



WHERE THE *locals* MATTER

ON SALE 5TH JANUARY 2022



Australian

**BEEF SCOTCH
FILLET STEAK**

\$44⁹⁹
kg



Serving Suggestion

ALL
1/2
PRICE



Pepsi/Solo/
Sunkist/
7Up Soft
Drink 1.25L
88¢ per 1L

\$1¹⁰
ea

SAVE \$1.20



\$3⁹⁹
ea

SAVE \$4.00

Cadbury Large Block Chocolate 315-360g



\$3⁵⁰
ea

SAVE \$3.75

Lynx Antiperspirant/Deodorant 165mL
\$2.12 per 100mL



\$5⁹⁹
ea

SAVE \$2.90

Quilton Toilet Tissue 12pk
28¢ per 100sh

SEE INSIDE FOR MORE SAVINGS



Offers available from 05/01/22 until 11/01/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— FRESH MEAT & Produce —



Tasmanian
CARROTS 1kg
\$1.25 per 1kg

Tasmanian Grown
Premium Grade Carrots

\$1²⁵
bag



Tasmanian Grown
Baby Mesclun Salad
25 YEARS

Bagged Mesclun
120g
\$28.75 per 1kg

\$3⁴⁵
bag



Tasmanian Grown
Lushton Park

Red Apples
1.5kg
\$2.53 per 1kg

\$3⁸⁰
bag



JC's Natural Walnuts 350g
\$22.83 per 1kg

\$7⁹⁹
ea



Lamb Forequarter Chops

Australian Lamb

\$18⁹⁹
kg



Marion Bay Free Range Chicken

Australian Poultry

\$5⁹⁹
kg



Beef Round Steak

Australian Beef

\$19⁹⁹
kg



Scottsdale
BONELESS PORK BELLY ROAST
Serving Suggestion

Australian Pork

\$17⁹⁹
kg



Family Favourite
DOUBLE SMOKED HAM
Serving Suggestion

\$11⁹⁹ kg



Long Rindless Bacon

\$11⁹⁹ kg



Thin Beef Sausages

\$8⁹⁹ kg



Chicken Burgers

99¢ ea

Mighty Soft Sliced Bread 700g
43¢ per 100g

\$2⁹⁹ ea
SAVE \$1.10



National Pies Premium Pies 2pk (excl. Cottage/Chunky Beef)
\$1.66 per 100g

\$5⁹⁹ ea
SAVE \$1.36



Central Cake Co French Vanilla/Jelly Slice 2pk

\$5⁴⁹ ea
SAVE \$1.50




Product of Tasmania

Cripps
MASTER MUFFINS 6PK
97¢ per 100g

\$3⁴⁹ ea
SAVE \$1.66



— SNACK & DRINK Favourites —

Cadbury LAYERS

NEW



Cadbury
Layers 34/35g

\$1
ea

SAVE \$1.00



\$2.49
ea

SAVE \$1.51

Pascall/
The Natural Confectionery Bags 150-280g

1/2
PRICE



\$1.75
ea

SAVE \$1.75

The Natural Cracker Co 160g
\$1.09 per 100g



\$2.49
ea

SAVE 71¢

Arnott's Savoy/Jatz 225/250g



\$2.69
ea

SAVE \$1.06

Smith's Potato Chips/
Doritos Corn Chips 130-175g



\$5.99
ea

SAVE \$3.81

V Energy Drink 250mL 4pk
\$5.99 per 1L



\$19.49
ea

SAVE \$7.50

Coca-Cola 375mL 30pk
\$1.73 per 1L



Coca-Cola/
Lift/Fanta/
Sprite Soft
Drink 2L
\$1.25 per 1L

\$2.50
ea

SAVE 69¢



\$6.49
ea

SAVE 50¢

Kirks Canned Soft Drink 375mL 10pk
\$1.73 per 1L



Tetley All Rounder/
Tagged Tea Cup Bags 50pk

\$2.49
ea

SAVE 30¢



Kellogg's Crunchy Nut/Just Right/
Froot Loops/Nutri-Grain 500-805g

\$6.99
ea

SAVE \$1.86

1/2
PRICE



Jarrah Coffee 250g
\$1.20 per 100g

\$2.99
ea

SAVE \$3.01



Green's Premium Baking Mixes 380-630g

\$2.99
ea

SAVE \$1.16



Tas Taste Plain/Self Raising Flour 2kg
\$1.00 per 1kg

\$1.99
ea

SAVE 90¢



Cottee's Ice Magic 220g
\$1.59 per 100g

\$3.49
ea

SAVE \$1.06



Golden Circle Beetroot Slices 850g
\$2.34 per 1kg

\$1.99
ea

SAVE 90¢



Rosella
Tomato
Sauce
580mL
48¢ per 100mL

\$2.79
ea

SAVE 56¢



Leggos Tomato Paste 140g 2pk
\$1.07 per 100g

\$2.99
ea

SAVE 20¢



— FILL UP THE FRIDGE & Freezer —



Peters Lemonade or Raspberry & Lemonade Icy Poles 8pk



Bulla Creamy Classics 2L
27¢ per 100mL



Peters Drumstick/Maxibon 4/6pk



Steggles Chicken Breast Nuggets 400g
\$8.73 per 1kg



Birds Eye Deli Chips/Roast Potatoes 600g
\$5.82 per 1kg



Sara Lee Cheesecake/Tiramisu 360-415g



Lean Cuisine Frozen Meals 375g
89¢ per 100g



Mainland On The Go Premium Snacks 110g
\$36.27 per 1kg



Bulla Cottage Cheese 200g
\$12.45 per 1kg



Juicy Isle Chilled Fruit Drink 2L
\$1.35 per 1L



Classic Flavoured Milk 500mL
\$5.98 per 1L



Miracle Spread 1kg
30¢ per 100g

Pedigree
Canned Dog
Food 1.2kg
29¢ per 100g



\$3.49
ea
SAVE 51¢



\$6.99
ea
SAVE \$3.00

Chum
Crunchy Dry Dog Food 3kg
23¢ per 100g



\$1
ea
SAVE 50¢

Optimum Dog Food 100g
\$1.00 per 100g



\$6.99
ea
SAVE \$1.00

Dine Cat Food 85g 7pk
\$1.17 per 100g



\$25.99
ea
SAVE \$7.90

Supercoat Dog Food 7.5kg
35¢ per 100g



\$9.99
ea
SAVE \$1.50

Whiskas Dry Cat Food 1.8kg
56¢ per 100g



\$2.49
ea
SAVE \$2.50

Ajax Eco Trigger 450mL
55¢ per 100mL



\$2.49
ea
SAVE 71¢

Earth
Choice
Toilet
Cleaner
750mL
33¢ per 100mL



\$5.99
ea
SAVE \$1.70

Mortein
Spray Fast
Knockdown
350g
\$1.71 per 100g



\$7.99
ea
SAVE \$8.01

Somat Gold Dishwasher Capsules 25pk
32¢ per 1ea



\$6.99
ea
SAVE \$4.01

Cold Power Laundry Detergent 900g/1L



\$2.49
ea
SAVE 26¢

Palmolive Antibacterial Liquid
Soap Pump 250mL/Naturals Soap 4pk

SEE INSIDE FOR MORE SAVINGS



\$1_{ea}

SAVE \$1.00

Cadbury/Fry's/Europe/
Toblerone Medium Bars 30-60g



\$2.15_{ea}

SAVE \$2.15

Uncle Tobys Muesli Bars 6pk
\$1.16 per 100g



99¢_{ea}

SAVE \$1.00

Pringles Chips 53g
\$1.87 per 100g



Powerade
Sports Drink 1L
\$2.49 per 1L

\$2.49_{ea}

SAVE \$3.26



Morning Fresh
Dishwashing
Liquid 900mL
42¢ per 100mL

\$3.75_{ea}

SAVE \$3.75



Herbal
Essences
Shampoo/
Conditioner
300mL
\$1.08 per 100mL

\$3.25_{ea}

SAVE \$3.25

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Savings are off regular prices. In certain stores, some regular prices have been reduced to ensure you receive the lowest competitive price so savings shown may differ from the actual saving in your store. Price Match at participating stores only. Prices matched weekly to Woolworths or Coles everyday shelf price, excludes specials. Terms and conditions apply. To find out more, visit igatas.com.au/pricematch. Some items may not be available at all stores. We reserve the right to limit purchases to reasonable quantities. Commercial quantities not supplied. See in-store for details. We reserve the right to correct printing errors.

SCRAMBLED EGGS WITH COTTAGE CHEESE



Bulla Cottage Cheese 200g
\$12.45 per 1kg

Ingredients

- 6-8 eggs, lightly beaten
- 200g Bulla Cottage Cheese, Original
- salt & freshly ground black pepper
- sourdough toast
- fresh dill, to garnish

What to do

1. Whisk together eggs and Bulla Original Cottage Cheese. Season to taste.
2. Pour eggs into a non-stick frying pan and stir gently over low-medium heat for 3-5 minutes or until eggs are just set.
3. Serve on top of sourdough toast and garnish with fresh dill



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THE BENEFITS OF MIXED FEEDING

MANY PET PARENTS WONDER IF THEY SHOULD BE FEEDING DRY FOOD, WET FOOD OR A COMBINATION OF THE TWO.

EACH FEEDING FORMAT OFFERS SPECIFIC ADVANTAGES, SO LET'S CONSIDER SOME OF THEM.

DRY FOOD

- CONCENTRATED NUTRITION, SO YOU FEED LESS.
- ECONOMICAL, CONVENIENT TO USE AND STORE.
- CRUNCHY KIBBLES MAY HELP IMPROVE ORAL HEALTH.

WET FOOD

- HIGH MOISTURE CONTENT, HELPING TO MAINTAIN URINARY TRACT HEALTH
- LESS CALORIE DENSE, HELPFUL IN PROMOTING A HEALTHY BODY CONDITION
- PROVIDES VARIETY THROUGH AROMA, FLAVOUR, AND TEXTURE.



Please refer to feeding guides on product labels for the correct feeding portions for your pet.

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