



SEAFOOD FRESH FROM CLAMMS SEAFOOD

Product Description	Per Dozen	Weekly Notes
Oysters Coffin Bay Shucked SA	\$19.99	
Hervey Bay Scallops LARGE	\$28.90	
	Per Kilo	
Whole Coral Trout	\$58.99	Pre order
King Prawns U/10 Large Qld Mooloolaba	\$44.00	
King Prawns Red Spot U10 Medium Size Qld	\$39.90	Best eating prawn this season
King Prawns U/10 Mooloolaba	\$43.99	
Prawn Cutlets 16/20 Shell off Tail On Imported Argentina	\$43.99	Australian too expensive \$61.99 but avail!
Green (Raw) U/6 Tiger Prawns	\$61.99	<b>massive</b>
Moreton Bay Bugs Cooked - Large	\$59.99	
Crab meat Spanner crab - cooked and frozen	\$115.00	1 Days Notice Required Please
Mount Martha Mussels Vac Packed 1 Kilo	\$12.99	
Local Vic Mussels Loose	\$9.99	
Calamari Squid Rings	\$21.99	Imported
Calamari Fresh Australian	\$43.99	weighed whole then cleaned
Flathead Fillets Skinned and Boned small no 1	\$51.99	Local and Amazing!
Sardine Fillets Fresh - Port Lincoln SA 500gm pack	\$36.00	
Sardine wholes Fresh - Port Phillip Bay	\$26.90	
Smoked Salmon sliced Huon Tassie	\$48.99	
Rainbow Trout Fillets	\$36.99	
King George Whiting	\$58.99	outstanding!
Tassie Scallop Meat	\$51.99	
Fillets Hapuka	\$48.99	
Atlantic Salmon Tassie	\$38.99	
New Zealand King Salmon Ora	\$48.99	Higher oil content than Atlantic Salmon. Wagyu of the sea!
Barramundi Fillets Wing off Humpty Doo NT	\$44.99	
Gurnard Fillets	\$37.99	
Whole Crayfish Western Australia	\$99.99	
Whole Crayfish Apollo Bay Victoria	\$125.00	cost price to us \$114.9

Whole crayfish imported 500-700gm	\$78.99	Check for availability
<b>Retail Ready Cryovac Packs - 9 day shelf life!</b>	<b>Per Pack</b>	
Retail Ready Portions Ocean Trout 280gm	\$16.00	
Retail Ready Portions Ocean Snapper Flame Tail 280gm	\$18.99	
Retail Ready Swordfish 280gm	\$18.99	
Chilli & Garlic Prawns 250gm	\$14.99	cutlets (simply pan and serve with rice!)
Coconut Curry Prawns 250gm	\$14.99	cutlets (simply pan and serve with rice!)



BUTCHER BY FLINDERS & CO		
BEEF	Per kg	Weekly Notes
Altair Grass Fed Wagyu (no grain) MB3+	81.99	Wagyu attributes, Grass fed finish.
Cape Grim Porterhouse Portioned 300gm MB2+	\$53.99	
Cape Grim Porterhouse Whole side MB2+	\$41.99	
Budget Porterhouse	\$29.00	
Sunday Creek Porterhouse 100 day Grain Fed	\$32.15	
Flinders Select Porterhouse Portioned 250gm-300gm	\$35.00	Marble Score 3+ Unbelievable marbling!
Vintage Beef Co. Galiciana Porterhouse MB 3+	\$46.90	Can be portioned to order. Limited supply left
Flinders Select Eye Fillet - Tasmania	\$43.99	
Great Southern Porterhouse MB2+	\$38.90	Portioned to order
Great Southern Scotch Fillet Portioned MB 2+	\$59.99	Beautiful marbling and flavour. Our pick!
Great Southern Pinnacle Scotch Fillet Whole MB2+ whole Kilo +	\$50.99	
Great Southern Rib Eyes approx 500gm	\$39.99	Cryovac lasts 5 weeks
Flinders Select Rump portioned 300gm	\$33.99	
500 gm T-Bone Steaks	\$34.99	beauties! All 500gm +
Cape Grim Grass Fed Beef Cheek MB2+	\$25.99	
Cape Grim MB2+ Short Ribs	\$36.99	
BEEF RETAIL PACKS		
Grass fed beef burgers (chuck, brisket) 4 Pack (approx \$15)	\$21.99	
Premium Rump Steak - circa 300gm \$9.70	\$33.99	
LAMB		
Flinders Select Lamb Shoulder - Boneless approx 2kg pc	\$29.99	We cook or you cook!
Roaring Forties Premium Lamb Leg - Boned and Rolled netted	\$25.99	
Flinders Select Lamb rack, frenched cap on (5pin)	\$42.99	
Roaring Forties Lamb Shoulder - Oyster Cut Shank Off approx 1.4k	\$27.80	Let us roast one for you for dinner!
LAMB RETAIL PACKS		
Lamb Mini roast - Retail pack circa 300gm approx \$11	\$36.99	NA
Lamb loin chops retail pack - approx 440gm \$10.95	\$27.99	
Roaring Forties Premium Lamb Cutlets Retail Ready	\$51.00	
Flinders Select Lamb Loin Roast Retail Ready 550gm	\$49.72	



PORK		
St Bernards Pork Rack - whole rind on	\$32.99	
Flinders Select Pork Rack - whole rind on	\$25.99	
Flinders Select Pork Belly	\$21.99	
Rolled & stuffed Porchetta (The Meat Room Kilmore 1.5-1.8kg)	\$36.99	Have to be seen to be believed!
Pork Sausage mild approx 500gm Packs	\$ 29.99	
Pork & Fennel Sausages approx 500gm Packs	\$ 29.99	
Calabrese Sausages Italian fennel & chilli approx 500gm pack	\$ 29.99	

CHICKEN		
Nichols Free range 1.5kg	\$12.50	Free Range
Spatchcock Game Farm Size 600gm+	\$15.00	
Chicken Thighs	\$15.99	
Chicken Brests	\$19.99	



**CODA**



**500gm Meals for Two from The Best Hatted Restaurants in Melbourne**

Chicken tikka (4 marinated thighs)	\$16.00	
Chicken Skewers	\$20.00	
Yellow Dahl	\$14.00	
Pork & Prawn Fried Rice	\$22.00	
Jungle curry Barramundi (marinated fillet) 180gm -	\$23.80	
Thai Green beef curry -	\$30.90	
Duck Curry -	\$35.00	

Korean style 1/2 chicken -	\$24.00	
Javanese (Veg Curry) -	\$23.00	
Butter Chicken -	\$29.00	
Lamb Curry -	\$30.00	
Vindaloo Beef Pie –	\$15.99	
Spiced Apple Pie –	\$12.99	
Char Siu Pork Skewers 5 pcs –	\$20.00	



PEARSONS FOODS MORNINGTON COOKED MEALS

Product Description	Price	Weekly Notes
Beef Lasagne Small 430gm	\$12.00	
Beef Lasagne Medium 900gm (serves 2-3)	\$20.90	
Beef Lasagne Large 1600gm (serves 4-5)	\$28.60	
Vegetable Lasagne Small 430gm	\$12.00	
Vegetable Lasagne Medium 850gm (serves 2-3)	\$22.00	
Vegetable Lasagne Large 1500gm (serves 4-5)	\$30.00	
Bolognese Sauce 680ml	\$12.50	
Spaghetti Bolognese 680ml (seves 2)	\$12.00	
Italian Pork Balls 480gm (serves 2)	\$13.50	
Tuna Bake Small	\$13.20	
Tuna Bake Medium 900gm (serves 2-3)	\$22.00	
Tuna Bake Large 1500gm (serves 4-5)	\$30.00	

GOLDEN FLEECE COOKED MEALS

The Kings Lamb Rogan Josh for 2 (reheat) (500gm)	\$24.00	
The Kings Chicken Jalfrezi (reheat) (500gm)	\$20.00	
The Kings Barramundi Coconut Curry (reheat) 500gm	\$24.00	
The Kings Bolognese sauce 500gm	\$10.00	
Seafood Chowder for 1	\$12.99	
Seafood Chowder for 2	\$18.99	

PIZZA - FROM TREMILA

CRYOVAC 14 DAY FRIDGE LIFE

Capricciosa Tomato, leg ham, bocconcini, olives & mushrooms	\$12.50	
Vegetarian, Tomato, zucchini, pumpkin, olives, roasted, red peppers	\$12.00	
Bullfighter, Tomato, chorizo, red peppers, red onion, mozzarella & fio	\$13.25	
Prosciutto, Tomato, Prosciutto San Danielle, Bocconcini	\$13.25	

Hawaiian, Ham, cheese, Pineapple	\$12.50	



SAVOUR AND GRACE - CHEESE & CHARCUTERIE

Product Description	Price	Weekly Notes
BRILLAT SAVARIN 100GM	\$14.31	
HARRIS 100G SMOKED WILD SALMON	\$15.30	
HARRIS 100G SMOKED TASMANIAN SALMON	\$12.51	
LANGRES CHALANCEY 108GM	\$20.70	
BAROSSA VALLEY LA DAME 150GM	\$14.13	
MILLAWA GOATS BLUE 150GM	\$14.50	
MILLAWA BLUE 150GM	\$13.05	
BAROSSA VALLEY TRIPLE CREAM CAMAMBERT 150GM	\$10.71	
EMILY QUINCE PASTE	\$6.93	
LOSADA OLIVES CARMONA 198 GM	\$10.71	
BAROSSA BARK SALT & PEPPER 100GM	\$13.41	
BAROSSA BARK SESAME 100GM	\$13.41	
BORGIO FREE RANGE AUSTRALIAN PROSCIUTTO	\$12.51	
BORGIO FREE RANGE HOT SALAMI PRESERVATIVE FREE	\$11.25	
BORGIO AL PROSCIUTTO & PISTACHIO 100GM	\$11.25	
BORGIO FREE RANGE SALAMI MILD PRESERVATIVE FREE	\$11.25	
SKARA PORK & FENNEL SALAMI	\$8.37	
SKARA ROUND SMOKED HAM 150GM	\$10.17	
MISS LEON FREE RANGE PORK PRUNE TERRINE	\$12.51	
MISS LEON FREE RANGE CHICKEN TERRINE	\$12.51	
LA BOQUERIA CHORIZO SECO HOT RETAIL	\$11.07	
SKARA PROSCIUTTO MEDITERRANEAN SLICED 100GM	\$11.70	





THAT'S AMORE CHEESE #MelbourneMade!

Product Description	Price	Weekly Notes
SCAMORZA BIANCA 250GM	\$7.56	
BUFFALO MOZZARELLA 125GM	\$6.61	
CACIO CHILLI WEDGES APPROX 250GM	\$10.00	
CACIO PEPPER WEDGES APPROX 250GM	\$10.00	
BUFFALO WEDGES 150GM	\$10.00	
2LITRE MILK - UNHOMOGENISED ! The best milk in melb!	\$5.50	

DAIRY OTHER

SHREDDED TASTY CHEESE	\$5.30	
WESTERN STAR BUTTER 500GM	\$7.65	

**BATCHMADE**  
*jams, chutneys, pickles.*

BATCHMADE - Outstanding jams, chutney, relishes from the Mornington Peninsula!

WINTER RELISH SMALL	\$11.00	
ONION JAM SMALL	\$12.00	
SWEET CHILLI JAM SMALL	\$12.00	
BEETROOT RELISH SMALL	\$12.00	
PICKLED FENNEL SMALL	\$12.00	



SCILUNAS FRUIT & VEG

Family Fruit Box	\$55.00	
Fatouche Salad for 2	\$8.99	
Potato Salad for 2	\$8.99	
Greek salad for 2	\$8.99	
Parsnip and carrot roasting battons cryovac 800gm	\$8.99	
Duck fat potatoes cryovac 500GM	\$8.99	
Roasted pumpkin pieces 500GM	\$8.99	
Assorted Veg : Seasonal email 1 day notice for anything..		



PANTRY ITEMS

Product Description	Price	Weekly Notes
RICE ABORIO 1Kg DOLCE VITA	\$7.40	
KOALA RICE LONGGRAIN 1KG	\$4.33	
BARILLA PAPARDELLE 250GM	\$5.50	
DIVELLA SPAGHETTI 1 KG	\$7.00	
ANNALISA DICED CANS TOMATOES DICE 400GM	\$2.50	
JOHN WEST TUNA VINAGRETTE 100GM	\$2.62	
JOHN WEST TUNA IN BRINE 100GM	\$2.62	
EGGS FREE RANGE	\$9.00	
VOLCOM CURRY PASTE - THAI RED OR GREEN 210GM	\$5.99	
COCONUT CREAM	\$3.00	
COCONUT MILK	\$3.00	
MASSEL BEEF STOCK 1 LITRE	\$5.25	
MASSEL CHICKEN STOCK 1 LITRE	\$5.25	
DIMATTINA MR DYNAMITE COFFEE BEANS 250GM	\$14.00	
DIMATTINA PRIMA TAZZA COFFEE BEANS 250GM	\$14.00	
ARNOTTS WATER CRACKER BISCUITS 125GM	\$2.40	
COLBY CHEESE SLICES 12/S	\$6.95	
PARMESAN CHEESE	\$4.75	
<b>TREAT ME</b>		
RED HILL CONFECTIONARY COMPANY		
RED HILL COOKIES - SPOTTIES 6 PACK	\$9.90	
RED HILL COOKIES - CHOC CHIP	\$9.90	
RED HILL COOKIES YOYO	\$9.90	
RED HILL COOKIES MACADAMIA	\$9.90	
RED HILL PREMIUM BAG CHOCOLATE RASBERRIES 400GM	\$9.95	
RED HILL PREMIUM BAG OLD STYLE PARTY MIX LOLLY 400GM	\$7.95	
RED HILL PREMIUM BAG TURKISH DELIGHT	\$9.95	
RED HILL PREMIUM BAG CHOCOLATE ALMONDS	\$9.95	

