

Specials available from Wednesday
15th July to Tuesday 21st July 2026

WHERE SERVICE IS MORE THAN JUST A WORD

\$3.00

Zoosh Dips
185g Varieties

\$2.45

MeadowLea Original
Spread 250g

\$3.99

Kellogg's Select Range
Breakfast Cereal
285-460g Varieties

\$2.25

Arnott's Shapes Biscuits
120-190g Varieties

\$10.00

Moccona Freeze Dried Instant
Coffee Decaf & Indulgence
Range 100g Varieties

\$3.50

Bref In Bowl Toilet
Cleaner 42-50g Varieties

Just Around the Corner

WHERE SERVICE IS MORE THAN JUST A WORD

\$4.00
each

Cauliflower

See instore for more great fresh specials

\$3.50

Mars Chocolate Pouch 120-180g Varieties

\$2.50

Smith's Crinkle Cut Potato
Chips 150-170g Varieties

BETTER THAN
1/2
PRICE
BETTER THAN

\$2.10

Coca-Cola
Soft Drink
Bottle
1.25 Litre
Varieties
Not Chilled

\$5.25

Rexona
Antiperspirant
Spray 220ml
Varieties



Nanna's Fruit Crumble
550g Varieties

\$4⁰⁰



Ingham's Chicken
Nuggets 400g

\$4⁴⁹



McCain Pub Style
Frozen Chips
750g Varieties

\$4⁹⁹



McCain Frozen
Peas 500g

\$3⁵⁰



Primo Short Cut
Bacon 175g

\$4⁴⁹



Smith's Crackers
160g Varieties

\$2⁰⁰



Maggi Instant Noodle
Cup 58-65g Varieties

\$1⁹⁹



Leggo's Squeeze
Bottle Paste
390-400g Varieties

\$4⁰⁰



Praise Traditional
Mayonnaise
Squeeze Bottle
250-280g Varieties

\$2⁵⁰



Gravox Liquid Gravy
Pouch 165g Varieties

\$3⁵⁰



Vegemite
Spread 220g

\$4⁴⁹



CSR Brown
Sugar 1kg

\$3⁹⁰

Images shown are for advertising purposes & some flavours or varieties may not be available



Community Co
Baby Spinach
100g & Aussie
Salad Mix
110g Varieties

\$2⁴⁰



Moccona Latte
+ Protein
160-168g Varieties

\$5⁰⁰



Powerade Sports
Drink 600ml
Varieties Not Chilled

\$2²⁵



Whiskas Canned Cat
Food 400g Varieties

\$2⁰⁰



Chum Canned Dog
Food 1.2kg Varieties

\$3⁶⁰



Chum Dry Dog
Food 3kg Varieties

\$9⁰⁰



Schick Silk 3
Razor 4 Pack

\$3⁹⁹



Sard Laundry Soaker
900g-1kg Varieties

\$5⁹⁹



Pine O Clean
Disinfectant
1.25 Litre Varieties

\$4⁹⁹

For your nearest participating Friendly Grocer store: www.friendlygrocer.com.au