



FOODSERVICE
DISTRIBUTORS
&
SEAFOOD
SPECIALISTS

ABN 93 522 907 504
5 Wattle St
Mount Gambier, S.A. 5290

Phone (08) 8723 1533
sales@mgfoods.com.au
www.mgfoods.com.au

Find us on:
facebook.



MOUNT GAMBIER FOODS



JANUARY SPECIALS



Specials available from 5th January to 31st January 2026 E.&O.E.

<p>SLICED FLAKE ELEPHANT SHARK</p>  <p>Hot Price 5kg....\$134.20/ctn</p>	<p>PRE-SLICED SMOKED SALMON SIDES</p>  <p>1kg....\$38.40/tray</p>	<p>LING FILLETS U/500gm SEAFROZEN</p>  <p>(\$20.84/kg) 6.8kg....\$141.70/ctn</p>
<p>TIBALDI MIDDLE RASHER RINDLESS BACON</p>  <p>Hot Price 2.5kg...\$34.60/bag</p>	<p>BLUESKY CRUMBED GARFISH FILLETS 80gm</p>  <p>1kg....\$24.10/bag</p>	<p>SCOTCH FILLET CUBE ROLL YG GRADE</p>  <p>Hot Price Approx 3kg...\$36.80/kg</p>
<p>SAFRIES 10mm STRAIGHT CUT AUSTRALIAN CHIPS</p>  <p>Hot Price 2.5kg..\$8.50/bag (\$3.40/kg)</p>	<p>SAFRIES 13mm STRAIGHT CUT AUSTRALIAN CHIPS</p>  <p>Hot Price 2.5kg..\$8.50/bag (\$3.40/kg)</p>	<p>Shermans HEARTLANDS AUST VEGETABLE OIL</p>  <p>Hot Price 20Lt....\$63.70/tin</p>

frozen

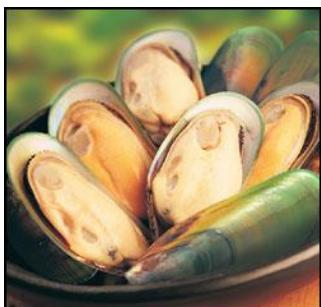
<p>BUTTERMILK CHICKEN BREAST BURGERS</p>  <p>1.2kg....\$23.00/bag</p>	<p>DEVIL BONELESS WYNGZ</p>  <p>100% Chicken Breast coated in a golden hot & spicy crumb! 1kg...\$21.90/bag</p>	<p>125gm CRUMBED BREAST FILLET</p>  <p>24 x 125gm 3kg....\$69.50/ctn</p>
<p>FLAME GRILLED BREAST FILLETS</p>  <p>1kg....\$20.80/bag</p>	<p>DICED ROAST CHICKEN MEAT</p>  <p>Hot Price 1kg....\$18.60/bag</p>	<p>CRUMBED CHICKEN BREAST GOJONS</p>  <p>1kg...\$18.90/bag</p>
<p>MORGANS PITTES Pitta Bread</p>  <p>10/bag....\$4.80/bag</p>	<p>CHIKO FISH CAKES</p>  <p>36x100gm 3doz....\$36.50/ctn</p>	<p>Patties PARTY PIES</p>  <p>6doz..\$63.10/box (+gst)</p>
<p>SHOESTRING CHIPS</p>  <p>Hot Price 2.5kg...\$10.80/bag</p>	<p>Edgell SUPA CRUNCH STEAKHOUSE CHIPS</p>  <p>2kg....\$11.70/bag</p>	<p>Lamb Weston TWISTER FRIES</p>  <p>2.27kg...\$13.40/bag</p>

frozen

<p>MOKA DOGS</p>   <p>“Battered Franks” 20ctn....\$41.60/ctn</p>	<p>BATTERED SEAFOOD STICKS</p>  <p>1kg....\$15.20/bag</p>	<p>COOKED BEEF BURGERS 100gm</p>  <p>Hot Price 20x100gm...\$30.20/bag</p>
<p>FRIED RICE CATERERS PACK</p>  <p>2kg....\$30.20/tray</p>	<p>Magdala Fine Foods MAGDALAS</p>  <p>Hot Price Potato Cake Sandwich Filled with Cheese, Bacon & Onion. 2doz....\$46.90/ctn</p>	<p>MARATHON KENSINGTON KINGS BEEF & PORK LARGE DIM SIMS</p>  <p>NEW TO US 24x110gm....\$26.90/bag</p>
<p>FROZEN YOGHURT CUPS</p>  <p>Mango Raspberry Strawberry Wildberry</p>	<p>36x200ml \$58.50/ctn(+gst)</p>	<p>Potato PERFECTION POTATO CAKES FORMED MADE FROM REAL POTATO - NOT POWDER</p>  <p>Only 52¢ each Qty 120....\$62.00/ctn</p>
<p>BLUE MOON</p>  <p>COCONUT SWIRL</p>  <p>COCONUT & VBEAN</p>  <p>GOLDEN HONEY</p>  <p>DAIRY FREE</p> <p>GLUTEN FREE</p>	<p>WHITE STOCKS LAST ALL ONE PRICE 2.5Lt....\$19.25/tub (+gst)</p>	<p>PEACH MELBA</p>  <p>RASPBERRY TWIST</p>  <p>GLUTEN FREE</p>

frozen

MUSSELS IN HALF SHELL



Approx 40 per box
1kg....\$18.30/box

GIGAS PINEAPPLE CUT SQUID TUBES U/5



Hot Price

5kg....\$64.20/ctn

SCALLOPS IN A HALF SHELL 20/30



1doz....\$17.80/bag



PANKO CRUMBED SQUID RINGS



4kg....\$80.00/box

TEMPURA BATTERED FLOUNDER



30x100gm....\$70.30/ctn



CHILLI SQUID



1kg....\$24.10/bag



BUFFET VEGETABLE MIX



Broccoli, Carrots, Mini Corn Cobbs & Whole Baby Beans

2kg....\$14.90/bag



MELANGE VEGETABLE MIX



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

1.5kg....\$10.30/bag



PANACHE VEGETABLE MIX



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

1.5kg....\$11.50/bag



CRISPY COATED STEAKHOUSE CHIPS



NEW TO US

Hot Price

2.5kg...\$13.90/bag



POTATO GEMS



Approx. 210 per bag

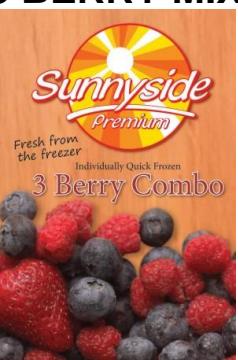
2kg....\$10.60/bag



CHOPPED SPINACH



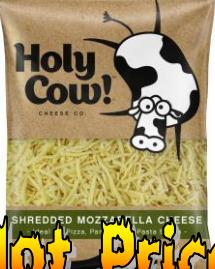
2.5kg....\$10.10/bag

<p>Pampas</p> <p>PUFF PASTRY ROLL</p>  <p>Hot Price</p> <p>10kg....\$56.70/roll</p>	<p>CRAFTY CHOOKS 220gm SANDWICH CHICKEN SCHNITZELS</p>  <p>Only \$2.35 each</p> <p>30x220gm....\$70.60/ctn</p>	<p>BONELESS NETTED PORK LEG</p>  <p>Approx 7kg...\$12.80/kg</p>
<p>Sunnyside</p> <p>3 BERRY MIX</p>  <p>1kg....\$15.20/bag</p>	<p>Sunnyside</p> <p>SLICED BANANA 10mm</p>  <p>1kg...\$9.30/bag</p>	<p>Sunnyside</p> <p>DICED PINEAPPLE</p>  <p>1kg...\$12.50/bag</p>
<p>BAO BUNS <small>BAO</small></p> <p>WHITE OR CHARCOAL</p>  <p>10x30gm....\$6.10/pkt</p>	<p>KNEAD IT</p> <p>TODDLER TURKISH ROLLS</p> <p>Available in Round and Oval</p>  <p>Only 1.30¢ per roll</p> <p>30x130gm....\$39.20/ctn</p>	<p>LETIZZA</p> <p>12" REGULAR CLASSIC PIZZA BASES</p>  <p>4/pkt...\$10.50/pkt</p>
<p>AGB</p> <p>GARLIC BREAD SUB</p>  <p>Only \$2.29 per sub</p> <p>20x9"....\$45.80/ctn</p>	<p>AGB</p> <p>9" GARLIC BREAD FOIL</p>  <p>Only \$1.58 each</p> <p>40x9"....\$62.90/ctn</p>	<p>AGB</p> <p>8" SOURDOUGH GARLIC BREAD</p>  <p>Only \$1.39 per roll</p> <p>40x100gm....\$55.40/ctn</p>

frozen/chilled

<p>PAIN AU CHOCOLAT (Chocolate Croissants)</p>  <p>Hot Price 3x75gm \$6.90/tray(+gst)</p>	<p>STICKY DATE PUDDING TRAY</p>  <p>1.15kg..\$22.20/tray(+gst)</p>	<p>CHOCOLATE MUD TRAY CAKE</p>  <p>2kg..\$42.80/tray(+gst)</p>
<p>PLAIN FLOUR</p>  <p>12.5kg..\$20.30</p>	<p>SELF RAISING FLOUR</p>  <p>12.5kg..\$22.20</p>	<p>BAKERS FLOUR</p>  <p>12.5kg..\$20.90</p>
<p>PLUM SAUCE</p>  <p>NEW TO US 2Lt....\$22.90/tub</p>	<p>BECHAMEL SAUCE</p>  <p>GLUTEN FREE 2kg....\$37.20/tub</p>	<p>CHAR GRILLED PUMPKIN</p>  <p>2kg....\$34.30/tub</p>
<p>COOKING CREAM</p>  <p>5Lt....\$37.00/btl</p>	<p>THICKENED CREAM</p>  <p>5Lt....\$43.30/btl</p>	<p>PESTO BASIL or TOMATO</p>  <p>2kg....\$31.00/jar</p>

chilled

<p>DONS KABANA</p>  <p>375gm....\$8.20/pack</p>	<p>OTTO WURTH CHEESE KRANSKY</p>  <p>2.5kg....\$38.10/bag</p>	<p>TIBALDI VIRGINIA HALF LEG HAM</p>  <p>LOOK WHAT'S BACK Approx 3kg...\$13.40/kg</p>
<p>CHAPMANS BUNG FRITZ</p>  <p>Approx 3kg...\$12.50/kg</p>	<p>SQUARE SANDWICH BLOCK SHOULDER HAM</p> <p>GLUTEN FREE</p>  <p>3.9kg....\$51.60/block</p>	<p>Real Dairy SHREDDED TASTY CHEESE</p>  <p>Hot Price 2kg....\$25.70/bag</p>
<p>ANCHOR BURGER CHEESE</p>  <p>Hot Price 84 Slices per packet 1.04kg....\$20.00/pkt</p>	<p>Anchor HI MELT BURGER CHEESE SLICES</p>  <p>Hot Price 72 Slices per packet 1.368kg....\$25.70/pkt</p>	<p>Holy Cow! SHREDDED MOZZARELLA CHEESE</p>  <p>Hot Price 2kg....\$26.30/bag</p>
<p>“TZATZIKI” YIROS GARLIC SAUCE</p>  <p>1kg....\$13.10/btl</p>	<p>Λ Lemnos DANISH FETTA CHEESE</p>  <p>2kg....\$38.10/tub</p>	<p>Λ Lemnos FULL CREAM FETTA CHEESE</p>  <p>2kg....\$38.40/tub</p>

pantry

<p> ROASTED GARLIC AIOLI</p>  <p>Squeeze Bottle 1kg....\$11.90/btl</p>	<p> TANGY TOMATO DRESSING</p>  <p>Hot Price 2.4kg....\$24.90/jar</p>	<p> COLESLAW DRESSING</p>  <p>Hot Price 2.4Lt....\$24.90/jar</p>
<p> #100 INSTANT LASAGNE SHEETS</p>  <p>5kg...\$29.60/ctn</p>	<p>VERMICELLI RICE NOODLES</p>  <p>454gm....\$5.00/bag</p>	<p> DRINKING CHOCOLATE</p>  <p>1.75kg....\$25.60/jar</p>
<p> PITTED PRUNES</p>  <p>1kg....\$13.20/bag</p>	<p> POLENTA</p>  <p>1kg....\$5.30/bag</p>	<p> ROLLED OATS</p>  <p>1kg....\$4.95/bag</p>
<p> CHICKPEAS</p>  <p>2.5kg....\$10.80/tin</p>	<p> HOISIN SAUCE</p>  <p>1.75Lt....\$15.60/tin</p>	<p> OYSTER SAUCE</p>  <p>1.75Lt....\$15.60/tin</p>

<p>SUPREME (Gluten Free) GRAVY MIX</p>  <p>GLUTEN FREE</p> <p>2kg....\$35.90/tub</p>	<p>IMMITATION VANILLA ESSENCE</p>  <p>500ml....\$4.10/btl</p>	<p>TRIANGLE CORN CHIPS</p>  <p>Hot Price</p> <p>6x500g...\$37.30/ctn</p>
<p>TRUMPS MIXED HERBS</p>  <p>STRONG RE-SEALABLE BAG 350gm....\$12.10/bag</p>	<p>TRUMPS MIXED SPICE</p>  <p>GLUTEN FREE</p> <p>STRONG RE-SEALABLE BAG 1kg....\$17.50/bag</p>	<p>TRUMPS MOROCCAN SEASONING</p>  <p>750gm....\$16.80/jar</p>
<p>TRUMPS GROUND NUTMEG</p>  <p>STRONG RE-SEALABLE BAG 1kg....\$39.10/bag</p>	<p>TRUMPS ONION POWDER</p>  <p>GLUTEN FREE</p> <p>STRONG RE-SEALABLE BAG 1kg....\$10.60/bag</p>	<p>TRUMPS RUBBED OREGANO</p>  <p>STRONG RE-SEALABLE BAG 350gm....\$9.20/bag</p>
<p>MCKENZIE'S GELATINE</p>  <p>GLUTEN FREE</p> <p>STRONG RE-SEALABLE BAG 1kg....\$33.20/bag</p>	<p>MCKENZIE'S BAKING POWDER</p>  <p>GLUTEN FREE</p> <p>STRONG RE-SEALABLE BAG 2kg...\$14.60/bag</p>	<p>TRUMPS COCONUT FLAKES/CHIPS</p>  <p>GLUTEN FREE</p> <p>STRONG RE-SEALABLE BAG 1kg....\$18.10/bag</p>

pantry



SWEET MUSTARD PICKLES



2.2kg....\$19.70/jar

PERI PERI PORTUGESE SAUCE



1.95kg...\$21.60/btl

JAPANESE TERIYAKI SAUCE



2.1kg...\$21.30/btl



CINNAMON SUGAR



1kg....\$8.00/bag



BEEF BOOSTER



2.3kg....\$36.10/tub



CHICKEN BOOSTER



2.4kg....\$32.90/tub



SLICED JALAPENOS



2.8kg....\$10.30/tin



DARK SWEET PITTED CHERRIES



3kg....\$35.10/tin



STUFFED GREEN OLIVES



2kg....\$23.00/jar



GRANITA SYRUP



BLUE LAGOON

COLA

LIME

RASPBERRY

TROPICAL



4Lt....\$23.80/btl (+gst)



FRUIT SALAD IN NATURAL JUICE



Hot Price

2.8kg....\$12.00/tin

<p>Edlyn SMOKEY TOMATO RELISH</p>  <p>2.4kg....\$35.10/tub</p>	<p>Peerless FRYTOL</p>  <p>Hot Price 20kg....\$117.70/tin</p>	<p>EXTRA VIRGIN OLIVE OIL</p>   <p>Hot Price 100% Australian, First Cold Pressed 4Lt....\$66.50/tin</p>
<p>TRUMP'S WHOLE ROASTED & SALTED PEANUTS</p>  <p>1kg....\$9.80/bag (+gst)</p>	<p>TRUMP'S GRANULATED PEANUTS</p>  <p>1kg....\$8.00/bag (+gst)</p>	<p>MCKENZIE'S PINE NUT KERNELS</p>  <p>Hot Price STRONG RE-SEALABLE BAG 1kg....\$51.10/bag</p>
<p>MasterFoods PROFESSIONAL CAESAR SALAD DRESSING</p>  <p>2.6kg....\$28.80/jar</p>	<p>MasterFoods PROFESSIONAL HOMESTYLE MAYONNAISE</p>  <p>2.6kg....\$17.50/jar</p>	<p>Unilever Solutions Inspire every day</p> <p>HELLMANN'S Deli MAYONNAISE</p>  <p>Hot Price 10kg....\$56.40/bkt</p>
<p>MasterFoods PROFESSIONAL MUSTARDS</p> <p>American Dijon Hot English Seeded</p>  <p>2.5kg....\$23.00/jar</p>	<p>MasterFoods PROFESSIONAL THOUSAND ISLAND DRESSING</p>  <p>2.5kg....\$29.60/jar</p>	

pantry

<p>PINEAPPLE THINS</p>  <p>3.2kg....\$22.20/tin</p>	<p>CRUSHED PINEAPPLE</p>  <p>3kg....\$12.90/tin</p>	<p>5 BEAN MIX</p>  <p>3kg....\$11.70/tin</p>
<p>MERMAID TABLE SALT</p>  <p>14kg....\$21.70/ctn</p>	<p>CRACKED BLACK PEPPER</p>  <p>STRONG RE-SEALABLE BAG 1kg....\$29.00/bag</p>	<p>WHITE SUGAR STICKS</p>  <p>2000x3gm...\$27.50/ctn</p>
<p>CATERER`S BAKING PAPER</p>  <p>120mx30cm \$18.10/roll (+gst)</p>	<p>CATERER`S BAKING PAPER</p>  <p>120mx40cm \$22.30/roll (+gst)</p>	<p>RAW SUGAR STICKS</p>  <p>2000x3gm...\$27.50/ctn</p>
<p>WHOLEMEAL FLOUR</p>  <p>12.5kg....\$28.00/bag</p>	<p>BASMATI RICE</p>  <p>Ideal for Indian & Middle Eastern Cuisine 10kg....\$42.30/bag</p>	<p>NATURAL SPRINKLES</p>  <p>750gm....\$19.10/jar</p>