

MOUNT GAMBIER FOODS



APRIL SPECIALS

Specials available from 31st March to 3rd May 2025 E.&O.E.

**SCALLOPS ROE ON
30/40 IQF**



These are BIG Scallops
Approx 35 per kg

1kg...\$34.40/bag

**PINEAPPLE CUT
SQUID STRIPS**



1kg...\$11.20/bag

**21/25 COOKED PRAWN
MEAT**



Approx 50-55 prawns per kg
1kg...\$28.00/bag

**PULLED ROAST
CHICKEN BREAST**



1kg...\$24.40/bag

**TIBALDI
MIDDLE RASHER
RINDLESS BACON**



2.5kg...\$35.40/bag

**PORTERHOUSE
(STRIPLOIN) STEAK
YG MSA GRAINFED**



Approx.4.5kg.\$24.50/kg

APPLE JUICE



2Lt...\$4.50/btl

**TENNESSE BBQ
PORK RIBS**



Approx 1.6kg.\$19.50/kg

RIVERINA CANOLA OIL



- 100% Australian Grown & Produced
- Certified Non-Genetically Modified

20Lt...\$65.40/tin

frozen

INGHAM'S

TEMPURA BATTERED FZ NUGGETS



NEW

Only \$12.64/kg
2.5kg....\$31.60/bag

INGHAM'S

DEVIL WING DINGS



Hot Price

1kg....\$15.30/bag

INGHAM'S

PLAIN WING DINGS



1kg....\$17.00/bag

Staggles

SKINLESS DICED ROAST CHICKEN MEAT



Hot Price

1kg....\$19.30/bag

Staggles

CRUMBED BREAST CHICKEN ROYALE




Hot Price

10x130g...\$25.60/bag

INGHAM'S


#28 CRUMBED DRUMSTICKS



5kg....\$79.00/ctn

INGHAM'S

120gm CRUMBED BREAST FILLET



1.2kg...\$21.90/bag

家 **JUMBO VEGIE SPRING ROLLS** **家**



16x140gm....\$19.50/pkt

Patties

PARTY SAUSAGE ROLLS



6doz..\$64.20/ctn (+gst)

HUNGRY BROTHERS

DEVIL DOG (Battered Chilli Cheese Dogs)



40/ctn...\$86.30/ctn

SEA LINK

FISH COCKTAILS



"Premium Hand Cut Fish Portions"
1kg....\$17.50/bag

SEA LINK

CRUMBED SQUID RINGS FORMED or GENUINE



1kg
\$14.20/bag \$16.10/bag

Specialty Foods
Making Food Spaces

PORTION CONTROL SLICED SCOTCH FILLET

48 x Approx 100gm
Less than \$2.94 each



4.8kg....\$141.00/ctn

BUTLERS

QUARTER POUNDER BEEF BURGERS



36x113gm....\$92.80/ctn

家

KOREAN FRIED CHICKEN WINGS



1kg....\$12.50/bag

Allied Chefs

ANGUS BEEF LASAGNE



3kg....\$29.30/tray(+gst)

MARATHON

MARATHON SPRING ROLLS



1doz....\$13.70/box

家

SINGLE SERVE FRIED RICE



Less than \$3.49 each
24x200gm....\$83.60/ctn

Bulla 100 YEARS

FROZEN YOGHURT CUPS

Mango Raspberry Strawberry Wildberry



36x200ml
\$58.50/ctn(+gst)

everest

EVEREST STRAWBERRY ICECREAM



10Lt....\$26.90/tub (+gst)

GOLDEN NORTH

SOUR POPZ

GRAPE, WATERMELON,
APPLE OR LEMON

NEW



24x110ml
\$31.90/ctn(+gst)

GLUTEN FREE

GOLDEN NORTH

ICY SWINGS

Lemonade, Cola or Raspberry



24x110ml
\$30.20/ctn(+gst)

GLUTEN FREE

GOLDEN NORTH

MILKY SWINGS

Banana, Chocolate, Iced Coffee or
Strawberry



24x110ml
\$41.70/ctn(+gst)

GLUTEN FREE

frozen

**SMOOTH DORY
FILLETS**
115/175gm



5kg....\$85.20/ctn

**TASMANIAN
OYSTERS 1 doz TRAY**



Now in a 1doz tray!

Premium Oysters from the pristine
waters of Tasmania
Plate Size

1doz....\$20.00/tray

**TASMANIAN
OYSTERS 12 doz BOX**



Premium Oysters from the pristine
waters of Tasmania
Plate Size \$19.50/doz

12doz....\$234.00/ctn



CHILLI SQUID



1kg....\$22.30/bag



**TEMPURA BATTERED
BARRAMUNDI**



30x145gm...\$131.40/ctn



**CRUMBED
SCALLOPS**



1kg....\$31.10/bag



**BEER BATTERED
MOZZARELLA STICKS**



1kg....\$21.80/bag



**CRISPY BEER
BATTERED FLATHEAD**



3kg....\$69.10/ctn



**PANKO CRUMBED
SQUID RINGS**



4kg....\$68.00/box



MYDIBEL 11mm CHIPS



2.5kg....\$10.10/bag



**BEER BATTERED
STEAKCUT CHIPS**



2kg... \$10.80/bag



SEASONED WEDGES



Hot Price

2kg....\$11.50/bag

Pampas
FILO PASTRY



375gm....\$6.70/pkt

CRAFTY CHEFS **X- LARGE 300gm** **CRAFTY CHEFS**
CHICKEN SCHNITZELS




Premium Hand Cut Breast Schnitzels
 Only \$4.83 each
24x300gm...\$115.90/ctn

KR
FROZEN PORK FILLET



Hot Price
 2 x Approx 500gm fillets per bag
\$17.30/kg

Sunnyvale
CHUNKY AVOCADO PUREE



475gm...\$9.00/tub

Sunnyvale
CHUNKY AVOCADO PUREE




1kg...\$18.90/tub

Sunnyvale
SMOOTH AVOCADO PUREE



1kg...\$17.90/tub

NATURES LINK
PEAS



2kg....\$9.70/bag

mission
PITA POCKETS



4x105gm....\$3.60/pack

mission
6" FLOUR TORTILLAS



1doz....\$3.10/bag

SPEEDIBAKE
4.5" SEEDED MILK BUNS



Less than \$1.36 per roll
48x85gm....\$65.10/ctn

SPEEDIBAKE
POTATO BUNS
 Vegan Friendly



Less than \$1.31 per roll
48x85gm....\$62.60/ctn

SPEEDIBAKE
BRIOCHE SLIDER BUNS



Less than .68¢ each
144x30gm....\$97.70/ctn

frozen

Sara Lee
FOODSERVICE

NEW YORK BAKED CHEESECAKE



8x80gm
\$29.90/tray(+gst)

Sara Lee
FOODSERVICE

SALTED CARAMEL CHEESECAKE



8x95gm
\$29.90/tray(+gst)

Sara Lee
FOODSERVICE

STICKY DATE PUDDING



8x90gm
\$25.80/tray(+gst)

Edgell

BROCCOLI



1.5kg....\$14.60/bag

Edgell

BRUSSEL SPROUTS



2kg....\$12.40/bag

Edgell

DICED MIXED VEGETABLES



2kg....\$9.30/bag

Edgell

MAPLE FLAVOURED SYRUP



3Lt...\$21.30/btl

GLUTEN FREE

Heinz

COTTEES TOPPING

Heinz

CARAMEL
CHOCOLATE
STRAWBERRY
VANILLA

*Pumps also available to purchase @ \$9.10+gst



3lt...\$14.80/btl

ZoSh

CAESAR DRESSING



2.5Lt....\$26.60/jar

GLUTEN FREE

ZoSh

PREMIUM MAYONNAISE



2.65kg...\$19.30/jar

GLUTEN FREE

Bulla
100 YEARS

GREEK STYLE YOGHURT



1kg...\$8.00/tub

chilled



REAL "FATTY" DICED BACON PIECES



2kg....\$25.50/bag



SLICED PROSCUITTO



500gm....\$25.20/bag



SLICED VIRGINIAN LEG HAM

GLUTEN FREE



1kg....\$15.60/bag



DONS STRASBURG



2kg....\$30.00/roll



DONS COCKTAIL FRANKFURTS



Approx. 100 per bag
2.5kg....\$24.50/bag



SHREDDED MOZZARELLA



Hot Price

6kg....\$86.70/bag



WHIPPED CREAM



400gm....\$9.20/tin



HALOUMI CHEESE



2kg....\$43.10/tub

AUSTRALIAN GOLD CAMEMBERT



115g...\$4.80/pkt



SWISS CHEESE SLICES



1kg....\$32.10/pkt



CULINARY CREAM (COOKING)



1Lt....\$10.60/pkt



WHIPPING CREAM (THICKENING)



1Lt....\$10.60/pkt

pantry

Nestlé PROFESSIONAL

TOP N FILL CARAMEL



Hot Price

395gm....\$4.90/tin

Nestlé PROFESSIONAL

SWEETENED CONDENSED MILK



Hot Price

395gm....\$4.30/tin

Nestlé PROFESSIONAL

SNOWCAP WHITE CHOCOLATE BUTTONS



5kg....\$71.40/ctn

WINDSOR FARM

BISCUIT CRUMB



15kg...\$78.60/ctn(+gst)

Ellyn

RICH BROWN GRAVY (Gluten Free)



GLUTEN FREE

Hot Price

8kg....\$106.00/bkt

Nestlé PROFESSIONAL

MILO



1.9kg...\$32.60/tin

Riviana

CORN KERNELS IN BRINE



GLUTEN FREE

Perfect for cold salads

425gm....\$2.00/tin

Knorr PATAKS PASTE RANGE

BUTTER CHICKEN KORMA MILD CURRY TANDOORI VINDALOO



1.15kg 1.05kg 1.05kg 1.15kg 1.05kg

All one price....\$27.80/jar each

SAN REMO PASTA RANGE



- #1 Linguine
- #5 Spaghetti
- #12 Fettuccine
- #16 Spirals
- #18 Penne
- #23 Bowtie – **New to us**
- #29 Large Shells
- #35 Elbows
- #53 Large Spirals
- #55 Spiral

5kg....\$15.00/bag

SPRING GULLY SWEET SPICED GHERKIN ROUNDS



GLUTEN FREE

12kg....\$92.60/tub



**WHITE PANKO
BREAD CRUMBS**



Hot Price

10kg...\$51.50/bag



**ONION MARMALADE
(RELISH)**



2.4kg...\$57.70/tub



SPICY TOMATO RELISH



2.4kg...\$32.40/tub



CHILLI POWDER



**GLUTEN
FREE**

STRONG RE-SEALABLE BAG
1kg...\$15.60/bag



CHIVE FLAKES



**GLUTEN
FREE**

STRONG RE-SEALABLE BAG
250g...\$8.80/bag



GROUND CINNAMON



**GLUTEN
FREE**

STRONG RE-SEALABLE BAG
1kg...\$16.80/bag



CINNAMON STICKS



**GLUTEN
FREE**

200gm...\$26.80/jar



WHOLE CLOVES



350gm...\$23.30/jar



GROUND CORIANDER



STRONG RE-SEALABLE BAG
750gm...\$9.80/bag



**ORGANIC
WHITE QUINOA**



STRONG RE-SEALABLE BAG
1kg...\$10.40/bag



**TRI-COLOUR
QUINOA**



STRONG RE-SEALABLE BAG
1kg...\$10.70/bag




**BLACK
QUINOA**



STRONG RE-SEALABLE BAG
1kg...\$13.40/bag

pantry

Knorr
BEARNAISE SAUCE

Hot Price
 1Lt...\$13.60/pkt

SANDELUST
CHEESE FILLED BELL PEPPERS

 1.7kg...\$40.10/jar

EXTRA VIRGIN OLIVE OIL

 4Lt...\$79.20/tin

Allied Mills
GLUTEN FREE PLAIN FLOUR

GLUTEN FREE
 10kg...\$78.40/bag

Allied Mills
GLUTEN FREE SELF RAISING FLOUR

GLUTEN FREE
 10kg...\$78.40/bag

SANDELUST
CANOLA SPRAY RELEASE

 450gm...\$4.80/can

MCKENZIE'S
DICED APPLES

GLUTEN FREE
 2.7kg...\$11.10/tin

MCKENZIE'S
SLICED APPLES

GLUTEN FREE
 2.7kg...\$11.10/tin

MCKENZIE'S
APRICOT HALVES

 3kg...\$11.30/tin

MCKENZIE'S
SLICED PEACHES

GLUTEN FREE
 3kg...\$11.20/tin

MCKENZIE'S
SLICED PEARS

 3kg...\$9.60/tin

Goodness me, it's **SPC**
PIZZA & PASTA SAUCE

 3.05kg...\$14.80/tin

Goodman Food Services
Fielder

**WHITE WINGS
DONUT MIX**



20kg....\$182.60/bag



**DRIED SWEETENED
CRANBERRIES**



1kg....\$15.10/bag

QUEEN
EST. 1897

VANILLA BEAN PASTE



320gm....\$36.00/tube



**PISTACHIO NUT
KERNELS**



STRONG RE-SEALABLE BAG
1kg....\$43.80/bag



**WALNUT
HALVES & PIECES**



1kg....\$18.20/bag



**ALMOND MEAL
BLANCHED**



STRONG RE-SEALABLE BAG
1kg....\$20.30/bag

MasterFoods
PROFESSIONAL

BURGER SAUCE



2.2kg....\$30.70/btl

MasterFoods
PROFESSIONAL

**ALL PURPOSE
SEASONING**



950gm....\$19.40/jar

MasterFoods
PROFESSIONAL

**BBQ
SEASONING**



755gm....\$20.80/jar

MasterFoods
PROFESSIONAL

CAJUN SEASONING



520gm....\$21.10/jar

MasterFoods
PROFESSIONAL

TACO SEASONING



630gm....\$23.80/jar

MasterFoods
PROFESSIONAL

**TUSCAN
SEASONING**



670gm....\$21.60/jar

pantry

Riviana

SLICED DILL PICKLED CUCUMBERS



GLUTEN FREE

2.9kg....\$14.40/tin

Riviana

WHOLE PICKLED POLSKIE OGORKI CUCUMBERS



GLUTEN FREE

3kg....\$13.30/tin

Riviana

WHOLE PEELED TOMATOES



GLUTEN FREE

Hot Price

2.5kg....\$10.30/tin

SAXA

COOKING SALT



10kg....\$15.90/bag

TRUMPS

WHOLE BLACK PEPPER



STRONG RE-SEALABLE BAG

1kg....\$27.40/bag

STATLIPS

CRUSHED GINGER



1kg....\$6.30/tub

mpm MPM Marketing Services
Marketers of Disposable Food Packaging

HEAVY DUTY WIPES



Hot Price

85 wipes 530 x 300mm
\$13.90/roll (+gst)

mpm MPM Marketing Services
Marketers of Disposable Food Packaging

ALL PURPOSE WIPES



20 Wipes 600 x 450mm
\$6.80/pkt (+gst)

Maggi

CHICKEN BOOSTER



8kg....\$103.80/tub

Riviana

BALSAMIC VINEGAR



GLUTEN FREE

5Lt....\$27.30/btl

LONG GRAIN RICE



Traditional White Rice

10kg....\$24.60/bag

WINDSOR FARM

VINEGAR CHICKEN SALT



1kg....\$11.20/bag