

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

Order Online at mgfoods.com.au



AUGUST SPECIALS



Specials available from 3rd August to 29th August 2026

E.&O.E.

BARWON FOODS
Seafood & Food Service Specialists

AUSTRALIAN SQUID TUBES U/10 size



Finest Quality Australian Squid Tubes

5kg....\$90.70/ctn

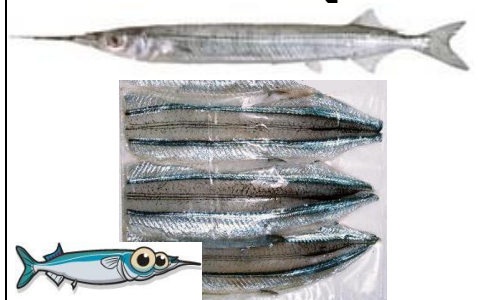
SLICED FLAKE ELEPHANT SHARK



Hot Price

5kg....\$134.20/ctn

LARGE GARFISH FILLETS IQF



Approx. 84 fillets per 5kg ctn

5kg....\$222.70/ctn

HUNGRY
BROTHERS

SLICE OF HEAVEN POTATO CAKES



Hot Price

100/ctn...\$54.90/ctn

Nestle
PROFESSIONAL

READY TO USE RICH GRAVY UHT



**GLUTEN
FREE**

Hot Price/Half Price

1Lt....\$5.90/ctn

TIBALDI

SLICED VIRGINIAN LEG HAM TRIPLE SMOKED



**GLUTEN
FREE**

1kg....\$15.60/bag

DiRossi

TASTY CHEESE SLICES



NEW

Less than .26c per slice
90 Slices per packet

1.5kg....\$22.70/pkt

DiRossi

AMERICAN HI-MELT BURGER SLICES



NEW

Only .31c per slice
96x23.5gm slices per packet

2.26kg....\$29.90/pkt

DiRossi

SHAVED PARMESAN CHEESE



**GLUTEN
FREE**

Hot Price

1kg....\$24.60/bag

frozen

INGHAM'S

CLASSIC CRUMBED TENDERLOINS



Hot Price

1kg....\$17.90/bag

INGHAM'S

SOUTHERN STYLE TENDERS



1kg....\$18.60/bag

INGHAM'S

SOUTHERN STYLE POP`EM CHICKEN



1kg....\$18.00/bag

Steggles

TEMPURA BATTERED BREAST NUGGETS



Hot Price

1kg....\$14.50/bag

Steggles

DINO SNACKS (Battered Breast Nuggets)



Perfect for kids meals

1kg...\$17.50/bag

INGHAM'S

CRUMBED BREAST FILLERS ALFREDO



50x100gm

5kg....\$98.90/ctn

MARKWELL
FOODS

SHORE MARINER TUNA PATTIES



36x100gm....\$58.80/ctn

UNWRAPPED SEAFOOD STICKS



Hot Price

Only 21¢ each

1kg....\$6.30/bag

INGHAM'S

CRUMBED SCALLOPS



1kg....\$31.10/bag

Mydibel

PREMIUM CRUNCH 10mm CHIPS



Hot Price

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

SEA LINK

FISH COCKTAILS



"Premium Hand Cut Fish Portions"

1kg....\$17.50/bag

NATURES LINK

PEAS



2kg....\$9.70/bag

frozen

**PANKO CRUMBED
GENUINE SQUID RINGS**



1kg...\$14.00/bag

**FORMED CRUMBED
SQUID RINGS**



1kg...\$14.20/bag

**ANGEL BAY GOURMET
BEEF BURGERS 120gm**



20x120gm...\$38.30/bag

**MINI CHICKEN
DIM SIMS**



55x18gm..\$15.30/bag

MAC & CHEESE BITES



1kg...\$20.80/bag

**MINI BEEF
SPRING ROLLS**



Only 54¢ each
20x50gm....\$10.90/bag

**COCKTAIL SPRING
ROLLS or SAMOSAS**



The Perfect Finger Food
8doz...\$16.50/box

**FLAME GRILLED
MEATBALLS**



Less than 28¢ each
1kg...\$19.20/bag

**LIL PIZZAS
HAWAIIAN
or CHEESE & HAM**



32/ctn..\$57.20/ctn (+gst)

**TRADITIONAL
TORTELLINI**



1kg...\$15.10/bag

**SPRING ROLL
PASTRY 8.5"**



20/pkt...\$3.50/pkt

COTTONSEED OIL



Hot Price
- 100% Australian Grown & Produced
20Lt....\$71.50/tin

frozen

TUNA STEAKS 200gm



Hot Price

5kg...\$118.80/ctn

SCALLOPS IN A HALF SHELL 20/30



1doz...\$17.80/bag

"SEVEN SEAS" MARINARA MIX



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

1kg...\$13.70/bag



TEMPURA BATTERED BARRAMUNDI



24x130gm...\$86.90/ctn



BEER BATTERED SNAPPER



20x160gm...\$82.70/ctn



CRISPY BEER BATTERED FLATHEAD



3kg...\$69.10/ctn



CRISPY COATED STEAKHOUSE CHIPS



2.5kg.\$14.90/bag (\$5.96/kg)



BEER BATTERED STEAKCUT CHIPS



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



BEER BATTERED DIAMOND CHIPS



Extra thick 18mm chips

2kg..\$11.90/bag (\$5.95/kg)



BUFFET VEGETABLE MIX



Broccoli, Carrots, Mini Corn Cobbs & Whole Baby Beans

2kg...\$15.20/bag



MELANGE VEGETABLE MIX



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

1.5kg...\$10.40/bag



PANACHE VEGETABLE MIX



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

1.5kg...\$11.70/bag

goodman fielder 

UNBAKED TART SHELLS



76mm
144x23gm
\$77.50

102mm
144x52gm
\$84.10

SMALL HALF CHICKEN SCHNITZELS

Approx 125gm



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

FROZEN RAW CHICKEN BREAST FILLET (Skin Off)



Only \$11.45/kg
2kg....\$22.90/bag

GROUND VALUE

STRAWBERRIES



1kg....\$9.90/bag

Sunnyside 

MANGO CHEEKS



1kg...\$12.60/bag

Sunnyside 

ASPARAGUS SPEARS



1kg....\$25.30/box

MISSION 

PITA POCKETS



4x105gm....\$3.80/pack

MISSION 

6" FLOUR TORTILLAS



1doz....\$3.20/bag

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
72x87gm....\$71.70/ctn

LETITZA 

PIZZA DOUGH BALLS



6x300gm....\$11.10/pack

frozen/chilled

BONELESS NETTED LAMB LEG



Approx 2.5kg \$22.60/kg

FROZEN PORK FILLET



2 x Approx 250gm fillets per bag
Approx 500gm \$19.70/kg

AMERICAN PORK SPARE RIBS



Approx 10kg per box
RW....\$20.50/kg

FRENCH CREAM CHEESECAKE TRAY



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

TIRAMISU TRAY CAKE



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

WHITE CHOCOLATE & RASPBERRY TRAY CAKE



2kg..\$37.95/tray(+gst)

"TZATZIKI" YIROS GARLIC SAUCE



1kg....\$13.30/btl

SUNDRIED TOMATO STRIPS



2kg....\$27.70/tub

HALOUMI CHEESE



2kg....\$42.00/tub

GREEK STYLE YOGHURT



1kg...\$8.60/tub

WHIPPED CREAM



400gm....\$10.40/tin

AUSTRALIAN GOLD CREAMY CAMEMBERT



115gm...\$4.80/pkt

chilled



SLICED SILVERSIDE



GLUTEN FREE

1kg...\$26.30/bag



SHAVED ROAST BEEF



1kg...\$30.10/bag



SLICED PEPPERONI



1kg...\$21.10/bag



CAFÉ SHORT CUT RINDLESS BACON



GLUTEN FREE

1kg...\$12.00/bag



OVEN ROASTED HALF BREAST TURKEY



GLUTEN FREE

Chilled Product
Approx 2.5kg each

RW...\$23.90/kg



FRESH BBQ PULLED PORK



1kg...\$20.10/bag



SHREDDED MOZZARELLA



Hot Price

6kg...\$91.90/bag



PREMIUM SHAVED LEG HAM



GLUTEN FREE

1kg...\$16.10/bag



SAVELOYS



2.5kg...\$21.80/bag



SWISS CHEESE SLICES



GLUTEN FREE

1kg...\$37.20/pkt



CULINARY CREAM (COOKING)



GLUTEN FREE

Hot Price

1Lt...\$12.30/pkt



WHIPPING CREAM (THICKENING)



1Lt...\$12.00/pkt

pantry

TARTARE SAUCE



Hot Price
2.4kg....\$21.90/jar

SATAY SAUCE



2.85kg....\$25.70/jar

SIENNA MILK CHOCOLATE BUTTONS



5kg....\$65.90/ctn



COTTEES TOPPINGS



CARAMEL
CHOCOLATE
STRAWBERRY
VANILLA

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



3lt...\$14.90/btl



STUFFED GREEN OLIVES



2kg....\$23.00/jar



MAPLE FLAVOURED SYRUP



2Lt....\$22.50/btl



PATAKS PASTE RANGE

BUTTER CHICKEN KORMA

MILD CURRY

TANDOORI

VINDALOO



1.15kg

1.05kg

1.05kg

1.15kg

1.05kg

All one price....\$29.60/jar each



CORN KERNELS IN BRINE



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



CRUSHED GINGER



1kg....\$6.30/tub



FINE COCONUT



1kg....\$11.70/bag



ROASTED GARLIC AIOLI



Squeeze Bottle
1kg....\$11.90/btl



RED SLICED PICKLED ONIONS



2.1kg....\$15.70/jar



DRIED SWEETENED CRANBERRIES



1kg....\$15.30/bag



ONION POWDER



STRONG RE-SEALABLE BAG
1kg....\$10.70/bag



RUBBED OREGANO



STRONG RE-SEALABLE BAG
350gm....\$13.30/bag



GROUND PAPRIKA



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



SMOKEY PAPRIKA



500gm....\$13.00/jar



PARSLEY FLAKES



200gm....\$9.30/bag



PEPITA SEED KERNELS



1kg....\$15.80/bag



ORGANIC WHITE QUINOA



Hot Price

STRONG RESEALABLE BAG
1kg....\$8.20/bag



TRI-COLOUR QUINOA



STRONG RESEALABLE BAG
1kg....\$112.20/bag



BLACK QUINOA



STRONG RESEALABLE BAG
1kg....\$14.30/bag

pantry

Riviana SLICED SWEET SPICED GHERKINS  Hot Price 2.2kg....\$17.80/jar	White Wings WHITE WINGS DONUT MIX  Now in a 2.5kg bag 2.5kg....\$27.30/bag	WINDSOR FARM CINNAMON SUGAR  1kg....\$8.00/bag
Nestle Professional Maggi RICH GRAVY MIX  Hot Price 7.5kg....\$103.95/tub	Nestle Professional Maggi GLUTEN FREE SUPREME GRAVY MIX  Hot Price 7kg....\$105.80/tub	Nestle Professional Maggi DEMI GLACE SAUCE  Hot Price 7.5kg....\$136.95/tub
Riviana SLICED DILL PICKLED CUCUMBERS  GLUTEN FREE 2.9kg....\$15.60/tin	Riviana WHOLE PICKLED POLSKIE OGORKI CUCUMBERS  GLUTEN FREE 3kg....\$14.50/tin	M'KENZIE'S CRÈAM OF TARTAR  STRONG RE-SEALABLE BAG 1.5kg....\$26.90/bag
Edyline GRANITA SYRUP BLUE LAGOON COLA LIME RASPBERRY TROPICAL  4Lt....\$23.90/btl (+gst)		M'KENZIE'S BI-CARB SODA  2kg...\$7.00/bag



GLUTEN FREE BREAD CRUMBS



**GLUTEN
FREE**



10kg....\$67.60/bag



BLACK BEANS



NEW TO US

2.5kg....\$11.70/tin



PURE HONEY



2.7kg....\$20.80/jug



WHOLE NATURAL ALMONDS



Hot Price

STRONG RE-SEALABLE BAG

1kg....\$23.00/bag



ALMOND FLAKES



Hot Price

STRONG RE-SEALABLE BAG

1kg....\$23.90/bag



SLIVERED ALMONDS



Hot Price

STRONG RE-SEALABLE BAG

1kg....\$23.90/bag



SMOKEY TOMATO RELISH



2.4kg....\$35.10/tub



SQUEEZE ON PC`S 100/ctn



TARTARE SAUCE \$26.90/ctn



TOMATO SAUCE \$20.70/ctn



BARBEQUE SAUCE \$31.20/ctn



CAESAR DRESSING \$31.80/ctn



FRENCH VINAIGRETTE \$27.10/ctn



ITALIAN VINAIGRETTE \$27.10/ctn



MAYONNAISE \$24.60/ctn



MINT SAUCE \$34.90/ctn



SOY SAUCE \$31.80/ctn



SWEET CHILLI SAUCE \$31.80/ctn



BEARNAISE SAUCE



Hot Price

1Lt....\$14.20/pkt

pantry

golden circle
DICED BEETROOT



Hot Price

3.2kg...\$14.60/tin

MCKENZIE'S
TWO FRUITS



3kg....\$12.00/tin

Riviana
WHOLE PEELED TOMATOES



Hot Price

2.5kg....\$10.70/tin

Allied Mills
Allied Mills Australia Pty Ltd
UTILITY CAKE MIX



10kg....\$60.70/bag

BROWN SUGAR **RAW SUGAR**



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

CASTER SUGAR **WHITE SUGAR**



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

Huhtamaki | **TAILORED PACKAGING**
HEAVY DUTY WIPES



Hot Price

85 wipes 500 x 300mm
\$10.30/roll (+gst)

mpm MPM Marketing Services
Marketers of Disposable Food Packaging
ALL PURPOSE WIPES



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

TRUMPS
GROUND BLACK PEPPER



STRONG RE-SEALABLE BAG
1kg....\$28.50/bag

Allied Mills
Allied Mills Australia Pty Ltd
CRÈME MUFFIN MIX



Also available in Plain 10kg \$63.00/bag
10kg....\$65.10/bag

LONG GRAIN RICE



Traditional White Rice
10kg....\$26.30/bag

WINDSOR FARM
NATURAL SPRINKLES



750gm....\$19.10/jar