

MOUNT GAMBIER FOODS



FEBRUARY SPECIALS

Specials available from 2nd February to 28th February 2026 E.&O.E.

LARGE GARFISH FILLETS IQF



Approx. 84 fillets per 5kg ctn
5kg...\$218.30/ctn

WHOLE BUGS 200/300gm



Hot Price
2.5kg...\$72.00/bag

HOKI FILLETS 4/6oz (Blue Grenadier)



\$12.36/kg
6.8kg...\$84.10/ctn

YIROS MEAT LAMB AND CHICKEN



1kg \$32.90/bag 1kg \$21.90/bag

TIBALDI MIDDLE RASHER RINDLESS BACON



Hot Price
2.5kg...\$34.60/bag

PORTERHOUSE (STRIPLOIN) STEAK YG MSA GRAINFED



Hot Price
Approx. 4.5kg. \$30.50/kg

BUTLERS COOKED BEEF BURGERS 100gm



Hot Price
Only \$1.45 per patty
20x100gm...\$29.00/bag

Sherman's COTTONSEED OIL



Hot Price
- 100% Australian Grown & Produced
20Lt...\$76.80/tin

CRISPY CINNAMON TOAST



28 x 45gm
1.26kg...\$20.80/box

frozen

<p>INGHAM'S</p> <p>DEVIL WING DINGS</p>  <p>Hot Price</p> <p>1kg...\$16.70/bag</p>	<p>INGHAM'S</p> <p>PLAIN WING DINGS</p>  <p>1kg...\$16.70/bag</p>	<p>INGHAM'S</p> <p>120gm CRUMBED BREAST FILLET</p>  <p>1.2kg...\$21.60/bag</p>
<p>Stogales</p> <p>CRUMBED CHICKEN BREAST GOUJONS</p>  <p>1kg...\$18.90/bag</p>	<p>Stogales</p> <p>CRUMBED BREAST CHICKEN ROYALE</p>  <p>Hot Price</p> <p>10x130g...\$25.60/bag</p>	<p>INGHAM'S</p> <p>#28 CRUMBED DRUMSTICKS</p>  <p>5kg...\$75.70/ctn</p>
<p>INGHAM'S</p> <p>CHICKEN CHIPS</p>  <p>1kg...\$16.10/bag</p>	<p>家</p> <p>MINI CHICKEN DIM SIMS</p>  <p>55x18gm..\$14.80/bag</p>	<p>Patties</p> <p>QUICHE PARTY PACK</p>  <p>2 doz Quiche Lorraine 2 doz Cheesy Chorizo 2 doz Spinach and Fetta Less than \$1.64 per portion</p> <p>\$107.50/6doz ctn (+gst)</p>
<p>CHIKO</p> <p>FLAME GRILLED MEATBALLS</p>  <p>Less than 26¢ each</p> <p>1kg...\$18.10/bag</p>	<p>SEA LINK</p> <p>TEMPURA BATTERED HOKI FILLETS</p>  <p>Hand Cut Fillets of Blue Grenadier 24 x 140gm \$58.10/ctn \$2.42 per portion</p>	<p>SEA LINK</p> <p>CRUMBED HOKI FILLETS</p>  <p>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</p>

CHICKEN GARLIC BALLS



25 x 40gm
Only .93¢ each
1kg....\$23.30/bag

TENNESSE BBQ PORK RIBS



Hot Price
Approx 1.6kg.\$22.40/kg

PANKO CRUMBED GENUINE SQUID RINGS



1kg....\$15.10/bag

MOKA BURGER (BATTERED HAMBURGERS)



30/ctn....\$82.00/ctn

MARATHON MINI BEEF SPRING ROLLS



Only 55¢ each
20x50gm....\$10.90/bag

TEMPURA BATTERED JUMBO SQUID RINGS



1kg....\$21.30/bag

COCKTAIL SPRING ROLLS or SAMOSAS



The Perfect Finger Food
8doz...\$16.20/box

TRADITIONAL BEEF LASAGNE PC



24x250gm
\$71.30/ctn (+gst)

LIL PIZZAS HAM & PINEAPPLE or CHEESE & HAM



32/ctn..\$56.40/ctn (+gst)

ICE CREAM TRAY INDULGE RANGE 5Lt



Hot Price

5Lt....\$34.60/tray (+gst) * =Not Gluten Free

- Cool Bananas
- Bubblegum
- Velvety Chocolate
- Hokey Pokey
- Iced Coffee
- Licorice Lust
- Juicy Mango
- Spearmint Sundae
- Goey Salted Caramel
- Toffee & Caramel Swirl
- Vanilla Bean
- Boysenberry Ripple
- *Bubble Chai Latte
- *Cookies & Cream
- Krazy Kolors
- Honeycomb Crunch
- Lime Twist
- Smooth Macadamia
- Rum & Raisin
- Peppermint & Choc Chip
- Strawberry Daze
- Vanilla Classic

COUNTRY STYLE VANILLA ICECREAM



5Lt....\$25.20/tub (+gst)

frozen

TUNA STEAKS
200gm



Hot Price

5kg...\$124.80/ctn

WHOLE TILAPIA
GILLED, GUTTED,
& SCALED



10kg...\$84.50/ctn

"SEVEN SEAS"
MARINARA MIX



Perfect for Pasta - Includes: Mussels, Cuttlefish,
Squid, Clam and Shrimp

1kg...\$14.20/bag



PANKO
CRUMBED PRAWNS



1kg...\$32.80/box

SEAFOOD
EXTENDER



1kg...\$6.80/bag



SPRING ROLL
PASTRY 8.5"



20/pkt...\$3.50/pkt



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
12mm CRINKLE
CUT CHIPS **GLUTEN FREE**



2.5kg \$10.60/bag (\$4.24/kg)



10mm SUPA
CRUNCH CHIPS



2kg....\$11.30/bag



BEER BATTERED
DIAMOND CHIPS



Extra thick 18mm chips

2kg....\$11.50/bag



HASH BROWN
PATTIES



Hot Price

2.5kg...\$13.70/bag

Pampas
FILO PASTRY

375gm....\$6.70/pkt

SMALL HALF CHICKEN SCHNITZELS
 Approx 125gm

CRAFTY CHOOKS & CO
 Premium Hand Cut Breast Schnitzels
Only \$1.79 each
Qty 30....\$53.70/ctn

FROZEN RAW CHICKEN BREAST FILLET (Skin Off)

Hot Price
 Only \$10.40/kg
2kg....\$20.80bag

GROUND VALUE
STRAWBERRIES

1kg....\$9.70/bag

Sunnyside Premium
MANGO CHEEKS

Hot Price
1kg...\$12.30/bag

Sunnyside Premium
ASPARAGUS SPEARS


1kg....\$24.60/box

KR
FROZEN PORK FILLET

Hot Price
 2 x Approx 500gm fillets per bag
\$17.30/kg

LETIZIA
9" GLUTEN FREE PIZZA BASES

NEW TO US
2pkt....\$8.10/pkt

MISSION
11.5" GLUTEN FREE PIZZA BASES

GLUTEN FREE
7pkt....\$36.10/pkt

SPEEDIBAKE
4.5" SEEDED MILK BUNS

 Only \$1.31 per roll
48x85gm....\$62.90/ctn

SPEEDIBAKE
4.5" POTATO BUNS
 Vegan Friendly

 Less than \$1.25 per roll
48x85gm....\$60.40/ctn

SPEEDIBAKE
BRIOCHE SLIDER BUNS

 Less than .66¢ each
144x30gm....\$96.00/ctn

frozen/chilled

Sara Lee
FOODSERVICE

**BELGIUM
LIEGE WAFFLES**



**24x90gm
\$39.90/ctn (+gst)**

Sara Lee
FOODSERVICE

LARGE CROISSANTS



**36x75gm
\$52.10/ctn (+gst)**

Sara Lee
FOODSERVICE

**EXTRA LARGE
CROISSANTS**



**24x110gm
\$52.70/ctn (+gst)**

NATURE'S LINK

**CORN
KERNELS**



Hot Price

2kg....\$9.30/bag

Edgell

**CHOPPED
ONIONS**



2kg....\$13.40/bag

Edgell

**SLICED
ONIONS**



1.5kg....\$10.80/bag

Universal Donut Mix

**UNIVERSAL
DONUT MIX**



Now in a 2.5kg bag

2.5kg....\$27.40/bag

Heinz

COTTEES TOPPING

**CARAMEL
CHOCOLATE
STRAWBERRY
VANILLA**



***Pumps also available to purchase @ \$8.30+gst**

3lt...\$14.80/btl

Bulla
100 YEARS

LIGHT SOUR CREAM



Hot Price

2kg....\$21.80/tub

MAINLAND

**MILD BLOCK
CHEESE**



Hot Price

2kg....\$49.10/block

MAINLAND

**TASTY BLOCK
CHEESE**



Hot Price

2kg....\$50.20/block

chilled

DON
**REAL "FATTY"
DICED BACON PIECES**



2kg....\$25.50/bag

DON
**SLICED
PROSCUITTO**



500gm....\$26.60/bag

TIBALDI
**SHORT CUT
RINDLESS BACON**



2.5kg...\$35.70/bag

DON
**DONS
STRASBURG**



2kg....\$29.60/roll

DON
**DONS COCKTAIL
FRANKFURTS**



Approx. 100 per bag
2.5kg....\$24.50/bag

TENDER CHOICE
**PULLED ROAST
CHICKEN BREAST**



1kg....\$23.90/bag

Fontena
Dairy for life
**HI-MELT SHREDDED
CHEESE BLEND**



2kg....\$28.00/bag

Bega
**TASTY CHEESE
BBQ CUBES**



2kg....\$45.50/bag

WESTERN STAR
**EASY SPREAD
BUTTER**



2kg....\$41.60/tub

Perfect Italiano
**GRATED
PARMESAN CHEESE**



**GLUTEN
FREE**

1.5kg....\$54.80/bag

Perfect Italiano
**SHREDDED
PARMESAN CHEESE**



**GLUTEN
FREE**

1kg....\$32.10/bag

Fontena
Dairy for life
**SHAVED
PARMESAN CHEESE**



**GLUTEN
FREE**

1kg....\$31.10/bag

pantry

Knorr HOLLANDAISE SAUCE



1Lt....\$13.00/pkt

QUEEN EST. 1897 PURE CANADIAN MAPLE SYRUP



Real Maple Syrup

1Lt....\$32.90/btl

Cadbury SIENNA MILK CHOCOLATE BUTTONS



5kg....\$65.90/ctn

NEWLY WEDS FOODS inspiring new tastes GLUTEN FREE BREAD CRUMBS



10kg....\$64.10/bag

ZoSh CAESAR DRESSING



2.5Lt....\$26.60/jar

ZoSh PREMIUM MAYONNAISE



2.65kg...\$19.20/jar

Nestlé PROFESSIONAL MASHED POTATO



Makes 24kg Mashed Potato
4kg....\$78.60/ctn

WINDSOR FARM DEXTROSE (GLUCOSE)



1kg....\$6.80/bag

Riviana GREEN PEPPERCORNS



800gm....\$10.90/tin

Edlyn LEMON JUICE



1Lt....\$4.90/btl

Edlyn LIME JUICE



1Lt....\$8.20/btl

Edlyn LIME JUICE



300ml....\$3.10/btl

RED SLICED PICKLED ONIONS



NEW TO US

2.1kg...\$15.40/jar

APPLE SAUCE



NEW TO US

2Lt...\$16.80/tub

DRIED SWEETENED CRANBERRIES



1kg...\$15.10/bag

GROUND PAPRIKA



GLUTEN FREE

STRONG RE-SEALABLE BAG
1kg...\$11.20/bag

SMOKEY PAPRIKA



500gm...\$12.60/jar

PARSLEY FLAKES



200gm...\$8.80/bag

PEPITA SEED KERNELS



1kg...\$13.40/bag

POPPY SEEDS



STRONG RESEALABLE BAG
1kg...\$12.80/bag

ROSEMARY



STRONG RESEALABLE BAG
500gm...\$10.90/bag

ORGANIC WHITE QUINOA



STRONG RESEALABLE BAG
1kg...\$11.80/bag

TRI-COLOUR QUINOA



STRONG RESEALABLE BAG
1kg...\$12.00/bag

BLACK QUINOA



STRONG RESEALABLE BAG
1kg...\$14.10/bag

pantry

Nestlé PROFESSIONAL

READY TO USE RICH GRAVY UHT



1Lt....\$9.30/ctn

Carabos

MAPLE FLAVOURED SYRUP



2Lt....\$22.60/btl

MCKENZIE'S

PITTED KALAMATA OLIVES



10kg....\$101.70/tub

Nestlé PROFESSIONAL **Maggi**

RICH GRAVY MIX



7.5kg....\$102.80/tub

Nestlé PROFESSIONAL **Maggi**

GLUTEN FREE SUPREME GRAVY MIX



7kg....\$105.80/tub

Nestlé PROFESSIONAL **Maggi**

DEMI GLACE SAUCE



7.5kg....\$147.90/tub

MCKENZIE'S

DICED APPLES



2.7kg....\$11.10/tin

MCKENZIE'S

SLICED APPLES



2.7kg...\$11.10/tin

MCKENZIE'S

APRICOT HALVES



3kg....\$11.40/tin

MCKENZIE'S

SLICED PEACHES



3kg....\$11.10/tin

MCKENZIE'S

SLICED PEARS



3kg...\$10.10/tin

Riviana

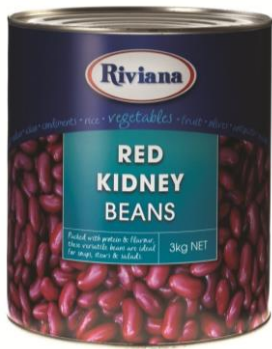
ASPARAGUS SPEARS



Hot Price

340gm....\$3.30/jar

Riviana
RED KIDNEY BEANS



3kg....\$13.80/tin

golden circle
SLICED BEETROOT



3kg....\$13.00/tin

Eggs
WHOLE EGG MAYONNAISE



2.2kg....\$29.70/tub

TRUMPS
PISTACHIO NUT KERNELS



STRONG RESEALABLE BAG
1kg....\$76.80/bag

TRUMPS
WALNUT HALVES & PIECES



STRONG RESEALABLE BAG
1kg....\$19.40/bag

TRUMPS
ALMOND MEAL BLENCHED



Hot Price
STRONG RESEALABLE BAG
1kg....\$21.90/bag

MasterFood's
PROFESSIONAL
ALL PURPOSE SEASONING



950gm....\$19.40/jar

MasterFood's
PROFESSIONAL
BBQ SEASONING



755gm....\$20.80/jar

MasterFood's
PROFESSIONAL
CAJUN SEASONING



520gm....\$21.10/jar

MasterFood's
PROFESSIONAL
TACO SEASONING



630gm....\$23.80/jar

MasterFood's
PROFESSIONAL
TUSCAN SEASONING



670gm....\$21.60/jar

MasterFood's
PROFESSIONAL
BURGER SAUCE



2.2kg....\$30.70/btl

pantry

Riviana

ITALIAN CHUNKY CRUSHED TOMATOES



GLUTEN FREE

Hot Price

2.5kg...\$10.10/tin

Riviana

TOMATO PURÉE



GLUTEN FREE

2.95kg...\$10.70/tin

Riviana

TOMATO PASTE



GLUTEN FREE

Hot Price

3kg...\$14.60/tin

ALLIED PINNACLE

SOFT BREAD & ROLL MIX



10kg...\$39.30/bag

BROWN SUGAR

RAW SUGAR



1kg \$3.90/bag 2kg \$4.20/bag

CASTER SUGAR

WHITE SUGAR



GLUTEN FREE

1kg \$2.60/bag 2kg \$4.60/bag

Costa Primary

CLING WRAP WITH CUTTER



Hot Price

33cm x 600m
\$20.20/roll (+gst)

Costa Primary

CLING WRAP WITH CUTTER



Hot Price

45cm x 600m
\$27.40/roll (+gst)

TRUMPS

GROUND BLACK PEPPER



Hot Price

STRONG RE-SEALABLE BAG
1kg...\$28.00/bag

Pinnacle

DRY YEAST



500gm...\$5.00/pkt

JASMINE RICE



GLUTEN FREE

Hot Price

Ideal for Asian Cuisine
10kg...\$26.90bag

WINDSOR FARM

SOUTHERN FRIED HOT & SPICY CHICKEN COATING



8kg...\$74.20/tub