

# FRUIT & VEGGIE WEEK

**NZ GROWN**

**\$12<sup>90</sup> KG**

Fresh Skinless Chicken Breast Fillets  
(Product of NZ, Excludes Free Range)

**NZ GROWN**

**\$7<sup>00</sup> EA**  
\$4.67/kg

New Season Perlas Potatoes 1.5kg  
(Product of NZ)

**NZ GROWN**

**\$2<sup>50</sup> PK**  
\$0.42 ea

Jazz Junior Apples 6 Pack  
(Product of NZ)

**\$13<sup>90</sup> PK**

Boundary Rd Brewery 6 x 330ml Cans

**\$3<sup>00</sup> EA**

Cadbury Chocolate Block 167-190g

**\$7<sup>00</sup> PK**

Streets Magnum 4 Pack  
(Excludes Double), Mini 6 Pack or Tubs 440ml

# SWEET SAVES

GREAT OFFERS ON WEEKLY FAVES



NZ GROWN



**\$10<sup>90</sup>**  
EA  
\$8.07/kg

NZ GROWN



**\$10<sup>90</sup>**  
KG

NZ GROWN



**\$7<sup>50</sup>**  
KG

WW Fresh Whole Chicken 1.35kg  
(Product of NZ, Excludes Free Range)

Fresh Pork Bone-In Leg Roast  
(Product of NZ, Excludes Free Range)

Fresh Chicken Nibbles  
(Product of NZ, Excludes Free Range)

**\$10<sup>90</sup>**  
EA  
\$10.90/kg



Hellers Flavoured  
Pre-Cooked Sausages 1kg

**\$9<sup>90</sup>**  
PK



Hellers Craft Sausages  
6 or 10 Pack

**\$3<sup>70</sup>**  
EA  
\$18.50/kg



Value Meat  
Shaved Ham 200g

**\$10<sup>90</sup>**  
EA  
\$109/kg



Aoraki Cold Smoked  
Salmon Slices 100g

## DELI & BAKE HOUSE

**\$15<sup>00</sup>**  
EA



Macro Free Range Hot  
Roast Chicken Medium

**\$2<sup>50</sup>**  
PK  
\$0.42 ea



Yarrows Plain  
Buffet Rolls 6 Pack

**\$5<sup>80</sup>**  
EA



Freshly Baked Banana Bread

**\$11<sup>50</sup>**  
EA  
\$2.88/100g



WW Red Velvet or Salted  
Caramel Layer Cake 400g



PROUD TO SUPPORT  
ALL THINGS LOCAL



# FRUIT & VEGGIE WEEK



**\$7<sup>90</sup>**  
EA  
\$11.29/kg

Pre-Packed Tomatoes 700g  
(Product of NZ)



2 FOR  
**\$2<sup>50</sup>**  
\$1.25 ea\*

Pre-Ripened Hass Avocados  
(Product of NZ)



**\$10<sup>90</sup>**  
KG

Loose Seedless Red or Green Grapes  
(Product of USA)



**\$1<sup>80</sup>**  
KG

Loose Carrots or Brown Onions  
(Product of NZ)



**\$5<sup>90</sup>**  
EA  
\$23.60/kg

Pre-Packed Strawberries 250g  
(Product of Australia)



**\$6<sup>00</sup>**  
EA  
\$4/kg

Pre-Packed Ambrosia Apples 1.5kg  
(Product of NZ)



**\$2<sup>90</sup>**  
EA

Freshly Picked Iceberg Lettuce  
(Product of NZ)



**\$4<sup>90</sup>**  
KG

Loose Seedless Afourer Mandarins  
(Product of Australia)



**\$2<sup>00</sup>**  
EA

Freshly Picked Silverbeet  
(Product of NZ)

## PASTA SALAD WITH TOMATOES & HERB DRESSING

A fresh and beautiful pasta salad recipe overflowing with tomatoes, avocado and cucumber, finished with a silky garlic and herb dressing. Perfect for a picnic.



Prep Time  
15 mins



Cooking Time  
10 mins



Feeds  
6

[View Recipe >](#)



# SWEET SAVES

GREAT OFFERS ON WEEKLY FAVES



**\$11.90**  
EA  
\$23.80/kg

Beehive Streaky Bacon  
500g



**4 FOR**  
**\$5.00**  
\$1.79/100g

Meadow Fresh Disney  
Yoghurt Pouch 70g



**\$7.60**  
EA

Sealord Hoki Fillets 300-480g  
(Excludes Premium) or Classic  
Crumbed Fish Burger 460g



**\$5.00**  
EA  
\$25/kg

Hellers Shaved Meats 200g



**\$4.30**  
EA  
\$3.19/100g

Mediterranean Layered  
or Chunky Dip 135g



**\$4.90**  
EA  
\$6.12/L

The Apple Press  
Smoothie 800ml



**PRICE PROMISE**  
**\$11.50**  
EA  
\$1.64/100g

Raglan Coconut  
Yoghurt 700g



**\$3.90**  
EA  
\$4.33/kg

McCain Super Fries 900g



**\$12.50**  
EA

Rangitikei Free Range  
Chicken 360g or 400g



**PRICE PROMISE**  
**\$6.40**  
EA  
\$0.64/100g

WW Puff Pastry or  
Shortcrust Pastry Sheets 1kg



**\$3.90**  
EA  
\$1.50/100g

On the Menu  
Frozen Meals 260g

## CHOCOLATE-HAZELNUT PULL-APART

Flaky, buttery pastry with a chocolate-hazelnut filling will satisfy any sweet tooth and this scrumptious recipe only takes 20 minutes to make.



Prep Time  
5 mins



Cooking Time  
15 mins



Feeds  
8

[View Recipe >](#)





**\$8.00**  
EA

Moccona Coffee Refills 75-100g



**\$2.00**  
EA

\$0.48/100g

Wattie's Baked Beans or Spaghetti 420g  
(Excludes Meat)



**\$4.00**  
EA

\$0.80/100g

Sanitarium Skippy Cornflakes 500g



**\$3.50**  
EA

\$0.93/100g

Craig's Jam or Marmalade 375g



**\$3.00**  
EA

\$16.22/kg

John West Tuna or Tempters 185g



**\$1.30**  
EA

\$1.62/100g

San Remo La Pasta Single Snack 80g



**\$5.50**  
PK

\$11/100ea

Dilmah Earl Grey or English Breakfast Tea Bags 50 Pack  
(Excludes Organic)



**\$4.90**  
EA

Heinz Seriously Good Squeezy Mayonnaise 285-295ml



**\$4.50**  
EA

\$1/100g

Patak's Simmer Sauce 450g



**PRICE PROMISE**

**\$2.20**  
EA

\$0.22/100g

Essentials Long Grain Rice 1kg



**\$3.50**  
EA

\$0.23/100g

Edmonds Flour 1.5kg  
(Excludes Self Raising)

**NEW**

**LIP-SMACKING DELICIOUSNESS WANTA?**



**NEW**  
Raspberry Flavour

# SWEET SAVES

GREAT OFFERS ON WEEKLY FAVES



**\$7.50**  
PK  
\$5/L

Coca-Cola, Sprite, Fanta or L&P Soft Drink 6 x 250ml Cans



**2 FOR**  
**\$4.00**

Bluebird Originals or Thinly Cut Chips 140-150g  
(Excludes Thick Cut Chips)



**\$3.50**  
EA

The Natural Confectionery Co. or Sour Patch Confectionery 180-230g

**2 FOR**  
**\$5.50**  
\$1.38/L



Pepsi, Mountain Dew or 7up Soft Drink 2L Bottle

**\$2.50**  
EA



Bluebird Rashuns, Twisties, Cheezels or Burger Rings Party Bag 190-210g

**\$3.00**  
EA  
\$2/100g



Kettle Chip Company Potato Chips 150g

**\$2.50**  
EA  
\$1.47/100g



Mexicano Corn Chips 170g

**\$3.00**  
EA  
\$1.67/100g



Griffin's ChitChat, Chocolate Fingers or Choc Thins 180g

**\$2.20**  
EA  
\$2.44/100g



Peckish Thins Rice Crackers 90g

**\$5.40**  
EA



Frooze Balls 210-224g

**PRICE PROMISE**

**\$3.00**  
EA  
\$6/L



V Refresh Energy Drink 500ml Can  
(Excludes Generic V)

## NEW BLACKCURRANT & YUZU



**CRISP. LIGHT. REFRESHING**

**\$10<sup>90</sup>**  
EA



Montana Classics or  
Affinity 750ml  
(Excludes Reserve & M By Montana)

**\$13<sup>90</sup>**  
EA



Villa Maria Private Bin 750ml  
(Excludes Pinot Noir, Syrah & Sparkling)

**\$23<sup>90</sup>**  
PK



Stoke Craft Beer  
12 x 330ml Cans

**\$22<sup>90</sup>**  
PK



Speight's Summit Ultra Low Carb  
Lager 12 x 330ml Bottles or Cans

**\$12<sup>90</sup>**  
EA



Kim Crawford 750ml  
(Excludes Illuminate, Zero & Small Parcels)

**\$13<sup>90</sup>**  
EA



Pā Road 750ml  
(Excludes Pinot Noir)

**\$20<sup>90</sup>**  
PK



Haagen Premium Lager  
12 x 330ml Bottles

**\$21<sup>50</sup>**  
PK



Behemoth Something Hoppy or  
Something Hazy 6 x 330ml Cans

**\$14<sup>90</sup>**  
EA



Elephant in the Room 750ml  
(Excludes Half)

**\$15<sup>90</sup>**  
EA



The Ned 750ml  
(Excludes Pinot Noir)

**\$21<sup>90</sup>**  
PK



Export Gold  
12 x 330ml Bottles

**\$22<sup>00</sup>**  
PK



Tuatara Craft Beer  
6 x 330ml Cans

**\$15<sup>90</sup>**  
EA



Grant Burge Fifth  
Generation 750ml

**\$25<sup>90</sup>**  
EA



Devil's Staircase Central  
Otago Pinot Noir 750ml

**\$27<sup>00</sup>**  
PK



Monteith's Batch Brewed  
12 x 330ml Bottles or Cans  
(Excludes Cider)

**\$44<sup>00</sup>**  
PK



Steinlager Pure or Ultra Low  
Carb Lager 24 x 330ml Bottles

# SWEET SAVES

GREAT OFFERS ON WEEKLY FAVES



**\$1.30**  
EA  
\$1.53/100g

Fancy Feast Canned Cat Food 85g  
(Excludes Elegant Medley)



**\$8.50**  
EA  
\$0.85/100g

Friskies Dry Cat Food 1kg



**\$16.00**  
EA

Pedigree Dry Dog Food 2.5-3kg



**\$9.90**  
PK  
\$0.97/100g

Purina Oscar Sensations Jellies  
Cat Food Pouches 12 Pack



**\$3.50**  
EA

Whiskas Temptations  
Cat Treats 60-85g



**\$1.80**  
EA

My Dog Canned  
Dog Food 85-100g



**PRICE PROMISE**  
**\$8.50**  
EA  
\$0.33/100g

Butch Bow Wow  
Dog Roll 2.6kg



**\$8.90**  
PK  
\$0.53/100 sheets

Sorbent Toilet Tissue 8 Pack



**\$4.60**  
PK

Libra Pads 10-18 Pack  
(Excludes Bulk Pack Ultra Thin)



**\$11.00**  
PK  
\$4.58/100ea

Huggies Baby  
Wipes 240 Pack



**\$3.40**  
PK  
\$2.83/100 sheets

Handee Paper Towels 2 Pack



# SWEET SAVES

GREAT OFFERS ON WEEKLY FAVES



**\$7<sup>00</sup>**  
EA  
\$3.18/100ml

Rexona Antiperspirant Aerosol 220ml



**\$4<sup>20</sup>**  
PK  
\$0.78/100g

Palmolive Soap 6 Pack



**\$10<sup>50</sup>**  
EA  
\$1.28/100ml

Dove Shampoo or Conditioner 820ml

**\$11<sup>90</sup>**  
EA  
\$1.32/100ml



Essano Body Wash 900ml

**\$8<sup>50</sup>**  
EA  
\$6.80/100ml



Sukin Cream Cleanser or Facial Moisturiser 125ml

**\$6<sup>00</sup>**  
EA  
\$3/100g



Colgate Advance Whitening Tartar Control Toothpaste 200g

**\$4<sup>90</sup>**  
EA  
\$0.98/100ml



Colgate Max Fresh Watermelon Mouthwash 500ml

**\$3<sup>20</sup>**  
EA  
\$0.80/100ml



Morning Fresh Dish Liquid 400ml

**\$4<sup>50</sup>**  
EA  
\$0.90/100ml



Ajax Spray n' Wipe Trigger 500ml

**\$19<sup>90</sup>**  
EA



Persil Laundry Liquid Top & Front Loader 1.8-2L

**\$6<sup>00</sup>**  
EA  
\$3.77/100g



Air Wick Pure Aerosol Air Freshener 159g

**\$5<sup>00</sup>**  
EA  
\$0.67/100ml



Ajax Floor Cleaner 750ml

**\$4<sup>50</sup>**  
EA  
\$0.64/100ml



Harpic Fresh Power Liquid Toilet Cleaner 700ml

**\$7<sup>50</sup>**  
EA



Cuddly Ultra Fabric Softener 900ml-1L

**\$10<sup>00</sup>**  
EA  
\$5/100g



Comfort In-Wash Fragrance Boosting Beads 200g

