

ATMOS FOODS HOME DELIVERY PRODUCT LIST

HEAT & EAT

Product Code	Product Description	Product Brand	Unit Price	Unit
ZCHIC27	Baked Small Italian Schnitzels 500g	Atmos	Pkt	\$8.50
ZCHIC28B	Baked Panko Tenderloins 500g	Atmos	Pkt	\$8.50
ZCHIC31B	Baked Real Chicken Nuggets 500g	Atmos	Pkt	\$8.50
CHICK24B	Whole Butterfly Seasoned Chicken Sous-vide (size 11)	Atmos	Pkt	\$11.05
PORK11B	St Louis Sous-vide Pork Ribs (1 Rack) approx 700g	Atmos	Pkt	\$15.00
PORK12B	Sous-vide Pork Riblets approx 600g	Atmos	Tray	\$9.00
ZPC16R	120g Beef Burgers (20PCE)	Angel Bay	Pkt	\$29.90
ZPC15	Meatballs 1kg	Angel Bay	Pkt	\$14.90
71023	Premium beef lasagne 2.6kg	7Star	Each	\$23.95 + GST
71024	Vegetable Lasagne 2.6kg	7Star	Each	\$22.90 + GST
PCNAPR	Napolitana Sauce 1kg (Frozen)	Atmos	Pkt	\$6.30
PCBOLR	Bolognese Sauce 1kg (Frozen)	Atmos	Pkt	\$7.35
PCCREAMR	Pasta Cream Sauce 1kg (Frozen)	Atmos	Pkt	\$10.80
71202	Spinach and Ricotta Lasagne 2.1kg	7Star	Each	\$13.00 + GST
ZPI13	Cheese/Bacon Pizza Singles 8 X 400g	McCain	Ctn	\$42.00 + GST
ZPI10	Ham/Pineapple Pizza Singles 8 x 400g	McCain	Ctn	\$42.00 + GST
MAS113002	Steak/Guinness Pies 5 x 180g	Helen's	Ctn	\$20.70 + GST
MAS100017	Filo Butter Chicken 6 x 180g	Helen's	Ctn	\$27.20 + GST
MAS109004	Frittata Chorizo 6 x 200g	Helen's	Ctn	\$33.80 + GST
MASFD02	Filo Chicken/Mushroom 6 x 200g	Helen's	Ctn	\$22.40 + GST
MASFD52	Filo Lamb and Rosemary 6 x 200g	Helen's	Ctn	\$31.20 + GST
1254-72-2F	Beef Party Pies (72pce)	Mrs Macs	Ctn	\$38.95 + GST
1236-96-5F	Party Sausage Rolls (96pce)	Mrs Macs	Ctn	\$28.95 + GST
ZCH35R	Sweet Potato Fries 10mm 1.13kg	McCain	Pkt	\$7.60
ZCH42	Potato Gems 2kg	Edgell	Pkt	\$7.50
12391	Vegetable Chips 1.5kg	Edgell	Pkt	\$13.00
2168R	Stay Crisp 10mm Chips 2kg	McCain	Pkt	\$7.50
2290R	Beer Battered Steak Fries 2kg	McCain	Pkt	\$8.60
2511	Triangle Hash Browns 2kg	McCain	Pkt	\$9.20

BREAD (All Frozen)

Product Code	Product Description	Product Brand	Unit Price	Unit
ZK35R	Flour Tortillas 10 inch / 12pce	Mission	Pkt	\$4.40
9109R	Soy/Linseed Sliced Bread 500g GLUTEN FREE	Abbots	Each	\$7.90
9323R	White Sliced Bread 700g loaf	Tip Top	Each	\$3.50
9324R	Wholemeal Sliced Bread 700gm loaf	Tip Top	Each	\$3.50
9327R	Café Style Raisin Bread 650g loaf	Tip Top	Each	\$5.50
9084R	Sourdough White Sliced Bread 900g loaf	Tip Top	Each	\$7.40
9086R	Sourdough Rye Sliced Bread 900g loaf	Tip Top	Each	\$7.40
9328R	English Muffins 400g	Tip Top	Each	\$3.50
41-IU12BR	12" Plain Pizza Base 1 x 250g	Il Uno	Each	\$2.50
5501R	Garlic Bread 11" (2pce) Foil Wrapped	Tip Top	Pkt	\$4.00
9108R	Potato Buns 85g (4.5" x 12pce)	Tip Top	Pkt	\$13.80

FROZEN FRUIT & VEG

Product Code	Product Description	Product Brand	Unit Price	Unit
ZV02	Chunky Avocado Pulp 454g	Edgell	Each	\$8.40
ZV07	Mixed Vegies 2kg	Edgell	Pkt	\$7.50
ZV03	Corn Kernals 2kg	Edgell	Pkt	\$8.55
ZV04	Peas 2kg	Edgell	Pkt	\$7.40
ZV06	Spinach Portions 2kg	Garden Supreme	Pkt	\$9.30
ZV26	Whole Baby Beans 2kg	Edgell	Pkt	\$8.75
ZB26	Banana Slices 1kg	Speediberry	Pkt	\$5.60
ZB12	Blueberries 1kg	Speediberry	Pkt	\$11.00
ZB28	Mango Cheeks 1kg	Speediberry	Pkt	\$10.95
ZB20	Mixed Berries 1kg	Speediberry	Pkt	\$10.70
ZB18	Rasberries 1kg	Speediberry	Pkt	\$12.00

EGGS

Product Code	Product Description	Product Brand	Unit Price	Unit
E24R	1 Dozen 600g Eggs	Pace Fresher Eggs	Each	\$3.50
E26R	1 Dozen 700g Eggs	Pace Fresher Eggs	Each	\$3.65
E28R	1 Dozen 700g Free Range Eggs	Hill River	Each	\$6.00

MILK/YOGHURT

Product Code	Product Description	Product Brand	Unit Price	Unit
MKFCR	Full Cream Milk 2L	Pauls/Harvey Fresh	Each	\$3.50
MKHLR	Trim (HILO) Milk 2L	Pauls	Each	\$3.50
MLLACR	Lactose Free Milk UHT 1L	Milk Lab	Each	\$2.25
SOY9R	Almond Milk 1L	Almond Breeze	Each	\$3.50
SOY4R	Unsweetened Almond Milk 1L	So Good	Each	\$3.10
SOY3R	Regular Soy Milk 1L	So Good	Each	\$2.75
CAOMR	Oat Milk 1L	Califia	Each	\$3.00
Y10	Greek Yoghurt 1kg	Farmers Union	Each	\$5.00

CHEESE / BUTTER

Product Code	Product Description	Product Brand	Unit Price	Unit
D13	Tasty Cheese Slices 1.5kg (90 slices)	Bega	Pkt	\$18.05
D10B	Tasty Shredded Cheese 2kg	Mainland	Pkt	\$23.00
D11	Mozzarella Shredded 2kg	Mainland	Pkt	\$23.05
D46	Extra Yield Light Cooking Cream 1L	Anchor	Each	\$7.35
D25B	Shredded Parmesan 1kg	Real Dairy	Each	\$22.40
D37	1.5kg Unsalted Butter	Western Star	Each	\$21.20
D37B	1.5kg Salted Butter	Western Star	Each	\$21.20
D24	Fetta Cheese 3kg	Borrello	Each	\$33.20
D38	Ricotta 900g	Borrello	Each	\$6.40
D06R	Mexican Shredded Cheese Blend 1kg	Pure Dairy	Each	\$12.50

MEATS & SMALLGOODS

Product Code	Product Description	Product Brand	Unit Price	Unit
ZCHIC10	Frozen Raw Chicken Breast 2kg	Atmos	Pkt	\$18.00
ZCHIC14	Frozen Raw Chicken Thigh Fillets 2kg	Atmos	Pkt	\$20.80
ZCHIC12	Frozen Raw Chicken Tenderloins 2kg	Atmos	Pkt	\$18.00
ZCHIC40	Frozen Raw Diced Chicken Breast 500gm	Atmos	Pkt	\$8.50
RUMPR	Rump Steak Piece 400g (Frozen)	Holco	Pkt	\$9.00
MINCER	Beef Mince 1kg (Frozen)	Holco	Pkt	\$11.50
72706R	Shortcut Bacon 2.5Kg DON KRC	Don KR	Pkt	\$33.50
91876R	Rindless Bacon 2.5kg DON KRC	Don KR	Pkt	\$33.50
63102	English Sliced ham 1kg	Don KR	Pkt	\$17.00
91568	Roast Beef Shaved 1kg	Don KR	Pkt	\$23.00
S11	Mild Salami Sliced 500g	B.Re & Sons	Pkt	\$11.50
CHICK10R	Premium Sliced Cooked Chicken Breast 1kg	Atmos	Pkt	\$14.30
CHICK12R	Seasoned Diced Cooked Chicken Breast 1kg	Atmos	Pkt	\$13.30
T35B	Tuna Flakes Pouch 1kg	Eateo	Pkt	\$12.65
79229	Cheese Kranski's 2kg	Don KR	Pkt	\$40.85
79219	Chilli Cheese Kranski's 2kg	Don KR	Pkt	\$40.80
30416	Blanched Sausage 2.5kg	Watsonia	Pkt	\$29.80
90206	Gourmet Chipolatas 2.5kg	Don KR	Pkt	\$29.00
79768	Real Diced Bacon 2kg	Don KR	Pkt	\$21.35

DRINKING PRODUCTS

Product Code	Product Description	Product Brand	Unit Price	Unit
JUICE10R	Orange Juice 2L	Golden Circle	Each	\$3.60
JUICE12R	Apple Juice 2L	Golden Circle	Each	\$3.60
JUICE14	Pineapple Juice 2L	Golden Circle	Each	\$4.15
DR26	Milo Tin 1.9KG	Nestle	Each	\$23.00
DR28	Alpen Blend Drinking Chocolate 1.4kg	Nestle	Each	\$20.60
5900	English Breakfast Tea (6 x25)	Aurora	Each	\$16.00
5901	Peppermint Tea (6 x 25)	Aurora	Each	\$17.00
5904	Green Tea (6 X 25)	Aurora	Each	\$17.00

FLOUR / SUGAR

Product Code	Product Description	Product Brand	Unit Price	Unit
21081	Superb Bakers Flour 12.5kg	Allied Mills	Each	\$20.55
26703	Plain Flour 12.5kg	Allied Mills	Each	\$18.20
26704	Self Raising Flour 12.5kg	Allied Mills	Each	\$18.20
FL50	Raw Sugar 2kg	CSR	Pkt	\$5.00
FL52	White Sugar 2kg	CSR	Pkt	\$4.90
FL27	Caster Sugar 3kg	Trumps	Pkt	\$9.25

PANTRY

Product Code	Product Description	Product Brand	Unit Price	Unit
MP12	Mashed Potato 4kg	Maggi	Each	\$55.00
YEAP	Instant dried yeast 500g	Allied Mills	Pkt	\$3.95
GR13	Rich Gravy 2kg	Maggi	Each	\$26.50
LJL1	Lemon Juice 100% 1L	Edlyn	Each	\$3.95
O18	Extra Virgin Olive oil 4L	Eateo	Each	\$35.60
O14	Canola Spray 450g	Eateo	Each	\$4.10
VW5	White Vinegar 5L	MenuMaster	Each	\$7.60
VIN10	White Malt Vinegar 2L	Anchor	Each	\$4.15
CE12	Toasted Muesli 1kg	Purina	Pkt	\$6.10
OAT1	Rolled Oats 10kg	Blue Lake Mill	Each	\$26.85
CE10	Quick Oats 1kg	Uncle Toby's	Pkt	\$6.95
CE14	Almond & Sultana Granola 1kg	Trumps	Pkt	\$9.50
JAM2	Raspberry Jam 2.5kg	Kraft	Each	\$13.90
JAM1	Strawberry Jam 2.5kg	Kraft	Each	\$13.90
M98	Nutella 3kg	Nutella	Each	\$35.00
M95	Peanut Butter Crunchy 2kg	Good Nut	Each	\$24.70
M55	Honey 1kg	Wescobee	Each	\$13.70
FRUIT10	Dried Apricots	Trumps	Pkt	\$13.70
FRUIT16	Pitted Dates	Trumps	Pkt	\$5.20
FIGDT	Dried Figs 1kg	Trumps	Pkt	\$14.90
NUT18	Natural Almonds 1kg	Trumps	Pkt	\$23.05
NUT14	Raw Cashews 1kg	Trumps	Pkt	\$25.30
NUT12	Walnut Halves 1kg	Trumps	Pkt	\$23.50
T82	Coconut Cream 1L	Garden Supreme	Each	\$5.05
M45	Mild Curry paste 1.05kg	Pataks	Each	\$15.45
M45B	Vindaloo Paste 1.05kg	Pataks	Each	\$15.45
M42	Tandoori Paste 1.25kg	Sharwoods	Each	\$18.20
SAUCE68	Salsa Chunky Mexicana 1.95kg	Mexicasa	Each	\$14.05
SAUCE82	Butter Chicken sauce 2L	French Maid	Each	\$16.80
SAUCE34	Peri Peri Sauce 1kg	Gourmet Chef	Each	\$9.00
SAUCE29B	Sweet Soy Sauce 620ml	Oriental	Each	\$4.05
CC11R	Corn Chip Triangles 750g	Mission	Pkt	\$6.00 + GST
T85BR	Bread & Butter Cucumbers 700gm	Always Fresh	Each	\$3.00
SHP	HP Sauce 390ml	HP	Each	\$4.80
SPICE16B	Whole Peppercorns 500gm	Krio Krush	Each	\$11.00
SPICE11	White Pepper Ground 1kg	Krio Krush	Each	\$21.00
SPICE22	Table Salt 1kg	Culpepers	Each	\$2.80
SPICE21	Rock Salt 1kg	Culpepers	Each	\$3.95
M83	Condensed Milk 395g	Nestle	Each	\$3.80
DES18	Chocolate Mousse 1.9kg	Nestle	Each	\$38.70

PASTA / RICE

Product Code	Product Description	Product Brand	Unit Price	Unit
PA12	Pasta Penne 5kg	San Remo	Each	\$12.40
PA17	Pasta Macaroni 5kg	San Remo	Each	\$12.40
RI11	Jasmine Rice 10kg	Riviana	Each	\$24.00
RI16	Arborio Rice 5kg	Riviana	Each	\$16.30
RI21	Basmati Long Grain Rice 10kg	Eateo	Each	\$31.50
RI28	Par Boiled Rice 10kg	Tastic	Each	\$19.70
RIOGZ	Organic Mixed Grains 1kg	Earth Blend	Pkt	\$5.00
PA22	Cous Cous 1kg	San Remo	Pkt	\$5.40
WFNR	Hokkein Noodles 440g	Wokka	Pkt	\$3.15

CONDIMENTS

Product Code	Product Description	Product Brand	Unit Price	Unit
SAUCE10	Tomato Sauce Big Red 4L	Heinz	Each	\$12.30
SAUCE13	Tomato Ketchup 4L	Heinz	Each	\$14.30
SAUCE14	BBO Sauce 4L	Heinz	Each	\$14.65
SAUCE26	Sweet Chilli Sauce 2L	Riviana	Each	\$11.50
MAYO33	Whole Egg Mayonnaise 1kg	Quality Fine Foods	Each	\$8.10
MAYO34	Caesar Dressing 1kg	Quality Fine Foods	Each	\$8.10
MAYO36	Mustard Mayonnaise 1kg	Quality Fine Foods	Each	\$8.10
MAYO44	Sriracha Mayonnaise 1kg	Quality Fine Foods	Each	\$8.10
MAYO50	Tartare Sauce 1kg	Quality Fine Foods	Each	\$8.10
MAYO30	Aioli 1kg	Quality Fine Foods	Each	\$8.10
SAUCE19	Southwest Chipotle Mayo	Heinz	Each	\$10.90
MAYO42B	Wasabi Mayo 1L	Birch & Waite	Each	\$15.90
SMO2LR	Smokey Bourbon Sauce 2L	Beerenberg	Each	\$18.00

TINNED PRODUCTS

Product Code	Product Description	Product Brand	Unit Price	Unit
5BR	5 Bean Mix 3kg	Riviana	Each	\$7.70
T41B	Baked Beans 3kg	Heinz	Each	\$10.70
T98	Butter Beans 2.5kg	Sandhurst	Each	\$7.30
T41	Cannellini Beans 2.5kg	Sandhurst	Each	\$7.60
T47C	Chick Peas 2.5kg	Riviana	Each	\$6.90
T17C	Italian Crushed Tomatoes 2.5kg	Riviana	Each	\$6.70
T17D	Whole Peeled Tomatoes 2.kg	Riviana	Each	\$5.90
T61B	Red Kidney Beans 3kg	Riviana	Each	\$7.80
OLKP	Pitted Kalamata Olives 2kg	Sandhurst	Each	\$18.50
T58	Basil Pesto 500g jar	Dolmio	Each	\$10.05
SAUCE65	Pizza Sauce 4.1kg	Mutti	Each	\$12.95
T71	Fruit Salad 3kg	Riviana	Each	\$11.45
T67	Peach Slices 3kg	Riviana	Each	\$11.85
T50	Mangoes Sliced 3kg	Riviana	Each	\$10.75
T51	Sliced Apples 2.75kg	Riviana	Each	\$10.60
T70	Mandarine Segments 3kg	Riviana	Each	\$10.90
T64R	Pineapple Pieces 850g	Golden Circle	Each	\$5.75

CLEANING SUPPLIES

Product Code	Product Description	Product Brand	Unit Price	Unit
CLO2	Dishwashing Liquid 5L	Polo Citrus	EACH	\$11.95 + GST
CLO4	Floor & Tile Cleaner 5L	Polo Citrus	EACH	\$22.30 + GST
CLO8	Bleach 5L	Polo Citrus	EACH	\$8.90 + GST
CLO9	Sanitiser & Disinfectant 5L	Polo Citrus	EACH	\$16.50 + GST
CL12	Window Cleaner 5L	Polo Citrus	EACH	\$11.30 + GST
CL20	Pump for 5L Containers	Polo Citrus	EACH	\$6.70 + GST
VWM20	White Vinegar 20L	MenuMaster	EACH	\$20.50

PACKAGING

Product Code	Product Description	Product Brand	Unit Price	Unit
C-HT1170	Paper Towel Roll 19cm x 80m Capri	Capri	EACH	\$2.40 + GST
CNLO100R	White Lunch Napkins 500pce	Capri	PKT	\$4.15 + GST
P10	Clingwrap 33cm x 600m Castaway	Castaway	EACH	\$17.10 + GST
13000760	Foil All Purpose 44cm x 150m Capri	Capri	EACH	\$15.50 + GST
CAEZBK30	Easy Bake Baking Paper 120m x 30cm	Castaway	EACH	\$25.60 + GST
CARGB002R	Garbage Bags 72 - 80L 25pce	Prime	EACH	\$3.65 + GST
CGV0004	Gloves Small Clear Powder Free 100pce	Capri	EACH	\$5.10 + GST
CGV0005	Gloves Medium Clear Powder Free 100pce	Capri	EACH	\$5.10 + GST
CGV0006	Gloves Large Clear Powder Free 100pce	Capri	EACH	\$5.10 + GST
CGV0016	Gloves Extra Large Clear Powder Free 100pce	Capri	EACH	\$5.10 + GST
CACM500R	500ml Clear Rectangular Containers 50pce	Castaway	EACH	\$5.70 + GST
CACM750R	750ml Clear Rectangular Containers 50pce	Castaway	EACH	\$6.80 + GST
CACMLID	LIDS FOR 500ml/ 750ml Containers 50pce	Castaway	EACH	\$3.90 + GST

Minimum Order for Free Delivery is \$150
 Prices are subject to change without notice
 Please Note: Some products will have a limit buy

FERNANDO'S MEAL DEAL

Product Code	Product Description	Product Brand	Price
CHICK24	Whole Butterfly Seasoned Sous-Vide Chicken (size 11)	Atmos	\$35
SAUCE 34	Peri Peri sauce 1kg	Gourmet Chef	
ZCHIC31B	Baked Real Chicken Nuggets 500g	Atmos	
2168R	Stay Crisp 10mm Chips 2kg	McCain	

SMOKEY JOE'S MEAL DEAL

Product Code	Product Description	Product Brand	Price
PORK11B	Smokey BBQ Sous-Vide St Louis Pork Ribs (approx. 700g)	Atmos	\$35
PORK12B	Smokey BBQ Sous-Vide Pork Riblets (approx.600g)	Atmos	
ZCH35R	Sweet Potato Fries 1.13kg	Mccain	
ZV26	Whole Baby Beans 2kg	Edgell	

JAMES' ITALIAN MEAL DEAL

Product Code	Product Description	Product Brand	Price
ZPC15	Pre-cooked Meatballs 1kg	Angel Bay	\$35
PCNAPR	Napolitana Sauce 1kg	Atmos	
PA17	Macaroni 5kg	San Remo	
5501R	11" Garlic bread foil wrapped 2pce	Tip Top	

PARMY ARMY MEAL DEAL

Product Code	Product Description	Product Brand	Price
ZCHIC27	Baked Small Italian Chicken Schnitzels 1kg	Atmos	\$35
2290R	Beer Battered Steak Fries 2kg	McCain	
PCBOLR	Bolognese Sauce 1kg	Atmos	
ZV07	Mixed Vegetables 2kg	Edgell	

DONNY'S TWISTER MEAL DEAL

Product Code	Product Description	Product Brand	Price
ZCHIC28B	Baked Panko Tenderloins 2 x 500g	Atmos	\$35
ZK35	10" Flour Tortillas 12pce	Mission	
MAYO30	Aioli Mayo 1kg	Quality Fine Foods	
ZCH42	Potato Gems 2kg	Edgell	

HUNGRY JANES MEAL DEAL

Product Code	Product Description	Product Brand	Price
ZPC16R	Pre Cooked Beef Burgers 120g (20 pce)	Angel Bay	\$65
9108R	Potato Burger Bun 4.5" (12 pce)	Tip Top	
T85BR	Bread and Butter Cucumbers 700g	Always Fresh	
2168R	Stay Crisp 10mm Chips 2kg	McCain	
CHIC31B	Baked Real Chicken Nuggets 2 x 500g	Atmos	

SPEEDY GONZALES MEAL DEAL

Product Code	Product Description	Product Brand	Price
CHICK10R	Premium Cooked Sliced Chicken Breast 1kg	Atmos	\$65
SAUCE68	Chunky Salsa 1.95kg	Mexicasa	
D06R	Mexican Shredded Blend 1kg	Pure Dairy	
ZK35	10" Flour Tortillas 12pce	Mission	
CC11R	Corn Chip Triangles 750g	Mission	
T61B	Red Kidney Beans 3kg	Riviana	
ZV02	Chunky Avocado Pulp 454g	Edgell	