

# coles

NEW  
at coles  
Exclusive



\$2<sup>75</sup>  
ea

SAVE \$2.75  
WAS \$5.50

Cadbury Block  
Chocolate 160g-190g



\$2<sup>50</sup>  
ea

SAVE \$2.50  
WAS \$5

Pringles Potato Crisps  
118g-134g

1/2  
PRICE



\$6<sup>75</sup>  
ea

SAVE \$6.75  
WAS \$13.50

Twinings Tea Bags 80 Pack-100 Pack



\$27  
ea

SAVE \$27  
WAS \$54

Finish Ultimate Pro Dishwashing Tablets  
46 Pack or 0% 48 Pack 2nd week on sale

MIX'N  
SAVE

Any 3 for  
\$20

SAVE \$2.50



Coles Beef & Pork Meatballs 560g, RSPCA Approved Chicken Drumstick Fillets with Sweet Chilli 500g or Pork Stir Fry with Honey Soy 300g

# 1/2 PRICE



**\$3<sup>80</sup>**  
ea  
**SAVE \$3.80**  
WAS \$7.60

Nescafé Coffee Sachets  
6 Pack-10 Pack



**\$12**  
ea  
**SAVE \$12**  
WAS \$24

Sunrice Jasmine 5kg  
\$0.24 per 100g



**\$5<sup>25</sup>**  
ea  
**SAVE \$5.25**  
WAS \$10.50

Birds Eye Oven Bake Fish Fillets  
425g \$12.35 per kg



**\$1<sup>25</sup>**  
ea  
**SAVE \$1.25**  
WAS \$2.50

Chobani Greek Yogurt 160g  
\$0.78 per 100g



**\$2<sup>20</sup>**  
ea  
**SAVE \$2.20**  
WAS \$4.40

McVitie's Digestives Plain or  
Chocolate Biscuits 266g-355g



**\$13**  
ea  
**SAVE \$13**  
WAS \$26

Omo Laundry Liquid 2 Litre or  
Powder 2kg

**1/2 PRICE** **BODY WASH**  
Exclusions apply†



**\$8<sup>50</sup>**  
ea  
**SAVE \$8.50**  
WAS \$17

Dove Body Wash 1 Litre  
\$0.85 per 100mL



**\$3<sup>50</sup>**  
ea  
**SAVE \$1.50**  
WAS \$5

U by Kotex Ultra Thins Pads with  
Wings Regular 14 Pack or Super  
12 Pack



**\$30**  
ea  
**SAVE \$10**  
WAS \$40

Huggies Ultra Dry Jumbo Nappies  
60 Pack-108 Pack

†Excludes Every Day, Down Down, Locked, Dropped & Locked & clearance items

Coles Group acknowledges the Traditional Custodians of Country throughout Australia. We recognise their strength and pay our respect to Elders past, present and emerging. Coles Group extends that respect to all Aboriginal and Torres Strait Islanders people, and recognises their rich cultures and continuing connection to land and waters.



# 1/2 PRICE



**\$1<sup>10</sup>**  
ea

**SAVE \$1.10**  
WAS \$2.20

Mars Medium Bar 35g-50g



**\$2<sup>50</sup>**  
ea

**SAVE \$2.50**  
WAS \$5

Cadbury or Europe Bitesize  
130g-160g



**\$2**  
ea

**SAVE \$2**  
WAS \$4

The Natural Confectionery Co.  
180g-230g, Sour Patch 190g or  
Pascall Jubes 300g



**\$2<sup>50</sup>**  
ea

**SAVE \$2.50**  
WAS \$5

Pascall Choc Bites 120g-185g  
or Marshmallows 280g



**\$12**  
ea

**SAVE \$12**  
WAS \$24

Lindt Cornet 327g-333g



**\$8**  
ea

**SAVE \$8**  
WAS \$16

Cadbury Favourites Boxed  
Chocolate 334g-340g



**\$3<sup>85</sup>**  
ea

**SAVE \$1.65**  
WAS \$5.50

Mars Medium Funsized Bag  
132g-192g or Skittles Funsized 180g



**\$3<sup>85</sup>**  
ea

**SAVE \$1.65**  
WAS \$5.50

Lindt Excellence or Lindor Block  
Chocolate 80g-100g



**\$3<sup>80</sup>**  
ea

**SAVE \$1.10**  
WAS \$4.90

Darrell Lea Bullets, Twists, Balls  
or Liqueur 120g-280g





**\$4<sup>75</sup>**  
ea  
**SAVE \$4.75**  
WAS \$9.50

Glen 20 Disinfectant Spray 300g  
\$1.58 per 100g



**\$5<sup>75</sup>**  
ea  
**SAVE \$5.75**  
WAS \$11.50

Finish Rinse Aid  
500mL \$1.15 per 100mL



**\$4<sup>25</sup>**  
ea  
**SAVE \$4.25**  
WAS \$8.50

Palmolive Ultra Dishwashing  
Liquid 950mL \$0.45 per 100mL



**\$12<sup>50</sup>**  
ea  
**SAVE \$12.50**  
WAS \$25

Dynamo Professional Laundry  
Liquid 1.8 Litre \$6.94 per litre



**\$4<sup>50</sup>**  
ea  
**SAVE \$4.50**  
WAS \$9

Fluffy Fabric Softener  
900mL-1 Litre



**\$3<sup>50</sup>**  
ea  
**SAVE \$3.50**  
WAS \$7

Duck Deep Action Toilet  
Cleaning Liquid 750mL  
\$0.48 per 100mL



**\$3<sup>50</sup>**  
ea  
**SAVE \$3.50**  
WAS \$7

Harpic Power Toilet Cleaner 39g  
\$8.97 per 100g



**\$7**  
ea  
**SAVE \$7**  
WAS \$14

Air Wick Pure Liquid Electric  
Prime 19mL \$7.00 per each



# 1/2 PRICE

## BODY WASH

Exclusions apply †



**\$8** ea  
SAVE \$8  
WAS \$16

Bosisto's Body Wash 1 Litre  
\$0.80 per 100mL



**\$6** ea  
SAVE \$6  
WAS \$12

Palmolive Naturals Body Wash  
1 Litre \$0.60 per 100mL



**\$8.97** ea  
SAVE \$8.98  
WAS \$17.95

Thankyou Hand & Body Wash  
Refill 1 Litre \$0.90 per 100mL



**\$8** ea  
SAVE \$8  
WAS \$16

Enkel Skin Co Body Wash  
450mL \$1.78 per 100mL



**\$8.50** ea  
SAVE \$8.50  
WAS \$17

Epzen Body Wash  
750mL \$1.13 per 100mL



**\$5** ea  
SAVE \$5  
WAS \$10

VB For Men Body Wash  
375mL \$1.33 per 100mL



**\$10** ea  
SAVE \$10  
WAS \$20

Sundae Whipped  
Shower Foam 260g  
\$3.85 per 100g



**\$4.74** ea  
SAVE \$4.76  
WAS \$9.50

Nivea Express Hydration  
or Rich Nourishing Body  
Lotion 400mL  
\$1.19 per 100mL.  
On sale for 2 weeks



**\$8** ea  
SAVE \$8  
WAS \$16

People Shampoo or  
Conditioner 350mL  
\$2.29 per 100mL



**\$11** ea  
SAVE \$11  
WAS \$22

Schwarzkopf Brilliance  
Colourant 1 Pack



**\$9.50** ea  
SAVE \$9.50  
WAS \$19

Schwarzkopf Extra Care  
Shampoo or Conditioner  
950mL \$1.00 per 100mL

†Excludes Every Day, Down Down, Dropped & Locked, Locked & clearance Items



**1/2  
PRICE**



**\$2<sup>20</sup>**  
ea  
**SAVE \$2.20**  
WAS \$4.40

Golden Crumpet Rounds 6 Pack  
\$0.37 per each

**\$3<sup>25</sup>**  
ea  
**SAVE \$3.25**  
WAS \$6.50

Mr Kipling Fancies  
or Bakewell Tarts 205g-230g

**\$3**  
ea  
**SAVE 50¢**  
WAS \$3.50



Coles Bakery Cookies 6 Pack  
\$0.50 per each. Selected stores only

**\$4<sup>90</sup>**  
ea  
**SAVE \$2.10**  
WAS \$7



Noshu Cakes 170g-240g

**\$4<sup>50</sup>**  
ea  
**SAVE \$1**  
WAS \$5.50



Mission Mini Wraps 8 Pack 384g  
\$1.17 per 100g

**\$4<sup>40</sup>**  
ea  
**EVERY DAY  
LOW PRICE**



Tip Top The One 700g  
\$0.63 per 100g

**\$2<sup>50</sup>**  
ea  
**DROPPED & LOCKED  
UNTIL 29 AUG 2023  
WAS \$3 JUN 2023**



Coles Bakery Stone Baked by  
Laurent Mini Pane di Casa  
Selected stores only

**\$2<sup>80</sup>**  
ea  
**DROPPED & LOCKED  
UNTIL 29 AUG 2023  
WAS \$3.15 JUN 2023**



Coles Turkish Pide or Rolls 400g  
\$0.70 per 100g

**\$3<sup>40</sup>**  
pk  
**SAVE 50¢**  
WAS \$3.90



Coles Bakery Pizza Roll 2 Pack  
\$1.70 per each. Selected stores only

Serving suggestion only





# Crunchy and tasty Modi Apples. Only at Coles.

## **Modi Apples, FreshMax.**

At Coles we searched long and hard to find a deliciously sweet and crunchy apple, so when we tasted the Modi apple, we knew that we had to have it available for you. So that's why we are proud to say its exclusive to Coles.

**That's going to great lengths for quality.**



# 100% Aussie Strawberries



Australian Premium Strawberries  
350g Punnet \$15.72 per kg



# 100% Aussie Zucchini

**\$3<sup>50</sup>**  
kg

Australian Green Zucchini



**\$4<sup>90</sup>**  
pk



Coles Australian Brussels Sprouts  
400g Pack \$12.25 per kg



**\$6**  
pk



Red Cherries 300g Pack  
\$20.00 per kg



**\$3<sup>50</sup>**  
kg



Australian Dandy Mandie  
Mandarins



**\$10**  
pk



Coles Australian Dry Roasted or  
Natural Almonds 750g Pack  
\$13.33 per kg



**\$5**  
pk

**SAVE 50¢**  
WAS \$5.50

Coles Kitchen Caesar Salad Kit  
290g Pack \$1.72 per 100g



**\$5**  
pk

**SAVE 50¢**  
WAS \$5.50

Coles Kitchen Chilli Lime  
Crunchy Noodle Salad Kit 350g  
\$1.43 per 100g

coles

**-CERTIFIED-  
Organic**

**Australian Organic Ltd  
Retailer of the  
Year 2022**



**\$5<sup>80</sup>**  
pk



Coles Australian Organic Corn 3 Pack  
\$1.94 per cob





Serving suggestion only



**\$29<sub>kg</sub>**

**SAVE \$4<sub>kg</sub>**  
WAS \$33<sub>kg</sub>

**Coles Fresh Tasmanian Salmon Portions Skin On**  
From the Deli. Product sold uncooked. On sale for 2 weeks

RESPONSIBLY SOURCED SEAFOOD

AUSTRALIAN SEAFOOD

**\$2.90  
PER  
100g**



**\$29<sub>kg</sub>**

**SAVE \$7<sub>kg</sub>**  
WAS \$36<sub>kg</sub>

**Coles Australian Made Ham**  
Off the Bone From the Deli



**\$30<sub>kg</sub>**

**SAVE \$6<sub>kg</sub>**  
WAS \$36<sub>kg</sub>

AUSTRALIAN SEAFOOD

**Coles Thawed Australian Cooked Black Tiger Prawns**  
From the Deli



**\$32<sup>50</sup><sub>kg</sub>**

**SAVE \$3.50<sub>kg</sub>**  
WAS \$36<sub>kg</sub>

AUSTRALIAN SEAFOOD

**Coles Fresh West Australian Barramundi Portions Skin On**  
From the Deli



**\$12<sub>pk</sub>**

**SAVE \$6.90**  
WAS \$18.90

**Primo Rindless Short Cut Bacon**  
1kg \$12.00 per kg.  
From the Dairy department

**\$1.90  
PER  
100g**



**\$19<sub>kg</sub>**

**SAVE \$4.50<sub>kg</sub>**  
WAS \$23.50<sub>kg</sub>

**Primo Rindless Hickory Smoked Bacon**  
From the Deli. 2nd week on sale



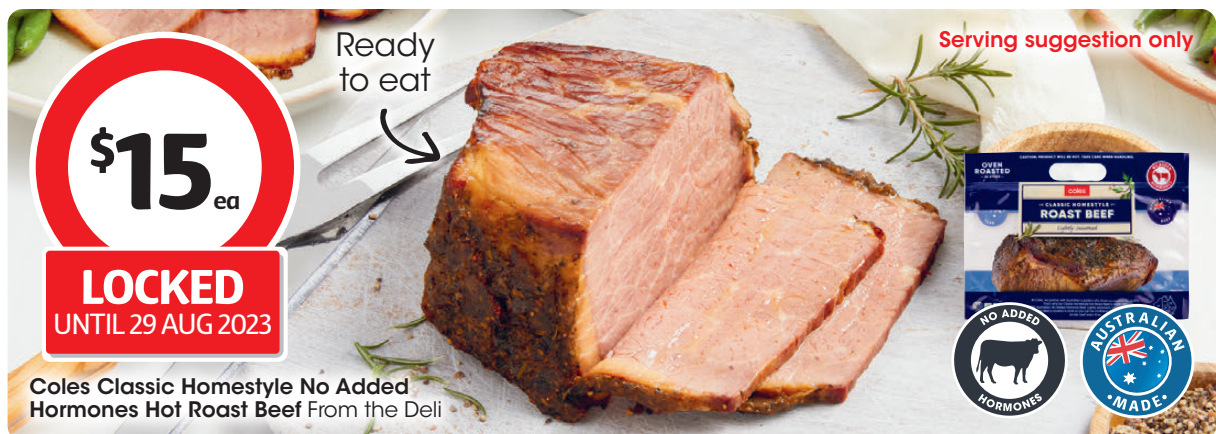
**\$5<sub>pk</sub>**

**DROPPED & LOCKED**  
UNTIL 29 AUG 2023  
WAS \$6 JUN 2023

**Coles Rindless Short Cut or Rindless Pan Size or Streaky Bacon 200g** \$25.00 per kg.  
From the Dairy department

Ready to eat

Serving suggestion only



**\$15<sub>ea</sub>**

**LOCKED**  
UNTIL 29 AUG 2023

**Coles Classic Homestyle No Added Hormones Hot Roast Beef** From the Deli

NO ADDED HORMONES

AUSTRALIAN MADE



Serving suggestion only

**\$12** kg

**DROPPED & LOCKED**  
UNTIL 29 AUG 2023  
WAS \$14/kg JUN 2023

**Coles Australian Pork Boneless Loin Roast**  
Product sold uncooked

SOY STALL-FREE  
FRESH PORK

AUSTRALIAN  
GROWN

**\$12** kg

**SAVE \$1/kg**  
WAS \$13/kg

AUSTRALIAN  
MADE

Coles RSPCA Approved Chicken  
Mixed Portions Southern Fried

**\$7.50** kg

**SAVE \$1.50/kg**  
WAS \$9/kg

LILYDALE  
FREE RANGE CHICKEN

Lilydale Free Range Whole  
Chicken

**2 for \$10**

**SAVE \$1**

AUSTRALIAN  
GROWN

Coles Australian Pork 3 Star  
Regular Mince 500g  
\$10.00 per kg

**\$16** pk

**SAVE \$3**  
WAS \$19

AUSTRALIAN  
GROWN

Coles Australian No Added  
Hormones Beef Scotch Fillet Thin  
Sliced Steak 400g \$40.00 per kg

**\$10** kg

**DOWN DOWN**  
WAS \$12/kg  
MAY 2023

AUSTRALIAN  
MADE

Coles No Added Hormones Beef  
Corned Silverside

**\$12** pk

**SAVE \$1**  
WAS \$13

AUSTRALIAN  
MADE

Coles Made Easy Chicken Breast  
Garlic Herb Butter Topped with  
Cheese Crumb 500g \$24.00 per kg

Serving suggestion only

**\$22** kg

**SAVE \$6/kg**  
WAS \$28/kg

**Coles Australian Lamb Loin Chops**  
Product sold uncooked

AUSTRALIAN  
GROWN

# Back to school sorted



ONLY  
at coles



**1/2  
PRICE**

**\$1<sup>25</sup>**  
ea

**SAVE \$1.25**  
WAS \$2.50

Wild Tides Tuna 95g  
\$13.16 per kg



**\$2<sup>50</sup>**  
ea

**SAVE \$2.50**  
WAS \$5

Nice & Natural Nut Bars  
180g-192g



**\$4**  
ea

**SAVE \$1**  
WAS \$5

Healthier's Potato Stix 120g  
\$3.33 per 100g



**\$4<sup>40</sup>**  
ea

**SAVE \$1.50**  
WAS \$5.90

Carman's Oat Slices 175g  
\$2.51 per 100g



**\$2<sup>20</sup>**  
ea

**SAVE 60¢**  
WAS \$2.80

Heinz Bean's or Spaghetti 300g  
\$0.73 per 100g



**\$2<sup>30</sup>**  
ea

**SAVE 65¢**  
WAS \$2.95

San Remo Pasta 500g  
\$0.46 per 100g



**\$1<sup>50</sup>**  
ea

**SAVE 50¢**  
WAS \$2

Indomie Mie Goreng  
Noodles Cup 75g  
\$2.00 per 100g



**\$4<sup>15</sup>**  
ea

**LOCKED**  
UNTIL 29 AUG 2023

Coles Snack Fruit Sticks  
480g \$0.86 per 100g



**\$15<sup>80</sup>**  
ea

**LOCKED**  
UNTIL 29 AUG 2023

Sanitarium Up & Go  
Liquid Breakfast Fridge  
Pack 12x250mL  
\$5.27 per litre



# Back to school sorted



ONLY  
at coles

**1/2  
PRICE**

**\$10<sup>75</sup>**  
ea

**SAVE \$10.75**  
WAS \$21.50

Family Faves Chicken Tenders or Chips 1kg  
\$10.75 per kg

**\$1<sup>25</sup>**  
ea

**SAVE \$1.25**  
WAS \$2.50

Chobani Yogurt Pouch 140g  
\$0.89 per 100g



**\$7**  
ea

**SAVE \$2**  
WAS \$9

McCain Pizza Slices  
6 Pack 600g  
\$1.17 per 100g



**\$6**  
ea

**SAVE \$1.80**  
WAS \$7.80

McCain Lil' Pizzas  
4 Pack 380g-400g



**\$7<sup>20</sup>**  
ea

**SAVE \$2**  
WAS \$9.20

Bega Cheese Stringers  
240g \$30.00 per kg



**\$10**  
ea

**SAVE \$2.50**  
WAS \$12.50

Cheer Cheese Slices 500g  
\$20.00 per kg



**80¢**  
ea

**SAVE 20¢**  
WAS \$1

Yoplait Petit Miam Yoghurt  
Pouch 70g \$1.14 per 100g



**\$2<sup>50</sup>**  
ea

**SAVE 70¢**  
WAS \$3.20

Mrs Mac's Microwave  
Frozen Beef Pie or  
Sausage Roll 175g  
\$1.43 per 100g



**2 for  
\$8**

**SAVE \$2.20**

Golden Circle Tetra Fruit  
Drink 6x250mL  
\$2.67 per litre.  
Excludes Pineapple



**\$2**  
ea

**SAVE \$2**  
WAS \$4

Oreo Share Pack Mini  
Cream Biscuits 157g  
\$1.27 per 100g



1/2  
PRICE

# Cadbury SLICES



MILK CHOCOLATE WITH  
RICE CRISPS AND  
TOASTED COCONUT



MILK CHOCOLATE WITH  
PASSIONFRUIT FLAVOURED  
JELLY AND VANILLA  
FLAVOURED CREME



CARAMELISED WHITE  
CHOCOLATE WITH ALMOND  
PIECES, TOASTED COCONUT  
& RICE CRISPS

\$2<sup>75</sup>  
ea

SAVE \$2.75  
WAS \$5.50

Cadbury Block Chocolate  
160g-190g

100%  
SUSTAINABLY  
SOURCED  
COCOA

THE EQUIVALENT OF A GLASS AND A HALF OF FULL CREAM MILK IN EVERY 200g OF CADBURY DAIRY MILK MILK CHOCOLATE.  
CARAMILK, DAIRY MILK, THE GLASS AND A HALF DEVICE AND THE COLOUR PURPLE ARE TRADE MARKS USED UNDER LICENCE.

ADVERTISER PROMOTION



**\$1<sup>37</sup>**  
ea

**SAVE \$1.38**  
WAS \$2.75

Sakata Rice Crackers  
90g-100g



**\$2<sup>15</sup>**  
ea

**SAVE \$2.15**  
WAS \$4.30

Hooleys Crunchy Rings  
90g \$2.39 per 100g

**1/2  
PRICE**



**\$2<sup>35</sup>**  
ea

**SAVE \$2.35**  
WAS \$4.70

CC's Corn Chips 175g  
or Cornados 110g



**\$2<sup>40</sup>**  
ea

**SAVE \$2.40**  
WAS \$4.80

Grainwaves 170g  
\$1.41 per 100g



**NEW  
FLAVOUR**

**\$3<sup>50</sup>**  
ea

**SAVE \$1**  
WAS \$4.50

Arnott's Tim Tam Biscuits  
165g-200g



**\$3**  
ea

**SAVE \$1**  
WAS \$4

Cadbury Cookies 156g or  
Chocolate Fingers Biscuits 114g



**\$4<sup>20</sup>**  
ea

**SAVE \$1.80**  
WAS \$6

Table of Plenty Snack Pack  
Rice Cakes 84g \$5.00 per 100g.  
From the Biscuit aisle



**\$3**  
ea

**SAVE \$1**  
WAS \$4

Cheezels or Jumpy's & Friends  
Crackers 135g-140g

NSW-METRO-1907-23-236505



**2 for  
\$3**

**SAVE \$1**

Poppin Microwave Popcorn  
85g-100g



**2 for  
\$7**

**SAVE \$1**

Jumpy's 5 Pack or Twisties 6 Pack



Coles No Added Sugar Mylk  
Chocolate & Coconut 100g  
\$4.00 per 100g



**TRY IT BECAUSE  
IT'S VEGAN.  
LOVE IT BECAUSE  
IT'S DELICIOUS.**





**1/2  
PRICE**

**\$3<sup>70</sup><sub>ea</sub>**  
**SAVE \$3.70**  
**WAS \$7.40**

Schweppes Mixers or Mineral Water 4x300mL  
\$3.08 per litre



**87¢  
PER CAN**

**\$20<sup>90</sup><sub>ea</sub>**  
**SAVE \$13.95**  
**WAS \$34.85**

Pepsi, Solo or Schweppes Soft Drink  
24x375mL \$2.32 per litre



**\$2<sup>10</sup><sub>ea</sub>**  
**SAVE \$1.45**  
**WAS \$3.55**

Coca-Cola, Sprite or Fanta Soft  
Drink 1.25 Litre \$1.68 per litre



**90¢  
PER CAN**

**\$26<sup>90</sup><sub>ea</sub>**  
**SAVE \$18**  
**WAS \$44.90**

Coca-Cola Soft Drink 30x375mL  
\$2.39 per litre



**\$9<sup>65</sup><sub>ea</sub>**  
**SAVE \$6.45**  
**WAS \$16.10**

Coca-Cola, Fanta or Sprite Soft  
Drink or Mount Franklin Lightly  
Sparkling 10x375mL \$2.57 per litre



**2 for  
\$4**  
**SAVE \$1.60**

Schweppes Mixers,  
Soft Drink or Mineral  
Water 1.1 Litre  
\$1.82 per litre  
NSW-METRO-1907-23-236505



**\$3<sub>ea</sub>**  
**SAVE \$2**  
**WAS \$5**

Lipton Ice Tea 1.5 Litre  
\$2.00 per litre



**\$6<sup>50</sup><sub>ea</sub>**  
**SAVE \$2.25**  
**WAS \$8.75**

Remedy Kombucha  
4x250mL or 1.25 Litre



**\$7<sup>20</sup><sub>ea</sub>**  
**SAVE \$4.80**  
**WAS \$12**

Red Bull Energy Drink  
4x250mL \$7.20 per litre



**1/2  
PRICE**



**\$1.40**  
ea

**SAVE \$1.40**  
WAS \$2.80

Continental Cup A Soup 2 Serve  
50g-75g

**\$2.25**  
ea

**SAVE \$2.25**  
WAS \$4.50

Campbell's Country Ladle or  
Chunky Soup 495g-505g

**2 for  
\$6**

**SAVE \$3**



Campbell's Real Stock 1 Litre  
\$0.30 per 100mL

**\$2.40**  
ea

**SAVE \$1.10**  
WAS \$3.50



Gravox Gravy or Finishing Sauce  
165g \$1.45 per 100g

**\$2**  
ea

**SAVE \$1.40**  
WAS \$3.40



Massel Gourmet Liquid Stock  
1 Litre, Ultra Stock Cubes 105g or  
Stock Powder 140g-168g

**\$4**  
ea

**SAVE \$1**  
WAS \$5



Fehlbergs Sandwich Stackers 500g  
\$8.00 per kg. On sale for 2 weeks

**\$3.20**  
ea

**SAVE \$1.30**  
WAS \$4.50



Heinz Ketchup Tomato Sauce  
500mL \$0.64 per 100mL

**\$4**  
ea

**SAVE \$1**  
WAS \$5



Praise Traditional Jar Mayonnaise  
470g \$0.85 per 100g

**DROPPED  
& LOCKED**

**\$4**  
ea

**DROPPED & LOCKED**  
UNTIL 29 AUG 2023  
WAS \$4.50 JUN 2023



Old El Paso Taco Sauce 200g  
\$2.00 per 100g

**\$2.50**  
ea

**DROPPED & LOCKED**  
UNTIL 26 SEP 2023  
WAS \$3 JUN 2023



Green's Traditional Baking Mix  
380g-470g





**\$5<sup>50</sup>**  
ea  
**SAVE \$5.50**  
WAS \$11

Lavazza Prontissimo Instant Coffee 95g  
\$5.79 per 100g. 2nd week on sale

**\$10**  
ea  
**SAVE \$10**  
WAS \$20

Lavazza Qualita Oro Beans or Ground 500g  
\$2.00 per 100g

**\$9**  
ea  
**SAVE \$4**  
WAS \$13



Starbucks Premium Instant  
Coffee 90g \$10.00 per 100g

**\$2<sup>80</sup>**  
ea  
**SAVE 70¢**  
WAS \$3.50



Clif Energy Bars 68g  
\$4.12 per 100g

**\$5<sup>50</sup>**  
ea  
**SAVE \$2**  
WAS \$7.50



L'OR Nespresso Compatible  
Capsules 10 Pack \$0.55 per each

**\$22<sup>75</sup>**  
ea  
**SAVE \$12.25**  
WAS \$35



Grinders Coffee Beans 1kg  
\$2.28 per 100g. Excludes Organic

**\$4<sup>40</sup>**  
ea  
**SAVE \$1.10**  
WAS \$5.50



Oatly Oat Milk Barista Edition  
1 Litre \$4.40 per litre

**\$13<sup>50</sup>**  
ea  
**SAVE \$7**  
WAS \$20.50



Moccona Specialty Blend  
Freeze Dried Instant Coffee 200g  
\$6.75 per 100g. On sale for 2 weeks



**\$3<sup>25</sup>**  
ea  
**LOCKED**  
UNTIL 3 OCT 2023



Coles Coffee Sachets  
10 Pack \$0.33 per each

**\$55**  
ea  
**LOCKED**  
UNTIL 25 JUL 2023



The Man or Lady Shake Meal  
Replacement 784g  
\$7.02 per 100g



**1/2  
PRICE**



**\$11<sub>ea</sub>**  
**SAVE \$11**  
**WAS \$22**

**\$22<sub>ea</sub>**  
**SAVE \$22**  
**WAS \$44**

Naturopathica Fat Blaster Weight Loss Shake  
430g \$2.56 per 100g

Vittoria Mountain Grown or Organic  
Coffee Beans 1kg \$2.20 per 100g

**1/2  
PRICE**



**\$3<sup>50</sup><sub>ea</sub>**  
**SAVE \$3.50**  
**WAS \$7**



**ONLY  
at coles**

**\$23<sub>ea</sub>**  
**SAVE \$13**  
**WAS \$36**



**3 for  
\$13**  
**SAVE \$9.50**

Nestlé Aero or Milky Bar Hot  
Chocolate Sachets 10 Pack  
\$0.35 per each

Vittoria Freeze Dried Instant  
Coffee 400g \$5.75 per 100g

Vittoria Nespresso Compatible  
Coffee Capsules 10 Pack  
\$0.43 per each



**\$2<sub>ea</sub>**  
**SAVE \$1.30**  
**WAS \$3.30**



**\$2<sub>ea</sub>**  
**SAVE \$1**  
**WAS \$3**



**\$9<sup>50</sup><sub>ea</sub>**  
**EVERY DAY  
LOW PRICE**

Vitasoy Unsweetened Almond  
Milk 1 Litre \$2.00 per litre  
NSW-METRO-1907-23-236505

Twinings Tea Bags 10 Pack  
\$0.20 per each

Nestlé Milo Softpack 650g  
\$1.46 per 100g





**1/2  
PRICE**



**ONLY  
at coles**

**\$2<sup>45</sup>**  
ea  
**SAVE \$2.45**  
WAS \$4.90

**\$13**  
ea  
**SAVE \$13**  
WAS \$26

**Aunt Betty's Pudding 190g-220g**  
On sale for 2 weeks

**La Española Organic Olive Oil 1 Litre**  
\$1.30 per 100mL



**\$3<sup>70</sup>**  
ea  
**SAVE \$1**  
WAS \$4.70

**\$2<sup>30</sup>**  
ea  
**SAVE 60¢**  
WAS \$2.90

**\$2**  
ea  
**SAVE 80¢**  
WAS \$2.80

**\$1<sup>40</sup>**  
ea  
**SAVE 50¢**  
WAS \$1.90

**Sirena Tuna 185g**  
\$20.00 per kg

**John West Deli Tuna 90g or Salmon Tempters 95g**

**Continental Pasta & Sauce or Rice 85g-125g**

**Annalisa Beans 400g**  
\$3.50 per kg.  
2nd week on sale



**ONLY  
at coles**



**\$2<sup>10</sup>**  
ea  
**SAVE 60¢**  
WAS \$2.70

**\$14**  
ea  
**SAVE \$6**  
WAS \$20

**90¢**  
ea  
**EVERY DAY  
LOW PRICE**

**\$1<sup>40</sup>**  
ea  
**LOCKED  
UNTIL 29 AUG 2023**

**Mutti Cherry Tomatoes 400g** \$5.25 per kg

**La Española Olive Oil 1 Litre** \$1.40 per 100mL.  
Excludes Organic

**Coles Pasta Spaghetti 500g** \$0.18 per 100g

**Coles Long Grain Rice 1kg** \$0.14 per 100g

\$3<sup>15</sup>

ea

SAVE \$1.35

WAS \$4.50

Vege Chips 100g or Rice Crackers 75g

\$20

ea

SAVE \$15

WAS \$35

ONLY at coles

Daley St Coffee Beans 1kg  
\$2.00 per 100g

\$4<sup>80</sup>

ea

SAVE \$1.20

WAS \$6

DJ&A Vegetable Crisps 45g-90g

\$6<sup>80</sup>

ea

SAVE \$1.80

WAS \$8.60

Capilano Pure Honey Upside Down Squeeze 500g  
\$1.36 per 100g

\$5<sup>35</sup>

ea

SAVE \$1.35

WAS \$6.70

Bonne Maman Strawberry Conserve 370g \$1.45 per 100g

NEW LOOK

1/2 PRICE

SIMPLY DELIGHTFUL

98% SUGAR FREE RANGE

\$3<sup>80</sup>

ea

SAVE \$3.80

WAS \$7.60

Nescafé 98% Sugar Free Coffee Sachets 10 Pack

\$0.38 per each

ADVERTISER PROMOTION

NSW-METRO-1907-23-236505

22





**\$7<sup>50</sup>**  
ea

**SAVE \$2.50**  
WAS \$10

Kellogg's Coco Pops 650g  
\$1.15 per 100g



**\$7**  
ea

**SAVE \$1.80**  
WAS \$8.80

Nestlé Milo Cereal 700g or Uncle Tobys Plus Cereal 690g-820g

**\$3**  
ea

**SAVE \$1.50**  
WAS \$4.50

Sanitarium Weetbix Bites  
500g-510g

**\$4<sup>50</sup>**  
ea

**SAVE \$1.50**  
WAS \$6

Sanitarium Weet-Bix Blends  
Multi-Grain 575g \$0.78 per 100g

**2 for \$9**

**SAVE \$4.80**

Fibre One Bars or Snacks 92g-120g  
or Nature Valley Bars 252g

**\$6**  
ea

**SAVE \$1.50**  
WAS \$7.50

Uncle Tobys Cheerios Cereal  
510g-580g

**\$5**  
ea

**SAVE \$1.50**  
WAS \$6.50

Uncle Tobys Oats 1kg  
\$0.50 per 100g

**\$6**  
ea

**SAVE \$1.50**  
WAS \$7.50

Carman's Granola 450g  
\$1.33 per 100g



**\$5<sup>80</sup>**  
ea

**DROPPED & LOCKED**  
UNTIL 29 AUG 2023  
WAS \$6.50 MAY 2023

Uncle Tobys Big Bowl 368g  
\$1.58 per 100g

**\$4<sup>50</sup>**  
ea

**DROPPED & LOCKED**  
UNTIL 25 JULY 2023  
WAS \$7 APR 2023

**ONLY at coles**

Queen Victoria Tea Bags 18 Pack  
\$0.25 per each

20¢  
donation to  
Second Bite\*

**\$5**  
ea

**SAVE \$1.80**  
WAS \$6.80



Nando's Peri Peri Chilli Sauce 250g \$2.00 per 100g. 2nd week on sale

\*Nando's will donate 20c to SecondBite for every Nando's PERI PERI Sauce 250g sold at Coles between 12.07.23 and 03.10.23.

For full T&C's visit <https://www.nandos.com.au/offers-terms>

For more information about SecondBite visit <https://secondbite.org>



**\$4.75**  
ea

**SAVE \$1.45**  
WAS \$6.20

The Spice Tailor Indian Curry Kit  
225g-300g



**\$3.30**  
ea

**SAVE \$1.10**  
WAS \$4.40

Mission Street Tacos 10 Pack 375g  
\$0.88 per 100g



**\$6.80**  
ea

**SAVE \$1.70**  
WAS \$8.50

Marion's Kitchen Meal Kit  
318g-419g 2nd week on sale



**\$4.30**  
ea

**SAVE \$1.20**  
WAS \$5.50

Kewpie Mayonnaise 300g  
\$1.43 per 100g. 2nd week on sale



**\$3.50**  
ea

**SAVE 90¢**  
WAS \$4.40

Cucina Matrese Pesto 290g  
\$1.21 per 100g



**\$2.40**  
ea

**SAVE 60¢**  
WAS \$3

Dole Pineapple 432g-439g  
On sale for 2 weeks



**\$5**  
ea

**SAVE \$2**  
WAS \$7

Nongshim Noodles 5 Pack 600g  
\$0.83 per 100g. Excludes Kimchi.  
On sale for 2 weeks





**\$7<sup>ea</sup>**  
**SAVE \$2.95**  
**WAS \$9.95**

Mersey Valley Cheese 235g  
 \$29.79 per kg



**\$6<sup>95</sup><sup>ea</sup>**  
**SAVE \$1.35**  
**WAS \$8.30**

Liddells Lactose Free Slices, Block  
 or Shredded Cheese 225g-250g



**2 for \$7**  
**SAVE \$2.20**

Black Swan Crafted Dip 170g  
 \$2.06 per 100g. 2nd week on sale



**\$4<sup>ea</sup>**  
**SAVE \$1**  
**WAS \$5**

Obela Garnished Hommus Dip  
 220g \$1.82 per 100g



**\$6<sup>50</sup><sup>ea</sup>**  
**SAVE \$2**  
**WAS \$8.50**

Jarlsberg Cheese Slices 150g  
 \$43.33 per kg



**\$3<sup>ea</sup>**  
**SAVE \$1.25**  
**WAS \$4.25**

Primo Trios 50g



**\$10<sup>10</sup><sup>ea</sup>**  
**SAVE \$4.85**  
**WAS \$14.95**

Tasmanian Heritage Camembert  
 or Double Brie 250g \$40.40 per kg



**\$8<sup>50</sup><sup>ea</sup>**  
**SAVE \$2**  
**WAS \$10.50**

Jarlsberg Cheese Block 250g  
 \$34.00 per kg



**\$1<sup>25</sup>**  
ea

**SAVE \$1.25**  
WAS \$2.50

Chobani No Sugar Added Greek Yogurt  
150g \$0.83 per 100g

**\$1<sup>25</sup>**  
ea

**SAVE \$1.25**  
WAS \$2.50

Chobani Greek Yogurt 160g  
\$0.78 per 100g



**\$3<sup>15</sup>**  
ea

**SAVE \$1.65**  
WAS \$4.80

Wicked Sister Twin Pack Desserts  
200g-340g



**\$2<sup>40</sup>**  
ea

**SAVE 60¢**  
WAS \$3

Nestlé Chocolate Mousse 2x62g  
\$1.94 per 100g



**\$2<sup>50</sup>**  
ea

**SAVE \$1**  
WAS \$3.50

Chobani Flip Yogurt 140g  
\$1.79 per 100g



**\$6**  
ea

**SAVE \$1.50**  
WAS \$7.50

Gippsland Dairy Twist Yogurt 700g  
\$0.86 per 100g



**\$1<sup>50</sup>**  
ea

**SAVE 40¢**  
WAS \$1.90

Pauls Custard Pouch 70g  
\$2.14 per 100g



**\$6<sup>30</sup>**  
ea

**SAVE \$1.60**  
WAS \$7.90

Chobani Greek Yogurt 907g  
\$0.69 per 100g

**Shop online for even more savings**

Lower the cost of your weekly shop with exclusive specials you can only get online.

**ONLINE ONLY SPECIALS**

[coles.com.au](https://www.coles.com.au)





**1/2  
PRICE**

**\$1<sup>25</sup>  
ea**

**SAVE \$1.25  
WAS \$2.50**

**Cocobella Coconut Yoghurt 150g**  
\$0.83 per 100g



**\$4<sup>ea</sup>**

**SAVE \$1  
WAS \$5**

**Dairy Farmers Thick & Creamy  
Yoghurt 4x110g** \$0.91 per 100g



**\$7<sup>50</sup>  
ea**

**SAVE \$2.50  
WAS \$10**

**Flora ProActiv 500g**  
\$1.50 per 100g



**\$4<sup>50</sup>  
ea**

**SAVE \$1.15  
WAS \$5.65**

**Olive Grove Classic Margarine  
500g** \$0.90 per 100g



**\$4<sup>ea</sup>**

**SAVE \$1.30  
WAS \$5.30**

**Devondale Butter Pat 250g**  
\$1.60 per 100g



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

**SAVE \$2.50  
WAS \$7.50**

**Remedy Kombucha  
750mL** \$6.67 per litre  
NSW-METRO-1907-23-236505



**\$2<sup>90</sup>  
ea**

**SAVE \$1  
WAS \$3.90**

**Oak Flavoured Milk  
600mL** \$4.83 per litre



**\$2<sup>80</sup>  
ea**

**SAVE \$1  
WAS \$3.80**

**Ice Break Flavoured Milk  
500mL** \$5.60 per litre



**\$4<sup>ea</sup>**

**SAVE \$1  
WAS \$5**

**Dare Flavoured Milk  
750mL** \$5.33 per litre





Serving suggestion only





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

**DROPPED & LOCKED**  
UNTIL 25 JUL 2023  
WAS \$8 APR 2023

**Latina Filled Pasta 375g**  
\$1.87 per 100g

**\$8<sup>50</sup><sup>ea</sup>**

**DROPPED & LOCKED**  
UNTIL 5 SEP 2023  
WAS \$11 JUN 2023

**Latina Filled Pasta 625g**  
\$1.36 per 100g



**\$6<sup>50</sup><sup>ea</sup>**

**DROPPED & LOCKED**  
UNTIL 25 JUL 2023  
WAS \$7.50 APR 2023

**Latina Pasta Sauce 425g**  
\$1.53 per 100g



**Any 2 for \$14**

**SAVE \$1**

**Coles Kitchen Meals 350g**  
\$2.00 per 100g



**\$2<sup>10</sup><sup>ea</sup>**

**SAVE 40¢**  
WAS \$2.50

**Primo Cabanossi**  
From the Deli



**\$7<sup>50</sup><sup>pk</sup>**

**SAVE \$1**  
WAS \$8.50

**Coles Hot Smoked Salmon Natural, Pepper or Lemon Pepper Dill**  
150g \$50.00 per kg. From the Dairy department. On sale for 2 weeks



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

**DROPPED & LOCKED**  
UNTIL 31 OCT 2023  
WAS \$3.50 MAY 2023

**Coles Kitchen Soup 300g**  
\$1.00 per 100g



**\$4<sup>50</sup><sup>pk</sup>**

**SAVE 90¢**  
WAS \$5.40

**Primo Cheese Kransky 250g**  
\$18.00 per kg.  
From the Dairy department

**Catalogue on sale Wed 19th July until Tue 25th July 2023 or until Tue 1st August where indicated. Selected specials commenced Wed 12th July.** Promotional prices commence 7am Wednesday and may commence or extend beyond the advertised date. Promotional products and prices may not be available at Coles Express, Coles online, Coles Local, Coles Broken Hill and Wynyard. Deli promotions are not available at Coles Liverpool, West Ryde, Fairfield West, Narrandera, Chipping Norton, Ropes Crossing, The Entrance, Killarney Vale, Berkeley, Helensburgh, Jewellstown, Fairfield, Illawong, Taniila Bay, Tea Gardens, Narramine, Westmead, South West Rocks, Green Point, Alstonville, Baulkham Hills, Brighton Le Sands, Cooma, Kings Langley, Wadalba, Tenterfield, Parkes, Eden, Edensor Park, Tuggeranong, Picton, Vincentia, Moss Vale, Wingham, Old Bar, Chullora & Umina Beach. Savings and single sell prices shown are off New South Wales regular selling prices. Some advertised products may already be priced below the New South Wales selling price therefore savings and unit prices may vary. Multi Save price only available when purchased in the multiples specified. We reserve the right to limit sale quantities. Some product varieties, colours or styles may not be available at all stores and only available while stocks last.



**\$8<sup>ea</sup>**

**SAVE \$2.50**  
WAS \$10.50

KB's Salt & Pepper Squid 360g or Whiting Bites 300g



**\$18<sup>ea</sup>**

**SAVE \$6**  
WAS \$24

I&J Raw Prawns Tail On or Off 500g \$36.00 per kg



**\$13<sup>ea</sup>**

**EVERY DAY LOW PRICE**

CERTIFIED SUSTAINABLE SEAFOOD MSC [www.msc.org](http://www.msc.org)

MSC-C-52096

I&J Beer Batter Fish Fillets 1.03kg \$12.62 per kg



**\$13<sup>ea</sup>**

**SAVE \$3.50**  
WAS \$16.50

CERTIFIED SUSTAINABLE SEAFOOD MSC [www.msc.org](http://www.msc.org)

MSC-C-52096

Birds Eye Southern Blue Whiting Fillets 1kg \$13.00 per kg



**\$4<sup>20</sup><sup>ea</sup>**

**SAVE \$2**  
WAS \$6.20

CERTIFIED SUSTAINABLE SEAFOOD MSC [www.msc.org](http://www.msc.org)

MSC-C-52096

Birds Eye Fish Fingers 375g \$11.20 per kg



**\$10<sup>50</sup><sup>ea</sup>**

**EVERY DAY LOW PRICE**

CERTIFIED SUSTAINABLE SEAFOOD MSC [www.msc.org](http://www.msc.org)

MSC-C-52096

Birds Eye Fish Fingers 1kg \$10.50 per kg

100% of our Birds Eye Hoki is MSC certified, so we can all come back for seconds.

LOOK FOR THE BLUE LABEL



**1/2 PRICE**



**\$5<sup>25</sup><sup>ea</sup>**

**SAVE \$5.25**  
WAS \$10.50

Birds Eye Oven Bake Fish Fillets 425g \$12.35 per kg



ADVERTISER PROMOTION



**1/2  
PRICE**

**\$4<sup>ea</sup>**

**SAVE \$4  
WAS \$8**

**Hong Kong Dim Sim Kitchen Pork & Chive Dumplings**  
300g \$1.33 per 100g



**\$7<sup>20</sup><sup>ea</sup>**

**SAVE \$1.80  
WAS \$9**

**Herbert Adams Slow Cooked Pie**  
2 Pack 400g-420g



**\$6<sup>ea</sup>**

**SAVE \$1.50  
WAS \$7.50**

**KB's Hoki Fillets 300g  
or Whiting Fillets 450g**



**\$13<sup>60</sup><sup>ea</sup>**

**SAVE \$3.40  
WAS \$17**

**KB's Gyoza 750g**  
\$1.81 per 100g



**\$5<sup>60</sup><sup>ea</sup>**

**SAVE \$1.40  
WAS \$7**

**Lean Cuisine Dinner  
Meal 375g**  
\$1.49 per 100g



**\$6<sup>50</sup><sup>ea</sup>**

**SAVE \$2.50  
WAS \$9**

**Dr. Oetker Ristorante  
Pizza 310g-390g**



**\$6<sup>80</sup><sup>ea</sup>**

**SAVE \$1.70  
WAS \$8.50**

**Sara Lee French Vanilla  
Cheese Cake or Sticky  
Date Pudding 360g-475g**



**\$10<sup>80</sup><sup>ea</sup>**

**SAVE \$2.70  
WAS \$13.50**

**Steggles Chicken  
Tenders 1kg**  
\$10.80 per kg



**\$5<sup>60</sup><sup>ea</sup>**

**SAVE \$1.40  
WAS \$7**

**On The Menu Plated  
Meal 320g**  
\$1.75 per 100g



**\$6<sup>50</sup><sup>ea</sup>**

**SAVE \$3  
WAS \$9.50**

**Core Power Foods Meal**  
350g \$1.86 per 100g

**NEW**

**BEN & JERRY'S**  
*Sundae*

# ICE CREAM & SO MUCH MORE

WHIPPED ICE  
CREAM TOPPING!



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

**SAVE \$4.50**  
WAS \$14.50

Ben & Jerry's Ice Cream  
Tub 427mL-458mL

**Find it now in the freezer.**

BJ20231940

ADVERTISER PROMOTION





**1/2  
PRICE**

**\$6<sup>ea</sup>**

**SAVE \$6  
WAS \$12**

Cadbury Dairy Milk Ice Cream Tub 460mL  
\$1.30 per 100mL



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

**SAVE \$2.50  
WAS \$9.50**

Peters Connoisseur Multi Pack  
360mL-400mL



**\$6<sup>50</sup><sup>ea</sup>**

**SAVE \$3  
WAS \$9.50**

Peters Drumstick 4 Pack-6 Pack  
475mL-490mL



**\$7<sup>50</sup><sup>ea</sup>**

**SAVE \$2.50  
WAS \$10**

Streets Gaytime Multi Pack  
400mL \$1.88 per 100mL



**\$8<sup>ea</sup>**

**SAVE \$2.50  
WAS \$10.50**

Halo Top Tub 473mL  
\$1.69 per 100mL



**\$6<sup>50</sup><sup>ea</sup>**

**SAVE \$2.50  
WAS \$9**

Mars Multi Pack 264mL-318mL



**\$4<sup>ea</sup>**

**DROPPED & LOCKED  
UNTIL 28 AUG 2023  
WAS \$5 MAY 2023**

Nanna's Apple Pies 4 Pack 450g  
or Apple Crumble 550g



**\$6<sup>50</sup><sup>ea</sup>**

**SAVE \$3  
WAS \$9.50**

Peters Oreo Cones or Sandwiches  
300mL-540mL or Nestlé KitKat  
4 Pack 360mL



**1/2  
PRICE**



**\$8<sup>ea</sup>**

**SAVE \$8**  
WAS \$16

Vaseline Intensive Care Body Lotion  
750mL \$1.07 per 100mL

**\$40<sup>ea</sup>**

**SAVE \$40**  
WAS \$80

Oral B Pro 100 Cross Action or Gum Care  
Electric Toothbrush 1 Pack 2nd week on sale

**\$23<sup>80</sup><sup>ea</sup>**

**SAVE \$10.20**  
WAS \$34



Gillette Fusion 5 Razor Kit with  
4 Blades 1 Pack \$23.80 per each

**\$5<sup>95</sup><sup>ea</sup>**

**SAVE \$2.55**  
WAS \$8.50



Rexona Antiperspirant  
Aerosol Deodorant 220mL  
\$2.70 per 100mL

**\$25<sup>80</sup><sup>ea</sup>**

**SAVE \$17.20**  
WAS \$43



Oral B Sensitive Brush Refill Head  
6 Pack \$4.30 per each.  
2nd week on sale

**\$4<sup>90</sup><sup>ea</sup>**

**SAVE \$2.10**  
WAS \$7



Poise Pads For Bladder Leakage  
Extra Plus Absorbency 10 Pack  
or Regular Absorbency 16 Pack

**\$14<sup>40</sup><sup>ea</sup>**

**SAVE \$3.60**  
WAS \$18



Tom Organic Period Brief  
Regular or Medium Flow 1 Pack

**\$12<sup>ea</sup>**

**SAVE \$1.50**  
WAS \$13.50



Moxie Post Partum Pads with  
Reusable Gel Pack 12 Pack  
\$1.00 per each

**BIG  
PACK  
VALUE**



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

Huggies Fragrance Free Baby  
Wipes 640 Pack \$0.04 per each



**\$20<sup>ea</sup>**

Colgate Total Advanced Clean  
Toothpaste Value 3 Pack  
\$6.67 per each

While stocks last. No rainchecks



# 40% OFF

## GARNIER

Exclusions apply †



**\$10** ea

SAVE \$7  
WAS \$17

Garnier Fructis Shampoo or Conditioner 850mL  
\$1.18 per 100mL



**\$10** ea

SAVE \$7  
WAS \$17

Garnier Nutriss Colourant 1 Pack



**\$13** ea

SAVE \$9  
WAS \$22

Garnier Micellar Cleansing Water 700mL \$1.86 per 100mL



1/2 PRICE

**\$10.50** ea

SAVE \$10.50  
WAS \$21

Head & Shoulders Shampoo or Conditioner 660mL \$1.59 per 100mL



**\$11.50** ea

SAVE \$5.50  
WAS \$17

Dove Shampoo or Conditioner 820mL \$1.40 per 100mL



**\$7** ea

SAVE \$3.50  
WAS \$10.50

Herbal Essences Classics Shampoo or Conditioner 400mL \$1.75 per 100mL



**\$6.60** ea

SAVE \$4.40  
WAS \$11

Colgate Sensitive Pro Toothpaste 110g \$6.00 per 100g. 2nd week on sale



**\$3.50** ea

SAVE \$1.50  
WAS \$5

U by Kotex Ultra Thins Pads with Wings Regular 14 Pack or Super 12 Pack



**\$13** ea

SAVE \$9  
WAS \$22

Rimmel Wonder'Luxe Mascara 11mL \$11.82 per 10mL



**\$23** ea

SAVE \$10  
WAS \$33

Neutrogena Hydro Boost Hyaluronic Acid Day or Night Gel 50g \$46.00 per 100g



**\$12.50** ea

SAVE \$8.50  
WAS \$21

Covergirl Clean Fresh Foundation 30mL \$4.17 per 10mL

† Excludes Down Down & clearance items



**\$23<sup>10</sup>**  
ea

**SAVE \$9.90**  
WAS \$33

**B.Box Lunch Box or Insulated Drink Bottle 1 Each** On sale for 2 weeks



**\$9<sup>48</sup>**  
ea

**SAVE \$6.32**  
WAS \$15.80

**Cetaphil Baby Wash & Shampoo or Daily Lotion 400mL**  
\$2.37 per 100mL.  
On sale for 2 weeks



**\$1<sup>50</sup>**  
ea

**SAVE 65¢**  
WAS \$2.15

**Only Organic 4+ Months, 6+ Months or 8+ Months Baby Food Pouches 120g** \$1.25 per 100g.  
On sale for 2 weeks



**\$2<sup>85</sup>**  
ea

**SAVE \$1**  
WAS \$3.85

**Baby Mum-Mum Rice Rusks Apple & Pumpkin or Vegetable 6m+ 36g**  
\$7.92 per 100g



**\$39**  
ea

**SAVE \$3**  
WAS \$42

**Bubs Goat Milk Drink Toddler Stage 3 800g** \$4.88 per 100g.  
2nd week on sale



**\$25<sup>20</sup>**  
ea

**SAVE \$10.80**  
WAS \$36

**Alula Advance+ Stage 3 Toddler Milk Drink 800g** \$3.15 per 100g

# HUGGIES We've got you covered at every stage



**\$30**  
ea

**SAVE \$10**  
WAS \$40

**Huggies Ultra Dry Jumbo Nappies 60 Pack-108 Pack**



**\$10**  
ea

**SAVE \$2**  
WAS \$12

**Huggies DryNites Night Time Pants 8 Pack-10 Pack**



**\$3**  
ea

**SAVE \$2**  
WAS \$5

**Huggies Baby Coconut, Fragrance Free or Water Wipes 72 Pack-80 Pack**

Traps mess with 1 gentle wipe



**Wake dry & worry free**

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**\$24<sup>ea</sup>**  
**SAVE \$24**  
 WAS \$48



**Blackmores Bio C  
 1000mg Tablets  
 150 Pack<sup>A</sup>**  
 \$16.00 per 100 each

**1/2  
 PRICE**



**\$19<sup>50</sup><sup>ea</sup>**  
**SAVE \$19.50**  
 WAS \$39

**Blackmores Executive B  
 Stress Formula  
 125 Pack<sup>A</sup>**  
 \$15.60 per 100 each

**1/2  
 PRICE**



**\$20<sup>ea</sup>**  
**SAVE \$20**  
 WAS \$40

**Blackmores Fish Oil 1000mg  
 400 Pack<sup>A</sup>** \$5.00 per 100 each

**\$8<sup>42</sup><sup>ea</sup>**  
**SAVE \$8.43**  
 WAS \$16.85



**Nature's Own Vitamin B12  
 1000mcg Tablets 60 Pack<sup>A</sup>**  
 \$14.03 per 100 each



**\$6<sup>67</sup><sup>ea</sup>**  
**SAVE \$6.68**  
 WAS \$13.35

**Cenovis Sugarless C 500mg  
 Tablets 160 Pack<sup>A</sup>**  
 \$4.17 per 100 each

**1/2  
 PRICE**



**\$13<sup>92</sup><sup>ea</sup>**  
**SAVE \$13.93**  
 WAS \$27.85

**Ostelin Calcium & Vitamin D3  
 Tablets or Vitamin D3 1000IU  
 Capsules 130 Pack<sup>A</sup>**  
 \$10.71 per 100 each

<sup>A</sup>This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your healthcare professional. Vitamin and mineral supplements should not replace a balanced diet.



**VICKS®**

**XTRA STRONG**

Relieves  
**4 cough & cold  
 symptoms**



**\$11<sup>80</sup><sup>ea</sup>**  
**SAVE \$5.10**  
 WAS \$16.90

**Vicks Extra Strong  
 Lemon Menthol  
 Lozenges 36 Pack**  
 \$0.33 per each



**\$10<sup>40</sup><sup>ea</sup>**  
**SAVE \$4.50**  
 WAS \$14.90

**Vicks VapoShower  
 5 Pack**  
 \$2.08 per each



**\$10<sup>40</sup><sup>ea</sup>**  
**SAVE \$4.50**  
 WAS \$14.90

**Vicks Nasal  
 Decongestant Inhaler  
 2 Pack** \$5.20 per each



**\$13<sup>65</sup><sup>ea</sup>**  
**SAVE \$5.85**  
 WAS \$19.50

**Vicks VapoRub  
 Extra Strong 100g**  
 \$13.65 per 100g

**ADVERTISER PROMOTION**

Always read the label and follow the directions for use



**My Dog Tray Dog Food 100g**  
\$1.10 per 100g.  
Excludes My Dog Shredded



**Pedigree Dentastix 7 Pack**  
\$0.71 per each



**Schmackos Dog Treats 200g**  
\$2.50 per 100g



**My Dog Shredded Meals Dog Food 6x100g** \$1.33 per 100g.  
Excludes My Dog



**V.I.P. Chunks Dog Food 1kg**  
\$0.48 per 100g.  
From the chilled pet food fridge



**Optimum Dry Cat Food 800g**  
\$1.19 per 100g

**Felix Cat Food 12x85g**  
\$0.98 per 100g

**ADVERTISER PROMOTION**





**1/2  
PRICE**



**\$2<sup>20</sup>**  
ea

**SAVE \$2.20**  
WAS \$4.40

**\$4<sup>40</sup>**  
ea

**SAVE \$4.40**  
WAS \$8.80

Ziploc Sandwich Bags or Snack Bags  
40 Pack \$0.06 per each

Ambi Pur Car Premium Clip Starter Kit  
7.5mL \$5.87 per 10mL



**\$3<sup>60</sup>**  
ea

**SAVE 90¢**  
WAS \$4.50

Kleenex Wellbeing Facial Tissues  
140 Pack \$2.57 per 100 sheets



**60¢  
PER  
ROLL**

**\$18**  
ea

Quilton Gold Toilet Tissue 4 Ply  
30 Pack \$0.43 per 100 sheets.  
While stocks last. No rainchecks



**\$8**  
ea

**SAVE \$3**  
WAS \$11

Handee Ultra Paper Towels  
Double Length 4 Pack  
\$1.67 per 100 sheets



**\$6**  
ea

**SAVE \$2**  
WAS \$8

Sard Stain Remover Spray  
420mL-450mL

NSW-METRO-1907-23-236505



**\$10<sup>80</sup>**  
ea

**SAVE \$2.70**  
WAS \$13.50

Sabco Xtra Sweep Broom  
1 Each \$10.80 per each



**\$5<sup>20</sup>**  
ea

**SAVE \$1.30**  
WAS \$6.50

Fussycat Grainfree Dry Cat  
Food 500g \$1.04 per 100g



**\$4<sup>80</sup>**  
ea  
**SAVE \$1.20**  
WAS \$6

Coles Cook & Dine Pizza Tray



**\$20<sup>80</sup>**  
ea  
**SAVE \$5.20**  
WAS \$26

Coles Cook & Dine  
Aluminium Saute Pan 28cm



**2 for \$8<sup>50</sup>**  
**SAVE 90¢**

Straten Patterned Oval Plates  
10 Pack or Snack Plates 20 Pack



**\$24<sup>80</sup>**  
ea  
**SAVE \$6.20**  
WAS \$31

Brita Maxtra Water Filters 2 Pack



**\$3<sup>20</sup>**  
ea  
**SAVE 80¢**  
WAS \$4

Green Choice Sugarcane Dinner  
Plates or Bowls 10 Pack  
\$0.32 per each



**\$18<sup>20</sup>**  
ea  
**SAVE \$7.80**  
WAS \$26

Duracell Optimum Batteries  
AA or AAA 12 Pack  
\$1.52 per each

**BIC**  
**EZ Reach**  
THE ULTIMATE LIGHTER

HELPS KEEP FINGERS AWAY FROM THE FLAME!

**\$6<sup>80</sup>**  
ea  
**SAVE \$1.70**  
WAS \$8.50

**Bic EZ Reach Lighter 2 Pack**  
\$3.40 per each

**NEW**  
at coles

**BIC**  
**EZ Reach**  
THE ULTIMATE LIGHTER

2 Lighters

KEEP AWAY FROM CHILDREN  
READ ALL WARNINGS BEFORE USING LIGHTER

**ADVERTISER PROMOTION**



**1/2  
PRICE**



**\$12<sup>75</sup>**  
ea  
**SAVE \$12.75**  
WAS \$25.50

Decor XL Double Wall Smoothie & Coffee Tumbler 650mL



**\$2<sup>75</sup>**  
ea  
**SAVE \$2.75**  
WAS \$5.50

Smash Leak Proof Snack Box



**\$4<sup>50</sup>**  
ea  
**SAVE \$2**  
WAS \$6.50

IKI-NA A5 Hardcover Notebook 1 Each



**\$4<sup>50</sup>**  
ea  
**SAVE \$1.50**  
WAS \$6

Oakwood Liquid Shoe Polish Black or Brown 75mL



**\$22<sup>05</sup>**  
ea  
**SAVE \$9.45**  
WAS \$31.50

Audeo Trek Wireless Sport Earphones 1 Pack



BETTER  
THAN  
**1/2  
PRICE**

**\$199**  
ea  
**SAVE \$230**  
WAS \$429

iPhone 8 64GB Premium Refurbished  
• Network unlocked



**\$119**  
ea  
**SAVE \$31**  
WAS \$150

Coles Mobile \$150 SIM  
• 120GB, 365 day expiry



**\$10**  
ea  
**RRP \$30**

Optus \$30 Prepaid SIM  
• 40GB on 1st 3 Epic Data Recharges

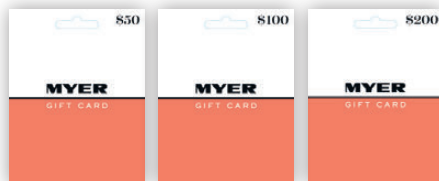


**\$129**  
ea  
**RRP \$149**

Telstra Nokia C30  
• 6.82" HD+ display  
• 13MP rear camera

**15%  
BONUS  
VALUE**

**When you  
purchase Myer  
Gift Cards**



**Limit 5 Gift Cards per customer:** Offer valid only in store at Coles Supermarkets (excludes Coles Online, Coles Express and purchases via giftcards.com.au or coles.scanshoppay.com.au), subject to store availability. While stocks last, no rainchecks. Offer valid from 19/7/23 to 25/7/23. Refer to individual gift card for terms and conditions.

**Telco: iPhone Premium Refurbished:** While stocks last, no rainchecks. Colour availability may vary between stores. Coles **Mobile SIM:** For use in AU. New services only. **Optus SIM:** 28 day expiry. From 4th \$30 recharge gives 10GB standard data. New customers only. **Telstra:** Devices are locked, unlocking fees may apply.



360° swivel

**\$499**<sub>ea</sub>

**Levede Heated Massage Chair**

Remote control, multi angle tilt adjustment, faux leather.



Wireless



**\$49**<sub>pk</sub>

**Spector Massage Gun**

Wireless, 4 different massage heads, 20 adjustable intensities, LCD touch screen. 8 hours working time.



**\$79**<sub>ea</sub>

**OROMED Mini Portable Air Quality Monitor**

CO2 level detector, 400-5000ppm detection range, micro USB or type-C charging, 2.5 hour charging, up to 3 days usage.

Glass not included



**\$84**<sub>ea</sub>

**Healthy Choice Bench Top Water Filter and Cooler**

5L, dual taps, provides up to 500ml of cold water at once, fast cooling system, activated carbon and resin filtration system.



**\$79**<sub>ea</sub>

**Spector Commercial Blender**

2L, 10 speed settings, non-slip rubber feet, stainless steel blade, vibration-absorptive plate.



800W  
POWER

800W

**\$66**<sub>ea</sub>

**Healthy Choice Glass Digital Kettle with Tea Pot and Infuser**

1.2L, warm mode, adjustable temperature, delay start option.

On sale Monday 17/07/23 to Sunday 30/07/23. Offers only available through bestbuys.coles.com.au. Free delivery is available in selected postcodes and limited product quantities apply. For full participating postcodes and terms of use please see bestbuys.coles.com.au. Limit of 5 per product per transaction. No rainchecks apply.





**\$309**<sub>ea</sub>

**Powertrain V20 Electric Treadmill**

Digital display, monitors time, speed, distance, calories and pulse. 12 programs, 3 modes with MP3 input and speaker. 1.0-10.0km/h speed range.



**\$239**<sub>ea</sub>

**Powertrain Heavy-Duty Exercise Bike**

Electroplated flywheel with cover. Monitors time, speed, distance and calories. Non-slip grip handle bars, control resistance knob, heavy gauge steel frame.



**\$209**<sub>pk</sub>

**Powertrain Adjustable Kettlebells**

2x 18kg, 6x weight plates allows dozens of weight resistance combinations. Easy to use, adjustable quick lock mechanism.



Lightweight



**\$56**<sub>ea</sub>

**Powertrain Heavy-Duty Exercise Bike**

Legs and arms exerciser. Measures distance, time, calories and level. Large non-slip feet, adjustable resistance.



2400W



**\$199**<sub>ea</sub>

**Levante Electric Panel Heater**

Ultra accurate Wi-Fi thermostat, 2 heat settings, digital control panel, castor wheels for easy portability or wall mountable.



**\$69**<sub>ea</sub>

**Pronti Heated Towel Rack Holder**

6 fast heating rails, 100W, wall-mounted or freestanding set up. Easy to assemble, 1.4m power cable.

On sale Monday 17/07/23 to Sunday 30/07/23. Offers only available through [bestbuys.coles.com.au](https://bestbuys.coles.com.au). Free delivery is available in selected postcodes and limited product quantities apply. For full participating postcodes and terms of use please see [bestbuys.coles.com.au](https://bestbuys.coles.com.au). Limit of 5 per product per transaction. No rainchecks apply.



# We've got you covered.



**Telstra Essential 2**  
 • 5" display  
 • 5MP rear camera  
 + 2MP front camera



**Telstra Essential Pro 3**  
 • 6.52" HD+ display  
 • Dual rear camera (13+2MP) + 5MP front camera



**Oppo A16s**  
 • 6.52" HD+ display  
 • Triple rear camera (13+2MP+2MP) + 8MP front camera



**Telstra Pre-Paid 4GX Wi-Fi Plus**  
 • Connect up to 10 Wi-Fi enabled devices  
 • 3GB included to use in Australia within 28 days



**Samsung Galaxy A14**  
 • 6.6" FHD+ display  
 • Triple rear camera (50+2MP+2MP) + 13MP front camera



**Speed Caps:** Download speeds on our 4G & 5G networks are capped at 150Mbps for Telstra and Boost, (and 100Mbps for Belong,) on most recharges. Typical speeds will be slower and will vary due to various factors.

**boost Premium Refurbished**  
mobile



**iPhone SE 64GB**



- ✓ 72 Point Inspection and in-depth testing
- 🕒 12 Month Warranty with 30 day guarantee
- 📶 FREE \$2 Boost SIM with every phone

iPhones are unlocked. Colour availability varies per store



**Belong \$35 Starter Pack**  
 • Includes SIM card and \$35 credit



**Speed capping:** Your capped download speed is the maximum potential download speed for data included in your recharge. Factors impacting typical speed include location, distance from the base station, local conditions, concurrent users, hardware and software configuration and download/upload destination. Telstra 5G available in selected areas. Compatible device required. **Telstra Handsets:** An unlocking fee may apply for use with a non-Telstra SIM card. Limit 1 per customer and no trade sales. Blue Tick lets you know which phones are recommended for handheld coverage in rural areas. **Belong:** For use in Australia. Calls and texts to standard landline and mobile numbers. The Android Robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. Google, Google Play, Chrome and other marks are trademarks of Google Inc. The spectrum device and <sup>TM</sup> are trade marks and are registered trade marks of Telstra Corporation Limited, ABN 33 051 775 556.

**ADVERTISER PROMOTION**



# Prepaid deals

yes OPTUS

Switch to Optus at Coles today

**\$49<sup>ea</sup>**  
RRP \$59

**Optus X Lite 4G**

- 4G network ready
- 2.4" display
- Large keys



**\$99<sup>ea</sup>**  
RRP \$179

**Optus X Pro 2**

- Triple AI camera
- 5,000mAh battery
- Google Pay via NFC



Free  
\$30 SIM

**\$129<sup>ea</sup>**  
SAVE \$20  
WAS \$149

**moto e13**

- Dolby Atmos® and 6.5" HD+ screen
- 5,000mAh battery
- Slim, light and stylish



Free  
\$30 SIM

**\$179<sup>ea</sup>**  
SAVE \$70  
WAS \$249

**Samsung Galaxy A04s**

- 6.5" Infinity V display
- 50MP rear camera
- 5000mAh battery



Free  
\$30 SIM

**\$79<sup>ea</sup>**  
SAVE \$20  
WAS \$99

**Optus Portable Modem**

- Activate within 30 days of purchase
- 28 day expiry
- Connect 30 users



Free  
50GB data

**\$25<sup>ea</sup>**  
SAVE \$25  
WAS \$50

**Optus \$50 Prepaid SIM Starter Kit**

- 60GB standard data on first three \$50 Epic Data recharges
- New services only. First three recharges must occur within 90 days of activation.
- 28 day expiry



1/2  
PRICE

All for use in Australia. Optus Fair Go Policy applies.

Activate within 30 days of purchase or by the date advertised on a promotion, whichever is earlier, to receive advertised inclusions.

moto e13, Samsung Galaxy A04s and Optus \$50 Prepaid SIM Starter Kit offers end 25/7/23. Optus X Lite 4G and Optus Portable modem offers end 1/8/23. Optus X Pro 2 offer ends 15/8/23. Free Prepaid SIM: Prepaid Starter Kit included. \$30 SIM for activation on \$30 plans only. Expiry, inclusions and potential AutoRecharge depend on selected plan. Speed caps may apply. See [optus.com.au/prepaidphones](https://optus.com.au/prepaidphones) for full T&Cs. New services only. 50GB data free: Applied when you activate included SIM. \$50 Prepaid SIM Starter Kit: Includes \$50 recharge. Ongoing recharges revert to standard price. After 3rd recharge, \$50 recharge gives you 30GB standard data. Rollover: Accrue up to 200GB unused data and 84 unused days when you recharge before expiry. Coverage: Coverage varies, see [optus.com.au/coverage](https://optus.com.au/coverage). Compatibility: To use SIM, device must be compatible with the Optus Network, see [optus.com.au/compatibility](https://optus.com.au/compatibility). Devices are network locked. For unlocking fees see [optus.com.au/unlock](https://optus.com.au/unlock). General: For all SIM sales, discount applies to SIM purchase only. Ongoing recharges revert to standard price. Limit of one per customer. No rainchecks.

ADVERTISER PROMOTION

# LIQUORLAND

## Game Days LANDED

Score with these  
Jacob's Creek drops



~~\$10~~  
**\$8<sub>ea</sub>**

Jacob's  
Creek  
Sauvignon  
Blanc



~~\$10~~  
**\$8<sub>ea</sub>**

Jacob's  
Creek  
Cabernet  
Sauvignon



**2  
for  
\$15**

Jacob's  
Creek  
Chardonnay  
Pinot  
Noir NV



**2  
for  
\$30**

Jacob's  
Creek  
Lively Bunch  
Pinot Grigio

**\$7 OFF# WHEN YOU SPEND \$70 ON WINE**

#Limits Apply. Valid instore only. Excludes champagne and champagne rosé

When you  
scan your



**\$17<sub>ea</sub>**

**NEW**

4 Pines India  
Pacific Ale  
Cans  
4x375mL



**4  
PACK**

**\$47<sub>ea</sub>**

Spill Easy Going  
Lager Cans  
24x375mL



**24  
PACK**

**\$48<sub>ea</sub>**

Carlton Dry  
Bottles  
24x330mL



**24  
PACK**

**\$54<sub>ea</sub>**

Heineken  
Bottles  
24x330mL



**24  
PACK**

Offers apply from 19/07/23 until 25/07/23 while stocks last. Specials not available through Liquorland George Street, World Square or Liquorland Broken Hill store. Prices may vary in regional areas. Some products and offers may not be available in all stores or Coles Liquor Supermarkets. Save statements are based on the lowest of the regular single selling price across our New South Wales Metro stores. All wine, sparkling and champagne bottles are 750mL unless otherwise stated. All spirits are 700mL unless otherwise stated. Not valid in conjunction with any other offer. Retail limits apply. Liquor and tobacco not sold to under 18's. Not all promotions available online. All liquor products are sold and supplied by Liquorland (Australia) Pty Ltd. To view our terms and conditions including licence numbers visit [www.liquorland.com.au](http://www.liquorland.com.au)



# PRICE DROP



NOW  
**\$52<sup>ea</sup>**

WAS \$60 (05/2023)

Jose Cuervo  
Especial Tequila



NOW  
**\$53<sup>ea</sup>**

WAS \$60 (06/2023)

Pure Origin  
Tasmanian Gin



NOW  
**\$53<sup>ea</sup>**

WAS \$60 (06/2023)

Pure Origin  
Pink gin



NOW  
**\$66<sup>ea</sup>**

WAS \$70 (05/2023)

Espolon  
Tequila  
Reposado



NOW  
**\$45<sup>ea</sup>**

WAS \$52 (05/2023)

Jim Beam  
White Label  
Bourbon



NOW  
**\$45<sup>ea</sup>**

WAS \$52 (05/2023)

Canadian Club  
Whisky



NOW  
**\$46<sup>ea</sup>**

WAS \$60 (05/2023)

Sailor Jerry  
Caribbean  
Rum



NOW  
**\$67<sup>ea</sup>**

WAS \$79 (05/2023)

Suntory Toki  
Blended  
Japanese  
Whisky

## PRE-MIXED & CIDER

**\$11<sup>ea</sup>**

Mismatch Cloudy  
Apple Cider  
Cans  
4x375mL



**4  
PACK**

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

Moon Dog Fizzer  
Tropical  
Crush Cans  
4x330mL



**4  
PACK**

**\$15<sup>ea</sup>**

Mr Finch Apple  
Cider Bottles  
6x330mL



**6  
PACK**

**\$20<sup>ea</sup>**

Rekorderlig  
Watermelon-  
Citrus Cider  
Bottles  
4x330mL



**4  
PACK**

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

Somersby  
Apple Cider  
Cans  
10x375mL



**10  
PACK**

**\$38<sup>ea</sup>**

Vodka Cruiser  
Mixed Bottles  
10x275mL



**10  
PACK**

**\$49<sup>ea</sup>**

Wild Turkey  
& Cola Cans  
10x375mL



**10  
PACK**

**\$57<sup>ea</sup>**

Jim Beam Black  
Double Serve  
6.9% Cans  
10x375mL



**10  
PACK**

Choose to  
**DrinkWise.**



Liquorland Supports  
the Responsible  
Enjoyment of Alcohol



Shop  
Online



Click &  
Collect



Home  
Delivery