



ON SALE 18TH JANUARY 2023

CELEBRATE Local.
SHOP Local!



Australian

LAMB LOIN CHOPS

\$27⁹⁹
kg



Serving Suggestion

WHERE THE *locals* MATTER



Arnett's Shapes 130-190g



MasterFoods
Squeezy
Tomato/
BBQ Sauce
475/500mL

\$1⁷⁰
ea
SAVE \$1.79



Sanitarium Up & Go Breakfast Drink 6x250mL
\$3.46 per 1L

\$5¹⁹
ea
SAVE \$5.26



Bega Tasty
Cheese
Block 1kg
\$9.99 per 1kg

\$9⁹⁹
ea
SAVE \$5.01

Offers available from:
18/01/23 until 24/01/23

Whilst stocks last. Pictures for illustration purposes only.
Some products or varieties may not be available at all stores.

GREAT SPECIALS ON NOW!

Scan & Subscribe to save



Celebrate with AUSTRALIA DAY SAVINGS



— FRESH MEAT & Produce —

Imported Product



Hass
AVOCADOS

Serving Suggestion

\$2^{ea}



Broccoli

\$3⁹⁰
kg



Sweet Potatoes

\$2⁵⁰
kg



JC's Delicious Energy Mix
500g
\$17.98 per 1kg

\$8⁹⁹
ea

Petuna
Atlantic
Salmon 2pk
\$35.68 per 1kg

\$9⁹⁹
ea



Scottsdale
Pork Loin
Chops

\$21⁹⁹
kg



Ingham's Stuffed
Chicken Breasts
Kiev 700g
\$14.27 per 1kg

\$9⁹⁹
ea



Australian Beef

Australian
BEEF RUMP STEAK

Serving Suggestion

\$26⁹⁹
kg



Fire up the BBQ
THIN BEEF SAUSAGES
Serving Suggestion

\$10⁹⁹ kg



Champagne Ham

\$14⁹⁹ kg



Chicken Breast Supreme

\$16⁹⁹ kg



Frankfurts

\$12⁹⁹ kg

Product of Tasmania

Cripps Master Loaf 680/700g

\$3⁵⁹ ea
SAVE 80¢

MASTER 9 GRAIN TOAST
MASTER WHITE SANDWICH
MASTER WHOLEMEAL SANDWICH

Product of Tasmania

National Pies Party Pies/Sausage Rolls 12pk \$1.11 per 100g

\$7⁹⁹ ea
SAVE \$1.50

PROPER NATIONAL PIES
LITTLE SAUSAGE ROLL
LITTLE CLASSIC BEEF



Product of Tasmania

Cripps LUNCH ROLLS
HOT DOG ROLLS

\$3⁴⁹ ea
SAVE 90¢

Cripps
**MASTER HOT DOG/
LUNCH ROLLS 6PK**
Serving Suggestion - 58¢ per 1ea

WIN

A

Coca-Cola®

43L BAR FRIDGE

Valued at
\$429

Buy any
Eligible Coca-Cola
Product* to go into
the draw



VARIETIES INCLUDE:



Includes
**Coca-Cola
Varieties**

2L, 1.25L, 600mL, 30 x 375mL,
24 x 375mL, 12 x 300mL, 10 x 375mL,
6 x 250mL and 4 x 300mL glass

TAS res. 18+ only. Promotion starts 11/1/23 12:01am AEDT and ends 11/2/23 11:59pm AEDT ("Promotional Period"). To enter, during the Promotional Period: a) purchase any 2 x eligible Coca-Cola varieties in one (1) transaction from any IGA store in TAS displaying advertising for this Promotion. Entrants will receive an entry form at the time of purchase, while stocks last; and b) complete the entry form and then submit it in the entry box at the register. Keep receipt/s. Max 1 entry/transaction. Max 2 entries/person/day. See <https://www.plexus.co/terms/chance-to-win-coke-cooler> for Terms and Conditions.

— DRINKS, SNACKS & Treats —

IGA



V8 Juice 1.25L
(excl. Power Blend/Healthy Greens)
\$2.20 per 1L



Tasmanian Mountain Spring Water 10L
65¢ per 1L



Hartz Soft Drink/
Mixer 1.25L
\$1.35 per 1L



Coca-Cola/
Fanta/
Sprite Soft
Drink 1.25L
\$1.75 per 1L



Powerade Sports Drink 600mL
\$3.50 per 1L



Coca-Cola/Fanta/Sprite 10x375mL
\$2.66 per 1L



Smith's Potato Chips 18/20pk



Cadbury Family Block Chocolate 160-190g



Allen's Jelly/
Mint Confectionery Range 140-200g



Twisties/Burger Rings/
Toobs/Cheetos 125-270g



1/2
PRICE

\$2.49
 ea
SAVE \$2.51

Pringles Chips 134g
\$1.86 per 100g

\$2.49
 ea
SAVE \$1.50

Praise Salad Dressing 330mL
75¢ per 100mL

\$2.49
 ea
SAVE \$1.01

Arnott's Savoy/Jatz 225/250g

\$3.49
 ea
SAVE \$1.10

Thins Potato Chips 120-175g

\$1
 ea
SAVE 80¢

Captain's Table Water Crackers 125g
80¢ per 100g

\$4.99
 ea
SAVE \$2.01

Ashgrove Cheese 140g (excl. Fetta)
\$35.64 per 1kg

\$7.99
 ea
SAVE \$3.51

Bega Natural Cheese Slices 500g
\$15.98 per 1kg



Coca-Cola 30x375mL
\$2.18 per 1L

\$24⁵⁰
ea
SAVE \$14.60



Bundaberg Soft Drink 4x375mL
\$3.33 per 1L

\$4⁹⁹
ea
SAVE \$2.40



Praise Squeeze Mayonnaise 365/410g

\$3⁴⁹
ea
SAVE 76¢



Golden Circle Beetroot Slices 450g
\$3.31 per 1kg

\$1⁴⁹
ea
SAVE 70¢



Nuttalex Spread
Original/Lite/Buttery 500g
90¢ per 100g

\$4⁴⁹
ea
SAVE 71¢



Multix Alfoil
Medium Roast Tray with Handles

\$3⁹⁹
ea
SAVE \$1.66



Multix Alfoil 30cmx10m (excl. Non-Stick)
20¢ per 1m

\$1⁹⁹
ea
SAVE 90¢

— STOCK UP THE *Pantry* —

IGA
Low Prices
EVERY DAY

You'll find *Low Prices* Every Day right across the store

Bushells Tea
Cup Bags 100pk
\$2.22 per 100g

\$3.99
ea

LOW PRICE



\$3.99
ea

LOW PRICE

Nice & Natural
Nut Bars 6pk

Bundaberg
Raw Sugar 1kg
20¢ per 100g

\$1.99
ea

LOW PRICE



SPC Tomatoes
Diced 400g
\$3.23 per 1kg

\$1.29
ea

LOW PRICE



\$1.64
ea

SAVE \$1.35

Sanitarium So Good Almond Milk 1L
\$1.64 per 1L



\$9.99
ea

SAVE \$3.00

Nestle Milo 700g
\$1.43 per 100g



\$6.99
ea

SAVE \$2.51

Kellogg's Crunchy Nut
Corn Flakes/Froot Loops/Nutri-Grain/
Just Right/Coco Pops 460-765g



\$5.99
ea

SAVE \$1.26

Bega Peanut Butter/
Protein Peanut Spread 470g
\$1.27 per 100g



\$4.99
ea

SAVE \$1.66

Nutella Hazelnut Spread 400g
\$1.25 per 100g



\$3.99
ea

SAVE \$1.20

Goulburn Valley Fruit 700g
\$5.70 per 1kg

— STOCK UP THE *Pantry* —

IGA

Happy
LUNAR
NEW YEAR



\$2.49
ea

SAVE 96¢

Indomie Noodles 5pk (excl. BBQ Chicken)



1/2
PRICE

\$1
ea

SAVE \$1.00

Wai Wai Vermicelli 200g
50¢ per 100g

Masterfoods
Finely Crushed
Garlic 170g
15¢ per 10g



\$2.49
ea

SAVE 56¢



\$2.99
ea

SAVE \$1.00

MasterFoods
Finely Chopped Chilli/Ginger 160g
19¢ per 10g



\$4
ea

LOW PRICE

Sunrice Rice Medium Grain 1kg
40¢ per 100g



\$3.49
ea

SAVE 51¢

Dolmio Extra Pasta Sauce 490/500g



\$2.35
ea

SAVE 45¢

MasterFoods Recipe Base Pouches 175g
\$1.34 per 100g



\$3.99
ea

SAVE \$1.81

Saxa Gourmet Grinder 35-90g



\$3.69
ea

SAVE 80¢

Sirena Ready to Eat Tuna 170/190g



— FILL UP THE FRIDGE & Freezer —



Tamar Valley Yoghurt 700g
54¢ per 100g



Ashgrove Full Cream/Non Homogenised Milk 2L
\$2.40 per 1L



Juicy Isle Chilled Fruit Drink 2L
\$1.75 per 1L



Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g



La Famiglia Traditional Garlic Bread 400g
\$1.00 per 100g



Peters Light & Creamy 1.8L
26¢ per 100mL



Bulla Ice Cream 4L
22¢ per 100mL



Ingham's Chicken Breast Tenders 400g
\$14.98 per 1kg



Nanna's Snack Fruit Pies 4pk/Family 600g



Peters Polar Pies 6pk/Peters Maxibon 4pk

**1/2
PRICE**



Omo Laundry Powder 1kg
\$7.25 per 1kg

**1/2
PRICE**



\$7.25
ea
SAVE \$7.25

**1/2
PRICE**



\$3.29
ea
SAVE \$3.36

Schwarzkopf Extra Care Shampoo & Conditioner 400mL
\$1.12 per 100mL

Vaseline Body Lotion 225mL
\$1.46 per 100mL



Palmolive Ultra Dishwashing Liquid 500mL
80¢ per 100mL

\$3.99
ea
LOW PRICE



\$3.49
ea
SAVE 73¢

Multix Drawtight / Extra Wide Garbage Bags 20/25s



\$4.49
ea
SAVE 50¢

Pedigree Canned Dog Food 1.2kg
37¢ per 100g



\$2.10
ea
SAVE 39¢

Whiskas Canned Cat Food 400g
53¢ per 100g

IGA

**PRICE
MATCH
PROMISE**

ON 100s OF
EVERYDAY
ESSENTIALS

**WE CHECKED
THE REGULAR PRICE,
WE MATCHED
THE LOWEST,
YOU WON'T
PAY MORE***



**LOOK OUT
FOR ME!**

Participating stores only. Subject to availability. Prices of selected products are checked and matched weekly to Woolworths or Coles everyday shelf price.

Celebrate with AUSTRALIA DAY SAVINGS →



\$6.99
ea
SAVE \$5.01

Red Bull Energy Drink 4x250mL
\$6.99 per 1L



\$17.99
ea
SAVE \$6.01

Nescafé Blend 43 Coffee 500g
\$3.60 per 100g



\$3.99
ea
SAVE \$1.41

Peters Lemonade/Raspberry & Lemonade Icy Poles 8pk



1/2
PRICE

\$1
ea
SAVE \$1.00

Mars Medium Bars 35-56g

Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

Offers available from 18/01/23 until 24/01/23

Visit IGATAS.COM.AU for more info



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to receive our weekly online
catalogue igatas.com.au/catalogues



LOCATE

find your local store here
igatas.com.au/store-locator



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.

Poppin
Microwave
Popcorn
85/100g
(excl. Cheese)

\$1.75
ea
LOW PRICE



You'll find *Low Prices* Every Day right across the store



\$4.35
ea

LOW PRICE

Lindt Excellence/Lindor
Chocolate Block 100g (excl. 70%)
\$4.35 per 100g



\$2.80
ea

LOW PRICE

Monster Energy Drink 500mL
\$5.60 per 1L



\$7.99
ea

LOW PRICE

I&J Squid/Calamari Rings 360/400g



\$3.99
ea

LOW PRICE

Kraft Parmesan Cheese 125g
\$31.92 per 1kg



Palmolive
Ultra
Dishwashing
Liquid
500mL
80¢ per 100mL

\$3.99
ea

LOW PRICE



\$6
ea

LOW PRICE

Fancy Feast Dry Cat Food 430/450g



WHERE THE
locals MATTER

Specials available from participating Tasmanian IGA & IGA X-press Stores. We reserve the right to correct any printing errors. Whilst stocks last. Some products or varieties may not be available at all stores. Pictures used for illustration purposes only. Sales are restricted to retail quantities only. All prices include GST where applicable. Prices correct at time of printing.

Visit IGATAS.COM.AU/LOW-PRICES-EVERYDAY for more info

MINT SAUCE



\$27⁹⁹
kg

Lamb Loin Chops
From the Meat Department

Ingredients

- 450g brown sugar
- 500ml vinegar
- 1 cup mint leaves, chopped

What to do

1. Combine sugar and vinegar in a saucepan then bring to a boil.
2. Stir in the mint.
3. Serve over lamb.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

BEEF RAMEN

Happy
LUNAR
NEW YEAR



\$2.49
ea

SAVE 96¢

Indomie Noodles 5pk
(excl. BBQ Chicken)



\$2.49
ea

SAVE 56¢

Masterfoods Finely
Crushed Garlic 170g
15¢ per 10g



\$26.99
kg

Beef Rump Steak
From the Meat Department

Ingredients

- 1 tsp vegetable oil
- 1 tsp minced garlic
- 2cm piece ginger, peeled, grated
- 1 long red chilli, deseeded, finely chopped, plus extra, sliced to serve
- 4 cups chicken stock
- 2 tbsp salt-reduced soy sauce
- 2 tbsp rice wine vinegar
- 200g canned corn
- 1 bunch broccolini, trimmed, halved lengthways
- swiss brown mushrooms
- 3 packets instant noodles
- 400g beef rump steak
- 4 eggs
- 2 spring onions, thinly sliced
- 1 tbsp toasted sesame seeds

What to do

1. Heat oil in a large deep saucepan over medium heat. Add garlic, ginger and chilli. Cook for 2 minutes or until aromatic. Add chicken stock, soy sauce, rice wine vinegar, and 3 cups of water and bring to the boil
2. Add broccolini to stock. Cook broccolini for 2 minutes. Transfer broccolini to a bowl. Add mushrooms to stock and cook for 3 minutes. Remove with a slotted spoon to bowl with broccolini. Add noodles to stock and cook for 2 minutes.
3. Meanwhile, heat a frying pan over a medium high heat. Rub oil over steak and season. Cook for 3-4 minutes each side for medium-rare. Transfer to a plate and stand for 10 minutes. Thinly slice.
4. Bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs
5. Place noodles and stock into serving bowls. Top with broccolini, corn, mushrooms, beef and an egg. Sprinkle with onions, sesame seeds and chilli.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

FLAVOUR YOU CAN SEE!

1/2 PRICE

\$1.75 ea
SAVE \$1.75

Arnott's Shapes 130-190g



WHERE THE *locals* MATTER

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