freshchoice
WHERE FRESH MEETS LOCAL

MEGA SHOUT

Fresh NZ Skinless Chicken Breast Fillets

NZ GROWN

$8.90 KG

NZ GROWN

$1.00 EA

Hass Avocados

HOT DEALS ON NOW

$1.00 EA

NZ GROWN

Fresh Cut Broccoli

$8.90 EA

Alpine Mild, Colby or Edam Cheese 1kg

$5.40 EA

Mainland Butter 500g

23RD – 29TH NOVEMBER 2020

MORE GREAT DEALS INSIDE ⇒

Gregg's Cafe Gold Coffee or Hot Chocolate Sachet 10 Pack

$2.90 PK

Wattie's Sauce Refills 560-575g

$1.90 EA

3 FOR $5.00

Fanta 1.5L

freshchoice

HOT DEALS ON N

Copper Kettle Chips 140-150g

3 FOR $5.00

Quilton Toilet Tissue 3 Ply 12 Pack

$4.50 PK

FC23NOVP2-3

$1.90 EA
THE NATURAL CONFECTIONERY CO.
NO ARTIFICIAL COLOURS
NO ARTIFICIAL FLAVOURS
VEGAN
FRUITY FLAVOURED JELLIES
THE NATURAL CONFECTIONERY CO.
NO ARTIFICIAL COLOURS
NO ARTIFICIAL FLAVOURS
Snakes
The Natural Confectionery Co. 200-260g
NZ GROWN
$21.90 KG
Fresh NZ Beef Sirloin Steak
EGA
HOUT
UP&GO
LIQUID BREAKFAST
NO ADDED SUGAR
VANILLA ICE
2 FOR $6.00
Sanitarium Up & Go 3 Pack
OW
Shop now >
$6.60 EA
BEEHIVE
PIONEERS OF GOOD TASTE
Streaky Bacon
$17.00 EA
Beehive Streaky Bacon 1kg
Up to 50% off NIVEA products*
NIVEA
Soft
NIVEA Day Cream Jojoba & Vitamin E Creme 200ml
FC23NOVP2-3

$16.90 kg

Fresh NZ Pork Rump Steak
(Excludes Free Range)

$3.80 ea

Ciabatta or
Turkish Bread

$5.90 kg

Fresh NZ Chicken
Thighs Skin-On
& Bone-In

BBQ

STAR

$13.00 kg

Fresh NZ Chicken
Tenderloins

$14.90 kg

Fresh NZ Lamb
BBQ Chops

$6.00 pk

Fresh NZ Brink's
Chicken Kebabs
5 Pack

$8.50 ea

Hellers Plain
Pre-Cooked
Sausages 1kg

FC23NOVP4-5

$4.00 kg

Red Onions Peeled

$2.00 ea

Iceberg Lettuce

$1.70 ea

Bunched Spring Onions

$4.00 ea

Belladotti Salad Toppers 60-100g

Season

TS HERE

Our Price Promise $11.00 ea

Hot Cooked Chicken Medium

$2.00 ea

Pakchoy or Shanghai

$3.50 pk

Meadow Mushrooms White, Brown or Sliced Button 200-250g

$4.00 ea

MasterFoods Squeeze Mustard 250g

Our Price Promise $2.80 ea

Praise Dressing 330ml

$2.50 pk

Sweet Sensation Tomatoes 500g

FC23NOV/P4-5

Host with the most

From colourful canapes to mastering the art of the perfect platter, we've got all the inspiration you need to curate a showstopping spread.

Be Inspired >

$6.50 ea

Delmaine Antipasto 150-210g

$4.00 ea

Lisa's Hummus 200g
(Excludes Original)

$7.50 ea

Barrys Bay Peppered Havarti 140g

$3.00 ea

Sun Harvest Olives 450g

$7.80 ea

Verkerks Salami 300g

FC23NOVP6-7

Need Inspiration? Visit **FreshChoice.co.nz**

Mainland Special Reserve Camembert or Brie 125g
(Excludes Double Cream)

Aoraki Hot Smoked Natural Salmon Portions 180g

Peckish Rice Crackers 100g

Olina's Gluten Free Crackers 100g

Hellers Biersticks 168g

Macro Natural Mixed Nuts 250g

Be into WIN one of 5 DOUBLE STANDARD PASSES & 5 DOUBLE VIP PASSES to the Wine & Food Festival in Christchurch!

Head to **FreshChoice.co.nz** for details. Promo ends Fri 27th November.

Terms & conditions apply, visit FreshChoice.co.nz/promotions

Summer Sparkling

Lindauer 750ml
(Excludes Special Reserve, Vintage Series & Free)

Brown Brothers Prosecco 750ml

Deutz Marlborough Cuvee Brut 750ml

Mumm Cordon Rouge Champagne Brut 750ml

FC23NOV P6-7

Wine & beer not available at Glen Eden, Ranui and Mangere Bridge.

ID 25 Please drink responsibly

Christmas STARTS HERE

Christmas Ham

$12.90 kg

Farmland Hampden Cooked on the Bone
Whole, Half or Third Ham

$12.90 ea

Farmland Banquet
Leg Ham 890g

$17.00 kg

Hellers Continental
Carve Leg Ham

$19.00 kg

Beehive Loin Ham

$16.00 kg

Hellers Shoulder Ham

FC 23 NOV P8

$22.00 ea

Wine Match

Pinot Noir wines from the Central Otago region pair particularly well with sweeter glazes, or ones that include star anise or five spice.

Fickle Mistress Central Otago Pinot Noir 750ml

LD 25 Please drink responsibly

Need Inspiration? Visit **FreshChoice.co.nz**

Festive Berry Trifle

$1.50 ea

Chelsea Caster, Icing or Brown Sugar 500g

Our Price Promise $1.60 ea

Essentials Cornflour 500g

Our Price Promise $4.00 ea

Meadow Fresh Vanilla Custard 1kg
(Excludes Thick & Creamy)

30 min | 25 min | Makes 10 | Easy

View Recipe >

Pink Princess Pavlova

20 min | 90 min | Makes 12 | Easy

View Recipe >

Our Price Promise $2.70 ea

WW White Sugar 1.5kg

$7.90 ea

Hansells Natural Vanilla Essence 125ml

Our Price Promise $3.60 ea

WW Cream 500ml

$2.50 ea

DYC Malt or White Vinegar 750ml

FC 23 NOV P9

Recipe Author: Chelsea Sugar

Turkey & Pancetta Salad

720 min | 25 min | Makes 4 | Easy

View Recipe >

$42.00 ea
Tegel Frozen Turkey 3.5kg

Remember to pre-order your fresh turkey!

FC23NOVP10

Turkey Wine Match

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

A wine that is high in tannin will overpower the flavours in Turkey, but one high in acidity can help to balance the different flavours on a Christmas dinner table. Turkey wine pairings should be either a full-bodied white wine or a medium-bodied red, with low or medium tannin and high acidity.

2 FOR $25.00

$13.00 ea
The Ned 750ml
(Excludes Pinot Noir)

$12.00 ea
Dashwood or Mud House 750ml
(Excludes Pinot Noir, Home Block & Woolshed)

$12.00 ea
Kim Crawford Reserve 750ml
(Excludes Pinot Noir)

$11.00 ea
Old Coach Road 750ml

Our Price Promise **$9.00 ea**
Jacob's Creek Still 750ml
(Excludes Reserve, Le Petit & Double Barrel)

Our Price Promise **$11.00 ea**
Giesen 750ml
(Excludes Organic & Sparkling)

$10.00 ea
Montana Winemakers or Riverstone 750ml

BEER

Heineken or Monteith's
12 x 330ml Bottles
(Excludes Classics)
$22.00 pk

Steinlager Classic
15 x 330ml Bottles

$24.00 pk

Monteith's Crushed Apple Cider
12 x 330ml Bottles

$22.00 pk

Good Tides Seltzer
10 x 330ml Cans

$23.00 pk

Bootleg Booch Seltzer
10 x 330ml Cans

$25.00 pk

Speight's Gold Medal Ale
or Summit Ultra
24 x 330ml Bottles

$31.00 pk

FC23NOVP11

Our Price Promise

Promising great prices you can rely on everyday

Sol, Rochdale Apple Cider
or Steinlager Tokyo Dry
12 x 330ml Bottles

$20.00 pk

Haägen
24 x 330ml Bottles

$29.00 pk

Tiger, Beck's or Monteith's Classic
12 x 330ml Bottles

$20.00 pk

Christmas Treats

$5.00 ea

Lindt Lindor Bags 96-130g
or Fruit Sensation 150g

$2.50 ea

Park Ave Advent Calendar
Elf on the Shelf 40g

$9.00 ea

Cadbury
Roses 450g

$14.90 ea

Cadbury Roses
Tin 620g

$5.00 ea

WW Christmas Party Mix 1kg

$5.50 pk

Cadbury Christmas
Share Pack 144-150g

$5.90 ea

Cadbury Christmas
Stocking 189g

R23NDVPT2-13

FREE DATA NIGHTS
2GB FREE DATA EVERY NIGHT
5pm-midnight, limited time only

Only on Vodafone MyFlex
Prepay vodafone.co.nz/nights

*To use with other networks a $30 unlock fee applies. Terms apply, see vodafone.co.nz/nights.
MyFlex: See vodafone.co.nz/prepay for terms.

Vodafone
Smart A9
- 2.4" display
- 2MP camera
- Expandable memory

$15
*Locked

Vodafone
Smart C9
- 4" touchscreen
- 2MP camera + selfie camera

$49
*Locked

vodafone

Need Inspiration? Visit **FreshChoice.co.nz**

Maltesers Gift Box 400g

$6.00 ea

5 for $20.00

Nestlé Scorched Almonds 240g

$11.90 ea

RJ's Mackintosh's Toffee De Luxe 1kg

$7.90 ea

Corinthians Assorted Wafers 825g

$4.00 ea

WW Dusted Truffles 191g

$3.00 ea

Essentials Fruit Mince Pies 300g

$3.80 ea

Ernest Adams Rich Fruit Christmas Cake Iced 250g

Spend $50 and be in to

Win 5kg

of Cadbury Favourites!

Find out more

Terms & Conditions apply, visit FreshChoice.co.nz/Promotions for details.

FC23JOMPT2-13

FRUIT

Eureka Blueberry Punnet 125g

$5.00 EA

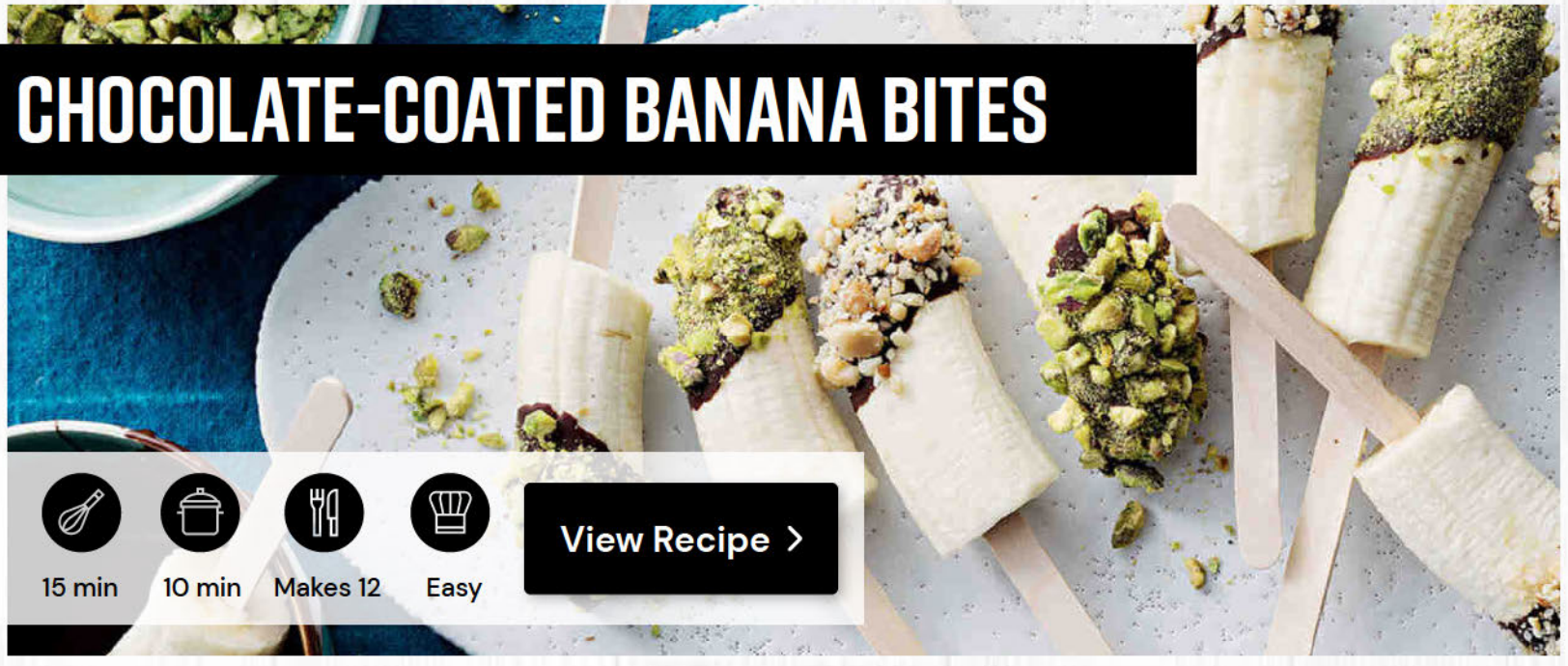
Ecuadorian All Good Fair Trade Bananas 850g

$3.50 EA

Loose Australian Afourer Mandarins

$4.50 KG

CHOCOLATE-COATED BANANA BITES



15 min | 10 min | Makes 12 | Easy

View Recipe >

FC23NOVP14

Need Inspiration? Visit **FreshChoice.co.nz**

MORE SAVINGS

Wattie's Baked Beanz or Spaghetti 420g Handy 3 Pack

$4.00 PK

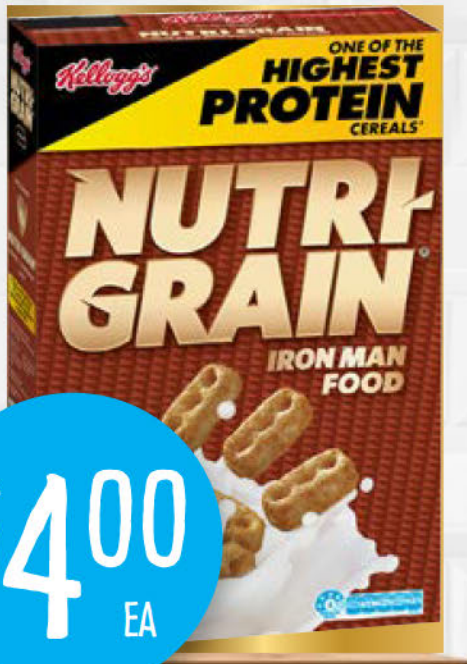
Vitasoy Coconut or Almond Milk 1L

$2.90 EA

Doritos Crackers 160g

3 FOR $5.00

Kellogg's Nutri-Grain, Special K or Sultana Bran 290-420g



$4.00 EA

Griffin's Premium Chocolate Biscuits 180-215g

2 FOR $5.00

Heinz Seriously Good Pasta Sauce 500-525g

$3.30 EA

Bluebird Delisio Chips 140g

3 FOR $4.50

FC23NOVP15

TRY ME!

BRING HOME STARBUCKS® HOLIDAY FAVOURITES

$7.00 PK

Starbucks By Nescafé Dolce Gusto Toffee Nut Latte 12 Pack or Nespresso Holiday Blend 10 Pack

Shop now >

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Our Price Promise

Promising great prices you can rely on everyday

$2.10 ea

Gregg's Dried Herbs or Spice Packet 5-65g

$2.30 ea

WW Pickle, Chutney or Relish 400g

$3.00 ea

McCoy Fruit Juice or Drink 1L

Christmas STARTS HERE

Chilled & Frozen

De Winkel Plain Unsweetened Yoghurt 1kg or 4 Pack

$4.50 ea

Anchor Cream Cheese 250g

$4.00 ea

Simply Squeezed Smoothie 800ml (Excludes Super Smoothies)

$4.00 ea

$4.80 ea

WW Ice Cream 2L

Ben & Jerry's Ice Cream 458ml

$10.00 ea

McCain Peas or Mixed Vegetables 1kg

$2.80 ea

Bean Supreme Vegetarian Gourmet Burger Patties, Sausages or Marinated Jackfruit 250-375g

$6.50 ea

FC23NOV16

Our Price Promise

Promising great prices you can rely on everyday

$4.00 ea

The Chookery Nuggets or Tenders 400-500g

$3.40 ea

Molenberg Bread 700g

$5.00 pk

WW Choc Coated Ice Creams 10 Pack

Pet Care

Friskies Dry Cat Food 1.42kg

$6.50 ea

$9.00 pk

Whiskas Cat Food Pouch 18 Pack

10 FOR $10.00

My Dog Pet Food 85-100g

Household

Persil Laundry Powder 2kg

$10.00 ea

$2.00 ea

Palmolive Dishwash Liquid 500ml

$4.00 pk

Stayfree Pads 10-14 Pack or CarefreeTampons 16-20 Pack

Colgate Regular Toothpaste 160-175g, Plax 250ml or Zig Zag Toothbrush

2 FOR $5.00

Our Price Promise **$11.30** pk

Huggies DryNites Nappies 9-11 Pack

Our Price Promise **$11.00** ea

WW Everyday Sunscreen SPF 50+ 500ml

FC23NOVP17

Foodbank Appeal

HELP ANOTHER FAMILY BY DONATING TO YOUR LOCAL FOODBANK IN-STORE.

Find out more >

freshchoice

LD 25 Please drink responsibly

Certain products may not be available in all stores. Savings are based on non-promotional price. Limits may apply. Prices apply from Monday 23rd to Sunday 29th November 2020, or while stocks last.

Wine & beer not available at Glen Eden, Ranui and Mangere Bridge.

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