

# NO FRILLS FOODMARKET

Buy Direct and Save

## THE FOOD WHOLESALER THAT SELLS DIRECT TO THE PUBLIC

**BUY 1 AND GET A FREE**  
**1KG INGHAM NUGGETS**  
VALUED AT \$10.95!

**\$17<sup>95</sup>**

1KG

**FREE**

**INGHAMS CHICKEN POTATO CAKES**  
FREE PACKET OF INGHAM CHICKEN NUGGETS  
VALUED AT \$10.95 WITH EVERY PACKET PURCHASED.

**BUY 1 AND GET A FREE**  
**2KG McCain PEAS**  
VALUED AT \$7.20!

**\$7<sup>99</sup>**

2KG

**FREE**

**McCAIN CORN KERNELS**  
FREE PACKET OF McCAINS PEAS VALUED  
AT \$7.20 WITH EVERY PACKET PURCHASED.

**\$9<sup>95</sup>**

4PK

**BUY 1  
GET 1  
FREE**

**STEGGLES CHICKEN KIEVS**  
BUY 1 GET 1 FREE! JUST \$4.98 PER PACKET, WHILE STOCKS LAST.

**\$3<sup>10</sup>**

125GM

**BUY 2  
GET 1  
FREE**

**FOUR 'N TWENTY PIZZA TRAVELLERS**  
HAWAIIAN AND MEAT LOVERS  
BUY 2 AT \$3.10 AND GET YOUR 3RD FREE! THAT'S JUST \$2.07 EACH,  
WHILE STOCKS LAST.



**4 FOR  
\$5<sup>00</sup>**

1.25LT

**RED  
HOT  
VALUE**

**SCHWEPPE'S**  
RED HOT VALUE!  
ONLY \$1.25 EACH.

**\$5<sup>99</sup>**

2KG

**RED  
HOT  
VALUE**

**INGHAMS CHICKEN THIGH CUTLETS**  
RED HOT VALUE!  
Only while stocks last.

**\$14<sup>99</sup>**

1KG

**RED  
HOT  
VALUE**

**STEGGLES TURKEY BREAST ROAST**  
RED HOT VALUE!  
Only while stocks last.

**\$24<sup>95</sup>**

PER KG

**SCOTCH FILLET**  
RED HOT PRICE - Bulk buy, approx 1.5kg each.  
ONLY WHILE STOCK LASTS.

**\$2<sup>95</sup>**

1KG

**MIRACLE MARGARINE**  
Great value for money.

**\$26<sup>95</sup>**

2KG

**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.

SPECIALS AVAILABLE FROM 19TH APRIL UNTIL 1ST MAY 2021



**\$200****330ML**

**SPREYTON FRESH  
APPLE CIDER AND  
GINGER BEER**  
Great value!

**\$19<sup>99</sup>****2KG**

**DIROSSI PREMIUM  
TASTY SHREDDED CHEESE**  
Great value for money.

**\$119****456M**

**SMITHS CHIPS**  
Great range to choose from.

**\$450****200GM**

**TASSIE BAITS BLUE  
BAIT & WHOLE SQUID**  
Great value!

**\$11<sup>50</sup>****1KG****BEER BATTERED ONION RINGS**

Hand cut natural onion rings coated in a crisp and tasty beer batter. An ideal accompaniment for steaks, burgers and ribs or just a snack with your favourite dipping sauce.

**\$10<sup>95</sup>****720GM**

**ANGELBAY HAMBURGERS - 6 PACK**  
Large 120g par-cooked burgers. Great value pack.

**\$7<sup>95</sup>****2KG****MCCAIN SURECRISP FRIES**

Crispy thin cut potato fries from McCain. Oven, deep fry or air fry.

**\$7<sup>95</sup>****1.13KG****SWEET POTATO WEDGES**

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

**\$9<sup>95</sup>****4PK****PREMIUM CHICKEN  
BREAST SCHNITZELS**

Large Premium chicken breast schnitzel. Cook in the oven or pan.

**\$7<sup>95</sup>****1.7KG****CRACKERJACK JUMBO  
BATTERED POTATO CAKES**

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

**\$12<sup>95</sup>****2KG****MARATHON SPRING ROLLS**

A blend of vegetables, meat and selected spices wrapped in golden casing. Ideal as a quick snack or main meal. Deep fry, shallow fry or oven bake. 12 large spring rolls per box.

**\$12<sup>95</sup>****PER KG****WHOLE NEW ZEALAND SOLE**

Quality New Zealand Sole (Righteye Flounder) at a RED HOT PRICE!

**\$7<sup>90</sup>****6PK****CRUMBED BLUE GRENADIER**

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

**\$2<sup>85</sup>****600GM**

**TASMANIAN EGGS**  
RED HOT BUY!

**\$10<sup>95</sup>****1KG****CRUMBED CRAB CLAWS**

Oven or deep fry. RED HOT VALUE!

**\$18<sup>95</sup>****700GM****LARGE RAW PRAWN CUTLETS**

Large Raw Prawns, no shell, with the tail on.

**\$4<sup>99</sup>****5KG**

**FOUR ROSES FLOUR**  
RED HOT BUY! Plain and Self raising.

**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**