Healthy Living Lifestyle

15 MAY - 1 JUNE 2025

B.I.G.
Ben's Independent Grocer

Fresh From Farm

15.5.2025 - 01.06.2025

Genting Garden RTE Artisan Pesto Salad Bowl 200g

RM6.99 /PKT

First Pick Brussel Sprout 250g

RM8.99 /PKT

Thai Green Asparagus 250g

RM9.99 /PKT

NZ Zespri Sungold Kiwi Fruit 4pcs Large

RM19.99 /PKT

USA Navel Orange pc

2PC FOR RM9.90

RM6.70/PC

australian avocados

Australia Avocado pc

2PC FOR RM9.10

RM6.00/PC

Freshly Prepared Poultry & Meat

Chicken Breast Without Skin
(Klang Valley)

RM23.99 /KG

Village Choice ABF
Skinless Boneless Breast
(Only Available in Mall of Medini)

RM26.59 /KG

NZ Chilled French
Trimmed Lamb Racks CFO/
NZ Chilled Lamb French Cutlets

RM199.99 /KG

Aust Chilled Grain Fed
Striploin Steak

RM151.99 /KG

1. Frozen Pud Vanamei
Meat 200g (Size:21/25)

RM10.99 /PKT

2. Frozen Sutchi Fillet 800g

RM13.99 /PKT

3. Frozen Hokkaido Baby
Scallop 41-50/LB 500g

RM26.99 /BOX

CRUMBS

Freshly Baked Daily

1. RUSTIC SOURDOUGH 350G	RM12.50/PC
2. FLAXSEED SOURDOUGH BREAD 350G	RM11.50/PC
3. CRANBERRY WALNUT BREAD 350G	RM12.50/PC
4. ALOHA CHICKEN PIZZA BUN	RM4.20/PC
5. CHICKEN TOAST & CHEESE BUN	RM4.20/PC

Frosty Favourite Deals

Wattie's Mixed Vegetables 500g
RM13.59

Emborg Organic Chopped Spinach 400g
RM14.39

Shinrai Edamame Soybean 500g
RM8.69

Bibigo Plantable Vegan Kimchi (Sliced) 500g
RM23.89

2be Bio Organic Frozen Berry Mix 300g
RM24.59

Cj Bibigo Plant Based Vegetable Dumpling 420g
BUY 1 FREE 1
RM23.99

OOB Organic Smoothie Blueberry, Kiwifruit, Banana 450g
RM29.99

Monami Butter Roll
Salted / Unsalted 250g
RM18.99

Emborg Natural
Sliced Cheese Assorted 150g
RM15.49

Emmi Swiss Greek Style
Yogurt Assorted 450g
RM25.69

Fernleaf Natural
Probiotic 5x110ml
RM4.39

Milky Hokkaido
Full Cream Milk 1L
RM8.99

Vico Coconut Water Natural /
Pandan / Xiem / Organic Assorted
RM9.59-RM9.99

Rokeby Farm Smoothie
Assorted 425ml
RM12.89

Sauces & Spreads In Your Home

Radiant Cooking Coconut Oil 750ml

RM27.99

Medella Coconut Cooking Oil 1.9kg

RM38.99

Lee Kum Kee Organic / Gluten Free / Less Salty Soy Sauce 500ml

RM8.39-RM15.19

Qianhe Zero Additive Soy Sauce Assorted 500ml

RM7.89-RM11.99

Lee Kum Kee Panda Oyster Sauce Less Salty 500g

RM9.69

Bovril 230g

RM20.79

Steffi's Choice Jam Assorted 340g

RM11.39

Smuckers Goober Grape 18oz

RM25.39

Steffi's Peanut Butter Smooth / Crunchy 453g

RM18.29

Fix & Fogg Peanut Butter Assorted 275g - 375g

RM27.59

Tranz Alpine Organic Manuka Honey Assorted 500g

RM138.89-RM208.89

Cirio Polpa Chopped / Peeled Tomatoes 4x400gm

RM24.99

Gain Goodness In Every Bite

Caeres Organic Brown Rice Crackers Assorted 115g

RM7.99

Caeres Organic Brown Rice Cakes Assorted 110g

RM6.19

Rice Up Rice Cake Assorted 120g

RM8.99-RM9.99

CF Organic Quinoa (Pouch) Assorted 1250g

RM11.29

Mamami Organic Wavew Overnight Oats Assorted 120g

RM9.49

CFO Organic Oats Quick / Rolled Fin 500g

RM10.49

Homesoy Instant Breakfast Soya Original / Multigrain 10x32g

RM10.99

Mornflake Oatbran Flakes Assorted 400g - 500g

RM24.19

Kelloggs Granola Boost Protein Extra / Vit D + Calcium 200g

RM22.89

Quaker 3in1 Assorted 12s-15sx28g

RM11.99

San Remo Wholemeal
Spaghetti / Penne / Spirals 500g

RM6.49

Naturel Organic Pasta
Assorted 500g

RM7.69

Radiant Flour Assorted 1kg

RM14.49

Bakels Gluten Free Banana Bread /
Choc Brownie Baking Mix 500g

RM22.99-RM24.99

Bakels Gluten Free Flour 800g

RM32.99

Cintan Non Fried Noodle Jumbo 550g

RM5.59

Ecobrown's Premiere
Brown Rice Vermicelli 300g

RM4.49

Ecobrown's Sella Cream
Basmathi 5kg

RM30.99

Jasmine Basmathi
King Import 5kg

RM35.99

Love Earth Low GI
Basmati Rice 900gm

RM19.29

Heinz Apple Cider Vinegar 16oz

RM11.59

CFO Org Apple Cider Vineger 500ml

RM14.59

Nokchawon Tea Assorted 1kg

RM31.99-RM35.99

Heal Protein Shake Assorted 450g - 540g

RM90.39

Equal Gold Stick 50'S

RM10.39

UCC Matcha / Hojicha Latte 10s X 15g

RM18.19

L'or Espresso Capsule 10 X 5.2g

RM19.99-RM20.59

Milo Activ-Go Assorted 10s-12s X 27g - 36g

RM12.99

Glow In A Bottle

V-Soy Assorted 1L

RM 6.69

137 Degrees Almond Milk Original / Unsweetened 1L

RM 16.99

Living Planet Organic Dairy Milk Low Fat / Full Cream 1L

RM 16.19

Matcharo Matcha Assorted 4x240ml

RM 13.39

Schweppes Assorted 4x320ml

RM 9.49

100 Plus Original / Zero 6x325ml

RM 9.99

Orihiro Konjac Jelly Pouch Assorted 130g

RM 6.89

Famous Soda Assorted 330ml

RM 9.99

Rabenhorst Juice Assorted 750ml

RM 23.69 - RM 47.39

Clear Valley High Oleic Blends 1kg

RM 16.99

Munching All-Day Goodness

M&M's Assorted 144g - 175.5g

RM14.49

Ritter Sport Assorted 100g

RM14.29

Cadbury Doybag Mini Assorted 125g-135g

RM10.49

Nestle Kitkat Share Bag 20x17g

RM21.89

Nature Valley Assorted 210g

RM12.89

Love Earth Healthy Mix Veggies / Mix Fruits 85g

RM16.89

Black Bear Five Grains Brown Rice Roll Assorted 160g-170g

RM8.29

Sunmaid Canister Raisins 500g

RM19.99

Godbawee Dried Brown Seaweed Mi Yuk 50g

RM7.59

Energy Bar Flapjack
Assorted 80g

RM 8.59

Doritos Tortilla Chips Assorted 190g

RM 12.59

Amica Alfredo's Chips
Assorted 100g-130g

RM 12.99-RM 17.99

Eureka Popcorn Assorted 80g

RM 6.69

Camel Premium Nuts
Assorted 135g - 150g

RM 21.99-RM 22.99

Lorenz Saltletts
Assorted 100g-180g

RM 8.99- RM 10.49

Nut Walker Mixed Nuts Assorted 150g

RM 18.99

Kellogg's Town House Crackers
Assorted 260g - 390g

RM 19.29

Jacob's Baked Crisps Assorted 229g

RM 9.19

Home Cleaning & Daily Essentials

Dove Body Wash Assorted 1L

RM21.89

Herbal Essence Shampoo / Conditioner Assorted 400ml

RM18.99-RM26.99

Bzu Bzu Head To Toe Baby Wash Assorted 600ml

RM23.99

Ecodenta Toothpaste Assorted 75ml-100ml

RM15.99-RM17.99

Tsubaki Premium Hair Mask Assorted 180g

RM51.99

Vinda Toilet Tissue 3ply Assorted 16R

RM28.29

Scott Calorie Absorb Roll 8R

RM11.99

Mamypoko Air Fit Tape / Pants Assorted Sizes

RM54.89

Finish Dishwasher Tablets
Assorted 18-24 Tabs

RM57.89

Top Powder Assorted 2.1kg

RM13.79

Attack Liquid Detergent
Assorted 3.6kg

RM29.79

Dettol Multi Surface Cleaner
Assorted 1.5l+500ml

RM19.89

Clorox Toilet Bowl
Cleaner Assorted 2x709ml

RM17.99

Magiclean Wiper
Wet Floor Cleaning Sheet 12s

RM17.99

Scotch-Brite
Tough Clean Scrub
Sponge 3pcs

RM7.99

Barilla

A SIGN OF LOVE

SHARE A LITTLE LOVE IN EVERY BITE

LIMITED EDITION

BARILLA
Heart-shaped Pasta
400g
RM6.99

NEW

BARILLA
Pasta Sauce
400g / 500g (Asst)
RM14.99

BARILLA
Pesto Genovese
190g
RM20.99

NEW

BARILLA
Pasta
500g (Asst)
RM6.99

BARILLA
Lasagne
500g
RM18.99

Complimentary

BARILLA Magnet with Pin*

Min. spend of RM25 of BARILLA products, including BARILLA Heart-shaped Pasta in a single receipt.

*Terms & Conditions apply. While stocks last. Please redeem at customer service counter. Only 1 unit of magnet pin will be given as free premium for the eligible consumer. Magnet pin's design is random based on the stock availability.

KING
Rice Bran Oil
1L / 2L
RM20.99 - RM37.99/unit

YOUMEE
Assorted Air-Dried Noodle 420g – 480g
RM7.39 /unit

King Rice Bran Oil 米糠油 X youmee

Cook with LOVE contest

1st May - 30th June 2025

Win Grand Prize (x5)
Bruno Compact Hotplate
worth RM699/each

Scan QR Code to enter contest

Consolation Prize (x45)
Touch 'n Go eWallet Credit
worth RM100/each

Buy any King Rice Bran Oil together with any Youmee All Natural Air Dried Noodles in a single receipt to enter contest.

*Terms & Conditions Apply

B.I.G. Bro's Independent Grocer

Booze iT WINE & SPIRITS MERCHANT

BIG Healthy Living Fair

15th May 2025 ~ 01st June 2025

Santa Julia EL Burro Malbec (Organic)

RM 99.90

Normal Price : RM 128.00

Alois Lageder Riff Rosso Merlot Cabernet

RM 73.90

Normal Price : RM 89.00

Angove Wild Olive Organic McLaren Vale Shiraz

RM 94.90

Normal Price : RM 104.00

Santa Julia Organica Malbec

RM 69.90

Normal Price : RM 86.00

Bodegas Sobreno Finca Sobreno Organic Tempranillo

RM 86.90

Normal Price : RM 108.00

Brau Merlot

RM 110.00

Domaine de Brau 60/40 Cabernet Franc Cabernet Sauvignon

RM 102.00

Domaine de Brau Blanc de Brau with Love

RM 110.00

FREE 2 wine glass with any 2 bottles purchase

Rolland Galarreta Ribera del Duero

RM 109.90

Rolland Galarreta Rioja

RM 109.90

Normal Price : RM 134.00

Grattamacco Bolgheri Vermentino DOC

RM 209.90

Normal Price : RM 262.00

La Gioiosa Prosecco Doc Treviso Brut Organic

RM 149.90

Normal Price : RM 187.00

The sales of Alcohol is restricted to individual who are above 21 years old and are Non-Muslim. We reserve all rights to modify or cease the promotion. Please drink responsibly and do not drink & drive. T&C apply.

HALAL 21+