

GET ONE **FREE!**



GARLIC BREAD
BUY 1 GET 1 FREE! RED HOT VALUE AT JUST \$0.75 EACH, WHILE STOCKS LAST.

\$1.50

9 INCH

**BUY 1
GET 1
FREE**



NICHOLS TASMANIAN CHICKEN & VEGETABLE BURGERS
BUY 1 GET 1 FREE! RED HOT VALUE AT JUST \$3.98 PER PACKET, WHILE STOCKS LAST.

\$7.95

6PK

**BUY 1
GET 1
FREE**



TASMANIAN SALMON MINCE
BUY 1 GET 1 FREE! RED HOT VALUE AT JUST \$4.75 PER PACKET, WHILE STOCKS LAST.

\$9.50

500GM

**BUY 1
GET 1
FREE**



ON THE MENU MEALS
BUY 2 AT \$5.99 EACH AND RECEIVE THE 3RD ONE FREE! RED HOT VALUE!

\$5.99

320GM

**BUY 2
GET 1
FREE**

\$2.85

12PK



TASMANIAN EGGS - 600GM
RED HOT VALUE



MAGGI RICH GRAVY MIX
A traditional beef style gravy that adds depth of flavour to any dish. Ideal for roast dishes, pies, grilled meats and hot chips. Also available in Gluten Free option.

\$26.95

2KG

NO FRILLS FOODMARKET

Buy Direct and Save

**THE FOOD WHOLESALER THAT
SELLS DIRECT TO THE PUBLIC**



SOUTHERN STYLE CHICKEN PIECES
RED HOT PRICE, WHILE STOCKS LAST!

\$10.99

1.4KG

**RED
HOT
VALUE**



I&J SALT & PEPPER SQUID
RED HOT PRICE! Save \$7.96, only while stocks last.

\$10.99

1KG

**RED
HOT
VALUE**



SCHWEPES 1.25LT VARIETIES
RED HOT PRICE, WHILE STOCKS LAST!

**4 FOR
\$5.00**

1.25LT

**RED
HOT
VALUE**

\$10.99

1KG



ALLEN'S LOLLIES RED HOT VALUE!

\$9.99

1.3KG



SPECIALS AVAILABLE FROM 22ND FEBRUARY UNTIL 6TH MARCH 2021



\$10⁹⁹

5KG

McCain FISH SHOP CHIPS

Great value! Thick cut chips made from premium potatoes, oven or deep fry.



\$7⁹⁵

1.13KG

SWEET POTATO WEDGES

A great alternative on the dinner plate. Oven or deep fry.



\$7⁹⁵

1.7KG

CRACKERJACK JUMBO BATTERED POTATO CAKES

Jumbo size potato cakes in a crispy batter. Air fry or deep fry.



\$7⁹⁵

2PK

PREMIUM CHICKEN KIEVS

Premium garlic and herb butter filled chicken kiev. Oven or deep fry.



\$10⁹⁵

720GM

ANGELBAY HAMBURGERS - 6 PACK

Large 120gm par-cooked burgers. Great value pack!



\$7⁹⁵

5PK

KEITH'S DAGWOOD DOGS

Battered hot dog on a stick. Oven or deep fry.



\$5⁹⁵

235GM

MOZZARELLA STICKS

Mozzarella coated in a crispy crumb. Oven or deep fry.



\$2⁷⁵

1KG

MIRACLE MARGARINE

Great value for money!



\$10⁹⁵

5KG

DUO LAUNDRY POWDER

Available in Cleans + Softener, Cleans + Cares and Cleans + Whitens. Great value at just \$2.19 per kg.



\$17⁹⁵

700GM

LARGE RAW PRAWN MEAT

Ideal to use in a curry, stir fry, garlic prawns on the BBQ.



\$14⁹⁵

1KG

AUSTRALIAN CRUNCHY BATTERED BLUE GRENADEIER

Wild caught in Australian waters, lightly battered and flash fried to golden perfection.



\$5⁸⁵

2KG

McCain PEAS

GREAT VALUE!



\$8⁵⁰

2KG

EDGEILL AUSSIE BEAN MIX

GREAT VALUE!



\$8⁹⁵

8PK

SALMON & VEGETABLE PATTIES

A tasty salmon patty, full of whole vegetable pieces and coated in a crispy crumb. Oven, grill or deep fry.



\$7⁹⁰

6PK

CRUMBED BLUE GRENADEIER

New Zealand blue grenadier in a light golden crumb. Oven, grill or deep fry.



\$1⁵⁸

330ML

RIVERPORT SOFT DRINKS

Quality Australian drink, great selection of flavours available



\$6²⁵

750GM

MISSION CORN CHIPS

Quality brand and taste at a great low price.

**NO FRILLS
FOODMARKET**
Buy Direct and Save

HOBART

Ph. 6278 0555
44 Gormanston Rd, Moonah
(Next to Fantastic Furniture)

Mon-Fri 8:30am-5pm | Sat 9am-1pm | CLOSED PUBLIC HOLIDAYS

LAUNCESTON

Ph. 6345 9200
61 Oakden Rd, Prospect
(Next to the Silverdome)

DEVONPORT

Ph. 6421 5750
40-41 Formby Road

Mon-Fri 9am-5pm | Sat 9am-1pm | CLOSED PUBLIC HOLIDAYS

CAMDAL

Ph. 6435 2505
385 Bass Highway

100% TASMANIAN OWNED & OPERATED