

MGF

MOUNT GAMBIER FOODS

FOODSERVICE
DISTRIBUTORS
&
SEAFOOD
SPECIALISTS

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MOUNT GAMBIER FOODS

Order Online at mgfoods.com.au



OCTOBER SPECIALS



Specials available from 28th September to 31st October 2026

E.&O.E.

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



Approx 60-65 prawns per kg
1kg....\$37.30/bag

**MGF
SLICED FLAKE
Premium Australian
Gummy Shark**



5kg....\$162.20/ctn

**21/25 COOKED
PRAWN MEAT**



Hot Price

Approx 50-55 prawns per kg
1kg...\$26.30/bag

**TIBALDI
SHORT CUT
RINDLESS BACON**



**GLUTEN
FREE**

Hot Price

2.5kg...\$35.70/bag

**SHAVED
PARMESAN CHEESE**



**GLUTEN
FREE**

1kg....\$24.60/bag

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



Hot Price

Approx.4.5kg.\$25.60/kg

**FROZEN RAW
CHICKEN BREAST
FILLET (Skin Off)**



Hot Price

Only \$8.95/kg

2kg....\$17.90/bag

AUST VEGETABLE OIL



Hot Price

20Lt....\$70.60/tin

**FRESH ROASTED
CHICKEN BREAST
SKINLESS SLICED**



**GLUTEN
FREE**

1kg....\$25.50/bag

frozen

INGHAM'S

BULK SWEET CHILLI TENDERS

Hot Price



Only \$13.48 per kg

2.5kg....\$33.70/bag

INGHAM'S

BULK DEVIL WING DINGS

Hot Price



Only \$14.88 per kg

2.5kg....\$37.20/bag

INGHAM'S

DEVIL CHICKEN BREAST



1kg....\$19.00/bag

Steggles

CRUMBED BREAST CHICKEN ROYALE



Hot Price

10x130g...\$25.60/bag

INGHAM'S

GLUTEN FREE CHICKEN NUGGETS



GLUTEN FREE

1kg....\$16.60/bag

Steggles

CRUMBED CHICKEN BREAST GOUJONS



1kg...\$18.90/bag

INGHAM'S

KARAAGE CHICKEN

Japanese Crispy Chicken



1kg....\$27.10/bag

INGHAM'S

CHICKEN GARLIC BALLS



25 x 40gm
Only .80¢ each

1kg....\$20.00/bag

INGHAM'S

JUMBO VEGIE SPRING ROLLS



16x140gm....\$20.40/pkt

Potato PERFECTION

POTATO PERFECTION 10mm STRAIGHT CUT CHIPS



Hot Price

2.5kg..\$9.00/bag (\$3.60/kg)

Potato PERFECTION

POTATO PERFECTION 13mm STRAIGHT CUT CHIPS



GLUTEN FREE

Hot Price

2.5kg..\$9.00/bag (\$3.60/kg)

FARM FRITES

FARM FRITES GOLD 13mm STRAIGHT CUT



NEW

Hot Price

2.5kg...\$7.00/bag(\$2.80/kg)

frozen

TEMPURA BATTERED JUMBO SQUID RINGS



1kg....\$21.30/bag

Magdala Fine Foods MAGDALAS



Hot Price
Potato Cake Sandwich Filled with
Cheese, Bacon & Onion.
2doz....\$46.90/ctn

180gm GOURMET BEEF BURGER PATTIES



Only \$2.85 each
15x180gm...\$42.80/bag

Leader: CRUMBED CAMEMBERT CHEESE



1kg....\$45.60/bag

MARATHON DIM SIMS



5doz....\$21.90/bag

MOKA FOODS JUMBO POTATO CAKES



100/ctn....\$64.00/ctn

Chefs SINGLE SERVE SPAG BOLOGNESE



Hot Price
24x200gm
\$49.50/ctn(+gst)

Chefs SINGLE SERVE FRIED RICE



Less than \$4.03 each
24x200gm
\$87.80/ctn (+gst)

Specialty Foods LAMB YIROS MEAT



2.5kg Bulk Pack
2.5kg....\$83.50/bag

Bulla 100 YEARS FROZEN YOGHURT CUPS



36x200ml
\$65.40/ctn(+gst)

MORGAN'S PITTES Pitta Bread



10/bag....\$4.80/bag

frozen

SQUID TUBES U/10 GIGAS



5kg....\$54.90/ctn

HOKI FILLETS 4/6oz (Blue Grenadier)



\$15.68/kg

6.8kg....\$106.60/ctn

WHOLE BABY OCTOPUS



1kg....\$13.90/bag

SALT & PEPPER SQUID



1kg....\$22.80/bag

CRUMBED PRAWN CUTLETS 13/15



1kg....\$15.90/pkt

PRAWN TWISTERS



Approx 43 per ctn

1kg....\$32.10/ctn

SEA LINK TEMPURA BATTERED HOKI FILLETS



Hand Cut Fillets of Blue Grenadier
24 x 140gm
\$51.50/ctn
\$2.15 per portion

SEA LINK CRUMBED HOKI FILLETS



Hand Cut Fillets of Blue Grenadier
24 x 110gm 24 x 140gm
\$39.60/ctn \$51.50/ctn
\$1.65 per portion \$2.15 per portion

TEMPURA BATTERED SCALLOPS



1kg....\$32.40/ctn

Edgell 10mm ULTRA FAST CHIPS



3.5kg.\$16.10/bag(\$4.60/kg)

Mydibel PREMIUM CRUNCH 10mm CHIPS



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

McCain STAY CRISP 10mm CHIPS



2kg...\$10.40/bag(\$5.20/kg)



SHORTCRUST PASTRY ROLLS



Hot Price

2x5kg rolls....\$76.80/ctn



X- LARGE 300gm CHICKEN SCHNITZELS



Premium Hand Cut Breast Schnitzels
Only \$4.53 each

24x300gm...\$108.70/ctn



TURKEY CARVERY ROAST (Raw)



Hot Price

Approx 3kg...\$22.50/kg



CHUNKY AVOCADO PUREE



475gm...\$9.20/tub



CHUNKY AVOCADO PUREE



1kg...\$19.50/tub



SMOOTH AVOCADO PUREE



1kg...\$18.50/tub



10" REGULAR CLASSIC PIZZA BASES



4/pkt...\$8.70/pkt



11.5" GLUTEN FREE PIZZA BASES



GLUTEN FREE

7pkt...\$38.40/pkt



BRIOCHE SLIDER BUNS



Less than .67¢ each

144x30gm....\$96.00/ctn



ENGLISH MUFFINS



Hot Price

6x6pkt...\$29.40/ctn



7" TOP CUT HOT DOG ROLLS



Less than 92¢ each

54x75gm....\$49.30/ctn



HALF BAGUETTES WHITE (Par Bake)



Less than \$1.08 each

52x110gm....\$56.00/ctn

frozen/chilled



CHOC BAVARIAN CHEESECAKE TRAY



1.15kg...\$26.60/tray



MIXED BERRY CHEESECAKE TRAY



1.35kg.\$27.20/tray (+gst)



PEACH & MANGO CHEESECAKE TRAY



1.35kg.\$27.20/tray (+gst)



CROSS CUT BEANS



2kg....\$10.90/bag



SLICED GREEN BEANS



2kg....\$10.90/bag



WHOLE BABY BEANS



2kg....\$11.10/bag



CORN KERNELS



Hot Price

2kg....\$8.50/bag



BEER BATTERED BAD BOYS



2kg....\$12.00/bag



"BIG RED" TOMATO SAUCE



GLUTEN FREE

4Lt....\$14.20/btl



LIGHT SOUR CREAM



Hot Price

2kg....\$22.50/tub



MILD BLOCK CHEESE



2kg....\$49.40/block



TASTY BLOCK CHEESE



2kg....\$49.70/block

chilled

KR
DICED BACON PIECES



2kg....\$24.10/bag

KR
SHREDDED HAM



2.5kg....\$27.40/bag

TIBALDI
DICED FATTY BACON PIECES

2.5kg...\$24.00/bag

KR
THINLY SLICED MILD SALAMI



1kg....\$21.90/bag

KR
THINLY SLICED HOT SALAMI



1kg....\$29.00/bag

KR
BUNG SMILEY FRITZ

Approx 2.8kg.\$10.00/kg

Fondina
HI-MELT SHREDDED CHEESE BLEND



2kg....\$28.20/bag

Bega
TASTY CHEESE BBQ CUBES



2kg....\$45.10/bag

KR
OTTO WURTH CHORIZO



2.5kg....\$54.90/ctn

Perfect Italiano
GRATED PARMESAN CHEESE



1.5kg....\$54.30/bag

Perfect Italiano
SHREDDED PARMESAN CHEESE



1kg....\$32.10/bag

WESTERN STAR
EASY SPREAD BUTTER



2kg....\$43.10/tub

pantry



TOP N FILL CARAMEL



Hot Price

395gm....\$4.95/tin



SWEETENED CONDENSED MILK



Hot Price

395gm....\$4.30/tin



SNOWCAP WHITE CHOCOLATE BUTTONS



5kg....\$71.40/ctn



POMEGRANATE MOLASSES



500ml....\$15.70/bottle



CUSTARD POWDER



5kg....\$29.00/bag



COCOA POWDER



**GLUTEN
FREE**



1kg....\$40.20/bag



CHIPOTLE MAYONNAISE



1kg....\$12.30/btl



PURE CANADIAN MAPLE SYRUP



Real Maple Syrup

1Lt....\$37.20/btl



MILO



1.9kg...\$36.30/tin



DRIED APPLE RINGS



STRONG RESEALABLE BAG

500gm....\$10.10/bag



DRIED FIGS



1kg....\$24.50/bag (+gst)



SULTANAS (AUST)



STRONG RESEALABLE BAG

1kg....\$13.50/bag

Yarra Valley HILLTOP

APRICOT or STRAWBERRY JAM



2.5kg....\$20.00/tub

NEWLY WEDS inspiring new tastes

YELLOW PANKO BREAD CRUMBS



Hot Price

10kg...\$52.70/bag

MCKENZIE'S

POTATO GNOCCHI



Hot Price

70% Potato

500gm....\$2.30/pkt

TRUMPS

BASIL LEAVES



STRONG RE-SEALABLE BAG

300gm....\$7.90/bag

TRUMPS

BAY LEAVES



STRONG RE-SEALABLE BAG

100gm....\$5.20/bag

TRUMPS

BLACK CHIA SEEDS



STRONG RE-SEALABLE BAG

1kg....\$16.00/bag

TRUMPS

CHILLI FLAKES



STRONG RE-SEALABLE BAG

500gm....\$10.20/bag

MCKENZIE'S

STAR ANISE



STRONG RE-SEALABLE BAG

400gm....\$21.40/bag

TRUMPS

GROUND TURMERIC



STRONG RE-SEALABLE BAG

1kg....\$15.40/bag

Riviana

GREEN PEPPERCORNS



GLUTEN FREE

800gm.....\$11.40tin

SANDHURST

SEA SALT FLAKES



1.5kg....\$33.20/tub

SAXA

ROCK SALT



10kg....\$17.30/bag

pantry

HELLMANN'S

GARLIC AIOLI VEGAN



10kg....\$120.30/tub

MCKENZIE'S

TUNA IN BRINE



425gm....\$4.30/tin

ZOOSH

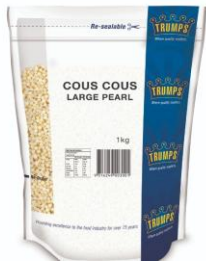
PREMIUM MAYONNAISE



15kg....\$93.70/tub

TRUMPS

LARGE PEARL COUS COUS



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

Knorr

THAI GREEN CURRY PASTE



850gm....\$24.50/tin

SANTITAS

PITTED KALAMATA OLIVES



2kg....\$19.00/jar

WINDSOR FARM

CELERY SALT



1kg....\$6.50/bag

Knorr

TIKKA MASALA SAUCE



2.2kg...\$42.50/jar

Riviana

BALSAMIC VINEGAR



5Lt....\$28.40/btl

SAN REMO

SAN REMO PASTA RANGE

SAN REMO



- #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....\$100.90/tub

SLICED BEETROOT



3kg....\$13.00/tin

PIZZA CUT PINEAPPLE



3kg....\$11.70/tin

TOMATO RELISH



2kg....\$31.00/tub

**MACADAMIA NUTS
RAW HALVES**



STRONG RE-SEALABLE BAG
1kg....\$42.30/bag

**RAW HAZELNUT
KERNELS**



STRONG RE-SEALABLE BAG
1kg....\$53.80/bag

**SLICED
FIRE ROASTED
RED PEPPERS**



4.1kg....\$19.20/tin

**GREEK
DRESSING**



3Lt....\$32.10/btl

**CHILLI & LIME
DRESSING**



3Lt....\$32.10/btl

**SWEET THAI
CHILLI SAUCE MILD**



3Lt....\$28.60/btl

**RANCH
DRESSING**



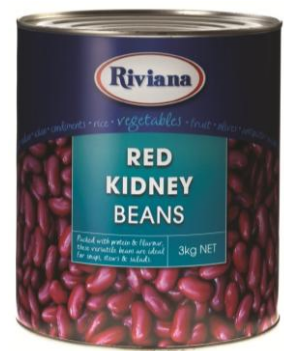
2.4kg....\$32.60/btl

**SWEET AND
SOUR SAUCE**



2.8kg....\$31.00/jar

RED KIDNEY BEANS



3kg....\$14.50/tin

pantry

Riviana

ITALIAN CHUNKY CRUSHED TOMATOES



GLUTEN FREE

Hot Price

2.5kg...\$10.10/tin

Riviana

TOMATO PURÉE



GLUTEN FREE

2.95kg...\$11.20/tin

Riviana

TOMATO PASTE



GLUTEN FREE

Hot Price

3kg...\$15.40/tin

Allied Mills
Allied Mills Australia Pty Ltd

TEMPURA BATTER MIX



10kg...\$59.60/bag

TRUMPS

WHOLE BLACK PEPPER



STRONG RE-SEALABLE BAG

1kg...\$28.10/bag

BUNDABERG SUGAR

ICING SUGAR MIX



GLUTEN FREE

15kg...\$34.90/bag

Huhtamaki | **TAILORED PACKAGING**

ALUMINIUM FOIL GENERAL PURPOSE



Hot Price

150m x 44cm

\$27.10/roll (+gst)

Huhtamaki | **TAILORED PACKAGING**

12oz CHIP CUPS



50pc.\$4.60/sleeve(+gst)

MANILDRA GROUP

MONDO PIZZA FLOUR



Hot Price

10kg...\$16.40/bag

Allied Mills
Allied Mills Australia Pty Ltd

CHOCOLATE MUDCAKE MIX



10kg...\$86.80/bag

Riviana

ARBORIO RICE



5kg...\$31.20/bag

WINDSOR FARM

CHICKEN SALT



WITH A SHAKER LID.

780gm...\$11.00/jar