



ON SALE 15<sup>TH</sup> FEBRUARY 2023



*Australian*  
**BEEF  
PORTERHOUSE STEAK**  
**\$34<sup>99</sup>** kg



Serving Suggestion

WHERE THE *locals* MATTER

ALL  
**1/2  
PRICE**



**\$3<sup>99</sup>** ea

SAVE \$4.01

Bulla Multipack Sticks 8-14pk



**\$2<sup>99</sup>** ea

SAVE \$3.00

Sanitarium Up & Go 3x250mL  
\$3.99 per 1L



**97¢** ea

SAVE 98¢

Suimin Cup Noodles 70g  
\$1.39 per 100g



**\$2<sup>25</sup>** ea

SAVE \$2.25

Arnott's  
Chocolate Biscuits 160-250g (excl. Tim Tam)

Offers available from:  
15/02/23 until 21/02/23

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

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## — FRESH MEAT & Produce —



*Tasmanian*  
**CAULIFLOWER**

**\$3<sup>50</sup>**  
ea



Valencia  
Oranges 3kg  
\$1.83 per 1kg

**\$5<sup>50</sup>**  
bag



Broccolini

**\$2<sup>50</sup>**  
bunch



JC's Natural  
Almonds  
500g  
\$17.98 per 1kg

**\$8<sup>99</sup>**  
ea

Scottsdale  
Boneless  
Pork Leg  
Roast



**\$14<sup>99</sup>**  
kg

Ingham's  
Diced  
Chicken  
Breast



**\$13<sup>99</sup>**  
kg

BBQ  
Meat  
Pack



**\$23<sup>99</sup>**  
kg



*Lamb*  
**LOIN CHOPS**

Serving Suggestion

**\$27<sup>99</sup>**  
kg





*Family Favourite*  
**CHAMPAGNE HAM**

Serving Suggestion

**\$14<sup>99</sup>** kg



Australian Poultry

Chicken Drumsticks

**\$4<sup>99</sup>** kg



Bacon Pieces

**\$10<sup>99</sup>** kg



Cheese Cabana

**\$16<sup>99</sup>** kg

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

**\$7<sup>99</sup>** ea  
SAVE \$2.50



Cripps  
Master Loaf  
680/700g

**\$3<sup>59</sup>** ea  
SAVE 80¢



Cripps  
Fruit  
Buns 6pk  
93¢ per 100g

**\$4<sup>19</sup>** ea  
SAVE \$1.10




Product of Tasmania

*Cripps*  
**PIKELETS 8PK**

\$1.50 per 100g

**\$2<sup>99</sup>** ea  
SAVE 66¢





## — SNACK & DRINK *Favourites* —



Mars Medium Bars 35-56g



Violet Crumble Bites/Nuggets 130-180g



Fyna Licorice Bags 200-250g



Mission Corn Chips 230g  
\$1.30 per 100g



Samboy Potato Chips 175g  
\$1.99 per 100g



Arnott's Shapes/Savoy/Jatz 130-250g



Coca-Cola/Fanta/Sprite 10x375mL  
\$2.49 per 1L



Bundaberg Soft Drink 4x375mL  
\$3.66 per 1L



Tasmanian Mountain Spring Water 10L  
65¢ per 1L



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



Powerade  
Sports  
Drink  
600mL  
\$4.00 per 1L



Mother Energy Drink 500mL  
\$5.50 per 1L



# — STOCK UP THE *Pantry* —



Red Kellys  
Salad  
Dressing  
250mL  
(excl.  
Balsamic)  
\$1.50 per 100mL

**\$3.75**  
ea

SAVE \$1.05



Product of  
Tasmania

**\$5.99**  
ea

SAVE \$1.20

Johnno's Sauce/  
Chutney/Relish 400/520g



**\$3.69**  
ea

SAVE \$1.10

Taylor's Simmer Sauce 485/525g



**\$1.49**  
ea

SAVE 61¢

San Remo La Pasta Range 120g  
\$1.24 per 100g



21<sup>st</sup> FEB 2023

WORLD  
Pancake  
DAY



**1/2**  
PRICE

**\$1.35**  
ea

SAVE \$1.40

Green's Pancake Shake 200g  
68¢ per 100g



**\$1.49**  
ea

SAVE 76¢

Greenseas Canned Tuna 95g  
\$15.68 per 1kg



**\$6.99**  
ea

SAVE \$3.01

Kellogg's Crunchy Nut  
Corn Flakes/Nutri-Grain/  
Just Right/Coco Pops 640-765g



**\$2.89**  
ea

LOW PRICE

Tas Taste Plain/Self Raising Flour 2kg  
\$1.45 per 1kg



**1/2**  
PRICE

**\$2.95**  
ea

SAVE \$2.95

Mokate Coffee Sachets 8/10pk



Product of  
Tasmania

**\$3.49**  
ea

SAVE \$1.10

100% Juicy  
Long Life  
Juice 2L  
\$1.75 per 1L



**\$6.99**  
ea

SAVE \$1.51

Devondale Butter Pat 500g  
\$1.40 per 100g





## — FILL UP THE FRIDGE & Freezer —



**\$6<sup>99</sup>**  
ea

SAVE \$2.00

Streets Calippo Mini 10pk/  
Paddle Pop Cyclone 8pk



**1/2**  
PRICE

**\$3<sup>99</sup>**  
ea

SAVE \$4.01

Bulla Multipack Sticks 8-14pk



**\$6<sup>99</sup>**  
ea

SAVE \$2.50

Streets Bubble O'Bill 4pk  
\$1.73 per 100mL



**\$4<sup>75</sup>**  
ea

SAVE \$1.24

Peters Light & Creamy 1.8L  
26¢ per 100mL



**\$6<sup>99</sup>**  
ea

SAVE \$2.96

Connoisseur Ice Cream Stick 4/6pk



**\$5<sup>99</sup>**  
ea

SAVE \$1.40

Devondale Sandwich Cheese Slices 500g  
\$11.98 per 1kg



**\$6<sup>99</sup>**  
ea

SAVE \$3.51

Bega Cheese Grated 500g  
\$13.98 per 1kg



**\$1<sup>75</sup>**  
ea

SAVE 75¢

Dairy Farmers  
Thick & Creamy Yoghurt 150g  
\$1.17 per 100g



**\$5<sup>49</sup>**  
ea

LOW PRICE

Olive Grove Spread 500g  
\$1.10 per 100g



**\$6<sup>99</sup>**  
ea

SAVE \$1.90

Bake Stone Deli Frozen Pizza 500g  
\$1.40 per 100g



**\$6<sup>99</sup>**  
ea

SAVE \$2.56

McCain Pub Size Frozen Meals 480/500g





**Whiskas Canned Cat Food 400g**  
50¢ per 100g



**Ultimates Cat Food 85g**  
\$1.75 per 100g



**Pedigree Canned Dog Food 1.2kg**  
37¢ per 100g



**My Dog Chef Selection 6pk**  
\$1.17 per 100g



**Tidbits Dog Biscuits 300-350g**



**Palmolive Ultra Dishwashing Liquid 950mL**  
39¢ per 100mL



**Palmolive Naturals Shower Gel 500mL**  
67¢ per 100mL



**Tresemme Shampoo & Conditioner 350mL**  
\$1.28 per 100mL



**Colgate Plax Mouth Wash 250mL**  
90¢ per 100mL



**Colgate Advanced Whitening Toothpaste 115g**  
\$2.39 per 100g



**SOMAT Dishwashing Range**



SEE INSIDE FOR MORE SAVINGS



Cadbury Family Block Chocolate 160-190g



Coca-Cola/  
Fanta/  
Sprite Soft  
Drink 1.25L  
\$1.59 per 1L



Spreyton  
Fresh  
Juice 2L  
\$2.50 per 1L



Zoosh Dip 185g  
\$1.35 per 100g



Sanitarium So Good UHT Reg/Lite Soy Milk 1L  
\$1.99 per 1L



Nescafé Blend 43 Coffee 500g  
\$3.80 per 100g

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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](https://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.



Zafarelli  
Pasta 500g  
37¢ per 100g

**\$1.85**  
ea  
**LOW PRICE**



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



**\$1.29**  
ea  
**LOW PRICE**

SPC Tomatoes  
Crushed/Diced 400/410g



**\$5.49**  
ea  
**LOW PRICE**

Olive Grove Spread 500g  
\$1.10 per 100g



**\$2**  
ea  
**LOW PRICE**

Bundaberg White Sugar 1kg  
20¢ per 100g



**\$3.19**  
ea  
**LOW PRICE**

Glad Tuff Garbage Bags 6pk  
53¢ per 1ea



**\$6.50**  
ea  
**LOW PRICE**

Fab Laundry Powder 1kg/Liquid  
900mL



**\$3.50**  
ea  
**LOW PRICE**

Ajax Spray n' Wipe Trigger 475/500mL



WHERE THE  
*locals* MATTER

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# BANANA CHIA PANCAKES

21<sup>st</sup> FEB 2023

WORLD  
Pancake  
DAY



\$1.99

SAVE 86¢

Sanitarium So Good  
UHT Reg/Lite Soy Milk 1L  
\$1.99 per 1L



\$6<sup>ea</sup>

LOW PRICE

Farmer's Union  
Greek Style Yoghurt 1kg  
60¢ per 100g



Grown in  
Australia

\$5.50

bag

Valencia Oranges 3kg  
\$1.83 per 1kg

## Ingredients

- 2 eggs
- 1 1/2 cup wholemeal self-raising flour
- 1/4 tsp salt
- 1 banana
- 3 tbsp Greek yoghurt
- 3/4 cup Sanitarium Soy Milk
- 2 tbsp chia seeds
- zest & juice of 1 orange
- 3 1/2 tbsp maple syrup
- 1 cup blueberries

## What to do

1. Stir the orange juice, orange zest, and half of the maple syrup together. Set aside for later.
2. Mix the flour and salt together in a bowl. Add the eggs, banana puree, remaining maple syrup, yoghurt, chia seeds and soy milk, whisk together until everything is combined.
3. Heat a nonstick pan over a medium heat, grease the pan and pour about 1/4 cup of batter to make each pancake. Cook for 3-4 minutes, when the batter forms bubbles on the top, flip the pancakes over and cook for another 2-3 minutes until cooked through.
4. Gently mix the blueberries with the sauce.
5. Plate up the pancakes and top with berries and sauce.



WHERE THE *locals* MATTER

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