

MGF

MOUNT GAMBIER FOODS

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



MOUNT GAMBIER FOODS



APRIL SPECIALS

Specials available from 30th March to 2nd May 2026 E.&O.E.

**SKINLESS
FLATHEAD FILLETS**
4/6oz



5kg....\$77.50/ctn

**SQUID TUBES
U/10 GIGAS**



5kg....\$62.60/ctn

**RAW AUSTRALIAN
BANANA PRAWN
CUTLET 26/30**



Approx 60-65 prawns per kg
1kg....\$35.40/bag

**BONELESS NETTED
LAMB LEG**



Approx 2.5kg \$22.50/kg

**BONELESS RAW
PORK BELLIES**



Approx 4kg...\$24.10/kg

**SLICED
VIRGINIAN LEG HAM**



Hot Price

1kg....\$15.60/bag

PC BUTTER



Less than 20¢ Per Portion
200x7gm....\$39.50/ctn

**MasterFoods
TARTARE SAUCE**



2.3kg....\$23.90/btl

VEGETABLE OIL




20Lt....\$63.70/tin

frozen

INGHAM'S

TERIYAKI BREAST MEDALLIONS



Approx 20 per bag
1kg....\$19.20/bag

INGHAM'S

SWEET CHILLI TENDERS



1kg....\$16.20/bag

INGHAM'S

DEVIL CHICKEN TENDERS



1kg....\$17.30/bag

Staggles

TEMPURA BATTERED BREAST NUGGETS



Hot Price
1kg....\$14.50/bag

Staggles

DINO SNACKS
 (Battered Breast Nuggets)



Perfect for kids meals
1kg...\$16.40/bag

INGHAM'S


DINO NUGGETS
 (Crumbed Breast Nuggets)



NEW
1.5kg....\$17.80/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 PIES



6doz..\$67.95/box (+gst)

SEA LINK

KARAAGE CHICKEN
 Japanese Crispy Chicken



1kg....\$27.10/bag

SEA LINK

FISH COCKTAILS



"Premium Hand Cut Fish Portions"
1kg....\$17.50/bag

SEA LINK

JUMBO VEGIE SPRING ROLLS



16x140gm....\$20.30/pkt

MOKA FOODS
The Frozen Food Specialists

BATTERED CHEESE KRANSKY



With Melted Cheddar Cheese
Qty 20....\$51.50/ctn

GEM FINE FOODS


PREMIUM BATTERED FLAKE



6kg....\$117.90/ctn

Angel Bay

ANGUS BEEF BURGER PATTY 150gm



NEW TO US

18x150gm....\$50.30/bag

MARATHON

DIM SIMS



5doz....\$21.90/bag

Simplot AUSTRALIA

PLUTO PUPS



Qty 20....\$44.40/ctn

USA

ROYAL DRAGON MINI SPRING ROLLS



Authentic Chinese style
24x50gm....\$25.50/bag

Home Sweet Home

SINGLE SERVE FRIED RICE



Less than \$4.05 each
24x200gm
\$88.20/ctn (+gst)

Home Sweet Home Chefs

SINGLE SERVE TWISTA BOLOGNESE



24x200gm
\$70.20/ctn(+gst)

Bulla 100 Years

PARTY CUPS FULL CREAM



GLUTEN FREE

3doz...\$36.50/ctn(+gst)

GOLDEN NORTH

GIANT TWIN 5 PACK RANGE

HONEY



ICED COFFEE



SALTED CARAMEL



VANILLA



WHITE CHOC MILKY



All one price 5/pack....\$11.30/pack (+gst)

frozen

21/25 COOKED PRAWN MEAT



Hot Price

Approx 50-55 prawns per kg
1kg...\$26.40/bag

SMOOTH DORY FILLETS 115/175gm



5kg...\$85.20/ctn

WHOLE BABY OCTOPUS



1kg...\$13.90/bag

PANKO CRUMBED SNAPPER



Hot Price

30x90gm....\$83.80/ctn

SALT & PEPPER SQUID



1kg...\$22.70/bag

CRISPY BEER BATTERED FLATHEAD



3kg...\$69.10/ctn

PRAWN TWISTERS



Approx 43 per ctn

1kg...\$32.10/ctn

FORMED CRUMBED SQUID RINGS



1kg...\$14.20/bag

TEMPURA BATTERED SCALLOPS



1kg...\$31.80/ctn

MYDIBEL 11mm CHIPS



Hot Price

2.5kg.\$10.10/bag (\$4.04/kg)

BEER BATTERED STEAKCUT CHIPS



2kg...\$10.60/bag (\$5.30/kg)

BEER BATTERED BAD BOYS



2kg...\$11.70/bag

Pampas

PUFF PASTRY SHEETS



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



X- LARGE 300gm CHICKEN SCHNITZELS



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

Specialty Foods

LAMB YIROS MEAT

2.5kg Bulk Pack



2.5kg....\$81.80/bag

Sunmelt

CHUNKY AVOCADO PUREE



475gm...\$9.00/tub

Sunmelt

CHUNKY AVOCADO PUREE



1kg...\$18.90/tub

Sunmelt

SMOOTH AVOCADO PUREE



1kg...\$17.90/tub

LETIZIA

9" REGULAR CLASSIC PIZZA BASES



4/pkt....\$6.80/pkt

mission

PITA POCKETS



4x105gm....\$3.60/pack

mission

6" FLOUR TORTILLAS



1doz....\$3.00/bag

SPEEDIBAKE

SANDWICH SUB LARGE WHITE PARBAKE



Only \$1.33 per roll
36x160gm....\$47.70/ctn

SPEEDIBAKE

CIABATTA DINNER ROLL



Only 65¢ per roll
160x60gm.\$104.00/ctn

SPEEDIBAKE

4.5" BRIOCHE BUN



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

frozen/chilled

McCain
SEASONED WEDGES



Hot Price

2kg....\$11.40/bag

FARM FRITES
**GLUTEN FREE
 HASH BROWN OVALS**

GLUTEN FREE



2kg....\$13.50/bag

NATURES LINK
PEAS



2kg....\$8.60/bag

Sara Lee
**BANANA
 TRAY CAKE**



1.8kg..\$35.60/tray(+gst)

Sara Lee
**CARROT
 TRAY CAKE**



2.25kg.\$42.90/tray(+gst)


Sara Lee
**CHOCOLATE
 TRAY CAKE**



1.8kg..\$35.60/tray(+gst)

Edlyn's
**GLUTEN FREE (MAIZE)
 CUSTARD POWDER**

GLUTEN FREE



5kg....\$28.30/bag

Allied Mills
**GLUTEN FREE
 PLAIN FLOUR**

GLUTEN FREE



10kg....\$85.20/bag

Allied Mills
**GLUTEN FREE
 SELF RAISING FLOUR**

GLUTEN FREE



10kg....\$94.40/bag

Bulla
**GREEK
 STYLE YOGHURT**



1kg...\$8.70/tub

Anchor
WHIPPED CREAM



400gm....\$10.00/tin

**Australian
 GOLD**
CREAMY CAMEMBERT



115gm...\$4.80/pkt

chilled



**CHILLI
CHEESE KRANSKY**



2.5kg...\$56.00/bag



**CAFÉ SHORT
CUT RINDLESS
BACON**



**GLUTEN
FREE**

1kg...\$12.00/bag



**FRESH ROAST
CHICKEN BREAST
SKINLESS SLICED**

**GLUTEN
FREE**



1kg...\$25.50/bag



**7" SKIN ON
FRANKFURTS**

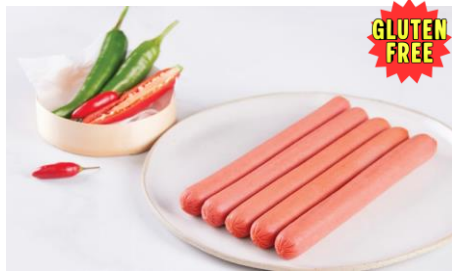


**GLUTEN
FREE**

Approx. 36 per bag
2.5kg...\$24.40/bag



**8" OL' SMOKEY
SKINLESS FRANKS**



**GLUTEN
FREE**

Approx. 36 per bag
2.5kg...\$30.00/bag



**10" OL' SMOKEY
SKINLESS FRANKS**



**GLUTEN
FREE**

Approx. 28 per bag
2.5kg...\$30.00/bag



**SHREDDED
MOZZARELLA**



Hot Price

6kg...\$85.60/bag



HALOUMI CHEESE



2kg...\$43.10/tub



DONS KABANA



**GLUTEN
FREE**

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



**SWISS
CHEESE SLICES**



**GLUTEN
FREE**

1kg...\$35.00/pkt



**CULINARY CREAM
(COOKING)**



**GLUTEN
FREE**

1Lt...\$10.40/pkt



**WHIPPING CREAM
(THICKENING)**



1Lt...\$11.20/pkt

pantry

Nestlé PROFESSIONAL

TOP N FILL CARAMEL



Hot Price

395gm....\$4.90/tin

Nestlé PROFESSIONAL

SWEETENED CONDENSED MILK



Hot Price

395gm....\$4.30/tin

Nestlé PROFESSIONAL

SNOWCAP WHITE CHOCOLATE BUTTONS



5kg....\$71.40/ctn

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

MCKENZIE'S

ANCHOVY FILLETS



Hot Price

690gm....\$18.30/tin

MCKENZIE'S

MUSHROOM PIECES & STEMS



2.84kg....\$11.70/tin

MCKENZIE'S

SLICED BLACK OLIVES



GLUTEN FREE

3kg....\$17.20/tin

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....\$15.70/bag

Maggi

CHICKEN BOOSTER



8kg....\$103.80/tub



PURE CANADIAN MAPLE SYRUP



Real Maple Syrup

1Lt....\$32.90/btl



YELLOW PANKO BREAD CRUMBS



Hot Price

10kg...\$51.00/bag

SHARZULES GOLD CRUSHED GARLIC



100% Pure Garlic – No Fillers
2kg....\$27.40/tub



BASIL LEAVES



STRONG RE-SEALABLE BAG
300gm....\$7.80/bag



BAY LEAVES



STRONG RE-SEALABLE BAG
100gm....\$4.70/bag



BLACK CHIA SEEDS



STRONG RE-SEALABLE BAG
1kg....\$16.20/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



GLUTEN FREE RICE FLOUR (Fine or Coarse)



GLUTEN FREE

25kg....\$63.70/bag



WHEATEN CORNFLOUR



5kg....\$24.60/bag



GLUTEN FREE (MAIZE) CORNFLOUR

GLUTEN FREE



5kg....\$24.60/bag

pantry

HEINZ ESTD 1869 "BIG RED" TOMATO SAUCE



GLUTEN FREE

4Lt....\$14.40/btl

ZOOSH PREMIUM MAYONNAISE



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

MasterFoods HOMESTYLE MAYONNAISE



Hot Price

21kg....\$79.70/tub

SANDHURST COCONUT CREAM COCONUT MILK



Hot Price

1Lt..\$6.50 1Lt..\$4.40

Riviana CORN KERNELS IN BRINE



GLUTEN FREE

Perfect for cold salads
425gm....\$2.10/tin

TRUMPS LARGE PEARL COUS COUS



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

SANDHURST ITALIAN BALSAMIC GLAZE



500ml....\$8.20/btl

Knorr THAI RED CURRY PASTE



850gm....\$22.90/tin

Riviana BALSAMIC VINEGAR



GLUTEN FREE

5Lt....\$28.40/btl

Riviana SLICED DILL PICKLED CUCUMBERS



GLUTEN FREE

2.9kg....\$14.80/tin

Riviana WHOLE PICKLED POLSKIE OGORKI CUCUMBERS



GLUTEN FREE

3kg....\$13.90/tin

MCKENZIE'S RED WINE or WHITE WINE VINEGAR



5Lt....\$16.80/btl

Knorr
HOLLANDAISE SAUCE



GLUTEN FREE

1Lt....\$13.00/pkt

Riviana
SLICED SWEET SPICED GHERKINS



2.2kg....\$17.80/jar

Yarra Valley Hilltop
CRANBERRY SAUCE



2.25kg....\$29.00/tub

TRUMPS
RAW CASHEWS



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

TRUMPS
ROASTED UNSALTED CASHEWS



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

TRUMPS
ROASTED SALTED CASHEWS



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

MasterFoods
ITALIAN DRESSING



3Lt....\$28.00/btl

MasterFoods
FRENCH DRESSING



3Lt....\$28.00/btl

MasterFoods
BALSAMIC VINAIGRETTE



3Lt....\$37.60/btl

Edina
VEGAN MAYONNAISE



GLUTEN FREE

VEGAN

2.2kg....\$28.30/tub

zoosh
BALSAMIC DRESSING



GLUTEN FREE

2.6kg....\$23.90/btl

MasterFoods
GHERKIN SPREAD



2.7kg....\$32.90/jar

pantry

golden circle
DICED BEETROOT



Hot Price

3.2kg...\$14.80/tin

McKENZIE'S
RED & GREEN PEPPER STRIPS



GLUTEN FREE

3kg....\$14.80/tin

Riviana
WHOLE PEELED TOMATOES



GLUTEN FREE

Hot Price

2.5kg....\$10.70/tin

SAXA
ROCK SALT



10kg...\$16.50/bag

TRUMPS
WHOLE BLACK PEPPER



STRONG RE-SEALABLE BAG

1kg...\$27.40/bag

BUNDABERG SUGAR
ICING SUGAR MIX



GLUTEN FREE

15kg...\$34.90/bag

Huhtamaki | **TAILORED PACKAGING**
POWDER FREE VINYL GLOVES



Hot Price

Available in Med, Large & Extra Large

100 gloves

\$3.60/pkt (+gst)

Huhtamaki | **TAILORED PACKAGING**
HEAVY DUTY GARBAGE BAGS



Hot Price

25/bag...\$7.60/pkt (+gst)

WINDSOR FARM
SOUTHERN FRIED CHICKEN COATING



8kg....\$68.70/tub

Nestlé PROFESSIONAL
MILO



1.9kg...\$36.30/tin

Q-Rice
PARBOILED RICE



GLUTEN FREE

Hot Price

Ideal for a Quicker Cooking Time

10kg....\$28.20/bag

WINDSOR FARM
CHICKEN SALT



2.5kg....\$32.20/tub