

DADI NELDO	U	ULLANLIIU	10	TOIL & WITHI	IU	JAIVIO & OI TILADO	14	I AI LIII LAILU	"	UNIN UATIL	U
BAKED BEANS	10	COFFEE	12	FOOD STORAGE	14	JUICE - LONGLIFE	19	PAPER TOWELS	15	SMOKED SALMON	DELI
BANDAIDS	5	COFFEE PODS	12	FROZEN CHICKEN	6	JUICE - FRESH	2	PARTY NEEDS	11	SOFT DRINKS	19
BATTERIES	3	COLD MEATS	DELI	FROZEN CHIPS	6	HOMEWARES	13	PASTA - DRIED	5-6	SOUP - FRESH	1
BISCUITS	16	CONFECTIONERY	15	FROZEN DESSERT	5	LAUNDRY NEEDS	14	PASTA - FRESH	1	SOUP - LONGLIFE	10
<b>BOTTLED WATER</b>	19	CORDIAL	19	FROZEN FRUIT	5	LIGHT GLOBES	3	PASTA - FROZEN	5	STATIONERY	4
BREADCRUMBS	12	CORN CHIPS	18	FROZEN PARTY FOOD	6	MEDICINAL	5	PASTA SAUCE	7	SUGAR	12
BREAKFAST	13-14	CREAM	2	FROZEN VEGETABLES	6	MEDITERRANEAN FOODS	6	PET FOOD	<b>8-10</b>	SUNSCREEN	5
<b>BRUSHES &amp; BROOMS</b>	12	CUSTARD	3	GARBAGE BAGS	13	MEXICAN FOODS	8	POPCORN	18	TABLEWARE	13
<b>BUTTER &amp; MARGARINE</b>	2	DENTAL CARE	4	GLOVES	13	MILK - FRESH	MILK	POTATO CHIPS	17	TEA BAGS	11
CAKE MIXES	15	DEODORANT	3	GLUTEN FREE FOOD	7	MILK - LONGLIFE	13	PRESERVED VEGETABLES	6	TISSUES	15
CANNED FISH	11	DESSERTS	15	GRAVY & STOCK	9	MILK ADDITIVES	11	PROBIOTICS	3	TOILET CLEANERS	15
CANNED FRUIT	15	DETERGENTS	14	HAIR CARE	4	MUESLI	14	READY MEALS	1	TOILET ROLLS	15
CANNED VEGETABLES	11	DIPS	DELI	HEALTH FOOD	7	<b>MUESLI BARS</b>	14	RICE & COUS COUS	10	<b>VEGETARIAN FOODS</b>	2
CARDS & WRAP	3	DISINFECTANTS	15	HERBS & SPICES	12	NAPPIES	6	SALAD DRESSING	9	VITAMINS	5
CHEESE	2	DRIED FRUIT	10	ICE CREAM	4	NOODLES	8	SALT & PEPPER	12	YOGHURT	3
CHEESE - ARTISAN	DELI	FIRE STARTERS	10	ICE CREAM CONES	14	NUTS - COOKING	10	SAUCES	9		
CHOCOLATE	15	FLOUR	12	INCONTINENCE	5	NUTS - EATING	FRUIT	SHAVING NEEDS	3		



## **INFO**

## STORE HOURS

MONDAY - FRIDAY 8AM-7PM SATURDAY & SUNDAY 8AM-6PM

#### **CAFE HOURS**

EVERYDAY 7AM-5PM\*

\*KITCHEN CLOSES AT 3PM DAILY

#### FOLLOW US

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## LOCATION

10 ENGLISH STREET ESSENDON FIELDS VIC 3041 03 9026 9205

LAMANNAS.COM.AU

# SHOPPING LIST


