



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

\$1⁷⁵
ea



MasterFoods
Squeezy
Tomato/
BBQ Sauce
475/500mL

\$1⁷⁰
ea



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

\$5¹⁹
ea



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

\$9⁹⁹
ea

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

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 15/2/23 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.

— SNACKS, TREATS & Drinks —





\$2.75 ea

1/2
PRICE



\$1 ea

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

Mars Medium Bars 35-56g



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

\$3.49 ea



Powerade Sports Drink 600mL
\$3.50 per 1L

\$2.10 ea



Cadbury Family Block Chocolate 160-190g

\$3.85 ea



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

\$6.99 ea



Tasmanian Mountain Spring Water 10L
65¢ per 1L

\$6.49 ea



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

\$2.19 ea



Pringles Chips 134g
\$1.86 per 100g



Praise Salad Dressing 330mL
75¢ per 100mL



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



Arnott's Savoy/Jatz 225/250g



Thins Potato Chips 120-175g



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



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



Coca-Cola 30x375mL
\$2.18 per 1L



Bundaberg Soft Drink 4x375mL
\$3.33 per 1L



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



Praise Squeeze Mayonnaise 365/410g



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



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



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



Multix Alfoil
Medium Roast Tray with Handles



Indomie Noodles 5pk
(excl. BBQ Chicken)



Wai Wai Vermicelli 200g
50¢ per 100g



Masterfoods Finely Crushed Garlic 170g
15¢ per 10g



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



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



Dolmio Extra Pasta Sauce 490/500g



Nutella Hazelnut Spread 400g
\$1.25 per 100g



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



Goulburn Valley Fruit 700g
\$5.70 per 1kg



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



Nestle Milo 700g
\$1.43 per 100g

**1/2
PRICE**



\$4.49
ea

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



Palmolive
Ultra
Dishwashing
Liquid
500mL
80¢ per 100mL

\$3.99
ea

LOW PRICE



\$3.49
ea

Multix Drawtight/
Extra Wide Garbage Bags 20/25s



\$4.49
ea

Pedigree Canned Dog Food 1.2kg
37¢ per 100g



\$2.10
ea

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



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

Visit IGATAS.COM.AU for more info



LIKE US facebook.com/igatas



SUBSCRIBE

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



Indomie Noodles 5pk
(excl. BBQ Chicken)



Masterfoods Finely
Crushed Garlic 170g
15¢ per 10g

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!



Arnott's Shapes 130-190g



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info