



Grocery List prices and availability subject to change.

| ITEM | price | ITEM | price | ITEM | |
|---------------------------------|-------|-----------------------------------|-------|---------------------------------|------|
| Apples red delicious/ green 5lb | 6.00 | Frozen Carrots sliced 375gr | 2.25 | Cheddar slices 10 pk | 5.50 |
| Oranges 5lb | 6.00 | Frozen Peas 375gr | 2.75 | Applewood smoked cheddar 10 pk | 5.50 |
| Bananas each | 0.75 | Frozen Corn 375gr | 2.75 | Swiss slices 10 pk | 7.50 |
| Strawberries 1lb | 5.75 | Frozen Shoe string fries 975gr | 4.50 | Shredded cheddar or Mozza 500gr | 7.25 |
| Carrots 2lb | 2.75 | Frozen sweet potato fries 975gr | 7.50 | Butter salted 454gr | 7.50 |
| Celery per head | 3.00 | Chicken breasts frz 5oz pk 2 | 5.50 | Margarine 500ml | 3.25 |
| Broccoli per head | 5.25 | 8oz sirloin steak frz each | 7.50 | Eggs 18pk | 6.25 |
| Cauliflower per head | 7.50 | Ground beef frz 1lb | 4.25 | Milk 2ltre 2% | 5.50 |
| Tomatoes each | 1.25 | Ground pork frz 1lb | 4.25 | Milk 4ltre 2% | 9.50 |
| English Cucumber each | 2.75 | Ground chicken frz 1lb | 4.75 | White or Brown bread | 3.75 |
| Peppers green/red each | 1.80 | Pork chop 8oz frz pk 2 | 5.25 | Marble rye | 6.50 |
| Avocado each | 2.00 | Ribs F/C with sauce frz full rack | 8.50 | Hamburger brioche buns 6pk | 6.50 |
| Cabbage each | 1.25 | Hamburgers frz pk 4 | 6.50 | Ciabatta buns 6pk | 5.75 |
| Green onions bunch | 1.25 | Chicken cordon swiss frz pk 2 | 6.25 | Cornbread 4pk | 2.75 |
| Mushrooms sliced 375 gr | 3.25 | Ribeye 10oz frz pk 2 | 21.00 | Tortilla wraps 12" 10pk | 5.75 |
| Red onion each | 0.75 | Chicken fingers 1kg w/ plum sauce | 15.00 | Pop 6pk pepsi, diet, gingerale | 3.50 |
| Spinach bag | 5.50 | F/C chicken wings 1kg w/ sauce | 15.00 | Bottled water 6pk | 4.50 |
| Mixed greens bag | 3.95 | Sliced roast beef 375gr | 6.25 | | |
| Romaine 3 per bag | 6.25 | Sliced ham 375gr | 3.75 | | |
| Potatoes red/white 5lb | 3.75 | Bacon 1lb | 4.75 | | |
| Frozen Beans 375gr | 2.95 | Breakfast sausage 1lb | 4.75 | | |