munno para
FOODLAND
THIS WEEK



Australian Grown
Blueberries 125g

$3.50 PUNNET

$28.00 per kg

REMEMBRANCE DAY | LEST WE FORGET

munno para shopping will fall silent at 11am as our bugler sounds The Last Post, honouring those who have served and sacrificed for our country. Join us as we come together to pause, reflect and remember.

Wed 11th Nov to Tues 17th Nov 2026

munno para FOODLAND



Australian Grown

Blackberries 125g

$3.90 PUNNET

$31.20 per kg

Calypso Mangoes

$3.50 EACH

Australian Grown

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South Australian Grown

Green Zucchini

$4.90 KG

Pistachios
Roasted | Salted

$25.90 KG

Product of Australia



Australian Grown

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Value Pack

Premium Beef
T-bone Steak

$33 KG

Product of Australia

Premium Beef
Rump Steak

$27 KG

Product of Australia

Value Pack

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Premium
Gravy Beef
$17 KG
Product of Australia

Premium Pork
Loin Chops
$14 KG
Product of Australia



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Baked Fresh in store

Carrot Cake 400g

$5 EACH

$1.25 per 100g

Golden Bakery

Gingerbread Crumpets 300g

Crumpet Squares 425g

$3.70 EACH



Limited Edition

munno para FOODLAND

What's New in Store



BREAD IN ITS MOST DELICIOUS NATURAL FORM MADE WITH TRADITIONAL BAKING METHODS

GOLDEN SOURDOUGH
ORGANIC WHITE SOURDOUGH
ORGANIC RYE SOURDOUGH
ORGANIC MULTIGRAIN SOURDOUGH

AVAILABLE NOW | AISLE 21

munno para FOODLAND

UNCLE'S SMALLGOODS

What's New in Dairy













AUSTRALIAN PORK | CERTIFIED FREE RANGE

Free-Range

All our meat is sourced from free-range farms. Better for you and your family.

100% Austrailan

We only use Australian meat from Australian farmers. No imported meat, ever.

No Nasties

Our natural range is made without any chemical preservatives. Only real ingredients.

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Snap a photo with the Red Bull Racing Car at the front of our store before it heads off to the BIG Race

NOV
13
FRIDAY



WIN 2 x GA 4 DAY PASSES

FOR YOUR CHANCE TO WIN!

Simply purchase ANY Red Bull product in-store, complete the entry form printed at the bottom of your receipt and pop it into the competition box at the front of our store - It's that easy! Good luck!

Competition Dates
Commence 7.30am Wednesday 4th November 2026
Concludes 9.00pm Tuesday 17th November 2026
Drawn Wednesday 18th November 2026
Full T&Cs available at Customer Service Desk
valued at $398



Red Bull

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Monday-Friday: 7:30am-9pm
Saturday: 7.30am-5pm
Sunday: 9am-5pm

shop online | find us | follow us | contact us

SPECIALS VALID WEDNESDAY 11 TO TUESDAY 17 NOVEMBER 2026.
WHILE STOCKS LAST. AVAILABLE ONLY AT MUNNO PARA FOODLAND
and are in addition to this week's Foodland colour catalogue.
Pictures for serving suggestions and illustration purposes only.

We're all about food