



ON SALE 8TH MARCH 2023



Tasmanian

WILLIAM'S WRAPS 8PK

**1/2
PRICE**



Product of Tasmania

\$2.49
ea

SAVE \$2.50

Serving Suggestion - 44¢ per 100g

WHERE THE *locals* MATTER

BIG DEAL

ALL

SALE

**1/2
PRICE**



\$2.25
ea

SAVE \$2.25

Arnott's Tim Tam Biscuits 165-200g
(excl. Deluxe)



\$1.62
ea

SAVE \$1.78

Cheezels/Chickadees 125g
\$1.30 per 100g



\$4.49
ea

SAVE \$4.51

Kellogg's Nutri-Grain/Special K/
Sultana Bran/Coco Pops Chex 470-700g



\$9.99
ea

SAVE \$10.01

Radiant Laundry Powder 2kg/Liquid 2L

Offers available from:
08/03/23 until 14/03/23

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



CHECK OUT THE GLUTEN FREE OPTIONS INSIDE





— FRESH MEAT & *Produce* —



Tasmanian
BAGGED MESCLUN 120g
\$28.75 per 1kg

\$345
bag

Tasmanian Grown

WASHED AND READY TO USE
Baby Mesclun Salad
Naturally Healthy, Fresh and Convenient
25 YEARS



New
Season
Williams
Pears

\$299
kg



Carrots 1kg
\$1.50 per 1kg

\$150
bag



**JC's Backyard
BBQ Mix 375g**
\$15.97 per 1kg

\$599
ea



\$3699
kg

Beef Porterhouse Steak



\$2799
kg

Lamb Loin Chops



Scottsdale
**TRADITIONAL ENGLISH
THIN PORK SAUSAGE 700g**
Serving Suggestion - \$15.70 per 1kg

\$1099
ea



Shredded
PIZZA HAM

Serving Suggestion

\$9⁹⁹
kg



Chicken
Breast
Fillets

\$12⁹⁹
kg



Premium
Boneless
Leg Ham

\$19⁹⁹
kg



Short Cut
Bacon

\$14⁹⁹
kg

Golden
Crumpet
Rounds 6pk
86¢ per 100g

\$2⁵⁹
ea

SAVE \$1.11



William's
Bread
800-900g

\$4³⁵
ea

LOW PRICE



National
Cottage
Pie 2pk
\$1.59 per 100g

\$6⁹⁹
ea

SAVE \$2.50



Cripps
**CAFÉ QUALITY
FRUIT LOAF 700g**

54¢ per 100g

\$3⁷⁹
ea

SAVE \$1.80



— SNACK & TREAT *Favourites* —



**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.



\$3.99
ea

SAVE \$1.66

Nestle Block Chocolate 118-200g



\$2.69
ea

SAVE \$1.31

Pascall Confectionery Bags 150-260g



\$3.49
ea

SAVE \$1.51

Cadbury Bites 110-150g



\$1.49
ea

SAVE 51¢

Wrigley's Eclipse Chewy Mints 27g
\$5.52 per 100g



\$2.90
ea

SAVE \$1.90

Smith's Potato Chips 130-175g



\$2.49
ea

SAVE \$1.10

Arnott's Scotch Finger/
Cream Biscuits 200-250g



\$3.49
ea

SAVE \$1.31

Doritos Corn Chips 130-170g



**1/2
PRICE**

NEW

\$2.99
ea

SAVE \$3.60

Arnott's
Vita Weat Crisp Bread 9 Grain 138g
\$2.17 per 100g

— REFRESHING *Drinks* —

IGA

**1/2
PRICE**



\$2.75
ea

SAVE \$2.84

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



Santa Vittoria
Sparkling
Mineral Water
750mL
\$2.65 per 1L

\$1.99
ea

LOW PRICE



Powerade
Sports
Drink 1L
\$3.00 per 1L

\$3
ea

SAVE \$2.75



V Energy Drink 500mL
\$6.98 per 1L

\$3.49
ea

SAVE \$1.50



Mount
Franklin
Spring
Water 1L
\$2.29 per 1L

\$2.29
ea

SAVE 60¢



Kirks Canned Soft Drink 10x375mL
\$2.01 per 1L

\$7.55
ea

SAVE \$2.45



Coca-Cola/Fanta/
Sprite Soft Drink Cans 24x375mL
\$2.36 per 1L

\$21.20
ea

SAVE \$13.35



Kirks
Soft
Drink
1.25L
\$1.36 per 1L

\$1.70
ea

SAVE 29¢

NEW



Boss Iced
Coffee 237mL
\$12.62 per 1L

\$2.99
ea

SAVE \$1.46

No.1
COFFEE IN A
CAN IN JAPAN[^]

[^]No. 1 Canned Coffee brand
in Japan based on 2021 sales
volume. Source: Intage.

GLUTEN FREE

**COELIAC
AWARENESS
WEEK**

MARCH 13-20 2023

**1/2
PRICE**

GF

Green's Gluten Free
Buttermilk Pancake Shake Mix 300g
66¢ per 100g

\$1.99
ea

SAVE \$2.00

GF

Product of
Tasmania

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

\$5.99
ea

SAVE \$1.20

GF

Kikkoman
Gluten Free Sauces 225-250g

\$2.49
ea

SAVE 91¢

GF

Arnott's
Gluten Free Biscuits 120-175g

\$3.99
ea

SAVE \$1.00

GF

Kettle Potato Chips 150/165g

\$4.49
ea

SAVE \$1.51

GF

Cheezeels/Chickadees 125g
\$1.30 per 100g

\$1.62
ea

SAVE \$1.78

GF

Peters Lifesavers/Frosty Fruit 8pk

\$6.99
ea

SAVE \$1.01

GF

Pauls Zymil Long Life Milk 1L
\$2.49 per 1L

\$2.49
ea

SAVE \$1.20

GF

Tip Top The One
Gluten Free White Bread 550g
\$1.18 per 100g

\$6.49
ea

SAVE 96¢

— STOCK UP THE *Pantry* —



Heinz Baked Beans/Spaghetti 535/555g

\$3.49
ea

SAVE 76¢



Fountain
Specialty/
Mint Sauce
250mL
\$1.00 per 100mL

\$2.49
ea

SAVE \$1.01



1/2
PRICE

\$1.49
ea

SAVE \$1.70

Continental Classics Pasta & Sauce/Seasoned Rice 85-125g



CSR Sugar Raw 1kg
20¢ per 100g

\$1.99
ea

SAVE \$1.16



Leggo's Pesto 190g
\$2.10 per 100g

\$3.99
ea

SAVE 86¢



Tandaco Stuffing 200g
\$1.13 per 100g

\$2.25
ea

SAVE 94¢



Vegemite 380g
\$1.58 per 100g

\$5.99
ea

SAVE \$2.56



International Roast Coffee 500g
\$2.20 per 100g

\$10.99
ea

SAVE \$4.96



Capilano Honey Squeeze 375g
\$1.33 per 100g

\$4.99
ea

SAVE \$2.21



— FILL UP THE *Fridge* —



Mainland Cheese Block 400/500g



Kraft Cheese Singles 216g
\$18.47 per 1kg



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



Eta 5 Star Spread 500g
54¢ per 100g



Western Star Spreadable 375g
\$1.06 per 100g



Philadelphia Cream Cheese Tub 250g
\$19.96 per 1kg



Dairy Farmers
Thick & Creamy Yoghurt 600g
83¢ per 100g



Pauls Custard 6pk
67¢ per 100g



Betta Flavoured Milk 500mL
\$4.98 per 1L

— FAVOURITES FOR THE *Freezer* —



Ingham's Super Crunch Chicken 300-325g



Birds Eye Fish Fingers 375g
\$13.31 per 1kg



Weight Watchers Frozen Meals 300-370g



Birds Eye Deli Chips/Roast Potatoes 600g
\$6.15 per 1kg



McCain Family Pizza 490/500g



Connoisseur Ice Cream Stick 4/6pk



Peters Original Ice Cream 2L
25¢ per 100mL



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



Peters Drumsticks 24pk
84¢ per 100mL



— EVERYDAY Savings —



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

\$1.75
ea

LOW PRICE



Maggi Recipe Base Sachets 21-43g

\$1.59
ea

LOW PRICE



Sunrice Rice Medium Grain 1kg
40¢ per 100g

\$4
ea

LOW PRICE



Chris' Dip 200g (excl. Plant Based)
\$1.85 per 100g

\$3.69
ea

LOW PRICE



Fancy Feast Cat Food 85g
\$1.88 per 100g

\$1.60
ea

LOW PRICE



Ajax Spray n' Wipe Trigger 475/500mL

\$3.50
ea

LOW PRICE

JOIN US IN GIVING BACK TO YOUR LOCAL COMMUNITY

community Co

Community Co Diced Peach In Juice 4x125g
\$7.00 per 1kg



\$3.50
ea

community Co



Community Co Mustard 190g
\$1.42 per 100g

\$2.69
ea

community Co



Community Co Soy Milk 1L
\$2.75 per 1L

\$2.75
ea

community Co



Community Co Sauce 500mL
40¢ per 100mL

\$1.99
ea

community Co



\$2.69
ea

SAVE \$1.10

Palmolive Dishwashing Liquid 500mL
54¢ per 100mL



\$6.99
ea

SAVE \$2.01

Sard OxyPlus 1kg
\$6.99 per 1kg



1/2
PRICE

\$2.45
ea

SAVE \$2.45

Chux Super Wipes Original 10pk
25¢ per 1ea



\$2.99
ea

SAVE 51¢

BabyLove Everyday Baby Wipes 80pk
\$3.74 per 100ea



Bic
Comfort
3 Advance
Razors 4pk
\$1.00 per 1ea

\$3.99
ea

SAVE \$2.00



\$4.49
ea

SAVE \$1.00

Libra Ultra Thins/
Goodnights 10-14pk/Tampons 16pk



\$5.99
ea

SAVE \$1.70

Lucky Dog Bones 800g
75¢ per 100g



\$2.49
ea

SAVE 16¢

Snappy Tom Canned Cat Food 400g
62¢ per 100g



\$6.99
ea

SAVE \$2.60

Dine Cat Food 7x85g
\$1.17 per 100g

BIG DEAL

SALE

SEE INSIDE FOR MORE SAVINGS



\$1
ea
SAVE \$1.00

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



\$1.99
ea
SAVE \$2.01

The Natural Confectionery
Company Bags 180-230g

ALL
1/2
PRICE



\$2.49
ea
SAVE \$2.51

Uncle Tobys Muesli Bars 6pk
\$1.35 per 100g



\$2.10
ea
SAVE \$2.15

Praise Squeeze Mayonnaise 365/410g



\$6.39
ea
SAVE \$6.50

Sunsilk
Shampoo/
Conditioner
700mL
91¢ per 100mL

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

Offers available from 08/03/23 until 14/03/23

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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.



ONE TRAY TOMATO & LEMON BAKED CHICKEN

Ingredients

- 4 chicken breasts
- 1/2 lemon, sliced
- 1/2 lemon, juiced
- 2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- 1 tbsp tomato paste
- pinch of salt
- 2 tbsp oregano leaves
- 1/2 tsp ground pepper
- 500g cherry tomato
- 1/2 cup mixed olives
- 2 bunches broccolini

What to do

1. Preheat the oven to 180C.
2. On a large baking tray, place the olives and the tomatoes next to each other.
3. In a bowl, toss the chicken in the rest of the ingredients to coat.
4. Lay the chicken breasts in the centre of the tray on top of some of the olives.
5. Cover the chicken breasts with slices of lemon.
6. Sprinkle with salt and pepper.
7. Roast for 20-30 mins until the chicken is cooked through, check every 15 mins. For the last 5 mins add the broccolini to the roasting tray.
8. Serve the chicken with veggies and drizzle the pan juice over the top.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info