

FOODLAND

On Sale 3-9 July 2024

\$12⁹⁰ kg

Premium



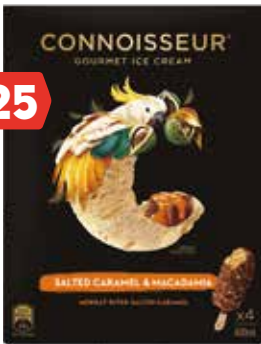
Australian Premium
Beef Blade Bolar Roast



Serving suggestion

\$5²⁵ ea

SAVE \$5.25
UP TO



Connoisseur
Multipacks
4-6s

All
**HALF
PRICE**

\$3²⁵ ea

SAVE \$3.25
UP TO



Uncle Tobys
Traditional or
Quick Oats 1kg
\$0.33 per 100g

\$3 ea

SAVE \$3.00
UP TO



Nestlé
or Kit Kat
Blocks
118-200g

\$2 ea

SAVE \$2.00
UP TO



Arnott's
Shapes
130-190g

\$10 ea

SAVE \$10.00
UP TO



Clairol Natural
Instincts Hair
Colour 1 Pack

\$8 ea

SAVE \$8.00
UP TO



TRESemmè
Shampoo or
Conditioner
940ml
\$0.85 per 100ml

Great Food Lives Here



\$10K Giveaway EVERY MONTH

GREAT
REWARDS
LIVE
HERE



All **HALF PRICE**

\$4 ea

SAVE \$4.00
UP TO



Colgate
Dental Ribbon
100 Metres
\$0.04 per metre

\$4.50 ea

SAVE \$4.50
UP TO



Colgate Sensitive Toothpaste 110g
\$4.09 per 100g

\$5 ea

SAVE \$5.00
UP TO



Colgate
Total Plaque
Mouthwash
500ml
\$1.00 per 100ml

\$7.50 ea

SAVE \$7.50
UP TO



Fluffy
Fabric
Softener
1.9-2 Litre

\$7.50 ea

SAVE \$7.50
UP TO



Dettol
Max
Concentrated
Antibacterial
Laundry
Sanitiser 750ml
\$10.00 per litre

\$24.70 ea

SAVE \$24.70
UP TO



Fairy
All In One
Lemon
Dishwashing
Tablets
64 Pack
\$0.39 each

\$8.50 ea

SAVE \$8.50
UP TO



Cold Power Triple Capsules 18 Pack
\$0.47 each

\$125
ea

SAVE \$1.25
UP TO



Cadbury or Europe Bar Lines 30-60g

\$11
ea

SAVE \$11.00
UP TO



Cadbury Favourites 520g \$2.12 per 100g

\$350
ea

SAVE \$3.50
UP TO



Mighty Soft Raisin Toast 600g \$0.58 per 100g

\$125
ea

SAVE \$1.25
UP TO



Reese's, Hershey's or Terry's Bars 35-42g

\$225
ea

SAVE \$2.25
UP TO



Arnott's Cracker Chips, Flatbread Dippers or Sourdough Crackers 130-150g

\$325
ea

SAVE \$3.25
UP TO



Tyrrell's Potato Crisps 165g \$1.97 per 100g

\$240
ea

SAVE \$2.40
UP TO



Sunbites Grain Waves 170g \$1.41 per 100g

\$135
ea

SAVE \$1.35
UP TO



Cheetos, Twisties or Burger Rings 80-90g

\$10K Giveaway EVERY MONTH



Download the Foodland app



Spend \$30 or more



Scan your Foodland app at the checkout

Promotion runs 26/7/23 - 23/7/24. For full terms and conditions visit foodlandsa.com.au. SA Licence Number (T23/1011), NSW Authority Number (TP/02786)

SOUTH AUSSIE Truss Tomatoes



\$750
kg

**LOCAL
PRODUCE**

Tomatoes Truss

\$350
ea

350G PACK



Parsnips Pack 350g \$10.00 per kg

\$120
ea

750G BAG



PECULIAR PICKS



Peculiar Picks Carrots 750g \$1.60 per kg

\$350
ea

1.5KG BAG



PECULIAR PICKS



Adelaide Hills Peculiar Picks Red or Green Apples 1.5kg Bag \$2.33 per kg

SOUTH AUSSIE Mitolo Potatoes



\$3.50
ea

1.5KG BAG



Mitolo Potatoes 1.5kg (Chipping, Mashing & Low Carb) \$2.33 per kg

\$3.50
ea

8 PACK



Pick Me! Mandarins 8 Pack
\$0.43ea

\$5.25
ea

GREAT VALUE



Local Kitchen Kaleslaw Kit 350g
\$15.00 per kg

\$4.50
ea

LOCAL PRODUCE



Hi Fresh Stirfry Mix 600g
\$7.50 per kg

MEAT

\$16⁹⁰ kg

AUSTRALIAN PORK



Australian Pork Scotch Fillet Steak

Serving suggestion

\$9⁵⁰ ea

SOUTH AUSTRALIA



Barossa Fine Foods Original Beef Burger 440g \$21.59 per kg

Serving suggestion

\$15⁹⁰ ea

SAVE \$3.10 UP TO

PRODUCT OF AUSTRALIA



Lenard's Chicken Saddleback 480g \$33.13 per kg

Serving suggestion

\$5⁵⁰ ea

SOUTH AUSTRALIA



Slape & Sons Pork or Curry Range 480g (Selected Varieties) \$11.46 per kg

Serving suggestion

\$7 ea

PRODUCT OF AUSTRALIA



Ingham's Australian Turkey Mince 500g \$14.00 per kg

\$5⁵⁰ ea

READY TO COOK

SOUTH AUSTRALIA



Olga's Fine Foods Chicken Patties or Sausages 500g Range \$11.00 per kg

\$14⁹⁰ ea

HEAT & EAT

PRODUCT OF AUSTRALIA



Luv-A-Duck Duck Breast Range 360g \$41.39 per kg

\$12⁵⁰ ea

SAVE \$1.50 UP TO

community Co

PRODUCT OF AUSTRALIA



Community Co Beef Brisket 500g \$25.00 per kg

Serving suggestion

\$5 ea

SAVE \$2.00 UP TO

community Co

AUSTRALIAN PORK



Community Co Ham Steaks 500g \$10.00 per kg

Serving suggestion

MEAT & SEAFOOD

\$10⁹⁰ ea
SAVE \$2.50
 UP TO



PRODUCT OF AUSTRALIA

Ingham's Stuffed Chicken Breast Creamy Garlic 700g \$15.57 per kg

Serving suggestion

\$7⁹⁰ ea
SAVE \$3.10
 UP TO



PRODUCT OF AUSTRALIA

Canon Foods Sweet Chilli Chicken Strips 440g \$17.95 per kg

Serving suggestion

\$37⁹⁰ kg
FRESH



THOMAS CAPPO SEAFOODS

PRODUCT OF AUSTRALIA

Tasmanian Salmon Portion Skinless (Find me in the Deli)

Serving suggestion

\$29⁹⁰ ea
SAVE \$36.65
 UP TO



PRODUCT OF AUSTRALIA

Seaharvest Raw/Green Australian Medium Banana Prawn Cutlet (Tail On) 1kg \$29.90 per kg

Serving suggestion

\$17⁵⁰ ea
SAVE \$2.00
 UP TO



SOUTH AUSTRALIA

Ferguson Southern Garfish Fillets 200g \$8.75 per 100g

\$15⁹⁰ ea
SAVE \$2.05
 UP TO



KB's Prawn or Vegetable Gyoza 750g \$21.20 per kg

\$15⁹⁰ ea
SAVE \$5.10
 UP TO



Global Seafoods Raw Prawn Meat 41/60 500g \$31.80 per kg

\$17⁹⁰ ea
SAVE \$3.45
 UP TO



THOMAS CAPPO SEAFOODS

Thomas Cappo Seafoods Atlantic Scallop Roe Off 200g \$8.95 per 100g

\$9⁵⁰ ea
SAVE \$2.10
 UP TO



THOMAS CAPPO SEAFOODS

Thomas Cappo Seafoods Marinara Mix 500g \$19.00 per kg

\$9⁵⁰ ea



THOMAS CAPPO SEAFOODS

Thomas Cappo Seafoods Imported/Thawed Lobster Tails (Find me in the Deli)

DELI



- A. Standom Roasted Porchetta **\$28.90kg**
- B. Our Kitchen Shredded Chicken Breast Roast style or Tandoori **\$27.90kg**
- C. Bertocchi Aussie Leg Ham **\$26kg**
- D. Tasmania Heritage Double Brie or Camembert 200g **\$8ea** \$40.00 per kg
- E. Mil Let Parmesan, Pecorino or Romano (Whole or Pieces Only) **\$27.90kg**
- F. Primo Danish Salami **\$29.90kg**
- G. Chapman's Bung Fritz **\$12.50kg**
- H. Penfield Olives Marinated, Stuffed or Plain Olives or Ready to Eat Tomatoes 190g **\$2.95ea** \$15.53 per kg

\$16 kg



KR Castlemaine Short Cut Bacon

\$12 kg



Primo Bacon Pieces or Shredded Ham

\$7.90 kg



KR Castlemaine Cocktails, Franks or Saveloys

\$4.90 ea

SAVE \$1.60 UP TO



South Cape Flavoured Cream Cheese 200g \$24.50 per kg

\$9.50 ea

NEW FLAVOUR



Bellavitano Flavoured Cheddar Cheese 141-200g

\$10 ea

READY TO EAT



Large Cooked BBQ Chicken (Available in Deli Dept. hot box)

\$4.90
ea

EVERYDAY!



Helga's
Lower Calorie
White 450g
\$1.09 per 100g

\$4.50
ea

SAVE UP TO \$1.00



Mission
Wraps
288-567g
8 Pack

NEW PRODUCTS



\$5
ea

TRY ME!

Helga's Protein Loaf 750g or
Helga's Crafted 700-750g



\$4.50
ea

SUPPORT LOCAL



Riviera Brioche Hamburger Roll 4 Pack
\$1.13 each

\$4.30
ea

FAMILY TRADITION



Vili's Traditional Pies, Pasties
or Sausage Roll 150-165g

\$2.50
ea

SAVE UP TO 35¢



Your Bakery Croissants 3 or 4 Pack
200g \$1.25 per 100g



SA FAMILY OWNED

\$6.90
ea

SUPPORT SA

Dulwich Bakery Bar Cakes 550g
or Cookies 300-350g

DULWICH BAKERY



BAKERY & BISCUITS

Everyday
**LOW
PRICES**

*on gluten free
slices*





\$6.50 ea

EVERY DAY!



LifeStyle Bakery
Gluten Free
Soft 'n' Light
Range 500g
\$1.30 per 100g



\$3.70 ea

EVERY DAY!




Foodland
Hot Dog or
Hamburger
Rolls 6 Pack
\$0.62 each

\$3.30 ea

EVERY DAY!




Foodland
Bread
Range 700g
\$0.47 per 100g

\$4 ea

EVERY DAY!



Tip Top
Sunblest
Bread 650g
\$0.62 per 100g

\$4.40 ea

EVERY DAY!



Tip Top
The One
Bread 700g
\$0.63 per 100g

\$4.90 ea

EVERY DAY!



Helga's
Bread Range
650-850g

\$5 ea

EVERY DAY!



Arnott's Family Assorted Biscuits 500g
\$1.00 per 100g

\$4.50 ea


EVERY DAY!



Oreo Original Family Pack 358g
\$1.26 per 100g

\$6 ea

EVERY DAY!



Arnott's Tim Tam Value Pack 365g
\$1.64 per 100g

\$4.20 ea

EVERY DAY!



La Zuppa Soup 420g \$1.00 per 100g



Everyday
**LOW
PRICES**

on winter
warmers

\$2 ea

EVERY DAY!

Heinz
Big Red
Condensed
Tomato
Soup 420g
\$0.48 per 100g



\$4.50 ea

EVERY DAY!

Hart & Soul Ready Meals 250g
\$1.80 per 100g



\$2.35 ea

EVERY DAY!

McKenzie's
Beans 375g
\$6.27 per kg



\$4 ea

EVERY DAY!

SunRice
Microwave Rice 450g \$0.89 per 100g



\$3.70 ea

EVERY DAY!

Heinz
Soup of
the Day
Pouches
430g
\$0.86 per 100g



\$3 ea

EVERY DAY!

Continental
Cup A Soup
4 Serve



\$2 ea

EVERY DAY!

Zafarelli Pasta 500g \$0.40 per 100g



\$2.70 ea

EVERY DAY!

Dolmio
Traditional
Pasta Sauce
500g
\$0.54 per 100g



\$3.80 ea

EVERY DAY!

KanTong
Cooking
Sauce
485-520g



BREAKFAST

\$6⁵⁰
ea

SAVE \$1.50
UP TO



Kellogg's
All-Bran
Original
High Fibre
Breakfast
Cereal 530g
\$1.23 per 100g

\$22
ea

SAVE \$8.50
UP TO



Moccona
Freeze Dried
Coffee 400g
\$5.50 per 100g

\$7
ea

SAVE \$1.80
UP TO



Uncle Tobys
Plus Cereal
565-705g

\$13⁵⁰
ea

SAVE \$3.90
UP TO **VALUE PACK**



Nestlé
Milo 1.1kg
\$12.27 per kg

\$19⁵⁰
ea

SAVE \$6.50
UP TO



Grinders
Café-Q
Range Coffee
Beans 500g
\$3.90 per 100g

\$6
ea

SAVE \$1.27
UP TO



Monjava
Capsules
10 Pack

\$5
ea

SAVE \$2.50
UP TO



Kellogg's Fun Pack
Assorted Cereals 170g \$2.94 per 100g

\$5³⁰
ea

SAVE \$1.60
UP TO



Carman's
Porridge
Sachets
270-320g



\$4⁵⁰
ea

SAVE \$1.05
UP TO

Bushells Blue Label or
Australian Breakfast or
Extra Strong
Tea Bags 100 Pack

\$4.50
ea

GREAT VALUE



Bundaberg
Raw Sugar
2kg
\$2.25 per kg

\$6.75
ea

SAVE UP TO 75¢



Cobram Estate
Extra Virgin
Olive Oil Light
Spray 225g
\$3.00 per 100g

\$3.80
ea

SAVE UP TO 40¢



McKenzie's
Pepper 100g
\$3.80 per 100g

\$9.20
ea

SAVE UP TO 80¢



Angus Park
Fruit Salad
500g
\$1.84 per 100g

\$3.20
ea

SAVE UP TO 40¢



Bundaberg
Soft Icing
Mixture 1kg
\$3.20 per kg

\$2.50
ea

SAVE UP TO 50¢



Golden Circle
Tomato Juice
1 Litre
\$2.50 per litre

\$3.20
ea

SAVE UP TO \$1.30



Saxa
Table Salt
Drum 750g
\$0.43 per 100g

\$3.65
ea

SAVE UP TO 68¢



Kooka
A Krumb
Breadcrumbs
150-200g

Bake Magic
this Winter



GLUTEN FREE

\$4
ea

SAVE UP TO \$1.00

White Wings
Gluten Free
Flour 500g
\$8.00 per kg



\$4.50
ea

SAVE UP TO \$1.50

White Wings
Cake Mix or
Muffin Mix
230-560g

PANTRY

\$135
ea

SAVE \$1.35
UP TO

**HALF
PRICE**



John West Tuna Tempters 95g \$1.42 per 100g

\$175
ea

SAVE 75¢
UP TO



Fantastic Cup or Bowl Noodles 70-85g

\$385
ea

SAVE \$1.65
UP TO

**NEW
PRODUCT**



Leggo's
Pasta
Sauce 390g
\$0.99 per 100g

\$220
ea

SAVE \$2.00
UP TO



Massel
Liquid
Stock 1 Litre
\$2.20 per Litre

\$430
ea

SAVE 50¢
UP TO



Leggo's
Tomato
Paste 500g
\$0.86 per 100g

\$140
ea

SAVE \$1.40
UP TO

**HALF
PRICE**



Trident
Soup 60g
\$2.33 per 100g

\$4
ea

SAVE \$1.78
UP TO



Plumrose
Cocktail
Franks 400g
\$1.00 per 100g

\$340
ea

SAVE \$1.00
UP TO



Mission
Street Tacos
10 Pack
375g
\$0.91 per 100g

\$420
ea

GREAT VALUE



Mission Salsa 300g \$1.40 per 100g

\$340
ea

SAVE 80¢
UP TO



Mission
White Corn
Tortillas
12 Pack 312g
\$1.09 per 100g

PANTRY

\$1.45
ea

SAVE UP TO **55c**



Val Verde
Peeled
Tomatoes
400g
\$0.36 per 100g

\$3.25
ea

SAVE UP TO **\$3.25**

HALF PRICE



MasterFoods
Born In The Flames
Sauce 500ml
\$0.65 per 100ml

GREAT SAVINGS
Live Here

\$5.40
ea

SAVE UP TO **90c**



Passage
To India
Simmer
Sauce 375g
\$1.44 per 100g

\$3
ea

SAVE UP TO **60c**



Praise
Dressing
330ml
\$0.91 per 100ml

\$23
ea

SAVE UP TO **\$4.00**



Moro
Olive Oil
1 Litre
\$23.00 per litre

\$6.50
ea

SAVE UP TO **\$1.80**



Heinz
Seriously Good
Mayonnaise
or Aioli 500ml
\$1.30 per 100ml

\$3.10
ea

SAVE UP TO **50c**



Santamaria Sardines 120g
\$2.58 per 100g

\$2.50
ea

SAVE UP TO **80c**



San Remo Active Plus Pasta 400g
\$0.63 per 100g

\$3.95
ea

SAVE UP TO **78c**



True Thai
Oyster Sauce
500ml
\$0.79 per 100ml

\$2.90
ea

SAVE UP TO **63c**



True Thai
Hoisin Sauce
300ml
\$0.97 per 100ml

\$3.85
ea

SAVE UP TO **95c**



Mutti
Sugo Pasta
Sauce 400g
\$0.96 per 100g

BISCUITS & SNACKS

\$3 ea

SAVE UP TO **\$1.00**



Arnott's Salada or Vita Weat Crackers 250g \$1.20 per 100g

\$2 ea

SAVE UP TO **50¢**



Fantastic Rice Crackers 100g \$2.00 per 100g

\$3 ea

SAVE UP TO **90¢**



Ryvita Crispbread 250g \$1.20 per 100g

\$3.50 ea

SAVE UP TO **\$1.00**



BelVita Breakfast or Sandwich Biscuits 253-300g

\$3 ea

SAVE UP TO **\$1.00**



Arnott's Jatz Crackers 225-250g

\$1.70 ea

SAVE UP TO **50¢**



Glico Pocky Biscuit Sticks 40-47g

\$4.50 ea

6 PACK



Fresh Bake Almond or Apple Fingers 280g \$1.61 per 100g

\$7 ea

GREAT VALUE

Nature's Delight Walnuts 500g \$1.40 per 100g



\$7.50 ea

GREAT VALUE

Yummy Almonds 500g \$1.50 per 100g



\$4.90 ea

GREAT VALUE

Nature's Delight Salted or Unsalted Peanuts 500g \$0.98 per 100g



Prices effective from Wednesday 3rd July 2024 to Tuesday 9th July 2024, or while stocks last.

• Photographs for illustration purposes only. • Some products may not be available in all stores. • To cover freight some prices may be higher in some country areas. • Check with your local Foodland store for trading hours. Savings based on the Metcash competition sell price as at 27.05.24. Advertised savings may vary in some stores as some products may already be priced below the Metcash competition price. RESALE OF PRODUCTS NOT PERMITTED.



Please recycle this catalogue

\$2.40 ea
SAVE \$2.40 UP TO

Smith's Thinly Cut Potato Chips
175g \$1.37 per 100g

HALF PRICE

\$3 ea
SAVE \$3.00 UP TO

Maltesers, Pods, M&M's or Skittles
120-200g

\$3.50 ea
SAVE \$1.50 UP TO

CC's or Cornados Chips
110-175g

\$3.50 ea
SAVE \$2.00 UP TO

Pringle Chips
118-134g

\$3.50 ea
SAVE \$1.50 UP TO

The Natural Confectionery Co. Lolly Bags
180-230g

\$3 ea
SAVE \$1.80 UP TO

Smith's Original or Double Crunch Potato Chips
150-170g

\$2.65 ea
SAVE \$1.15 UP TO

Pop Corners 85g
\$3.12 per 100g

\$5 ea
SAVE \$3.00 UP TO

Whittaker's Block Chocolate
200-250g

\$3.75 ea
SAVE \$1.25 UP TO

PRIME X

Prime X Edition
\$7.50 per litre

CAFFEINE FREE

SNACKS

Everyday
**LOW
PRICES**

*on snack
sized treats*



\$3.50
ea

EVERY DAY!

Smith's
or Varieties
Multipacks
5-6 Pack



\$7
ea

EVERY DAY!



Cadbury
Large
Blocks
315-360g

\$3.50
ea

EVERY DAY!



Diet Rite
Cordial 1L
\$3.50 per litre

\$2.20
ea

EVERY DAY!



Mars or Varieties Large Bars 2 Pack

\$9.50
ea

EVERY DAY!



Nobby's
Cashews
300g
\$31.67 per kg

\$8.80
ea


EVERY DAY!



Frantelle Spring Water 12 x 600ml
\$1.22 per litre

\$7
ea

EVERY DAY!



Nestlé Scorched Almonds 240g
\$2.92 per 100g

\$5
ea

EVERY DAY!



Kinder Chocolate T6 126g \$3.97 per 100g

\$6
ea

EVERY DAY!



Kirks Mixers 6 x 250ml \$4.00 per litre

\$23¹⁰
ea

SAVE UP TO **\$15.40**



Coca-Cola Cans 24 x 375ml \$2.57 per litre

\$11⁸⁰
ea

SAVE UP TO **\$6.20**



Schweppes Mineral Water 10 x 375ml
\$3.15 per litre

\$1⁸⁵
ea

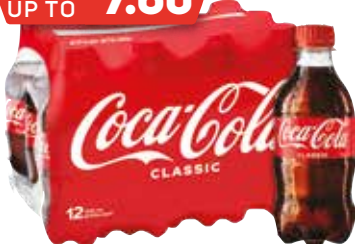
SAVE UP TO **85¢**



Kirks Soft Drink 1.25 Litre \$1.48 per litre

\$11⁴⁰
ea

SAVE UP TO **\$7.60**



Coca-Cola or Varieties 12 x 300ml
\$3.17 per litre

\$5⁵⁰
ea

SAVE UP TO **\$1.90**



Schweppes Mixers
4 x 300ml
\$4.58 per litre

\$2⁵⁰
ea

SAVE UP TO **\$1.70**



Powerade or Active
600ml
\$4.17 per litre

\$12⁶⁰
ea

GREAT VALUE



Mother Energy Drink 10 x 375ml
\$3.36 per litre

\$2⁸⁵
ea

SAVE UP TO **\$1.25**



Jarritos Soda 370ml
\$7.70 per litre

\$11⁷⁵
ea

SAVE UP TO **\$3.25**



Tempus Two Pinot Grigio
750ml
\$15.67 per litre

\$11⁶⁰
ea

SAVE UP TO **\$3.40**



Asahi Super Dry or Peroni Zero Alcohol Beer 6 x 330ml \$5.85 per litre

0% ZERO ALCOHOL



Enjoy this
Dry July

FROZEN

\$7 ea

SAVE \$2.50 UP TO



Golden North
Giant Twins
5 Packs

\$6.50 ea

SAVE \$3.00 UP TO



Bulla Creamy Classics Multipack 4s

\$7.50 ea

GREAT VALUE



Cadbury
Ice Cream
460ml
\$1.63 per 100ml

\$7.50 ea

SAVE \$3.00 UP TO



Peters
Maxibon
Multipacks
4s
\$187.50 per 100ml

\$24 ea

SAVE \$12.00 UP TO



Peters Drumstick 24 Pack \$0.84 per 100ml

\$6 ea

SAVE \$4.00 UP TO



Golden North Nut Free Ice Cream 2 Litre
\$0.30 per 100ml

\$5.50 ea

EVERY DAY!



Bulla Real Dairy Ice Cream 2 Litre
\$0.28 per 100ml

\$5.20 ea

SAVE \$1.30 UP TO



Nanna's
Salted
Caramel
Tart 4 Pack
\$1.15 per 100g

\$6 ea

SAVE \$1.50 UP TO



Sara Lee
Danish 400g
\$1.50 per 100g

\$4 ea

SAVE UP TO 50¢



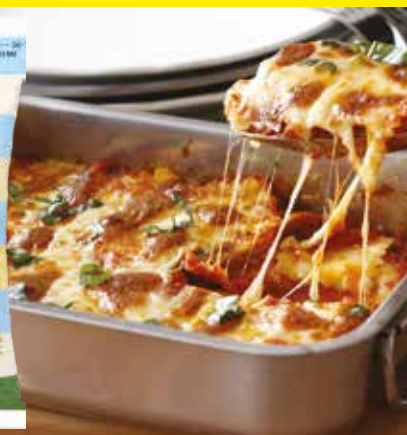
Nanna's Apple Crumble Pie 550g
\$0.82 per 100g

\$10⁸⁰
ea

EVERY DAY!



Devondale
Shredded
Cheese 600g
\$18.00 per kg



Everyday
**LOW
PRICES**

on cheesy
goodness

\$7⁵⁰
ea

EVERY DAY!



Danone
YoPro
Yoghurt 700g
\$1.07 per 100g

\$8⁵⁰
ea

EVERY DAY!



Sara Lee
Ice Cream
1 Litre
\$0.85 per 100ml

\$5
ea

EVERY DAY!



Birds Eye Beer Battered Chips 750g
\$6.67 per kg

\$3⁹⁰
ea

EVERY DAY!



Watties
Wok
Creations
400g
\$9.75 per kg

\$4⁹⁰
ea

EVERY DAY!



Nuttex 500g \$0.98 per 100g

\$5
ea

EVERY DAY!



Juice
Brothers
1 Litre
\$5.00 per litre

\$13⁵⁰
ea

EVERY DAY!



On the
Menu Beef
Lasagne 2kg
\$0.68 per 100g

\$7
ea

EVERY DAY!



Birds Eye Whiting Fish Fingers 350g
\$20.00 per kg

DAIRY

\$170
ea

SAVE UP TO 90¢



Dairy Farmers Thick & Creamy Yoghurt 140-150g

95¢
ea

SAVE UP TO 25¢



Brownes Wiggles Pouch Yoghurt 90g
\$1.06 per 100g

\$2.90
ea

SAVE UP TO 60¢



The Yoghurt Factory Yoghurt 180g
\$1.61 per 100g

\$140
ea

SAVE UP TO 60¢



Pauls Custard Pouch 70g
\$2.00 per 100g

\$150
ea

SAVE UP TO 90¢



Vaalia Kids Yoghurt Pouch 140g
\$1.07 per 100g

\$7
ea

GREAT VALUE



Jalna Pot Set Yoghurt 1kg
(Excludes Lactose Free)
\$0.70 per 100g

\$3.30
ea

GREAT VALUE



Gippsland Mix-Ins Yoghurt 140g
\$2.36 per 100g

\$5.90
ea

GREAT VALUE



Nippy's Juice 2 Litre
\$2.95 per litre

**FULL FLAVOUR
FULL STRENGTH
FULL ON.**

\$2.80
ea

SAVE UP TO \$1.30

Oak 600ml
\$4.67 per litre



\$6 ea

SAVE \$1.30 UP TO



Cheer Cheese Refills 250g \$2.40 per 100g

\$9 ea

SAVE \$3.95 UP TO



Primo Short Cut Bacon 500g \$18.00 per kg

\$5.50 ea

SAVE \$5.50 UP TO

HALF PRICE

NEW PRODUCT



Raguletto Pasta 600g \$0.92 per 100g

\$2.40 ea

SAVE \$1.00 UP TO



Primo Cheese & Cracker Pack 30-33g

\$4.70 ea

SAVE \$3.30 UP TO



La Famiglia Garlic Bread Slices 450g \$1.04 per 100g

\$7 ea

TRY ME!

NEW PRODUCT



Tassal Smoked Salmon with a hint of Lemon 90g \$7.78 per 100g

\$9 ea

GREAT VALUE

HEAT & EAT



Macro Meals 300-350g

\$12 ea

SAVE \$1.75 UP TO

HEAT & EAT



Barossa Pizza 600g \$2.00 per 100g

NEW

REAL BLACK COFFEE.
NO SUGAR ADDED.

\$3.50 ea

TRY ME!

Hunt & Brew Coffee 400ml \$8.75 per litre



NEW FLAVOUR

HUNT AND BREW

FROZEN

\$7.50
ea

SAVE \$3.50
UP TO



McCain
Rustica
Pizza
335-430g

\$2.50
ea

SAVE \$1.05
UP TO



Heinz Mixed Veg,
Broad Beans or Baby Peas 500g

\$12
ea

SAVE \$4.20
UP TO



Dumpling 100
Pork,
Cabbage &
Chive 500g
\$2.40 per 100g

\$8.50
ea

SAVE \$5.10
UP TO



Balfours Pies, Pasty or Sausage Roll 4
600-700g



\$8.50
ea

SAVE \$4.00
UP TO



Ingham's
Chicken
Kiev 350g
\$24.29 per kg

\$14.50
ea

SAVE \$4.40
UP TO



Patties
Party Pack
1.25kg
\$11.60 per kg

\$4.50
ea

TRY ME!

NEW
PRODUCT



Pacific West
Prawn Platter
or Prawn
Dumpling
265-300g

\$7.50
ea

SAVE \$2.00
UP TO



McCain Pub Size Meals 480-500g

\$5.50
ea

GREAT VALUE



Junior Chefs
on Wheels
Meals 300g
\$1.83 per 100g

\$4.50
ea

SAVE \$1.50
UP TO



Super Nature
Frozen Meals 300g \$1.50 per 100g

HALF PRICE

SELECTED **COLGATE PRODUCTS**



- A. Colgate Pulse Toothbrush 1 Pack
\$40ea SAVE \$40.00
- B. Colgate Toothpaste Maxfresh 100g
\$4ea SAVE \$4.00 \$4.00 per 100g
- C. Colgate Mouthwash Maxfresh 1 Litre
\$7ea SAVE \$7.00 \$0.70 per 100ml

HALF PRICE

SELECTED **TRESEMME PRODUCTS**



- A. TRESemmé Hair Spray 360g
\$4.50ea SAVE \$4.50 \$1.25 per 100g
- B. TRESemmé Shampoo or Conditioner 500ml
\$7.50ea SAVE \$7.50 \$1.50 per 100ml
- C. TRESemmé Serum 100ml
\$10ea SAVE \$10.00 \$10.00 per 100ml

\$4.90 ea

SAVE \$3.60
UP TO



BIC
Soleil Glow
Razor 3 Pack
\$1.63 each

\$4 ea

SAVE \$1.50
UP TO



Schick
Shaving
Gel 70g
\$5.71 per 100g

\$4.50 ea

SAVE \$3.00
UP TO



Palmolive
Naturals
Shower Gel
500ml
\$0.90 per 100ml



30% OFF
SELECTED
NAIR
PRODUCTS

HEALTH & BEAUTY

40% OFF SELECTED **SENSODYNE PRODUCTS**



HALEON

- A. Sensodyne Toothbrush Daily Care 3 Pack **\$6.30ea SAVE \$4.20**
\$2.10 each
- B. Sensodyne Toothpaste Daily Care 100g **\$5.00ea SAVE \$4.70**
\$5.00 per 100g
- C. Sensodyne Cool Mint Mouth Wash 500ml **\$5.95ea SAVE \$3.95**
\$1.19 per 100ml



Always read the label and follow the directions for use. ©2024 Haleon or its licensor. PM-AU-SENSO-24-00088.

30% OFF SELECTED **VASELINE PRODUCTS**



- A. Vaseline Expert Care Body Lotion 550ml **\$10.50ea SAVE \$4.50** \$1.91 per 100ml
- B. Vaseline Intensive Care Body Lotion 225ml **\$4.55ea SAVE \$1.95** \$2.02 per 100ml
- C. Vaseline Deep Restore Lotion 75ml **\$3.15ea SAVE \$1.35** \$4.20 per 100ml

\$5.40 ea

SAVE UP TO 60¢



Elastoplast Sensitive White Assorted or Waterproof Strips 40 Pack \$0.14 each

\$4.50 ea

SAVE UP TO \$1.30



Cottons Ultra Thin Pads 12-14s or Tampons 16s

\$9 ea

SAVE UP TO \$3.00



Skyn Condoms 10 Pack* \$0.90 each

30% OFF SELECTED **DIFFLAM & DURO-TUSS PRODUCTS**



*Always read the label and follow the directions for use. *Always read the label. Follow directions for use. This medicine may not be right for you. Read the warnings on pack before purchase. Incorrect use could be harmful. If symptoms persist, talk to your health professional.

\$4 ea

SAVE UP TO \$1.00



Medix Paracetamol Rapid Caps or Ibuprofen Soft Gel 20s* \$0.20 each

\$3.75 ea

GREAT VALUE



Medix Ibuprofen Mini 25s* \$0.15 each

20% OFF SELECTED **GAVISCON** PRODUCTS



- A. Gaviscon Dual Action Liquid 300ml* **\$9.60ea SAVE \$2.40** \$3.20 per 100ml
- B. Gaviscon Dual Action Liquid 600ml* **\$16ea SAVE \$4.00** \$2.67 per 100ml
- C. Gaviscon Extra Strength Liquid 300ml* **\$14ea SAVE \$3.50** \$4.67 per 100ml

\$39 ea

EVERY DAY!



Huggies Jumbo 60-90s

\$4 ea

SAVE UP TO \$2.00



Palmolive Kids 3 in 1 or 2 in 1 Shampoo & Conditioner 350ml \$1.14 per 100ml

\$3.80 ea

SAVE UP TO 95¢



Little Bellies Puffs 30-35g

Rafferty's Garden



NEW FLAVOURS

\$1.80 ea

SAVE UP TO 35¢

Rafferty's Garden Pouches 120g \$1.50 per 100g

*Always read the label. Follow directions for use. This medicine may not be right for you. Read the warning on pack before purchase. Incorrect use could be harmful. If symptoms persist, talk to your health professional.

HEALTH & BEAUTY

Everyday
**LOW
PRICES**

on luxurious
showers



\$5⁸⁰ ea

EVERY DAY!



Lux Body Wash 400ml
\$1.45 per 100ml

\$3⁷⁰ ea

EVERY DAY!



Mitchum Roll On Deodorant 50ml
\$7.40 per 100ml

\$23 ea

EVERY DAY!



Colourless Hair Remover 1 Pack

\$17⁵⁵ ea

EVERY DAY!



Cetaphil Face Cleanser 178ml
\$9.85 per 100ml

\$14⁵⁰ ea

EVERY DAY!



Listerine Total Care Mouthwash 1 Litre
\$1.45 per 100ml

\$18⁹⁰ ea

EVERY DAY!



Dermeze Soap Free Body Wash 1 Litre
\$1.89 per 100ml

\$2⁵⁰ ea

EVERY DAY!



Pears Bar Soap 125g \$2.00 per 100g

\$5⁸⁵ ea

EVERY DAY!



Swisspers Eco Wipes 25 Pack \$0.23 each

\$6 ea

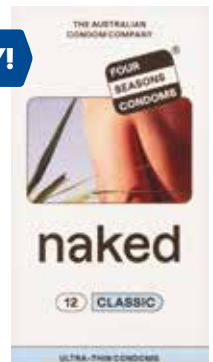
EVERY DAY!



Schwarzkopf Taft Hair Spray 200g
\$3.00 per 100g

\$6³⁰ ea

EVERY DAY!



Four Seasons Condoms 12 Pack*
\$0.53 each

*Always read the label and follow the directions for use.

\$22 ea

EVERY DAY!



Fairy
All In One
Dishwasher
Tablets Lemon
48 Pack
\$0.46 each



Everyday
**LOW
PRICES**

on sparkling
dishes

\$7 ea

EVERY DAY!



Fairy
Rinse Aid
360ml
\$1.94 per 100ml

\$8 ea

EVERY DAY!



Fairy Dishwasher Machine
Cleaner 250ml \$3.20 per 100ml

\$6.50 ea

EVERY DAY!



Fairy
Dishwashing
Liquid
475-495ml

\$3.80 ea

EVERY DAY!



Nature's Gift
Dog Food
1.2kg
\$0.32 per 100g

\$2.10 ea

EVERY DAY!



Whiskas
Cat Food
400g
\$0.53 per 100g

\$1 ea

EVERY DAY!



Nature's Gift Dog Food Tray 100g
\$1.00 per 100g

\$6 ea

EVERY DAY!



VIP Pets 1st Choice Dog Food Roll 3kg
(Avail in the Meat Dept Fridge) \$2.00 per kg

\$6.25 ea

EVERY DAY!



Fancy Feast
Dry Cat
Food 450g
\$1.39 per 100g

\$9.20 ea

EVERY DAY!



Paw Grocer
Bedtime
Bikkies 150g
\$6.13 per 100g

HOUSEHOLD

\$4.75
ea

SAVE \$4.75
UP TO

**HALF
PRICE**



Morning Fresh
Dishwashing
Liquid 900ml
\$0.53 per 100ml

\$3.50
ea

SAVE \$2.50
UP TO



VIVA Paper Towel Cooking or Regular 3 Pack

\$5.50
ea

SAVE \$1.50
UP TO



AJAX ECO
Wipes 110 Pack
\$0.05 each

\$2
ea

SAVE 50¢
UP TO



Quilton White 3 Ply Facial Tissues 110s \$1.82 per 100 units

\$17.95
ea

SAVE \$2.50
UP TO



Black Jewel
Firewood 15Kg
\$1.20 per Kg

\$14.50
ea

SAVE \$1.20
UP TO



Black Jewel
Kindling 5Kg
\$2.90 per kg

\$5
ea

SAVE \$3.50
UP TO



Brunnings
Naturally
Good Potting
Mix 25 Litre
\$0.20 per litre

\$10
ea

SAVE \$4.30
UP TO



Redheads
BBQ
Briquettes
4kg
\$2.50 per kg

\$6
ea

SAVE \$2.00
UP TO



Redheads
Gasmatch
Utility
\$6.00 each

\$4.50
ea

SAVE \$1.00
UP TO



Redheads Firelighters 24s \$0.19 each

\$14.50 ea
SAVE \$14.50 UP TO
HALF PRICE

Dynamo Professional Laundry Liquid 2 Litre \$7.25 per litre

\$18 ea
SAVE \$18.00 UP TO
HALF PRICE

Cold Power Laundry Liquid 4 Litre \$4.50 per litre

\$16 ea
SAVE \$16.00 UP TO
HALF PRICE

Dynamo Professional Discs 28 Pack \$0.57 each

\$8.95 ea
SAVE \$2.55 UP TO

Napisan Vanish Oxi Action 1kg \$8.95 per kg

\$3.50 ea
SAVE 65¢ UP TO

Earth Choice Ultra Power Stain Remover 400ml \$0.88 per 100ml

\$3.50 ea
SAVE \$3.50 UP TO

Harpic Fresh Power Toilet Cleaner 700ml \$0.50 per 100ml

\$3.50 ea
SAVE \$3.50 UP TO

Harpic Toilet Block 35-39g

\$5.50 ea
SAVE \$5.50 UP TO
HALF PRICE

Bref Power Active Fresh Flowers 2 x 50g \$5.50 per 100g

\$4 ea
SAVE \$1.50 UP TO
 NOW even Softer

iCare Double Length 3 Ply Toilet Rolls 4 Pack \$0.28 per 100 sheets

\$5.20 ea
SAVE 60¢ UP TO

Kleenex Luxury Quilts Paper 6 Pack \$0.58 per 100 sheets

\$3 ea
SAVE 50¢ UP TO

Kleenex Unscented Flushable Wipes 36s \$8.33 per 100 units

PET

GREAT SAVINGS
Live Here

\$130
ea

GREAT VALUE



Purina Fancy Feast Cat Food 85g
\$1.53 per 100g

\$7
ea

SAVE \$3.00
UP TO

Dine
Classic
Cat Food
Multipack
7 x 85g
\$1.18 per 100g



\$9.50
ea

SAVE \$4.00
UP TO



Fussy Cat Twice as Tasty
Multipack 12 x 80g \$0.99 per 100g

\$7.50
ea

SAVE \$2.00
UP TO

Breeder's
Choice Cat
Litter 6 Litre
\$1.25 per litre



\$3.85
ea

SAVE \$1.65
UP TO

Temptations
Cat Treats 85g
\$4.53 per 100g



\$14.40
ea

SAVE \$9.60
UP TO

Pedigree
Dentastix
28 Pack
\$0.51 each



\$3.60
ea

SAVE 90¢
UP TO

My Dog
Treats 100g
\$3.60 per 100g



\$7
ea

SAVE \$3.00
UP TO

My Dog
6 x 100g
\$1.17 per 100g



\$31.50
ea

SAVE \$13.50
UP TO

Optimum
Dry Dog
Food 7kg
\$0.45 per 100g



\$8
ea

SAVE \$1.15
UP TO

4 Legs
Dog Food
1.3kg
(Available
in Meat
Dept. fridge)
\$0.62 per 100g



\$6.40
ea

SAVE \$1.60
UP TO

Natures Goodness Dog Food Roll 2.15kg
(Available in Meat Dept. fridge) \$2.98 per kg



WITH
More Stores
CLOSE TO HOME
Great Food Lives at

FOODLAND



For opening times & more information, head to
foodlandsa.com.au/store-locator



Angaston Foodland

57 Murray Street
Aldgate Foodland

232 Mount Barker Road
Athelstone Foodland

320 Gorge Road
Balaklava Foodland

13 Wallace Street
Balhannah Foodland

84 Onkaparinga Valley Road
Barmera Foodland

18 Barwell Avenue
Birdwood Foodland

20 Shannon Street
Bordertown North Foodland

110 North Terrace
Brighton Foodland

527 Brighton Road
Brooklyn Park Foodland

289 Henley Beach Road
Campbelltown Foodland

210 Lower North East Road
Ceduna Foodland

48 Poynton Street
Clare Foodland

250 Main North Road
Cleve Foodland

35 Main Street
Cowell Foodland

11 Main Street
Croydon Foodland

191 South Road
Crystal Brook Foodland

Bowman Street
Daw Park Foodland

530 Goodwood Road
Darlington Foodland

60 Seacombe Road
Erindale Foodland

363 Kensington Road

Eudunda Foodland

21 Bruce Street
Fairview Park Foodland

325 Hancock Road
Flagstaff Hill Foodland

Memford Way
Freeling Foodland

3 Hanson Street
Frewville Foodland

177 Glen Osmond Road
Glenelg South Foodland

103 Partridge Street
Goolwa Foodland

Goolwa Village,
Hutchinson Street
Greenwith Foodland

222 Target Hill Road
Hackham Foodland

77 Collins Parade
Happy Valley Foodland

Happy Valley Shopping Centre
Henley Square Foodland

348-354 Seaview Road
Hove Foodland

349 Brighton Road
Jamestown Foodland

5 Arran Street
Kapunda Foodland

113 Main Road
Kilkenny Foodland

Armada Arndale Shopping
Centre
Kingston Se Foodland

1 Hansen Street
Littlehampton Foodland

85 Princes Highway
Lobethal Foodland

18 Main Street
Lockleys Foodland

491 Henley Beach Road

Loxton Foodland

East Terrace
Magill Foodland

591 Magill Road
Maitland Foodland

25 Robert Street
Mannum Foodland

76 Randell Street
Marion Foodland

750 Marion Road
McLaren Vale Foodland

130 Main Road
Meningie Foodland

50 Princes Highway
Millicent Foodland

1 Kentish Place
Minlaton Foodland

14 Main Street
Mitcham Foodland

119 Princes Road
Moana Heights Foodland

Cnr Babbacombe Road &
Commercial Road
Morphett Vale Foodland

Connington Plaza, 201 Main
South Road
Mt Barker Foodland

2 Victoria Crescent
Munno Para Foodland

600 Main North Road
Nairne Foodland

121 Princes Highway
Naracoorte Foodland

63 Ormerod Street
Normanville Foodland

85 Main Road
Norwood Foodland

161-169 The Parade
North Adelaide Foodland

71-79 O'Connell Street

Old Reynella Foodland

221 Old South Road
Parafield Gardens Foodland

237 Martins Road
Pasadena Foodland

20 Fiveash Drive
Penola Foodland

27 Church Street
Peterborough Foodland

177 Main Street
Pinnaroo Foodland

15 Railway Terrace
Port Adelaide Foodland

Port Mall Shopping Centre,
Marrygatt Street
Port Augusta

Westside Foodland

23 Loudon Street
Port Noarlunga South

Foodland

28 Seaford Road
Renmark Foodland

25 Ral Ral Avenue
Robe Foodland

7 Main Road
Rostrevor Foodland

161 St Bernards Road
Rosewater Foodland

144 Grand Junction Road
Royal Park Foodland

53-59 Tapleys Hill Rd
Rundlet Mall Foodland

Shop 9, 141-159 Rundlet Mall
Saints Road Foodland

Cnr Main North Road
& Saints Road
Salisbury East Foodland

53-63 Northbri Avenue

Seacliff Park Foodland

228 Seacombe Road
Sefton Park Foodland

231 Main North Road
Streaky Bay Foodland

6 Bay Road
Stirling Foodland

3/5 Johnston Street
Tailem Bend Foodland

113 Railway Terrace
Tanunda Foodland

119 Murray Street
Thebarton Foodland

81 George Street
Tumby Bay Foodland

5 Spencer Street
Waikerie Foodland

4 McCoy Street
West Lakes Foodland

Bartley Terrace
Whyalla Foodland

82 Essington Lewis Avenue
Whyalla One Stop Foodland

Shop 10/58-66 Flinders Avenue
Woodside Foodland

25 Onkaparinga Valley Road
Wudinna Foodland

49 Ballantyne Street
Yorketown Foodland

14 Warooka Road

Interstate Stores

Beryl Street Foodland

346 Beryl Street,
Broken Hill, NSW



LOCAL CELLARS



BEER

\$63 ea

Coopers Sparkling Ale Bottles or Cans 375ml
Coopers XPA Cans 375ml



SPIRITS

\$48 ea

Bundaberg Lamington Rum 700ml



Limited Edition

WORLD RUM DAY



PREMIX

MULTI BUY

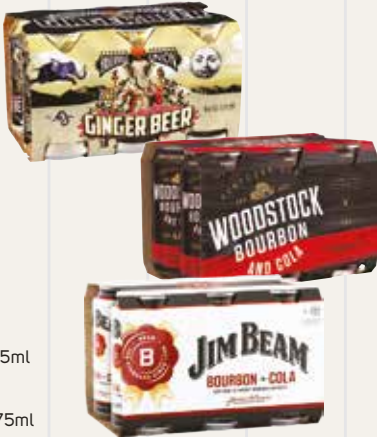
MIX & MATCH ANY 2

ANY 2 6 PACKS

\$55

OR \$30 ea

Brookvale Union Cans 375ml
Woodstock Cans 375ml
Jim Beam & Cola Cans 375ml



MULTI BUY

MIX & MATCH ANY 2

ANY 2 10 PACKS

\$100

OR \$55 ea

Suntory -196 Cans 375ml
Canadian Club & Dry 6% Cans 375ml
Brookvale Union Lemon Squash 375ml



WIN a CC Weekender Bag

SPEND \$25 OR MORE ON ANY CANADIAN CLUB PRODUCT AND ENTER FOR YOUR CHANCE TO WIN

24 PACK \$98 ea

Canadian Club & Dry Cans 375ml

700ML \$47 ea

Canadian Club Canadian Whisky



Over beer?

DRINK SMART

SALES APPLY. SEE <https://www.localcellars.com.au/en/education>. SPENDING MUST BE IN A SINGLE TRANSACTION. OPEN TO ALL RES. 16+ (18+ IN WA). SEE STORE FOR SPECIAL RULES & ENTRY. *MANUFACTURER'S SUGGESTED RETAIL PRICE. SEE STORE OR ONLINE AT LOCAL TIME. PRICE BY PARTICIPATING STORE. **A CUSTOMER MAY ONLY WIN ONE PRIZE PER STORE. WINNERS' NAME PUBLISHED IN STORE FROM 2024. PROMOTION BEGINS 3/24/24 AT 12:00 AM (AEST). SEE STORE FOR FULL DETAILS. © 2024 LOCAL CELLARS. ALL RIGHTS RESERVED.



Get the Facts DrinkWise.org.au



Local Cellars supports the responsible service of alcohol and follows the General Code of Practice under the Liquor Licensing Act 1997. It is an offence to sell or supply alcohol to or on behalf of a person aged under 18 years. Savings are off regular prices. Prices valid at South Australian Local Cellars stores only until sold out. We reserve the right to limit purchases to reasonable retail quantities, commercial quantities not supplied. Images are for advertising purposes only. Prices include GST where applicable. Promotional price effective from 3/7/24 to 16/7/24.

LOCAL CELLARS RENMARK - 25 RAL RAL AVENUE, RENMARK 5341 (08) 8586 4269
LOCAL CELLARS BANQUET FOOD & WINE - 990 PORT ROAD, ALBERT PARK SA 5014 (08) 8268 1652
LOCAL CELLARS BALAKLAVA - 4 WALLACE STREET, BALAKLAVA 5461 (08) 8862 1840



LOCAL CELLARS

Fire Gardens

by Compagnie Carabosse

Choose
your own
adventure
through
a truly
immersive
twilight
experience



04 — 21 JULY
Adelaide Botanic
Garden



illuminate
adelaide 

FOODLAND GREAT SAVINGS

Live Here

\$2.20
ea

SAVE UP TO **\$2.20**



Golden Bakery Crumpet Round 6 Pack \$0.37 each

\$8.50
ea

SAVE UP TO **\$8.50**



Schmackos Treats 500g \$1.70 per 100g



\$3
ea

SAVE UP TO **\$3.00**



Cadbury Sharepacks 144-180g



\$9
ea

SAVE UP TO **\$9.00**



Pepsi, Schweppes Cans 10 x 375ml
\$2.40 per litre

\$3.80
ea

SAVE UP TO **\$3.80**



Nescafé Coffee Sachets 6-10 Pack

\$18
ea

SAVE UP TO **\$4.90**

Quilton
Toilet Rolls 36 Pack
\$0.28 per 100 sheets



50¢
PER ROLL



Scan and subscribe to receive the digital catalogue straight to your inbox.

