MGF
MOUNT GAMBIER FOODS

FOODSERVICE DISTRIBUTORS & SEAFOOD SPECIALISTS

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MOUNT GAMBIER FOODS

Order Online at mgfoods.com.au

DECEMBER SPECIALS

Specials available from 30th November 2026 to 2nd January 2027 E.&O.E.

WHOLE COOKED SA KING PRAWNS 10/15



Approx. 22-26 prawns per bag

1kg….$26.50/bag

BARRAMUNDI FILLETS

100/200gm & 200/300gm



5kg….$85.20/ctn

COOKED TAIL ON PRAWNS 31/40



Approx 70-90 Prawns per bag

1kg….$18.80/bag

SLICED VIRGINIAN LEG HAM TRIPLE SMOKED



1kg….$15.60/bag

TENNESSE BBQ PORK RIBS



Approx 1.6kg.$25.20/kg

COOKT PIG WINGS (Pork Shanks 6pk)



Approx 1.4kg.$22.50/kg

FROZEN RAW CHICKEN BREAST FILLET (Skin Off)



Only $9.85/kg

2kg….$19.70/bag

BONELESS NETTED LAMB LEG



Approx 2.5kg $22.90/kg

EGGS (660g) 55gm FILLER BOX



15 doz….$76.80/ctn

frozen

BULK TEMPURA CHICKEN NUGGETS



Only $12.68 per kg

2.5kg….$31.70/bag

DEVIL WING DINGS



1kg....$16.80/bag

PLAIN WING DINGS



1kg....$16.80/bag

TEMPURA BATTERED BREAST NUGGETS



1kg….$14.50/bag

DINO SNACKS

(Battered Breast Nuggets)



Perfect for kids meals

1kg…$16.40/bag

#28 CRUMBED DRUMSTICKS



5kg….$79.70/ctn

CHICKEN CHIPS



1kg….$17.50/bag

120gm CRUMBED BREAST FILLET



1.2kg...$21.90/bag

PARTY SAUSAGE ROLLS



6doz…$73.00/ctn (+gst)

TEMPURA FISH COCKTAILS



1kg….$18.00/bag

CRUMBED FORMED SQUID RINGS



1kg….$14.90/bag

MYDIBEL 11mm CHIPS



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

frozen

LARGE CHICKEN DIM SIMS 110gm



48x110gm….$61.90/ctn

CHICKEN DIM SIMS MEDIUM 50gm Ovenable



25x50gm….$21.10/bag

ANGEL BAY ANGUS BEEF SLIDER PATTIES



20x40gm…$19.70/bag

BBQ PORK RIBLETS



16x100gm...$31.80/bag

ANGUS BEEF LASAGNE



3kg….$29.30/tray(+gst)

ROYAL DRAGON MINI SPRING ROLLS



Authentic Asian style

24x50gm….$25.50/bag

GLUTEN FREE HASH BROWN OVALS



2kg….$13.50/bag

MINI SPINACH & FETA PASTIZZI



24/pk..$10.80/tray(+gst)

SEASONED WEDGES



2kg….$10.90/bag

BABY (MINI) POTATO CAKES

PLAIN OR SALT & VINEGAR



Approx 20c each

1kg….$12.60/bag

POTATO CAKES

FORMED MADE FROM REAL POTATO - NOT POWDER



Less than 51¢ each

Qty 120….$60.90/ctn

BEER BATTERED SIDEWINDERS



2kg….$17.30/bag

frozen

BELGIUM LIEGE WAFFLES  24x90gm $40.60/ctn (+gst)	**LARGE CROISSANTS**  36x75gm $52.10ctn (+gst)	**EXTRA LARGE CROISSANTS**  24x110gm $52.10/ctn (+gst)
PANKO CRUMBED SNAPPER  Hot Price 30x90gm….$83.50/ctn	**SEAFOOD EXTENDER**  1kg….$6.50/bag	**CRISPY BEER BATTERED FLATHEAD**  Hot Price 3kg….$57.00/ctn
SLICED SWEET SPICED GHERKINS  Hot Price 2.2kg….$16.40/jar	**CHOPPED SPINACH**  2.5kg….$11.50/bag	**CORN RIBS**  1.5kg….$17.70/bag
CARROT RINGS  2kg….$9.70/bag	**BIAS CUT CARROTS**  2kg….$9.70/bag	**PEAS**  2kg….$8.40/bag

frozen

FILO PASTRY



375gm….$6.70/pkt

SMALL/MEDIUM 200gm CHICKEN SCHNITZELS



Premium Hand Cut Breast Schnitzels
Less than $3.51/each

30x200gm..$105.20/ctn

PORTION CONTROL SLICED SCOTCH FILLET

48 x Approx 100gm
Less than $3.33 each



4.8kg….$159.50/ctn

GROUND VALUE

Ground Value BLACKBERRIES



1kg….$10.80/bag

GROUND VALUE

Ground Value BLUEBERRIES



1kg….$12.90/bag

HOKKIEN NOODLES



1kg….$4.50/pkt

SPEEDIBAKE

VIETNAMESE ROLLS



Only $1.20 each

27x120gm….$32.60/ctn

LETIZZA

9" GLUTEN FREE PIZZA BASES



2pkt….$8.40/pkt

MISSION

GLUTEN FREE 9" GARLIC BREAD



12x190gm….$79.20/ctn

SPEEDIBAKE

4.5" SEEDED MILK BUNS



Only $1.31 per roll

48x85gm….$62.90/ctn

SPEEDIBAKE

4.5" POTATO BUNS

Vegan Friendly



Less than $1.26 per roll

48x85gm….$60.40/ctn

SPEEDIBAKE

SLICED SOURDOUGH LOAF WHITE



4x900gm….$32.30/ctn

chilled/pantry

EXTRA VIRGIN OLIVE OIL



100% Australian, First Cold Pressed

4Lt…$63.20/tin

APPLE CIDER VINEGAR



5Lt….$20.00/jug

SOUTH AUSTRALIAN CANOLA OIL



4Lt….$18.60/tin

BEEF BOOSTER



2.3kg….$36.10/tub

CHICKEN BOOSTER



2.4kg….$32.90/tub

BECHAMEL SAUCE



2kg….$37.20/tub

APPLE SAUCE



2Lt….$17.30/tub

MIXED MARINATED PITTED OLIVES



2kg….$31.60/bucket

HALOUMI CHEESE



2kg….$42.00/tub

GREEK STYLE YOGHURT



1kg…$8.90/tub

WHIPPED CREAM



400gm….$9.80/tin

AUSTRALIAN GOLD CAMEMBERT



115gm…$4.90/pkt

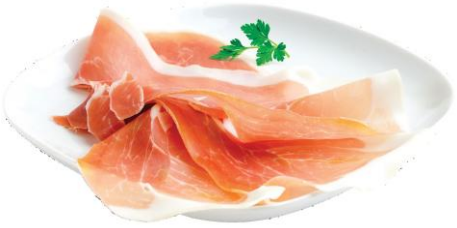
chilled

OTTO WURTH CHEESE KRANSKY



2.5kg….$38.40/bag

SLICED PROSCUITTO



500gm….$26.60/bag

PULLED ROAST CHICKEN BREAST FROZEN

GLUTEN FREE



1kg….$25.20/bag

DONS STRASBURG



2kg….$29.60/roll

DONS COCKTAIL FRANKFURTS



Approx. 100 per bag

2.5kg….$24.50/bag

CAFÉ SHORT CUT RINDLESS BACON

GLUTEN FREE



1kg….$12.00/bag

SHREDDED MOZZARELLA



6kg….$87.50/bag

TASTY CHEESE SLICES



Less than .26c per slice

90 Slices per packet

1.5kg….$22.70/pkt

AMERICAN HI-MELT BURGER SLICES



Less than .32c per slice

96x23.5gm slices per packet

2.26kg….$29.90/pkt

SWISS CHEESE SLICES

GLUTEN FREE



1kg….$34.90/pkt

CULINARY CREAM (COCKTAIL)

GLUTEN FREE



1Lt….$11.50/pkt

WHIPPING CREAM (THICKENING)



1Lt….$11.30/pkt

pantry

CHOCOLATE BUTTONS 1KG

SIENNA MILK CHOCOLATE



1kg…$15.10/bag

TUSCANY DARK CHOCOLATE



1kg…$15.10/bag

SNOWCAP WHITE CHOCOLATE



1kg…$16.30/bag

COCONUT FLAKES/CHIPS

GLUTEN FREE



1kg….$21.00/bag

CAESAR DRESSING

GLUTEN FREE



2.5Lt….$26.60/jar

PREMIUM MAYONNAISE

GLUTEN FREE



2.65kg…$19.20/jar

PITTED PRUNES



1kg….$14.70/bag

POLENTA



1kg….$5.40/bag

ROLLED OATS



1kg….$5.10/bag

CORN KERNELS IN BRINE

GLUTEN FREE



Perfect for cold salads

425gm….$2.10/tin

JELLY CRYSTALS





Makes approx. 11Lt of jelly

Orange, Pineapple, Port Wine, Lime and Raspberry

1.1kg….$14.10/bag



pantry

SUPREME (Gluten Free) GRAVY MIX



GLUTEN FREE

2kg….$36.80/tub

BLACK BEANS



NEW TO US

2.5kg….$11.70/tin

SHARZULES GOLD CRUSHED GARLIC



100% Pure Garlic – No Fillers

2kg….$27.40/tub

CORIANDER SEEDS



STRONG RE-SEALABLE BAG

500gm…$6.20/bag

GROUND CUMIN



STRONG RE-SEALABLE BAG

1kg….$19.70/bag

CUMIN SEEDS



450gm….$20.00/jar

HOT CURRY POWDER



STRONG RE-SEALABLE BAG

1kg….$16.40/bag

MILD CURRY POWDER



STRONG RE-SEALABLE BAG

1kg….$16.40/bag

FENNEL SEEDS



450gm….$10.90/jar

WHITE VINEGAR



4Lt…..$5.30/btl

IMMITATION VANILLA ESSENCE



2Lt….$13.00/btl

GARLIC SALT



1kg….$8.10/bag

pantry

ORIGINAL SOY SAUCE



3Lt…$23.60/btl

PERI PERI PORTUGESE SAUCE



1.95kg…$22.50/btl

JAPANESE TERIYAKI SAUCE



2.1kg…$22.30/btl

SLICED DILL PICKLED CUCUMBERS

GLUTEN FREE



2.9kg….$15.60/tin

WHOLE PICKLED POLSKIE OGORKI CUCUMBERS

GLUTEN FREE



3kg….$14.50/tin

WORCESTERSHIRE SAUCE



GLUTEN FREE

4Lt….$16.30/btl

DICED APPLES



2.7kg….$11.00/tin

SLICED APPLES



2.7kg…$11.00/tin

APRICOT HALVES



3kg….$11.30/tin

SLICED PEACHES



3kg….$11.40/tin

SLICED PEARS



3kg…$10.40/tin

BURGER SAUCE



2.2kg….$32.20/btl

pantry

WHITE PANKO BREAD CRUMBS



10kg…$53.20/bag

DELI MAYONNAISE



10kg…$58.90/bkt

RIVERINA CANOLA OIL



- 100% Australian Grown & Produced
- Certified Non-Genetically Modified

20Lt….$69.00/tin

PISTACHIO NUT KERNELS



STRONG RESEALABLE BAG

1kg….$76.90/bag

WALNUT HALVES & PIECES



STRONG RESEALABLE BAG

1kg….$19.70/bag

ALMOND MEAL BLANCHED



STRONG RESEALABLE BAG

1kg….$22.40/bag

ALL PURPOSE SEASONING



950gm….$20.50/jar

BBQ SEASONING



755gm….$21.90/jar

CAJUN SEASONING



520gm….$22.20/jar

TACO SEASONING



630gm….$25.10/jar

TUSCAN SEASONING



670gm….$22.80/jar

TOMATO RELISH MAYONNAISE



2kg….$24.60/tub

pantry

DICED BEETROOT



Hot Price

3.2kg…$14.60/tin

"BIG RED" TOMATO SOUP



3kg….$15.30/tin

WHOLE PEELED TOMATOES



GLUTEN FREE

Hot Price

2.5kg….$10.70/tin

SOFT BREAD & ROLL MIX



10kg….$41.40/bag

GROUND WHITE PEPPER



Hot Price

STRONG RE-SEALABLE BAG

1kg….$36.80/bag

CASTER SUGAR



GLUTEN FREE

Hot Price

15kg….$29.50/bag

CLING WRAP WITH CUTTER



Hot Price

33cm x 600m

$21.80/roll (+gst)

CLING WRAP WITH CUTTER



Hot Price

45cm x 600m

$29.60/roll (+gst)

BROWN SUGAR



GLUTEN FREE

Hot Price

15kg….$35.40/bag

DRY YEAST



500gm….$5.20/pkt

JASMINE RICE



GLUTEN FREE

Hot Price

Ideal for Asian Cuisine

10kg….$26.90/bag

CHICKEN SALT



10kg….$105.60/tub