



ON SALE 15TH FEBRUARY 2023



Australian
**BEEF
PORTERHOUSE STEAK**
\$34⁹⁹ kg



Serving Suggestion

WHERE THE *locals* MATTER

ALL

**1/2
PRICE**



\$3⁹⁹ ea

Bulla Multipack Sticks 8-14pk



\$2⁹⁹ ea

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



97¢ ea

Suimin Cup Noodles 70g
\$1.39 per 100g



\$2²⁵ ea

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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— TREATS, SNACKS & Drinks —



Mars Medium Bars 35-56g



Cadbury Family Block Chocolate 160-190g



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 Soft
Drink 1.25L
\$1.59 per 1L



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



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



Bundaberg Soft Drink 4x375mL
\$3.66 per 1L



Powerade
Sports
Drink
600mL
\$4.00 per 1L



Tasmanian Mountain Spring Water 10L
65¢ per 1L



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

\$18⁹⁹
ea



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

\$1⁹⁹
ea



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

\$3⁷⁵
ea



Greenseas Canned Tuna 95g
\$15.68 per 1kg

\$1⁴⁹
ea



Whiskas Canned Cat Food 400g
50¢ per 100g

\$1⁹⁹
ea



Pedigree Canned Dog Food 1.2kg
37¢ per 100g

\$4⁴⁹
ea



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

**1/2
PRICE**

\$1³⁵
ea



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

\$2⁸⁹
ea

LOW PRICE



Palmolive
Naturals
Shower Gel
500mL
67¢ per 100mL

\$3³⁵
ea



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

\$4⁴⁹
ea



Devondale Butter Pat 500g
\$1.40 per 100g

\$6⁹⁹
ea

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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.

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

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

BANANA CHIA PANCAKES

21st FEB 2023

WORLD
Pancake
DAY



\$1.99
ea

SAVE 86¢

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



\$6
ea

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

Visit IGATAS.COM.AU for more info



Peters Light & Creamy 1.8L
26¢ per 100mL



Connoisseur Ice Cream Stick 4/6pk



Streets Calippo Mini 10pk/
Paddle Pop Cyclone 8pk



Bulla Multipack Sticks 8-14pk



Streets
Bubble
O'Bill 4pk
\$1.75 per 100mL



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