



ON SALE 8TH MARCH 2023



Tasmanian

WILLIAM'S WRAPS 8PK

**1/2
PRICE**



Product of
Tasmania

\$2.49
ea

Serving Suggestion - 44¢ per 100g

WHERE THE *locals* MATTER

BIG DEAL
ALL **SALE**

**1/2
PRICE**



\$2.25
ea

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



\$1.62
ea

Cheezels/Chickadees 125g
\$1.30 per 100g



\$4.49
ea

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



\$9.99
ea

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





— SNACK & DRINK Favourites —



\$1.99
ea

The Natural Confectionery
Company Bags 180-230g

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



\$2.75
ea

**ALL
1/2
PRICE**



\$2.49
ea

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



\$1
ea

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



\$7.55
ea

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



Powerade
Sports
Drink 1L
\$3.00 per 1L

\$3
ea



\$21.20
ea

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



\$3.99
ea

Nestle Block Chocolate 118-200g



\$2.49
ea

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



\$2.90
ea

Smith's Potato Chips 130-175g

— STOCK UP THE *Pantry* —



\$1.49 ea

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

\$2.10 ea

Praise Squeeze Mayonnaise 365/410g

ALL 1/2 PRICE

\$6.39 ea

Sunsilk Shampoo/Conditioner 700mL 91¢ per 100mL

\$2.45 ea

Chux Super Wipes Original 10pk 25¢ per 1ea

GF

\$2.49 ea

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

\$5.99 ea

Vegemite 380g \$1.58 per 100g

\$10.99 ea

International Roast Coffee 500g \$2.20 per 100g

\$6.99 ea

Dine Cat Food 7x85g \$1.17 per 100g

GLUTEN FREE

COELIAC AWARENESS WEEK
MARCH 13-20 2023

1/2 PRICE

\$1.99 ea

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

GF

\$5.99 ea

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

GF

\$3.99 ea

Arnott's Gluten Free Biscuits 120-175g

SEE INSIDE FOR MORE SAVINGS



BIG DEAL SALE



Mainland Cheese Block 400/500g

\$6.49 ea



Betta Flavoured Milk 500mL
\$4.98 per 1L

\$2.49 ea



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

\$4.99 ea



Peters Original Ice Cream 2L
25¢ per 100mL

\$4.99 ea



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

\$3.99 ea



Ingham's Super Crunch Chicken 300-325g

\$6.99 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.





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

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

\$1.75
ea
LOW PRICE



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



\$3.69
ea
LOW PRICE

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



\$1.59
ea
LOW PRICE

Maggi Recipe Base Sachets 21-43g



\$4
ea
LOW PRICE

Sunrice Rice Medium Grain 1kg
40¢ per 100g



\$1.60
ea
LOW PRICE

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



\$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

community Co

JOIN US IN GIVING BACK TO YOUR LOCAL COMMUNITY

Now available at **IGA**



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



Community Co
Mustard 190g
\$1.42 per 100g



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



Community Co Sauce 500mL
40¢ per 100mL

Visit www.communityco.com.au/giveback/ to see how your purchase can benefit your community.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

NEW



\$2.99
ea

Boss Iced
Coffee 237mL
\$12.62 per 1L

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

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



WHERE THE *locals* MATTER

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