

WHOLE BUGS 200/300gm



Hot Price

Only \$28.80/kg
2.5kg....\$72.00/bag

31/40 COOKED PRAWN MEAT



Approx 70-90 per kg
1kg...\$22.80/bag

SKIN ON SALMON PORTIONS 200gm



5kg....\$173.30/ctn

SLICE OF HEAVEN POTATO CAKES



NEW TO US

Hot Price

100/ctn...\$54.90/ctn

TIBALDI MIDDLE RASHER RINDLESS BACON



Hot Price

2.5kg...\$33.70/bag

SCOTCH FILLET CUBE ROLL YG MSA GRADED



Hot Price

Approx 4kg...\$32.50/kg

10mm STRAIGHT CUT AUSTRALIAN CHIPS



Hot Price

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

13mm STRAIGHT CUT AUSTRALIAN CHIPS



Hot Price

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

HOLLANDAISE SAUCE



GLUTEN FREE



1Lt....\$13.00/pkt

frozen

INGHAM'S

TERIYAKI BREAST MEDALLIONS



Approx 20 per bag

1kg...\$19.60/bag

INGHAM'S

SWEET CHILLI TENDERS



1kg...\$16.40/bag

INGHAM'S

DEVIL CHICKEN TENDERS



1kg...\$17.50/bag

INGHAM'S

COUNTRY CRISP CHICKEN STRIPS



Approx 33 pieces per bag

1kg...\$21.10/bag

INGHAM'S

CRUMBED CHICKEN BREAST NUGGETS



1kg...\$14.80/bag

INGHAM'S

DINO NUGGETS (Crumbed Breast Nuggets)



1.5kg...\$18.30/bag

Stagles

CHICKEN BURGERS



1kg...\$17.40/bag

Potato
PERFECTION

POTATO CAKES FORMED MADE FROM REAL POTATO - NOT POWDER



Less than 51¢ each

Qty 120...\$60.90/ctn

Patties

QUICHE PARTY PACK



2 doz Quiche Lorraine

2 doz Cheesy Chorizo

2 doz Spinach and Fetta

Less than \$1.63 inc per portion

\$107.50/6doz ctn (+gst)

Lutosa

10mm CRISPY COATED CHIPS



2kg...\$7.90/bag (\$3.95/kg)

FARM FRITES

FARM FRITES 12mm CRINKLE CUT CHIPS



2.5kg..\$10.70/bag (\$4.30/kg)

MARATHON

MARATHON SPRING ROLLS



1doz...\$14.90/box

frozen

**PREMIUM
BATTERED FLAKE**



6kg...\$117.90/ctn

**BATTERED
SEAFOOD STICKS**



1kg...\$15.20/bag

**ANGUS BEEF BURGER
PATTY 150gm**



18x150gm...\$50.30/bag

**BATTERED
CHICKEN PIECES**



Perfect for Honey Chicken
Now in a 1kg bag
1kg...\$26.00/bag

**BATTERED
PORK PIECES**



Perfect for Sweet 'n' Sour Pork
Now in a 1kg bag
1kg...\$26.00/bag

**QUARTER POUNDER
BEEF BURGERS**



36x113gm...\$93.10/ctn

**TRADITIONAL BEEF
LASAGNE PC**



24x250gm
\$71.30/ctn (+gst)

**CRISPY BATTERED
FLATHEAD BITES**



Approx 120 pieces per box
3kg...\$77.40/box

**VEGETABLE
PATTIES**



36x113gm
4.1kg...\$48.30/ctn

**ICE CREAM TRAY
INDULGE RANGE 5Lt**



GLUTEN FREE

Cool Bananas
Bubblegum
Goey Choc Fudge
Hokey Pokey
Iced Coffee
Licorice Lust
Juicy Mango
Spearmint Sundae
Goey Salted Caramel
Toffee & Caramel Swirl
Vanilla Bean

Hot Price

Boysenberry Ripple
*Bubble Chai Latte
Velvety Chocolate
*Cookies & Cream
Krazy Kolors
Honeycomb Crunch
Lime Twist
Smooth Macadamia
Rum & Raisin
Peppermint & Choc Chip
Strawberry Daze
Vanilla Classic

5Lt...\$36.10/tray (+gst)

**COUNTRY STYLE
VANILLA ICECREAM**

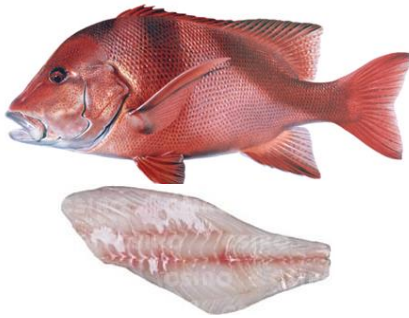


GLUTEN FREE

5Lt...\$26.20/tub (+gst)

frozen

RED EMPEROR FILLETS 100/200gm



5kg...\$106.90/ctn

BLUE SWIMMER CRAB MEAT



500gm...\$15.60/block

WHOLE TILAPIA GILLED, GUTTED, & SCALED



10kg...\$70.90/ctn



PANKO CRUMBED PRAWNS



1kg...\$32.80/box



TEMPURA BATTERED FLOUNDER



30x100gm...\$70.30/ctn



CHILLI SQUID



1kg...\$24.60/bag



SHOESTRING CHIPS

GLUTEN
FREE



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



10mm SUPA CRUNCH CHIPS



2kg...\$11.20/bag (\$5.60/kg)



TWISTER FRIES



2.27kg...\$13.70/bag



BANANA TRAY CAKE



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



CARROT TRAY CAKE



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



CHOCOLATE TRAY CAKE



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

Pampas
PUFF PASTRY SHEETS



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

“CRAFTY” BONELESS CHICKEN KIEVS

Approx 320gm



These are BIG Kievs

Only \$5.44 each
Qty 20....\$108.70/ctn

BONELESS RAW PORK BELLIES



Approx 4kg...\$19.70/kg

GROUND VALUE
DICED MANGO



1kg....\$11.40/bag

Sunnyside
RASPBERRIES



1kg....\$23.90/bag

Sunnyside
BOYSENBERRIES



1kg....\$19.50/bag

LETITZA
9” REGULAR CLASSIC PIZZA BASES



4/pkt....\$7.00/pkt

KNEAD IT
PIDE Loaf (Turkish Bread Loaf)



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

Specialty Foods
YIROS MEAT LAMB AND CHICKEN



1kg 1kg
\$33.80/bag \$22.50/bag

SPEEDIBAKE
SANDWICH SUB LARGE WHITE PARBAKE



Only \$1.32 per roll
36x160gm....\$47.70/ctn

SPEEDIBAKE
CIABATTA DINNER ROLL



Less than .66¢ per roll
160x60gm...\$104.10/ctn

SPEEDIBAKE
4.5” BRIOCHE BUN



Less than \$1.13 per roll
48x100gm....\$54.20/ctn

frozen/chilled

Edgell

CHOPPED ONIONS



2kg....\$13.60/bag

Edgell

SLICED ONIONS



1.5kg....\$10.90/bag

NATURES LINK

CHOPPED SPINACH



2.5kg....\$11.60/bag

PLAIN FLOUR



12.5kg..\$20.80



SELF RAISING FLOUR



12.5kg..\$22.80



BAKERS FLOUR



12.5kg..\$21.40

Lemnos

FULL CREAM FETTA CHEESE



2kg....\$40.00/tub

Lemnos

DANISH FETTA CHEESE



2kg...\$39.80/tub

SANDHURST

BASIL PESTO



2kg....\$31.80/jar

Bulla

COOKING CREAM



5Lt....\$41.10/btl

Bulla

THICKENED CREAM



5Lt....\$45.00/btl

SANDHURST

CHAR GRILLED PUMPKIN



2kg....\$34.30/tub

chilled



7" SKIN ON FRANKFURTS



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



8" OL' SMOKEY SKINLESS FRANKS



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



10" OL' SMOKEY SKINLESS FRANKS



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



CHILLI CHEESE KRANSKY



2.5kg...\$55.90/bag



DONS KABANA



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



TIBALDI VIRGINIA HALF LEG HAM



Approx 3kg...\$13.40/kg



MARGARINE "MIRACLE"



Only \$4.25 per tub
8x1kg....\$34.00/ctn



SHREDDED TASTY CHEESE



2kg....\$25.20/bag



SHREDDED MOZZARELLA CHEESE



2kg....\$28.80/bag



CREAM CHEESE



1kg....\$17.30/block



ANCHOR BURGER CHEESE



84 Slices per packet
1.04kg....\$20.00/pkt



HI MELT BURGER CHEESE SLICES



72 Slices per packet
1.368kg....\$26.90/pkt

pantry

kikkoman
seasoning your life

GLUTEN FREE SOY SAUCE



Hot Price

1.6Lt....\$16.20/btl

TRUMPS

MIXED LOLLIES



Hot Price

1kg....\$15.70/bag (+gst)

Cadbury

TUSCANY DARK CHOCOLATE BUTTONS



Hot Price

5kg....\$66.20/ctn

MCKENZIE'S

ANCHOVY FILLETS



Hot Price

690gm....\$18.40/tin

MCKENZIE'S

MUSHROOM PIECES & STEMS



2.84kg....\$11.70/tin

Goodness me, it's **SPC**

PIZZA & PASTA SAUCE



Hot Price

3.05kg....\$15.60/tin

Edlyn

LEMON JUICE



1Lt....\$5.20/btl

Edlyn

LIME JUICE



1Lt....\$8.50/btl

Edlyn

LIME JUICE



300ml....\$3.10/btl



SOUP MIXES

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

All only \$43.50/tub
All Gluten Free except Chicken Noodle

Nestlé
PROFESSIONAL

CHOCOLATE or STRAWBERRY MOUSSE MIX



Hot Price

1.9kg....\$55.30/tub



TRIANGLE CORN CHIPS



6x500g...\$38.40/ctn



IMITATION VANILLA ESSENCE



500ml....\$3.70/btl



DRIED PITTED DATES



1kg....\$5.80/bag



POPPY SEEDS



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



ROSEMARY



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



SESAME SEEDS



STRONG RESEALABLE BAG
1kg....\$9.60/bag



BLACK SESAME SEEDS



STRONG RESEALABLE BAG
1kg....\$15.70/bag



SUNFLOWER SEED KERNELS



1kg....\$6.80/bag



THYME LEAVES



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



SEMOLINA



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



DEXTROSE (GLUCOSE)



1kg....\$6.80/bag



LONG THREAD SHREDDED COCONUT



STRONG RE-SEALABLE BAG
1kg....\$17.00/bag

pantry



WHOLE EGG MAYONNAISE



2.2kg....\$30.60/tub



PREMIUM MAYONNAISE



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



HOMESTYLE MAYONNAISE



Hot Price

21kg....\$81.30/tub



DARK SWEET PITTED CHERRIES



3kg....\$32.90/tin



GLUTEN FREE RICH BROWN GRAVY



GLUTEN FREE

7.5kg....\$123.40/tub



PITTED KALAMATA OLIVES



GLUTEN FREE

10kg....\$101.70/tub



5 BEAN MIX



GLUTEN FREE

Hot Price

3kg....\$11.70/tin



THAI RED CURRY PASTE



850gm....\$24.50/tin



RED WINE or WHITE WINE VINEGAR



5Lt....\$17.90/btl



CHICKPEAS



2.5kg....\$10.80/tin



HOISIN SAUCE



1.75Lt....\$15.60/tin



OYSTER SAUCE



1.75Lt....\$15.60/tin

CRANBERRY SAUCE



2.25kg....\$29.90/tub

DEMI-GLACE SAUCE MIX



2kg....\$42.50/tub

RIVERINA CANOLA OIL



Hot Price
- 100% Australian Grown & Produced
- Certified Non-Genetically Modified
20Lt....\$72.30/tin

RAW CASHEWS



STRONG RESEALABLE BAG
1kg....\$25.50/bag

ROASTED UNSALTED CASHEWS



STRONG RESEALABLE BAG
1kg....\$25.85/bag (+gst)

ROASTED SALTED CASHEWS



STRONG RESEALABLE BAG
1kg....\$25.85/bag (+gst)

ITALIAN DRESSING



3Lt....\$28.50/btl

FRENCH DRESSING



3Lt....\$28.50/btl

BALSAMIC VINAIGRETTE



3Lt....\$38.30/btl

BALSAMIC DRESSING



GLUTEN FREE

2.6kg....\$23.90/btl

GHERKIN SPREAD



2.7kg....\$34.40/jar

TARTARE SAUCE



Hot Price
2.3kg....\$21.60/btl

pantry

golden circle

PINEAPPLE THINS



3.2kg....\$22.30/tin

MCKENZIE'S

RED & GREEN PEPPER STRIPS



3kg....\$14.70/tin

Riviana

CRUSHED PINEAPPLE



3kg....\$12.90/tin

WINDSOR FARM

SOUTHERN FRIED HOT & SPICY CHICKEN COATING



8kg....\$65.40/tub

TRUMPS

CAYENNE PEPPER



500gm....\$13.60/jar

BUNDABERG SUGAR

SOFT ICING MIXTURE



1kg....\$3.10/bag

Huhtamaki | **TAILORED PACKAGING**

POWDER FREE VINYL GLOVES



Available in Med, Large & Extra Large

100 gloves

\$4.00/pkt (+gst)

Huhtamaki | **TAILORED PACKAGING**

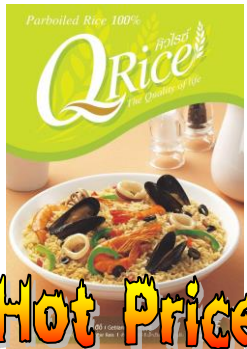
HEAVY DUTY 73Lt GARBAGE BAGS



25/bag...\$4.20/pkt (+gst)

Q-Rice

PARBOILED RICE



Ideal for a Quicker Cooking Time

10kg....\$28.20/bag

Allied Mills

GLUTEN FREE PLAIN FLOUR



10kg....\$85.30/bag

Allied Mills

GLUTEN FREE SELF RAISING FLOUR



10kg....\$94.80/bag

MCKENZIE'S

GLUTEN FREE RICE FLOUR (Fine or Coarse)



25kg....\$63.60/bag