

MOUNT GAMBIER FOODS



JUNE SPECIALS

Specials available from 1st June to 26th June 2026

E.&O.E.

**WHOLE COOKED SA
KING PRAWNS 10/15**



Approx. 22-26 prawns per bag
1kg....\$21.40/bag

**WHOLE RAW SA
KING PRAWNS U/10**



Approx. 18-20 prawns per bag
1kg....\$25.80/bag

**SOFT SHELL CRAB
150/200**



Lightly Batter & deep fry for 1-2mins each side or until golden brown
Approx 6 per box

1kg....\$32.70/box

**TIBALDI
COOKED
PORK BELLY**



Approx 3kg...\$18.30/kg

**TIBALDI
MIDDLE RASHER
RINDLESS BACON**



2.5kg...\$34.00/bag

**PORTERHOUSE
(STRIPLOIN) STEAK
YG MSA GRAINFED**



Approx.4.5kg.\$28.50/kg

**CASTELLINI
PIZZA TOPPING**



2.5kg....\$15.60/bag

**CASTELLINI
SLICED PEPPERONI**



2kg...\$36.10/bag

**CASTELLINI
SLICED MILD
CALABRESE**




2kg....\$33.20/bag

frozen

INGHAM'S

BUTTERMILK CHICKEN BREAST BURGERS



1.2kg....\$23.00/bag

INGHAM'S

FLAME GRILLED BREAST FILLETS



1kg....\$20.90/bag

Stoggles

CRUMBED BREAST CHICKEN ROYALE



Hot Price

10x130g...\$25.60/bag

INGHAM'S

GLUTEN FREE CHICKEN TENDERS




GLUTEN FREE

NEW TO US

1kg....\$20.70/bag

Stoggles

CRUMBED CHICKEN BREAST GOUJONS



1kg...\$18.90/bag

INGHAM'S

125gm CRUMBED BREAST FILLET



24 x 125gm

3kg....\$69.50/ctn

INGHAM'S

DEVIL BONELESS WYNGZ



100% Chicken Breast coated in a golden hot & spicy crumb!

1kg...\$22.20/bag

CHICKEN GARLIC BALLS



25 x 40gm
Only .93¢ each

1kg....\$23.30/bag

INGHAM'S

DICED ROAST CHICKEN MEAT



GLUTEN FREE

Hot Price

1kg....\$18.90/bag

Simplot AUSTRALIA

CHIKO ROLLS



1doz....\$17.50/bag

Simplot AUSTRALIA

CORNJACKS



1doz....\$16.60/bag

CHIKO

FISH CAKES



36x100gm

3doz....\$36.90/ctn



LARGE CHICKEN DIM SIMS 110gm



48x110gm...\$61.90/ctn



CHICKEN DIM SIMS MEDIUM 50gm
Ovenable



NEW

25x50gm...\$21.10/bag



BREAKFAST BEEF SAUSAGE PATTY



NEW

80x50gm...\$74.60/ctn



BBQ PORK RIBLETS



16x100gm...\$31.80/bag



PANKO CRUMBED GENUINE SQUID RINGS



1kg...\$13.95/bag



PREMIUM HAND CUT POTATO CAKES "Green Box"



Real Sliced Potato

Qty 120...\$76.80/ctn



HOKKIEN NOODLES



1kg...\$4.50/pkt



MINI SPINACH & FETA PASTIZZI



24/pk..\$10.20/tray(+gst)



SEASONED WEDGES



Hot Price

2kg...\$11.40/bag



SOUR POPZ
GRAPE, WATERMELON, APPLE OR LEMON



GLUTEN FREE

24x110ml
\$33.20/ctn(+gst)



ICY SWINGS
Lemonade, Cola or Raspberry



GLUTEN FREE

24x110ml
\$31.50/ctn(+gst)



MILKY SWINGS
Chocolate, Iced Coffee or Strawberry



GLUTEN FREE

24x110ml
\$43.30/ctn(+gst)

frozen

BASA FILLETS
120/170gm



Hot Price

5kg....\$32.70/ctn

**WHOLE CLEANED
BABY 20/40 SQUID**



1kg....\$18.30/bag

SEALORD

**NZ GREENLIP
MUSSEL MEAT**



1kg....\$21.80/bag

PACIFIC WEST

**CRISPY BATTERED
FISH FILLET**



NEW TO US

30x180gm....\$90.70/ctn

USA

**BEER BATTERED
TORPEDO FLATHEAD**



Approx 16x60gm

1kg....\$26.30/bag

BLUESKY
**CRUMBED GARFISH
FILLETS 80gm**



1kg....\$24.10/bag

SEA LINK

**TEMPURA BATTERED
HOKI FILLETS**



Hand Cut Fillets of Blue Grenadier

24 x 140gm

\$58.10/ctn

\$2.42 per portion

SEA LINK

**CRUMBED
HOKI FILLETS**



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

FARM FRITES

PATATA BRAVA



GLUTEN FREE

25mm x 25mm cubes of potato

1kg....\$5.20/bag

Mydibel

**SHOESTRING
CHIPS**



GLUTEN FREE

Hot Price

2.5kg..\$10.80/bag (\$4.32/kg)

Potato PERFECTION

**POTATO PERFECTION
10mm STRAIGHT
CUT CHIPS**



GLUTEN FREE

2.5kg..\$9.70/bag (\$3.88/kg)

Potato PERFECTION

**POTATO PERFECTION
13mm STRAIGHT
CUT CHIPS**

GLUTEN FREE



2.5kg..\$9.70/bag (\$3.88/kg)

Pampas
PUFF PASTRY ROLL



Hot Price

10kg....\$58.80/roll

SMALL/MEDIUM 200gm CHICKEN SCHNITZELS



Premium Hand Cut Breast Schnitzels
 Only \$3.66/each
 30x200gm..\$109.90/ctn

BONELESS NETTED PORK LEG



Approx 4kg...\$12.60/kg

GROUND VALUE
Ground Value BLACKBERRIES



1kg....\$10.70/bag

GROUND VALUE
Ground Value BLUEBERRIES



1kg....\$12.60/bag

Specialty Foods
PORTION CONTROL SLICED SCOTCH FILLET
 48 x Approx 100gm
 Less than \$3.32 each



4.8kg....\$159.50/ctn

Chefs **TRADITIONAL RAVIOLI** **Chefs**



1kg....\$15.10/bag

LETIZIA
12" REGULAR CLASSIC PIZZA BASES



4/pkt...\$10.80/pkt

MISSION
11.5" GLUTEN FREE PIZZA BASES



GLUTEN FREE

7pkt...\$37.60/pkt

AGB
GARLIC BREAD SUB



Hot Price

Only \$2.19 per sub
 20x9"....\$43.90/ctn

AGB
9" GARLIC BREAD FOIL



Hot Price

Only \$1.57 each
 40x9"....\$62.90/ctn

AGB
8" SOURDOUGH GARLIC BREAD



Only \$1.38 per roll
 40x100gm....\$55.40/ctn

frozen/chilled



STICKY DATE PUDDING TRAY



1.15kg..\$22.20/tray(+gst)



CHOCOLATE MUD TRAY CAKE



2kg..\$42.80/tray(+gst)



JAM DONUTS



Less than .63¢ each

Qty 100

\$63.40/ctn (+gst)



CARROT RINGS



2kg....\$9.30/bag



BIAS CUT CARROTS



2kg....\$9.30/bag



CORN KERNELS



Hot Price

2kg....\$9.30/bag



TANGY TOMATO DRESSING



Hot Price

2.4kg.....\$25.20/jar



COLESLAW DRESSING



Hot Price

2.4Lt....\$24.90/jar



PLUM SAUCE



2Lt....\$22.90/tub



PURE CANADIAN MAPLE SYRUP



Real Maple Syrup

1Lt....\$32.90/btl



MILD BLOCK CHEESE



Hot Price

2kg....\$49.70/block



TASTY BLOCK CHEESE



Hot Price

2kg....\$50.80/block

TIBALDI
SHORT CUT RINDLESS BACON



GLUTEN FREE

Hot Price

2.5kg...\$35.70/bag

KR
DONS KABANA



375gm...\$8.20/pack

TENDER CHOICE
PULLED ROAST CHICKEN BREAST



GLUTEN FREE

Hot Price

1kg...\$25.20/bag

Bulla
LIGHT SOUR CREAM



Hot Price

2kg...\$21.80/tub

KR
CHAPMANS BUNG FRITZ



Approx 3kg...\$12.50/kg

KR
SQUARE SANDWICH BLOCK SHOULDER HAM



GLUTEN FREE

3.9kg...\$51.60/block

Forsterra
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

Perfect Italiano
SHAVED PARMESAN CHEESE



GLUTEN FREE

NEW

1kg...\$24.60/bag

pantry

CHOCOLATE BUTTONS 1KG

Cadbury
SIENNA
MILK CHOCOLATE



1kg...\$15.10/bag

Cadbury
TUSCANY
DARK CHOCOLATE



1kg...\$15.10/bag

doelle
SNOWCAP
WHITE CHOCOLATE



1kg...\$16.30/bag

TRUMPS
COCONUT
FLAKES/CHIPS

GLUTEN FREE



1kg...\$21.00/bag

WINDSOR FARM
BISCUIT CRUMB



15kg...\$102.80/ctn(+gst)

Elyse
MAPLE
FLAVOURED SYRUP

GLUTEN FREE



3Lt...\$21.90/btl

TRUMPS
PITTED PRUNES



1kg...\$14.70/bag

TRUMPS
POLENTA



1kg...\$5.40/bag

TRUMPS
ROLLED OATS



1kg...\$5.10/bag

Maggi
RICH
GRAVY MIX



Hot Price

REUSABLE CONTAINER
2kg...\$27.80/tub

Maggi
CHICKEN
GRAVY MIX



GLUTEN FREE

REUSABLE CONTAINER
2kg...\$37.10/tub

Nestlé
PROFESSIONAL
DEMI GLACE SAUCE



Hot Price

7.5kg...\$129.80/tub

Knorr
MEXICAN CHUNKY SALSA



1.95kg....\$19.70/btl

Knorr
NAPOLITANA SAUCE



1.95kg.....\$19.70/btl

SANDHURST
SLICED GHERKIN SANDWICH STACKERS



2kg....\$10.60/jar

TRUMPS
CUMIN SEEDS



450gm....\$20.00/jar

TRUMPS
HOT CURRY POWDER



STRONG RE-SEALABLE BAG
 1kg....\$16.10/bag

TRUMPS
MILD CURRY POWDER



STRONG RE-SEALABLE BAG
 1kg....\$16.10/bag

TRUMPS
FENNEL SEEDS



450gm....\$11.00/jar

TRUMPS
GARLIC GRANULES

GLUTEN FREE



STRONG RESEALABLE BAG
 1kg....\$14.40/bag

TRUMPS
GARLIC POWDER

GLUTEN FREE



STRONG RESEALABLE BAG
 1kg....\$14.40/bag

MCKENZIE'S
GELATINE

GLUTEN FREE



STRONG RE-SEALABLE BAG
 1kg....\$33.20/bag

MCKENZIE'S
BAKING POWDER

GLUTEN FREE



2kg...\$14.60/bag

Riviana
GREEN PEPPERCORNS

GLUTEN FREE



800gm.....\$10.90/tin

pantry



READY TO USE RICH GRAVY UHT



GLUTEN FREE

Hot Price

1Lt....\$5.90/pk



RICH BROWN GRAVY (Gluten Free)



GLUTEN FREE

Hot Price

8kg....\$108.20/bkt



SRIRACHA HOT CHILLI SAUCE



740ml....\$10.90/btl



ONION MARMALADE (RELISH)



2.4kg....\$59.30/tub



SPICY TOMATO RELISH



2.4kg....\$35.70/tub



SLICED KALAMATA OLIVES



GLUTEN FREE



10kg....\$101.70/tin



ORIGINAL SOY SAUCE



3Lt...\$23.60/btl



WORCESTERSHIRE SAUCE



GLUTEN FREE

4Lt....\$16.30/btl



SLICED JALAPENOS



2.8kg....\$10.90/tin



CREAMED CORN



410gm...\$1.80/tin



"BIG RED" TOMATO SOUP



3kg....\$15.30/tin



FRUIT SALAD IN NATURAL JUICE



Hot Price

2.8kg....\$12.40/tin



**WHITE PANKO
BREAD CRUMBS**



Hot Price

10kg...\$51.50/bag



RIVERINA CANOLA OIL



Hot Price

- 100% Australian Grown & Produced
- Certified Non-Genetically Modified
20Lt....\$68.00/tin



SLICED BEETROOT



Hot Price

3kg....\$13.00/tin



**WHOLE ROASTED &
SALTED PEANUTS**



1kg....\$10.00/bag (+gst)



**GRANULATED
PEANUTS**



1kg....\$8.20/bag (+gst)



**PINE NUT
KERNELS**



Hot Price

STRONG RE-SEALABLE BAG
1kg....\$57.70/bag



**HOMESTYLE
MAYONNAISE**



2.6kg....\$18.30/jar



**CAESAR SALAD
DRESSING**



2.6kg....\$30.20/jar



**THOUSAND ISLAND
DRESSING**



2.5kg....\$30.70/jar



MUSTARDS



American
Dijon
Hot English
Seeded



2.5kg....\$24.10/jar



RED KIDNEY BEANS



3kg....\$13.90/tin

pantry

Riviana

ITALIAN CHUNKY CRUSHED TOMATOES



GLUTEN FREE

Hot Price

2.5kg...\$10.10/tin

Riviana

TOMATO PURÉE



GLUTEN FREE

Hot Price

2.95kg...\$10.70/tin

Riviana

TOMATO PASTE



GLUTEN FREE

Hot Price

3kg...\$14.60/tin

Allied Mills

WHOLEMEAL FLOUR



Hot Price

12.5kg...\$30.00/bag

TRUMPS

GROUND WHITE PEPPER



Hot Price

STRONG RE-SEALABLE BAG

1kg...\$42.70/bag

BUNDABERG SUGAR

CASTER SUGAR



GLUTEN FREE

Hot Price

15kg...\$29.50/bag

Huhtamaki | **TAILORED PACKAGING**

CATERER'S BAKING PAPER



Hot Price

120mx30cm

\$18.10/roll (+gst)

Huhtamaki | **TAILORED PACKAGING**

CATERER'S BAKING PAPER



Hot Price

120mx40cm

\$22.30/roll (+gst)

BUNDABERG SUGAR

BROWN SUGAR




GLUTEN FREE

Hot Price

15kg...\$34.40/bag

ALLIED PINNACLE

SUPER SPONGE CAKE MIX



Hot Price

10kg...\$69.10/bag

habibi

BASMATI RICE



Hot Price

Ideal for Indian & Middle Eastern Cuisine

10kg...\$42.30/bag

WINDSOR FARM

VINEGAR CHICKEN SALT



Hot Price

1kg...\$11.90/bag