



Open to the public-Cash or Eftpos

16/200 Old Cleveland Road
 CAPALABA QLD 4157
 Ph: 07 3245 2477

Open 7 Days



REGULAR BARGAINS 2012

ITEM	SIZE/ QUANTITY	SINGLE PRICE	MULTI PRICE	CARTON PRICE	COMMENTS
Canned Fruit & Veg Labelled					
SPC Pears in Raspberry infused syrup	695g	\$2.00	3 for \$5	\$6 Carton of 6	
GV Peach Slices in Juice	400g	\$1.00	N/A	\$10 Carton of 12	
Weight Watchers halved Pears	400g	\$0.75	N/A	\$7.50 Carton of 12	
GC Sliced Beetroot	450g	\$1.40	4 for \$5	N/A	
GC Corn Kernels	425g	\$1.40	4 for \$5	N/A	
GC Corn Kernels	270g	\$0.75	3 for \$2	N/A	
GC Corn and Peas	270g	\$1.10	12 for \$12	N/A	
GC Pineapple Slices in Juice	400g	\$1.40	4 for \$5	N/A	
Bean Varieties	400g	\$1.00	6 for \$5	N/A	
SPC D'Agen Prunes	425g	\$1.50	N/A	\$15 Carton of 12	
Canned Fruit & Veg Unlabelled Shiny					
* GC Baby Beetroot	400g	\$0.90	12 For \$9	N/A	can mix and match varieties of same grams
* GC Sliced Beetroot	400g	\$0.90	12 For \$9	N/A	can mix and match varieties of same grams
* GC Crushed Pineapple in syrup	400g	\$0.90	12 For \$9	N/A	can mix and match varieties of same grams
* GC Crushed Pineapple in natural juice	400g	\$0.90	12 For \$9	N/A	can mix and match varieties of same grams
* GC Sliced Beetroot	800g	\$1.30	12 for \$13	N/A	can mix and match varieties of same grams
* GC Baby Beetroot	800g	\$1.30	12 for \$13	N/A	can mix and match varieties of same grams
* Subject to availability					
Chips & Snacks					



Piranha Chip Varieties	75g-100g	\$2.20	3 for \$6	N/A	
McVities Minis Biscuits	6x25g	\$3.00	2 for \$5	N/A	
Cleaning Products					
Hercules Garbage Bags 56 litre	20 pack	\$2.00	N/A	N/A	
Finish Dishwasher Tablets	70 pack	\$17.50	N/A	N/A	
Radiant Laundry Powder	2kg	\$7.00	N/A	N/A	
Confectionary					
Eversweet Lolly varieties	225g-275g	\$2.00	3 for \$5.50	N/A	
Cadbury Bars	45-80g	\$1.20	5 for \$5	N/A	can mix and match
Drinks					
GC Juice Varieties	2 litre	\$2.75	N/A	\$15 Carton of 6	Carton of single variety only
GC Cordial Varieties	2 litre	\$3.00	N/A	N/A	
GC Soft Drink Varieties	375ml	N/A	N/A	\$14 Carton of 24	
GC Variety Pack of mixed Soft Drinks	12x375ml	\$8.50	N/A	N/A	
GC Poppers	6x250ml	\$3.00	N/A	N/A	
GC Variety Pack of mixed Fruit Drink	8x250ml	\$4.00	N/A	N/A	
Nescafe Green Blend Coffee	100g	\$4.00	N/A	N/A	
Fish Products					
Greenseas Salmon	95g	\$1.10	6 for \$5	N/A	
Greenseas Tuna	75-95g	\$1.00	6 for \$5	N/A	
Santa Maria Sardines	120g	\$1.00	N/A	N/A	
Fridge & Frozen Foods					
Weight Watchers Frozen Meal Varieties	300-320g	\$3.00	2 for \$5	N/A	
Weight Watchers/Watties Frozen Meal Varieties	250g	\$2.00	3 for \$5	N/A	
Heinz Stir Fry & Steam Fresh varieties	360-600g	\$2.00	3 for \$5	N/A	
Little Chef Bacon	1kg	\$6.00	N/A	N/A	
Your Choice Milk	2 Litre	\$2.00	N/A	N/A	
Zooper Doopers	24x70ml	\$4.00	3 for \$10	N/A	
Sunny Boy Varieties	150g	\$0.75	3 for \$2	\$24 Carton of 36	
Health & Beauty					
Colgate Advanced Whitening Toothpaste	160g	\$3.00	N/A	N/A	
Colgate Triple Action Toothpaste	200g	\$3.00	N/A	N/A	
Lynx Deodorant Varieties	100-110g	\$4.00	3 for \$10	N/A	



Pantene Shampoo & Conditioner Varieties	180-200ml	\$2.00	2 for \$3	N/A	
Delight Toilet Paper	12 pack	\$3.75	N/A	N/A	
Purex Toilet Paper	9 pack	\$3.75	N/A	N/A	
Homewares					
Merino Napkins	300 pack	\$2.50	N/A	N/A	
Champion Cling Wrap	50 m	\$2.00	3 for \$5	N/A	
Caterwrap Cling Film	600m	\$20.00	N/A	N/A	
Champion Foil	12m	\$2.00	3 for \$5	N/A	
Catering Foil	150m	\$20.00	N/A	N/A	
Champion Baking Paper	12m	\$2.00	3 for \$5	N/A	
Dragonfire beta baking paper	120m	\$25.00	N/A	N/A	
Champion sandwich bags	40 bags	\$2.00	3 for \$5	N/A	
Jams & Spreads					
Roses Jam Varieties	350-500g	\$2.20	3 for \$6	N/A	
Allowrie Jam Varieties	500g	\$2.20	3 for \$6	N/A	
Kirksbees Honey Varieties	500g	\$5.00	N/A	N/A	
Kirksbees Honey Varieties	1kg	\$8.00	N/A	N/A	
Jelly/Custards/Desserts					
Cottees Jelly Varieties	85g	\$0.75	3 for \$2	N/A	
Fosters Clarke Snack Pack	4x140g	\$3.50	N/A	N/A	
Malloys Puddings	2x100g	\$2.50	N/A	\$23 Carton of 10	
Fosters Clarke Vanilla Custard	1 Litre	\$2.30	N/A	\$26 Carton of 12	
Nuts & Dried Fruit					
JC's Australian Almonds	500g	\$5.00	2 for \$9	N/A	
JC's Salted Macadamia Nuts	500g	\$12.00	N/A	N/A	
JC's Natural Walnuts	350g	\$6.00	N/A	N/A	
JC's Salted Pistacchios	500g	\$10.00	N/A	N/A	
JC's Dried Apricots	500g	\$4.00	N/A	N/A	
JC's Banana Chips	280g	\$2.00	3 for \$5	N/A	
Other Food					
Eggs-cage 12 pack	500-600g	\$2.20	3 for \$6	N/A	
Eggs-free range 12 pack	600g	\$4.50	2 for \$8	N/A	
Pasta/Noodles & Rice					



Nanda Pasta Varieties	500g	\$1.30	5 for \$6	\$13 Carton of 12	
Balducci Lasagna Sheets	250g	\$1.75	2 for \$3	N/A	
Balducci Pasta Varieties	500g	\$1.10	6 for \$5	N/A	
Continental Pasta & Sauce Varieties	130g	\$2.00	3 for \$5	N/A	
Sun Rice Arborio Rice	1kg	\$2.00	N/A	N/A	
Sun Rice Microwave Meal Varieties	320g	\$3.00	2 for \$5	N/A	
Sun Rice Long Grain White Rice	10kg	\$12.50	N/A	N/A	
Sauces/Condiments & Dressings					
Steves Maple Syrup	250ml	\$4.00	N/A	N/A	
Raguletto Pasta Sauce Varieties	500g	\$2.00	3 for \$5	N/A	
Val Verde Pasatta	680ml	\$1.25	6 for \$6	N/A	
Taylor's Sauces/Dressings/Marinades	350-525ml	\$3.50	3 for \$10	N/A	
Pearl River Soy Sauce	600ml	\$2.50	N/A	N/A	
Rainbow Chilli Sauce	750ml	\$2.50	N/A	\$29 carton of 12	
Ocean Spray Cranberry Sauce	400g	\$2.00	N/A	N/A	
Hoyts Herb Varieties	40g	\$2.50	N/A	\$14 carton of 6	
Soups					
Heinz Soup Varieties	535g	\$2.00	3 for \$5	\$18 carton of 12	can mix and match varieties of same grams
Spaghetti & Baked Beans					
SPC Spaghetti	420-425g	6 for \$5	\$1.00	N/A	
SPC Baked Beans	420-425g	6 for \$6	\$1.20	N/A	



* Please note that prices and products are subject to change depending on ongoing availability

* This list only represents a selection of products.