

Please note if your preferred brand is not shown, mark up sheet with preference of item/brand.

BREAKFASTS	PRICE/ITEM	QUANTITY
Bega Peanut Butter Crunchy 200g	\$7.11	
Bega Peanut Butter Crunchy 375g	\$7.11	
Bega Peanut Butter Smooth 200g	\$4.64	
Bega Peanut Butter Smooth 375g	\$7.11	
Bushells Tea Bags 50 Pack	\$2.90	
Capilano Honey 220g	\$6.82	
Carmens Classic Fruit & Nut Muesli 500g	\$8.70	
Carmens Natural Bircher Muesli 500g	\$8.70	
Carmens Original Fruit free Muesli 500g	\$8.70	
Devondale Dairy Soft Butter 500g	\$8.27	
Kellogs Coco Pops 375g	\$7.83	
Kellogs Corn Flakes 220g	\$4.21	
Kellogs Just Right 460g	\$8.56	
Kellogs Nutri Grain 290g	\$7.18	
Kellogs Rice Bubbles 250g	\$6.02	
Kellogs Variety 8 Pack	\$9.06	
Lurpak Spreadable Butter 250g	\$7.25	
Macro Organic Quick Oats 500g	\$5.08	
Meadowlea Original Margarine 250g	\$2.90	
Milo 200gm	\$6.40	
Moccona Instant Classic Medium Roast 200g	\$18.85	
Moccona Instant Classic Medium Roast 50g	\$8.70	
Nescafe Blend 43 Instant Coffee 150g	\$13.63	
Nescafe Blend Gold Instant Coffee 100g	\$13.78	
Nutella Hazelnut chocolate Spread 400g	\$7.25	
Nuttelex Lactose Free Butter 500g	\$5.08	
Pancake Mix Shake Greens 375g	\$4.21	
Rose's English Breakfast Marmalade 500g	\$6.09	
Rose's Lime Marmalade 500g	\$6.09	
Rose's Raspberry Jam 500g	\$6.09	
Rose's Sweet Orange Marmalade 500g	\$6.09	
Sams Pantry Granola Vine Fruits 475g	\$7.25	
Sams Pantry Granola Wholegrain Berry 475g	\$7.25	
Sams Pantry Toasted Muesli 475g	\$7.25	
Sanitarium Weet-Bix 575g	\$5.51	
Stevia Sweetener Tablets 220	\$11.60	
Sugar Raw CSR 500g	\$1.89	
Sugar Sticks Raw CSR 50 Pack	\$4.13	
Sugar White CSR 500g	\$2.25	
Twinings Tea Bags Earl Grey 50 Pack	\$10.15	
Twinings Tea Bags English Breakfast 50 Pack	\$10.15	
Twinings Tea Bags Pure Chamomile 10 Pack	\$4.21	
Twinings Tea Bags Pure Green Tea 10 Pack	\$4.21	

Twinings Tea Bags Pure Peppermint 10 Pack	\$4.21
Vegemite 150g	\$5.08
Vittoria Ground Espresso Plunger Coffee 200g	\$11.60
Vittoria Ground Espresso Plunger Coffee 500g	\$21.75
Meat & Seafood	
Bugs Moreton Bay Frozen Cooked per kg	\$56.10
Prawns Tiger Whitsunday Wild U10/20 per kg	\$45.90
Prawns Banana Cooked per kg	\$30.60
Prawns Whitsunday Wild King Green U10 per kg	\$54.40
Fish Fresh Coral Trout Fillets 150g each approx	\$12.50
Fish Fresh Reef Fish Fillets 150g each approx	\$8.93
Fish Atlantic Salmon Skin On Fillets 150g approx	\$8.16
Fish Barramundi Fillet Skin On Fillets 150g approx	\$7.37
Oysters Pacific Shucked per Doz	\$28.90
Oysters Pacific Live	\$27.20
Primo Salami Sliced Mild Hungarian 200g	\$6.09
Leg Ham Champagne Sliced 200g	\$3.74
Roast Beef Sliced 200g	\$5.77
Pastrami Sliced 200g	\$7.00
Ingham Sliced Chicken Breast 200g	\$5.32
Whole BBQ Chicken Cold	\$14.00
Primo Classic Chorizo 2 Pack 250g	\$9.10
Twiggy Sticks Mild 200g	\$23.06
Cabana 175g Each	\$3.53
Hans Hot Dogs American 6 Pack 375g	\$9.79
Pepperoni Hot Sliced 200g	\$5.77
Prosciutto Sliced 100g	\$6.51
Always Fresh Sundried tomatoes 220g	\$5.60
Fehlbergs old english brown pickled onions 500g	\$5.60
Always Fresh Black Olives Pitted 220g	\$4.20
Always Fresh roasted whole pepers 330g	\$7.00
Sandhurst Artichoke Hearts in Brine 280g	\$5.60
Primo Classic Chorizo 2 Pack 250g	\$9.10
San Marino Sliced Prosciutto 100g	\$9.10
Primo Gluten Free Sliced Danish Salami 80g	\$4.55
Beef T-Bone Steak (Approx 400g each)	\$14.02
Beef Rump Grassfed Steak MSA (Approx 200g Each)	\$5.07
Beef Eye Fillet Steak (Approx 200g Each)	\$13.94
Beef Scotch Fillet Steak (Approx 250g Each)	\$11.43
Beef Blade Whole Roast per kg	\$19.04
Beef Mince Gourmet per 500g	\$8.50
Beef Strips per 500g	\$13.52
Beef Kebab Honey Soy with veg Each	\$4.93
Beef Rissoles with sundried tomato Each	\$3.24
Chicken Breast per 500g	\$9.78
Chicken Thigh per 500g	\$9.78
Chicken Wings per 500g	\$4.21

Chicken Whole Fresh	\$10.12
Chicken Drumsticks per 500g	\$3.83
Pork Loin Chops per kg	\$27.03
Pork Belly Spare Ribs per kg	\$27.12
Pork Leg Boned Rolled Roast per kg	\$18.62
Lamb Cutlets per 500g	\$62.73
Lamb Rack Frenched Cap On per 500g	\$29.67
Lamb BBQ Chops per 500g	\$11.48
Sausages Chipolatas Pork & Veal per 500g	\$7.65
Sausages Thick Gourmet Beef Each	\$2.26
Sausages Thick Gourmet Chicken Each	\$2.20
Sausages Thick Gourmet Lamb Each	\$2.10
Sausages Thin Beef BBQ Each	\$1.06
Kangaroo Loin Fillets per kg	\$27.48
Crocodile Body Meat per 500g	\$12.98
Bacon Premium Thick Middle Rashers each (120g approx)	\$3.06
Primo Bacon Middle Rashers 250g (approx 3 Rashers)	\$4.91
Fruits & Vegetables	
Apples Red each	\$1.87
Apples Green each	\$1.90
Bananas Each	\$1.00
Pears Each	\$1.80
Oranges Each	\$3.72
Lemons Each	\$4.20
Limes Each	\$2.80
Grapefruit Ruby Each	\$2.54
Watermelon 1/4	\$6.80
Rockmelon Each	\$5.07
Pineapple Each	\$7.98
Grapes White per kg	\$11.99
Strawberries Punnet	\$6.78
Blueberries Punnet	\$6.78
Raspberries Punnet	\$11.88
Avocado each	\$3.40
Asparagus Bunch	\$6.99
Broccoli Head Each	\$3.59
Beans Green(Frozen) kg	\$9.35
Capsicum Green Each	\$2.04
Capsicum Red Each	\$2.72
Cabbage Red Half	\$5.00
Cabbage White Half	\$5.00
Carrots 500g	\$1.99
Cauliflower Head each	\$6.74
Celery Bunch	\$6.74
Chillies Birdseye Hot 100g	\$4.25
Chillies Jalapenos 100g	\$2.38
Chillies Long Red 100g	\$2.21

Chillies Long Green 100g	\$2.04
Corn Cobs each	\$2.25
Cucumber Continental each	\$4.23
Eggplant/Aubergine each	\$2.99
Eschallots/Spring Onion bunch	\$2.99
Lettuce Iceberg each	\$5.08
Lettuce Baby Cos each	\$4.49
Lettuce Mesculin 200g	\$4.76
Mushrooms Cup 200g	\$3.74
Mushrooms Flat 250g	\$4.67
Onions Red Each	\$0.65
Onions Brown Each	\$0.51
Potatoes Washed 2kg	\$6.80
Potatoes Chat 1kg	\$5.60
Potatoes Sweet 1kg	\$4.23
Pumpkin Butternut Each	\$3.18
Peas Snow 200g	\$5.10
Radish 250g	\$4.00
Rocket Wild 100g	\$3.20
Sprouts Alfalfa Sprouts 125g	\$3.83
Sprouts Snow Pea 100g	\$3.83
Dairy	
Pauls Full Cream Milk Fresh 1L	\$3.48
Pauls Full Cream Milk Fresh 2L	\$4.93
Pauls Skim Milk Fresh 1L	\$3.26
Devondale longlife full cream milk 1L	\$2.10
So Good longlife Almond Milk 1L	\$4.50
Zymil Lactose Free Longlife Milk 1L	\$4.35
SO Good Longlife Soy Milk 1L	\$2.76
Free Range Dozen 700g	\$7.00
Free Range Half Dozen 350g	\$4.90
Castello Blue Cheese 150g	\$8.70
King Island Cape Whickam Double Brie 200g	\$18.27
South Cape Brie 200g	\$8.70
Mersey Valley Original Cheddar 235g	\$7.98
King Island Smoked Cheddar 170g	\$13.56
Bulla Cottage Cheese 200g	\$4.35
Philadelphia Spreadable cream Cheese 250g	\$6.82
South Cape Greek Fetta 200g	\$7.25
Soutrh Cape Danish Fetta 200g	\$7.25
Liddells Lactose Free Cheese Block 250g	\$8.70
Millel Shaved Parmesan 170gm	\$7.25
Bega tasty Shredded Cheese 500g	\$11.60
Mainland Extra tasty Cheese Block 250g	\$7.98
Didoni Cypriot Haloumi 225g	\$10.15
Brancourts Cottage Cheese 250g	\$5.80
Unicorn Lactose Free Camembert 125g	\$7.25

Liddells Lactose Free Shredded Cheese 250g	\$8.70
Liddells Lactose Free Cream Cheese 250g	\$7.54
Yumi's Hommus Dip 200g	\$5.80
Chris's Olive Dip 200g	\$5.08
Chris's Sun Dried Tomato 200g	\$5.08
Chris's Tzatziki Dip 200g	\$5.08
Chris's Egyptian Beetroot Dip 250g	\$5.08
Chris's Spicy Capsicum Dip 250g	\$5.08
Chris's Avacado Dip 250g	\$5.08
Chris's Cheese & Chive Dip 250g	\$5.08
Dorito's Medium Salsa 300g	\$3.63
Devondale Dairy Soft Butter 500g	\$8.27
Lurpak Spreadable Butter 250g	\$7.25
Meadowlea Original Margarine 500gm	\$4.79
Nuttelex Lactose Free Butter 500g	\$5.08
True Blue Garlic Butter 150g	\$4.35
Pauls Pure Pouring Cream 300ml	\$4.35
Bulla Thick Dollop Cream 200ml	\$3.77
Bulla Cooking Cream 300ml	\$4.06
Bulla Light Sour Cream 200ml	\$3.92
Bulla Light Sour Cream 400ml	\$6.09
Farmer's Union Greek Style Natural Yoghurt 200g	\$3.34
Tamar Valley Greek Style Yoghurt 500g	\$5.08
Tamar Valley Vanilla Yoghurt 1kg	\$9.28
Yoplait Strawberry Yoghurt 1kg	\$5.80
Pasta, Rice & Grains	
San Remo Spiral Pasta 500g	\$3.77
San remo Penne Pasta 500g	\$3.77
San Remo Fettucine 500g	\$3.77
San Remo Spaghetti 500g	\$3.77
San Remo GLUTEN FREE Spaghetti 350g	\$6.09
San Remo GLUTEN FREE Spiral 350g	\$6.09
Latina Fresh Beef Ravioli Serves 4	\$11.60
Latina Fresh Spinach & Ricotta Agnolotti Serves 4	\$11.60
Sunrice Jasmine Rice 1kg	\$5.08
Sunrice PRECOOKED Jasmine Rice Cups 2 Pack	\$3.63
Sunrice Brown Rice 1kg	\$5.08
Sunrie PRECOOKED Brown Rice 2 Pack	\$3.63
Macro Organic Quinoa Tri Colour 500g	\$10.15
San Remo Couscous 500g	\$4.06
Vel Verde Passata Sauce 700g	\$2.90
Sauces, Dressings & Oils	
Barilla Basil & Rocket Pesto 190g	\$5.80
Latina Fresh Creamy Sundried Tomato Pasta Sauce 425g	\$8.70
Latina Fresh Creamy Carbonara sauce 425g	\$8.70
Valcom Yellow Curry Paste 230g	\$5.80
Valcom Massaman Curry Paste 230g	\$5.80

Valcom Green Curry Paste 230g	\$5.80
Pataks Butter Chicken Simmer Sauce 450g	\$5.08
Sharwoods Tandoori Paste 290g	\$6.53
Ayam Coconut Cream 400ml	\$5.08
Macro Organic Coconut Milk 400ml	\$3.63
Beak & Sons Teriyaki Stir Fry Sauce 200ml	\$5.08
Beak & Sons Chinese BBQ Stir Fry Sauce 200ml	\$5.08
Beak & Sons Honey Soy Stir Fry Sauce 200ml	\$5.08
Salt Sea Grinder 110g	\$4.28
Salt Pink Himalayan Grinder 110g	\$3.77
Pepper Black Grinder 250g	\$4.28
Pepper Black Ground Saxa 50g	\$7.25
Tomato Sauce Fountain 500ml	\$2.90
Barbecue Sauce Fountain 500ml	\$2.90
Sweet Chilli Sauce Mae Ploy 280ml	\$4.21
Hot Chilli Sauce Huy Fong Sriracha 482g	\$7.98
Mustard Dijon Masterfoods 170g	\$4.06
Mustard Australian Masterfoods 175g	\$4.06
Mustard Wholegrain Seeded Masterfoods 175g	\$4.06
Mustard Hot English Masterfoods 175g	\$4.06
Relish Tomato Masterfoods 250g	\$4.79
Chilli Jam Baxters 225g	\$6.24
Aioli Garlic Praise 250ml	\$5.80
Aioli Chipotle Praise 250ml	\$5.80
Mayonnaise Praise Traditional Creamy 365g	\$4.93
Tartare Sauce Masterfoods 220g	\$3.48
Seafood Cocktail Sauce Masterfoods 220g	\$3.48
Dressing French Praise 330ml	\$4.35
Dressing Thousand Island Praise 330ml	\$4.35
Dressing Caesar Praise 330ml	\$4.35
Dressing Balsamic Praise 330ml	\$4.35
Dressing Ranch Praise 330ml	\$4.35
Vinegar White Moro 500ml	\$5.80
Vinegar Balsamic Mazzetti 250ml	\$5.08
Oil Vegetable Crisco 750ml	\$5.51
Oil Olive Extra Virgin Moro 500ml	\$10.15
Oil Spray Canola 400g	\$5.66
Oil Coconut Extra Virgin Only Organic 300ml	\$6.38
Breads & Wraps	
Helgas Traditional White Bread 750g	\$5.66
Helgas Traditional Wholemeal 750g	\$5.66
Country Life GLUTEN FREE White bread 400g	\$8.70
Mission Wraps GLUTEN FREE 4 pack	\$7.98
Helgas Wraps White 8 pack	\$7.25
Mission Wraps multigrain 8 pack	\$7.25
Sourdough Loaf	\$8.70
Kalamata Olive Sourdough Loaf	\$10.15

Dark Rye Sourdough Loaf 630g	\$10.15
La Famiglia Garlic Bread 400g	\$5.80
La Famiglia Garlic Bread for 2 170g	\$3.92
Tinned Foods	
Safcol Tuna in Oil 425g	\$5.80
Safcol Tuna in Springwater 425g	\$5.80
Safcol Tuna in Oil 185g	\$3.19
Safcol Tuna in Springwater 185g	\$3.19
John West Salmon in Olive Oil 95g	\$3.92
John West Pink Salmon 415g	\$10.88
John West Pink Salmon 210g	\$7.98
Heinz Baked Beans 555g	\$3.63
Heinz Baked Beans 130g	\$1.60
Heinz Spaghetti in Tomato Sauce 130g	\$1.60
Heinz Spaghetti in Tomato Sauce 535g	\$3.63
Ardmona Crushed Tomatoes 410g	\$2.03
Ardmona Finely Chopped Tomatoes 410g	\$2.61
Annalisa Organic Whole Peeled Tomatoes 400g	\$2.32
Macro Organic 3 Bean Mix 420g	\$1.89
Macro Organic Red Kidney Beans 425g	\$1.89
Annalisa Cannellini Beans 400g	\$2.18
Edgell Four Bean Mix 400g	\$2.18
Macro Organic Chickpeas 425g	\$1.89
Golden Circle Pineapple Slices in Syrup 450g	\$5.44
Australia Apricot Halves 410g	\$2.90
Australian Peach Slices 410g	\$2.90
Australia Fruit Salad 410g	\$2.90
Edgell Corn Kernels 420g	\$2.18
Edgell Creamed Corn 420g	\$2.18
Edgell Beetroot Slices 425g	\$2.18
Hot Chilli Sauce Huy Fong Sciracha 266ml	\$6.09
Deserts & Frozen Goods	
Apple Pie Nannas Family 600g	\$5.80
Apple Pie Nannas Four Pack 450g	\$5.80
Cheesecake Sara Lee Deep Dish Chocolate 600g	\$10.88
Cheesecake Sara Lee French Cream 360g	\$9.06
Cheesecake Sara Lee Strawberry 410g	\$9.06
Ice Cream Bulla Cookies and Cream 2L	\$12.33
Ice Cream Peters Neopolitan 2L	\$6.89
Ice Cream Peters Original Vanilla 2L	\$6.89
Chips, Biscuits, Snacks & Confectionary	
Ritz Original 100g	\$2.18
Peckish Rice Crackers Original	\$3.19
Peckish Brown Rice Crackers	\$3.63
Captains Table Water Crackers 125g	\$2.61
Kurrajong Kitchen Lavosh 2 pack 100g	\$4.64
Parkers Pretzels 200g	\$3.63

Doritos Nacho Cheese Corn Chips 170g	\$5.08
Kettle Chips Salt and Vinegar 175g	\$6.74
Kettle Chips Sea Salt 175g	\$6.74
Kettle Honey Soy Chicken 175g	\$6.74
Smiths BBQ Crinkle Cut 170g	\$5.08
Twisties Cheese 90g	\$2.90
Twisties Chicken 90g	\$2.90
Cheezels Cheese Box 125g	\$3.63
Nobbys Mixed Nuts 375g	\$9.64
Nobbys Salted Cashews 300g	\$13.85
Nobbys Salted Peanuts 375g	\$5.08
Macadamias Salted 200g	\$12.33
Nice and Natural Choc nut bars 6 pack 192g	\$5.80
Nice and Natural Trail Mix 6 pack 192g	\$5.80
Tim Tams Caramel 175g	\$5.29
Tim Tams Original Chocolate 175g	\$5.29
Tim Tams Dark Chocolate 175g	\$5.29
Arnotts Family Assorted 500g	\$6.82
Arnotts Assorted Creams 500g	\$7.98
Arnotts Mini Choc Chip Cookies 7 Pack 175g	\$5.80
Cadbury Caramello Chocolate Block 180g	\$7.25
Cadbury Dairy Milk Cocolate Block 180g	\$7.25
Cadbury Dream White Chocolate Block 180g	\$7.25
Cadbury Fruit and Nut Cocolate Block 180g	\$7.25
Cadbury Hazelnut Chocolate Block 180g	\$7.25
Cadbury Old Gold Dark Chocolate 180g	\$7.25
Allens Jelly Beans 190g	\$4.35
Allens Party Mix 190g	\$4.35
Allens Snakes 200g	\$4.35
Beverages	
Soft Drink – Coke	\$3.78
Soft Drink – Fanta	\$3.78
Soft Drink – Lift	\$3.78
Soft Drink – Diet Coke	\$3.78
Soft Drink – Coke Zero	\$3.78
Soft Drink – Ginger Beer Bundaberg 4 pack 375ml	\$9.21
Soft Drink – Sprite Lemonade	\$3.78
Energy Drink – Red Bull 4 pack 250ml cans	\$13.20
Soft Drink – 10 Pack 375ml Cans – Coke	\$19.94
Soft Drink – 10 Pack 375ml Cans – Lift	\$16.20
Soft Drink – 10 Pack 375ml Cans – Fanta	\$19.94
Soft Drink – 10 Pack 375ml Cans – Sprite Lemonade	\$19.94
Soft Drink – Schweppes Dry Ginger Ale	\$3.12
Soft Drink – Schweppes Soda Water	\$3.12
Soft Drink – Schweppes Lemon Lime and Bitters	\$3.12
Soft Drink – Schweppes Raspberry	\$3.12
Soft Drink – Schweppes Mineral Water	\$3.12

