

# MOUNT GAMBIER FOODS



## MARCH SPECIALS

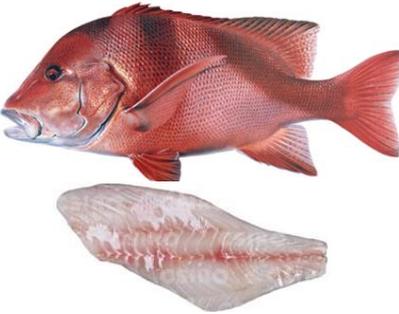
Specials available from 2<sup>nd</sup> March to 28<sup>th</sup> March 2026 E.&O.E.

**MGFF**  
**SLICED FLAKE**  
Premium Australian  
Gummy Shark



5kg...\$162.20/ctn

**RED**  
**EMPEROR FILLETS**  
100/200gm



5kg...\$106.90/ctn

**SKIN ON SALMON**  
**PORTIONS 200gm**



**Hot Price**

5kg...\$174.90/ctn

**TIBALDI**  
**COOKED**  
**PORK BELLY**



**NEW**

Approx 3kg...\$18.40/kg

**TIBALDI**  
**MIDDLE RASHER**  
**RINDLESS BACON**



**GLUTEN FREE**

**Hot Price**

2.5kg...\$35.00/bag

**RUMP STEAK U/6**  
**YG MSA GRAINFED**



**Hot Price**

Approx 6kg...\$20.90/kg

**SAFRIES**  
**10mm STRAIGHT CUT**  
**AUSTRALIAN CHIPS**



**GLUTEN FREE**

**Hot Price**

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

**SAFRIES**  
**13mm STRAIGHT CUT**  
**AUSTRALIAN CHIPS**



**GLUTEN FREE**

**Hot Price**

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

**RIVERINA CANOLA OIL**



**GLUTEN FREE**

**Hot Price**

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

20Lt...\$63.70/tin

# frozen

**INGHAM'S**  
**CLASSIC CRUMBED TENDERLOINS**



**Hot Price**

1kg....\$18.00/bag

**INGHAM'S**  
**SOUTHERN STYLE TENDERS**



1kg....\$18.50/bag

**INGHAM'S**  
**GLUTEN FREE CHICKEN TENDERS**



**NEW TO US**  
**GLUTEN FREE**

1kg....\$21.30/bag

**INGHAM'S**  
**SOUTHERN STYLE POP`EM CHICKEN**



1kg....\$18.00/bag

**Seagles**  
**CHICKEN BREAST CRACKLES**



50 x 20gm  
 Less than .42¢ each

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

**Seagles**  
**SALT & VINEGAR TENDERBITES**



1kg....\$19.10/bag

**INGHAM'S**  
**CRUMBED BREAST FILLERS ALFREDO**



50x100gm

5kg....\$98.20/ctn

**UNWRAPPED SEAFOOD STICKS**



**Hot Price**

Only 21¢ each

1kg....\$6.50/bag

**TRUMPS**  
**MIXED LOLLIES**



**Hot Price**

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

**Edgell**  
**10mm ULTRA FAST CHIPS**



3.5kg.\$15.50/bag(\$4.42/kg)

**Mydibel**  
**PREMIUM CRUNCH 10mm CHIPS**



**Hot Price**

2.5kg.\$10.90/bag(\$4.36/kg)

**Potato PERFECTION**  
**10mm EXTRA CRUNCHY CHIPS**



2kg..\$10.90/bag(\$5.45/kg)

**CHICKEN DIM SIMS**  
MEDIUM 50gm  
Oven-able



**NEW**

25x50gm...\$21.10/bag

**FORMED JUMBO**  
POTATO CAKES



20pcs...\$11.90/sleeve

**ANGEL BAY GOURMET**  
BEEF BURGERS 120gm



**NEW TO US**

20x120gm...\$38.40/bag

**BABY (MINI)**  
POTATO CAKES  
PLAIN OR SALT & VINEGAR



Approx 20c each  
1kg...\$12.60/bag

**MARATHON**  
SPRING ROLLS



1doz...\$14.00/box

**VEGETABLE**  
PATTIES



36x113gm  
4.1kg...\$47.50/ctn

**SINGLE SERVE**  
SPAG BOLOGNESE



24x200gm  
\$70.20/ctn(+gst)

**VANILLA ICECREAM**



**Hot Price**

10Lt...\$29.60/tub (+gst)

**COOKED BEEF**  
BURGERS 100gm



**Hot Price**

Only \$1.32 per patty  
20x100gm...\$26.40/bag

**GOLDEN NORTH SORBET RANGE**

TANGY LEMON    BLOOD ORANGE    PASSIONFRUIT (with seeds)    PINK LEMONADE    RASPBERRY    SOUR GRAPE



**DAIRY FREE**    **NEW**    **GLUTEN FREE**

All one price  
5Lt...\$35.00/tray (+gst)

# frozen

## BLUE SWIMMER CRAB MEAT



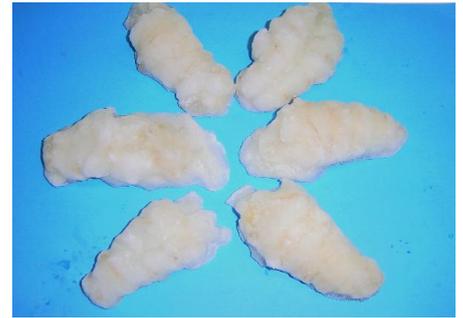
500gm...\$15.60/block

## 31/40 COOKED PRAWN MEAT



Approx 70-90 per kg  
1kg...\$23.70/bag

## BUG MEAT 2-4oz



Finest Quality Seafood  
1kg...\$52.00/bag



## LOBSTER SENSATION



907gm...\$36.70/bag



## CRISPY BATTERED FLATHEAD BITES



Approx 120 pieces per box  
3kg...\$76.10/box

*Leader*

## CRUMBED CAMEMBERT CHEESE



1kg...\$45.60/bag



## SEASONED WEDGES Gluten free



2.5kg...\$14.00/bag



## BEER BATTERED ONION RINGS



1kg... \$17.50/bag



## PANKO CRUMBED ONION RINGS



1kg...\$18.60/bag



## PORK SCHNITZEL



Only \$3.00 each  
25x200gm...\$75.00/ctn



## BATTERED CHICKEN PIECES



Perfect for Honey Chicken  
Now in a 1kg bag  
1kg...\$25.95/bag



## BATTERED PORK PIECES



Perfect for Sweet 'n' Sour Pork  
Now in a 1kg bag  
1kg...\$25.95/bag

goodman Fielder 

**UNBAKED TART SHELLS**



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

**102mm**  
144x52gm  
**\$84.20**

**“CRAFTY” BONELESS CHICKEN KIEVS**  
Approx 320gm



**These are BIG Kievs**  
Only \$6.07 each  
**Qty 20....\$121.50/ctn**

**AMERICAN PORK SPARE RIBS**



**Hot Price**  
Approx 10kg per box  
**RW....\$25.10/kg**

GROUND VALUE 

**DICED MANGO**



**1kg....\$11.20/bag**

Sunnyside 

**RASPBERRIES**



**1kg....\$19.40/bag**

Sunnyside 

**BOYSENBERRIES**



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

MISSION 

**MISSION 10” or 12” FLOUR TORTILLAS**



**1 doz**  
**10” \$5.30 12” \$7.00**

KNEAD IT 

**PIDE Loaf (Turkish Bread Loaf)**



Only \$4.17 each  
**10x430gm....\$41.70/ctn**

SPEEDIBAKE 

**LARGE CROISSANTS**



Rustic Style Croissant  
**50x100gm....\$88.90/ctn**

SPEEDIBAKE 

**WHITE DINNER ROLLS**



Less than 35¢ per roll  
**160x35gm....\$55.70/ctn**

SPEEDIBAKE 

**5" HAMBURGER BUNS**



Less than \$1.00 each  
**72x95gm....\$71.70/ctn**

LETIZZA 

**PIZZA DOUGH BALLS**



**6x300gm....\$10.70/pack**

# frozen/chilled

**Sara Lee**  
FOODSERVICE

**FRENCH CREAM CHEESECAKE TRAY**



**NEW TO US**

1.5kg..\$27.20/tray(+gst)

**Sara Lee**  
FOODSERVICE

**TIRAMISU TRAY CAKE**



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

**Sara Lee**  
FOODSERVICE

**WHITE CHOCOLATE & RASPBERRY TRAY CAKE**



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

**Edgell**

**CROSS CUT BEANS**



2kg....\$10.40/bag

**Edgell**

**SLICED GREEN BEANS**



2kg....\$10.40/bag

**Edgell**

**WHOLE BABY BEANS**



2kg....\$10.70/bag

**QUEEN**  
EST. 1897

**PURE CANADIAN MAPLE SYRUP**



**Real Maple Syrup**

1Lt....\$32.90/btl

**SANTALINI**

**POMEGRANATE MOLASSES**



500ml....\$15.40/bottle

**Peerless**

**MONMAR BULK MARGARINE**



15kg....\$59.90/ctn

**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**

**SAVELOYS**



**Hot Price**

2.5kg....\$21.80/bag

**SLICED PEPPERONI**



**Hot Price**

1kg....\$21.10/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

**OVEN ROASTED HALF BREAST TURKEY**



**Hot Price**

**GLUTEN FREE**

Chilled Product  
Approx 2.5kg each

RW....\$22.70/kg

**SANDWICH CHEESE SLICES**



**GLUTEN FREE**

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

**NATURAL TASTY CHEESE SLICES**



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

**CHEESE SAUCE (LIQUID CHEESE)**



1kg....\$15.30/bag

**PC BUTTER**



Less than 21¢ Per Portion  
200x7gm....\$41.70/ctn

**CATERING BUTTER**



1.5kg....\$29.60/block

**UNSALTED BUTTER**



1.5kg....\$29.60/block

**GLUTEN FREE**

# pantry

## Woods' **CHIPOTLE MAYONNAISE**



1kg....\$11.90/btl

## Zoosh **SATAY SAUCE**



2.85kg....\$25.50/jar

## Cadbury **TUSCANY DARK CHOCOLATE BUTTONS**



5kg....\$66.20/ctn

## Riviana **SWEET MUSTARD PICKLES**



2.2kg....\$19.70/jar

## Edlyn **CUSTARD POWDER**



5kg....\$28.30/bag

## Edlyn **COCOA POWDER**



1kg....\$39.00/bag

## Gravox **GLUTEN FREE RICH BROWN GRAVY**



7.5kg....\$111.60/tub

## Knorr **PATAKS PASTE RANGE**

BUTTER CHICKEN KORMA MILD CURRY TANDOORI VINDALOO



1.15kg 1.05kg 1.05kg 1.15kg 1.05kg

All one price....\$27.80/jar each

## **SOUP MIXES**



Chicken Noodle 2kg  
Crème of Chicken 2kg  
French Onion 2kg  
Mushroom 1.8kg  
Pumpkin 1.8kg

All only \$43.40/tub

All Gluten Free except Chicken Noodle

**GLUTEN FREE**

## Nestlé Professional **CHOCOLATE or STRAWBERRY MOUSSE MIX**



1.9kg....\$55.30/tub

**Hot Price**

Yarra Valley HILLTOP  
**PURE HONEY**



2.7kg....\$20.80/jug

Woods  
**TOMATO RELISH**



2kg....\$31.00/tub

TRUMPS  
**DRIED PITTED DATES**



**Hot Price**

1kg....\$5.70/bag

TRUMPS  
**SESAME SEEDS**



STRONG RESEALABLE BAG  
1kg....\$9.30/bag

TRUMPS  
**BLACK SESAME SEEDS**



STRONG RESEALABLE BAG  
1kg....\$12.10/bag (+gst)

TRUMPS  
**SUNFLOWER SEED KERNELS**



1kg....\$6.70/bag

MCKENZIE'S  
**THYME LEAVES**



STRONG RESEALABLE BAG  
400gm....\$10.10/bag

TRUMPS  
**GROUND TURMERIC**



STRONG RE-SEALABLE BAG  
1kg....\$16.40/bag

MCKENZIE'S  
**STAR ANISE**



STRONG RE-SEALABLE BAG  
400gm....\$20.70/bag

TRUMPS  
**SEMOLINA**



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

MCKENZIE'S  
**FINE COCONUT**



**GLUTEN FREE**

1kg....\$11.70/bag

TRUMPS  
**LONG THREAD SHREDDED COCONUT**



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

# pantry

**FOUNDATION**  
**TOMATO SAUCE**

**GLUTEN FREE**



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

**FOUNDATION**  
**BBQ SAUCE**

**GLUTEN FREE**



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

**kikkoman**  
seasoning your life  
**ORIGINAL SOY SAUCE**



1Lt or 3Lt  
\$8.90/btl \$22.40/btl

**ZoSh**  
**PREMIUM MAYONNAISE**



15kg....\$93.90/tub

**ABC**  
**KECAP MANIS**  
(Sweet Soy Sauce)



620ml....\$8.60/btl

**MCKENZIE'S**  
**PITTED KALAMATA OLIVES**



2kg....\$18.60/jar

**WINDSOR FARM**  
**CELERY SALT**



1kg....\$8.00/bag

**MCKENZIE'S**  
**BI-CARB SODA**



2kg...\$7.00/bag

**MCKENZIE'S**  
**CRÈAM OF TARTAR**



STRONG RE-SEALABLE BAG  
1.5kg....\$26.90/bag

**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

**CHEF'S LINK  
BREAD CRUMBS  
FINE**



**Hot Price**

10kg....\$35.40/bag

**SEA SALT FLAKES**



1.5kg....\$32.60/tub

**TRUMPS  
WHOLE NATURAL  
ALMONDS**



**Hot Price**

STRONG RE-SEALABLE BAG  
1kg....\$22.70/bag

**TRUMPS  
ALMOND  
FLAKES**



**Hot Price**

STRONG RE-SEALABLE BAG  
1kg....\$23.30/bag

**TRUMPS  
SLIVERED  
ALMONDS**



**Hot Price**

STRONG RE-SEALABLE BAG  
1kg....\$23.30/bag

**Maggi  
DEMI-GLACE  
SAUCE MIX**



2kg....\$42.40/tub

**MasterFoods®  
TARTARE SAUCE \$25.70/ctn**



**MasterFoods®  
MAYONNAISE \$24.20/ctn**



**MasterFoods®  
SQUEEZE ON PC'S  
100/ctn**

**Hot Price**

**MasterFoods®  
TOMATO SAUCE \$20.70/ctn**



**MasterFoods®  
BARBEQUE SAUCE \$30.70/ctn**



**Knorr  
BEARNAISE SAUCE**



**Hot Price**

1Lt....\$13.60/pkt

**MasterFoods®  
FRENCH or ITALIAN  
VINAIGRETTE \$26.60/ctn**



**MasterFoods®  
SOY SAUCE \$31.30/ctn**



**MasterFoods®  
CAESAR DRESSING \$31.30/ctn**



**MasterFoods®  
MILD SWEET CHILLI SAUCE \$31.30/ctn**



# pantry

**golden circle**

**WHOLE BABY BEETROOT**



**Hot Price**

3.1kg....\$18.50/tin

**MCKENZIE'S**

**TWO FRUITS**



3kg....\$12.00/tin

**Riviana**

**PIZZA PASTA SAUCE**



**Hot Price**

2.5kg...\$12.60/tin

**Allied Mills**  
Allied Mills Australia Pty Ltd

**UTILITY CAKE MIX**



10kg....\$58.80/bag

**TRUMPS**

**CAYENNE PEPPER**



500gm....\$13.30/jar

**BUNDEBERG SUGAR**

**SOFT ICING MIXTURE**




**GLUTEN FREE**

1kg....\$3.10/bag

**Huhtamaki** | **TAILORED PACKAGING**

**HEAVY DUTY WIPES**



**Hot Price**

85 wipes 500 x 300mm  
\$9.30/roll (+gst)

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

**ALL PURPOSE WIPES**



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

**Riviana**

**WHITE COCKTAIL ONIONS**




**GLUTEN FREE**

2.2kg....\$19.70/jar

**Allied Mills**  
Allied Mills Australia Pty Ltd

**CRÈME MUFFIN MIX**




Also available in Plain 10kg \$60.80/bag  
10kg....\$65.10/bag

**LONG GRAIN RICE**




Traditional White Rice  
10kg....\$25.80/bag

**WINDSOR FARM**

**CHICKEN SALT**




WITH A SHAKER LID.

780gm....\$11.00/jar