHOLE RAW SA KING PRAWNS U/10



Approx. 18-20 prawns per bag
1kg....\$29.50/bag

BONELESS NETTED LAMB LEG



Approx 2.5kg \$23.20/kg

TIBALDI MIDDLE RASHER RINDLESS BACON



2.5kg...\$34.60/bag

EGGS (660g) 55gm FILLER BOX



15 doz....\$86.80ctn

CANOLA OIL



- 100% Australian Grown & Produced
- Certified Non-Genetically Modified
20Lt....\$64.70/tin

COTTONSEED OIL



- 100% Australian Grown & Produced
20Lt....\$76.20/tin

HEARTLANDS VEGETABLE OIL



20Lt....\$64.30/tin

frozen

INGHAM'S

SWEET CHILLI TENDERS



Great For Wraps

1kg....\$16.20/bag

INGHAM'S

DEVIL CHICKEN TENDERS



1kg....\$16.80/bag

INGHAM'S

TERIYAKI BREAST MEDALLIONS



Approx 20 per bag

1kg....\$20.30/bag

Steggles

TEMPURA BATTERED BREAST NUGGETS



Hot Price

1kg....\$14.50/bag

Steggles

DINO SNACKS (Breast Nuggets)



1kg...\$17.50/bag



CHICKEN GARLIC BALLS



25 x 40gm

Only .91¢ each

1kg....\$22.80/bag

INGHAM'S

COUNTRY CRISP CHICKEN STRIPS



Approx 33 pieces per bag

1kg....\$20.70/bag

INGHAM'S

CRUMBED CHICKEN BREAST NUGGETS



1kg....\$14.80/bag

Patties

PARTY SAUSAGE ROLLS



6doz..\$64.20/ctn (+gst)

MARKWELL FOODS

SHORE MARINER TUNA PATTIES



36x100gm....\$50.80/ctn

SAFRIES

10mm STRAIGHT CUT AUSTRALIAN CHIPS



Hot Price

2.5kg..\$8.50/bag (\$3.40/kg)

SAFRIES

13mm STRAIGHT CUT AUSTRALIAN CHIPS



Hot Price

GLUTEN FREE

2.5kg..\$8.50/bag (\$3.40/kg)

frozen

GEM FINE FOODS

**PREMIUM
BATTERED FLAKE**



6kg....\$117.90/ctn

Edgell

CORN RIBS



1.5kg....\$16.90/bag

HUNGRY BROTHERS

DEVIL DOG
(Battered Chilli Cheese Dogs)



NOW IN A 10 PACK

Qty 10...\$22.20/pkt

Specialty Foods
Making Food Special

**PORTION CONTROL
SLICED SCOTCH
FILLET**

48 x Approx 100gm
Less than \$3.09 each



4.8kg....\$148.10/ctn

MARATHON

**MINI BEEF
DIM SIMS**



5doz....\$11.90/bag

Chefs

**TRADITIONAL
TORTELLINI**



1kg....\$14.70/bag

H

**BATTERED
CHICKEN PIECES**



Perfect for Honey Chicken

5kg....\$124.10/ctn

H

**BATTERED
PORK PIECES**



Perfect for Sweet & Sour Pork

5kg....\$124.10/ctn

EVEREST

**STRAWBERRY
ICECREAM**



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

GOLDEN NORTH

SOUR POPZ
GRAPE, WATERMELON,
APPLE OR LEMON



24x110ml
\$31.90/ctn(+gst)

GLUTEN FREE

GOLDEN NORTH

ICY SWINGS
Lemonade, Cola or Raspberry



24x110ml
\$30.25/ctn(+gst)

GLUTEN FREE

GOLDEN NORTH

MILKY SWINGS
Chocolate, Iced Coffee or
Strawberry



24x110ml
\$41.70/ctn(+gst)

GLUTEN FREE

frozen

SCALLOPS ROE ON 30/40 IQF



These are BIG Scallops
Approx 35 per kg

1kg....\$36.60/bag

BARRAMUNDI FILLETS 100/200gm & 200/300gm



5kg....\$106.10/ctn

COOKED TAIL ON PRAWNS 31/40



Approx 70-90 Prawns per bag

1kg....\$21.90/bag



SALT & PEPPER SQUID



1kg....\$20.80/bag



TEMPURA BATTERED SCALLOPS



1kg....\$31.80/ctn



PURE CANADIAN MAPLE SYRUP

Real Maple Syrup



1Lt....\$32.90/btl



CRISS CUT FRIES



2kg...\$11.50/bag



CARROT RINGS



2kg....\$9.20/bag



BIAS CUT CARROTS



2kg....\$9.20/bag



MYDIBEL 11mm CHIPS



2.5kg....\$10.10/bag



10mm EXTRA CRUNCHY CHIPS



2kg....\$10.90/bag



BEER BATTERED SIDEWINDERS



2kg....\$16.70/bag

frozen

Pampas

PUFF PASTRY SHEETS



Hot Price

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

MEDIUM 250gm CHICKEN SCHNITZELS



Premium Hand Cut Breast Schnitzels
Less than \$4.38/each
24x250gm..\$105.10/ctn

KR

AMERICAN PORK SPARE RIBS



Approx 8kg per box
RW....\$20.30/kg

Sunnyside Premium

Raspberry Coulis
\$13.90/btl

Passionfruit Coulis
\$9.80/btl

COULIS RANGE



500ml

Mixed Berry Coulis
\$11.80/btl

Mango Coulis
\$9.80/btl

Sunnyside Premium

FROZEN RAW CHICKEN BREAST FILLET (Skin Off)



Only \$10.00/kg
2kg....\$20.00/bag

mission

MISSION 10" or 12" FLOUR TORTILLAS



1doz
10" \$5.30 12" \$7.00

LETITIA BAKERY

PIZZA DOUGH BALLS



6x300gm....\$10.70/pack

KNEADIT

BABY TURKISH ROLLS



Only \$1.08 per roll
50x80gm...\$54.10/ctn

SPEEDIBAKE

SANDWICH SUB LARGE WHITE PARBAKE



Only \$1.32 per roll
36x160gm....\$47.50/ctn

SPEEDIBAKE

CIABATTA DINNER ROLL



Less than 66¢ per roll
160x60gm....\$104.10/ctn

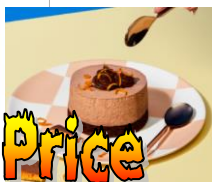
SPEEDIBAKE

4.5" BRIOCHE BUN



Less than \$1.12 per roll
48x100gm....\$53.70/ctn

frozen/chilled

Sara Lee FOODSERVICE CHOC BAVARIAN CHEESECAKE TRAY  1.15kg...\$26.60/tray	Sara Lee FOODSERVICE MIXED BERRY CHEESECAKE TRAY  1.35kg.\$27.20/tray (+gst)	Sara Lee FOODSERVICE PEACH & MANGO CHEESECAKE TRAY  1.35kg.\$27.20/tray (+gst)			
Nestle PROFESSIONAL CRÈME BRULÉE DESSERT MIX   Hot Price 1.9kg.\$47.50/tub(+gst)	Nestle PROFESSIONAL AERO DESSERT MIX   Hot Price 1.9kg.\$44.00/tub(+gst)	Nestle PROFESSIONAL MILKYBAR DESSERT MIX   Hot Price 1.9kg.\$44.00/tub(+gst)			
Eagle MAPLE FLAVOURED SYRUP   GLUTEN FREE 3Lt...\$21.30/btl	MAI SWEET CHILLI SAUCE  2Lt...\$20.20/btl	MAI SWEET CHILLI SAUCE  4.8Lt...\$37.90/btl			
ALMOND MILK  1Lt...\$3.50	FULL CREAM MILK  1Lt...\$2.65	LACTOSE FREE MILK  1Lt...\$3.60	OAT MILK  1Lt...\$3.40	SKIM MILK  1Lt...\$2.65	SOY MILK  1Lt...\$2.65

chilled



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



**GLUTEN
FREE**

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



MARGARINE "MIRACLE"



Hot Price

Only \$5.00 per tub
8x1kg....\$40.00/ctn



CHEESE SAUCE (LIQUID CHEESE)



1kg....\$14.80/bag



SANDWICH CHEESE SLICES



**GLUTEN
FREE**

Less than 34¢ per slice
72 slices per packet
1.5kg....\$24.40pkt



NATURAL TASTY CHEESE SLICES



Less than 28¢ per slice
90 slices per packet
1.5kg....\$24.40/pkt



WESTERN STAR PC BUTTER MINIDISH



Less than 25¢ Per Portion
200x8gm....\$48.20/ctn



CATERING BUTTER



**GLUTEN
FREE**

1.5kg....\$29.60/block



UNSALTED BUTTER



**GLUTEN
FREE**

1.5kg....\$29.60/block

pantry

CHOCOLATE BUTTONS 1KG

Cadbury
SIENNA
MILK CHOCOLATE



1kg...\$14.50/bag

Cadbury
TUSCANY
DARK CHOCOLATE



1kg...\$14.50/bag

doelle
SNOWCAP
WHITE CHOCOLATE



1kg...\$16.30/bag

TRUMPS
DRIED APPLE RINGS



STRONG RESEALABLE BAG
500gm....\$9.90/bag

TRUMPS
DRIED FIGS



STRONG RESEALABLE BAG
1kg....\$24.10/bag (+gst)

TRUMPS
SULTANAS (AUST)



STRONG RESEALABLE BAG
1kg....\$13.30/bag

Nestle **Maggi**
RICH GRAVY MIX



Hot Price
7.5kg....\$106.10/tub

Eden
RICH BROWN GRAVY
(Gluten Free)



Hot Price
8kg....\$106.00/bkt

WINDSOR FARM
BISCUIT CRUMB



15kg...\$86.70/ctn(+gst)

MCKENZIE'S
ANCHOVY FILLETS



Hot Price
690gm....\$18.30/tin

MCKENZIE'S
MUSHROOM
PIECES & STEMS



2.84kg....\$12.40/tin

MONDO
PIZZA FLOUR



Hot Price
10kg....\$16.40/bag

PURE HONEY



2.7kg....\$20.80/jug

ONION MARMALADE (RELISH)



2.4kg....\$57.70/tub

SPICY TOMATO RELISH



2.4kg....\$32.40/tub

WHOLE CLOVES



350gm...\$23.30/jar

GROUND CORIANDER



STRONG RESEALABLE BAG
750gm....\$9.80/bag

CORIANDER SEEDS



500gm...\$6.20/bag

GROUND CUMIN



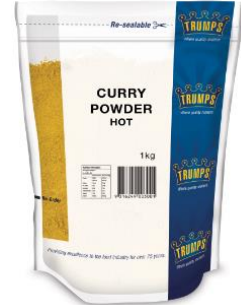
STRONG RESEALABLE BAG
1kg....\$19.50/bag

CUMIN SEEDS



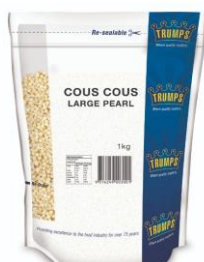
450gm....\$20.00/jar

HOT CURRY POWDER



STRONG RESEALABLE BAG
1kg....\$14.70/bag

LARGE PEARL COUS COUS



STRONG RESEALABLE BAG
1kg....\$9.10/bag

TOMATO SAUCE



Hot Price
4Lt....\$13.10/btl

BBQ SAUCE



Hot Price
4Lt....\$15.60/btl

pantry

HELLMANN'S

GARLIC AIOLI VEGAN



10kg....\$120.30/tub

Zoosh

PREMIUM MAYONNAISE



4.5kg.....\$32.30/tub

MasterFoods

HOMESTYLE MAYONNAISE



Hot Price

21kg....\$77.80/tub

SANDLUST

CHEESE FILLED BELL PEPPERS



1.7kg....\$40.20/jar

Riviana

WHITE COCKTAIL ONIONS

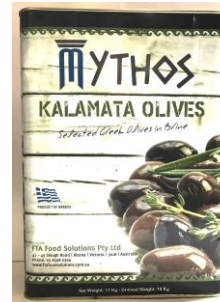


GLUTEN FREE

2.2kg....\$19.70/jar

MCKENZIE'S

SLICED KALAMATA OLIVES



GLUTEN FREE



10kg....\$101.70/tin

SANDLUST

CANOLA SPRAY RELEASE



450gm....\$4.90/can

Riviana

TIKKA MASALA SAUCE



2.2kg...\$42.40/jar

MCKENZIE'S

RED WINE or WHITE WINE VINEGAR



5Lt....\$15.70/btl

Riviana

GREEN PEPPERCORNS



GLUTEN FREE



720gm.....\$14.10/jar

Riviana

PINK PEPPERCORNS



GLUTEN FREE



720gm....\$26.10/jar

Riviana

CAPERS



GLUTEN FREE



2.1kg.....\$25.10/jar



BREAD CRUMBS COARSE



Hot Price

10kg....\$39.00/bag



BREAD CRUMBS FINE



Hot Price

10kg....\$35.40/bag



THAI GREEN CURRY PASTE



850g

850gm....\$22.90/tin



RAW CASHEWS



STRONG RESEALABLE BAG
1kg....\$24.80/bag



ROASTED UNSALTED CASHEWS



STRONG RESEALABLE BAG
1kg....\$25.20/bag (+gst)



ROASTED SALTED CASHEWS



STRONG RESEALABLE BAG
1kg....\$25.20/bag (+gst)



ITALIAN DRESSING



3Lt....\$27.10/btl



FRENCH DRESSING



3Lt....\$27.10/btl



BALSAMIC VINAIGRETTE



3Lt....\$37.60/btl



BALSAMIC DRESSING



2.6kg....\$23.90/btl



GLUTEN FREE RICE FLOUR (Fine or Coarse)



25kg....\$63.70/bag



GHERKIN SPREAD



2.7kg....\$32.90/jar

pantry

golden circle

**WHOLE
BABY BEETROOT**



Hot Price

3.1kg....\$18.50/tin

MCKENZIE'S

**RED & GREEN
PEPPER STRIPS**



GLUTEN FREE

3kg....\$12.40/tin

Riviana

PIZZA PASTA SAUCE



Hot Price

2.5kg...\$13.10/tin

Allied Mills
Allied Mills Australia Pty Ltd

**TEMPURA
BATTER MIX**



10kg....\$56.00/bag

TRUMPS

LEMON PEPPER



GLUTEN FREE

STRONG RE-SEALABLE BAG
1kg....\$22.30/bag

BUNDABERG SUGAR

RAW SUGAR



GLUTEN FREE

15kg...\$32.80/bag

mpm MPM Marketing Services
Marketers of Disposable Food Packaging

**POWDER FREE
VINYL GLOVES**



Hot Price

Available in Med, Large & Extra Large
100 gloves
\$3.70/pkt (+gst)

mpm MPM Marketing Services
Marketers of Disposable Food Packaging

**HEAVY DUTY
GARBAGE BAGS**
70-77Lt



Hot Price

50 Bags
\$7.60/pkt (+gst)

BUNDABERG SUGAR

**GRADED WHITE
SUGAR**



GLUTEN FREE

15kg...\$31.30/bag

Allied Mills
Allied Mills Australia Pty Ltd

**CHOCOLATE
MUDCAKE MIX**



10kg....\$82.20/bag

SAXA

COOKING SALT



10kg....\$15.90/bag

WINDSOR FARM

**VINEGAR CHICKEN
SALT**



1kg....\$11.90/bag