



WHERE THE *locals* MATTER

ON SALE 10TH MARCH 2021



Australian

**BEEF PORTERHOUSE
STEAK**

\$32⁹⁹
kg



Serving Suggestion

BIG DEAL
SALE

1/2
PRICE



Suimin Cup Noodles 70g
\$1.20 per 100g



84¢
ea

SAVE 85¢

1/2
PRICE



Arnott's Tim Tams 160-200g

\$1⁹⁹
ea

SAVE \$2.01



Perfect Italiano Grated Cheese 450g
\$11.09 per 1kg



\$4⁹⁹
ea

SAVE \$2.66



Dine Cat Food Tray 85g
93¢ per 100g

79¢
ea

SAVE 40¢

SEE INSIDE FOR GLUTEN FREE OPTIONS



Offers available from 10/03/21 until 16/03/21
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— FRESH MEAT & *Produce* —



New Season
PACKHAM PEARS

\$3 kg



Bitterfree
Cucumber

\$1 ea



Bagged
Spinach 150g
\$23.00 per 1kg

\$3.45 bag



JC's Mixed
Nuts Salted/
Unsalted 350g
\$22.83 per 1kg

\$7.99 ea
SAVE \$1.90

First Grade
Beef Mince



\$15.99 kg

Netted &
Boneless
Lamb Leg



\$17.99 kg

Lamb Loin
Chops



\$24.99 kg



Ingham's
**BAGGED WHOLE
CHICKEN**

Serving Suggestion

\$4.99 kg



Family Favourite
THIN BEEF SAUSAGES
Serving Suggestion

\$8⁹⁹ kg



Double
Smoked Ham

\$12⁹⁹ kg



Australian
Poultry

Chicken
Wings

\$2⁴⁹ kg



Short Cut
Bacon

\$13⁹⁹ kg

Mighty Soft
Sliced Bread
700g
43¢ per 100g

\$2⁹⁹ ea
SAVE \$1.10

Product of
Tasmania



Cripps Master
Hot Dog/Lunch
Rolls 6pk
50¢ per 1ea

\$2⁹⁹ ea
SAVE \$1.00

Product of
Tasmania



National Party
Pies/Sausage
Rolls 12pk
90¢ per 100g

\$6⁴⁹ ea
SAVE \$1.66

Product of
Tasmania



BETTER THAN
1/2
PRICE

Product of
Tasmania



\$1⁴⁹ ea
SAVE \$2.06

Golden
CRUMPET ROUNDS 6PK
30¢ per 100g

Easter treats



Kit Kat Bunny 29g
\$3.10 per 100g

90¢
ea

SAVE 10¢



Kinder Surprise Bunny Blue/Pink 75g
\$5.99 per 100g

\$4.49
ea

SAVE 50¢



Cadbury
Egg Bag
110-125g

\$3.99
ea

SAVE 70¢



Cripps Easter Buns 6pk
\$1.00 per 100g

\$4.49
ea

SAVE 50¢



Mars Fun Size Bags 144-216g

1/2
PRICE

\$2.49
ea

SAVE \$2.51



Red Rock Deli
Gourmet Crackers 130g/Deli Crackers 135g

1/2
PRICE

NEW

\$1.99
ea

SAVE \$2.30



Allen's Jelly/
Mint Confectionery Range 150-200g

NEW

\$1.99
ea

SAVE \$1.01



Cadbury Family Block Chocolate 160-190g

\$3.49
ea

SAVE \$1.51



Arnott's Tic Toc/Wafers/
Hundreds & Thousands/Tiny Teddies/
Jumbles 200/250g

\$2.49
ea

SAVE 86¢



Golden Circle Long Life Juice 2L
\$1.50 per 1L

\$2.99
ea

SAVE 46¢



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

\$1.99
ea

SAVE 86¢



Coca-Cola/Lift/Fanta/
Sprite Soft Drink Cans 375mL 24pk
\$1.78 per 1L

\$15.99
ea

SAVE \$4.00

GLUTEN FREE

Lowan
Cocoa
Bombs
350g
57¢ per 100g



\$1.99
ea

SAVE \$2.01

1/2
PRICE



Green's Gluten
Free
Buttermilk
Pancake Shake
Mix 300g
63¢ per 100g

\$1.89
ea

SAVE \$1.90

1/2
PRICE



\$2.19
ea

SAVE \$2.50

Violet Crumble Bites 180g/Nuggets 135g

Koala
Jasmine/
Long Grain
Rice 1kg
20¢ per 100g



\$1.99
ea

SAVE 50¢



Red Kellys
Salad
Dressing
250mL
\$1.32 per 100mL

\$3.29
ea

SAVE 86¢



\$6.99
ea

SAVE \$3.00

Nichols Ethical
Free Range Gluten Free Schnitzel 300g
From the Freezer - \$23.30 per 1kg

1/2
PRICE



\$1.25
ea

SAVE \$1.34

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



\$2.25
ea

SAVE 71¢

Sirena Canned Tuna 95g
\$23.68 per 1kg



\$1.69
ea

SAVE 11¢

Edgell Beans/Chick Peas/Lentils 400g
\$4.23 per 1kg



\$9.99
ea

SAVE \$4.01

Moccona Classic Freeze Dried Coffee 200g
\$5.00 per 100g



\$2.99
ea

SAVE \$1.01

Campbell's Real Stock 1L
30¢ per 100mL



\$3.49
ea

LOW PRICE

Morning Sun Muesli 650g
54¢ per 100g



— FILL UP THE FRIDGE & Freezer —



Dairy Farmers Thick & Creamy Yoghurt 600g
67¢ per 100g

\$3.99
ea

SAVE \$1.70



Coon Cheese Slices 250g
\$19.96 per 1kg

\$4.99
ea

SAVE \$1.00



Juicy Isle
Orange
Juice No
Added
Sugar 2L
\$2.25 per 1L

\$4.49
ea

SAVE 51¢



Primo Bacon Pieces Twin Pack 300g
\$11.63 per 1kg

\$3.49
ea

SAVE \$1.66



Zoosh Dip 185g
\$1.08 per 100g

\$1.99
ea

SAVE 51¢



La Famiglia Just for 2 Garlic Bread 170g
\$1.46 per 100g

\$2.49
ea

SAVE 50¢



McCain Frozen Vegetables 500g
\$4.98 per 1kg

\$2.49
ea

SAVE 31¢



I&J Fish Fillets 550g
\$11.80 per 1kg

\$6.49
ea

SAVE \$2.10



McCain Pub Style Wedges or Fries 750g
\$4.65 per 1kg

\$3.49
ea

SAVE \$1.40



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

\$2.99
ea

SAVE \$1.40



Peters Light & Creamy 1.8L
22¢ per 100mL

\$3.99
ea

SAVE \$1.51



On the Menu Frozen Meal 260g
77¢ per 100g

\$1.99
ea

SAVE \$1.16

**1/2
PRICE**



\$2⁹⁹
ea

SAVE \$3.00

Palmolive Liquid Soap Refill 500mL
60¢ per 100mL



\$1⁷⁹
ea

SAVE 82¢

Sorbent Facial Tissues 224s
80¢ per 100ea



\$9⁹⁹
ea

SAVE \$3.00

Sorbent Toilet Tissue 24pk
23¢ per 100sh



\$12⁹⁹
ea

SAVE \$7.01

Dynamo Professional 1.8L
\$7.22 per 1L



\$2⁹⁹
ea

SAVE \$2.01

Bref Cubes 50g 2pk/
Power Active 50g/Lemon 50mL



\$2⁹⁹
ea

SAVE \$1.01

Chux Super Wipes
Regular 10pk/Large 5pk/Robuste 3pk



\$16⁹⁹
ea

SAVE \$3.60

Chum Dry Dog Food 8kg
21¢ per 100g



\$4⁹⁹
ea

SAVE \$1.26

Friskies Dry Cat Food 1kg
50¢ per 100g



Kree Hand
Sanitiser
500mL
\$1.60 per 100mL

\$7⁹⁹
ea

SAVE \$2.00

BIG DEAL

SALE

SAVE EVEN MORE WITH THE BIG DEAL INSIDE



Nestle/Violet Crumble
Medium Chocolate Bars 35-55g

\$1
ea

SAVE \$1.00



Heinz Baked Beans/Spaghetti 300g
37¢ per 100g

\$1.10
ea

SAVE \$1.10



Thins Potato Chips 175g
\$1.11 per 100g

\$1.94
ea

SAVE \$1.95



Vetta Pasta 375/500g

\$1
ea

SAVE \$1.19

ALL

1/2
PRICE



Sanitarium So Good Almond Milk 1L
\$1.49 per 1L

\$1.49
ea

SAVE \$1.91



Colgate Advanced
Whitening Toothpaste 110/120g

\$2.49
ea

SAVE \$2.51



Rexona
Advanced
Antiperspirant
220mL
\$1.70 per 100mL

\$3.75
ea

SAVE \$3.94



Herbal
Essences
Shampoo/
Conditioner
300mL
\$1.00 per 100mL

\$2.99
ea

SAVE \$3.30

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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.

Nice & Natural
Nut Bars
6pk

\$3¹⁹
ea

LOW PRICE



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



Schweppes
Traditional/
Mineral
Water/
Mixers 1.1L
\$1.59 per 1L

\$1⁷⁵
ea

LOW PRICE



Morning Sun Muesli 650g
54¢ per 100g

\$3⁴⁹
ea

LOW PRICE



Meadowlea Spread 500g
60¢ per 100g

\$2⁹⁹
ea

LOW PRICE



Dixie Cup Vanilla 4pk
\$1.21 per 100mL

\$4⁵⁹
ea

LOW PRICE



Panadol Rapid Caplets 20s
25¢ per 1ea

\$4⁹⁹
ea

LOW PRICE



Handee Paper Towel Ultra 6pk
\$1.66 per 100ea

\$5⁹⁹
ea

LOW PRICE



WHERE THE
locals MATTER

Specials available from participating Tasmanian Supa IGA, IGA Everyday & 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

FRIED RICE

Gluten Free



Koala Jasmine/
Long Grain Rice 1kg
20¢ per 100g



Primo Bacon Pieces Twin Pack 300g
\$11.63 per 1kg



McCain Frozen Vegetables 500g
\$4.98 per 1kg

Ingredients

- 3 cups cooked Koala Rice
- 2 whisked eggs
- 1 tbsp olive oil
- 300g Primo Bacon Pieces
- 1/2 tsp of minced garlic
- 1/2 cup diced onion
- 1/2 cup sliced carrots
- 1 1/2 cup McCain Frozen Vegetables (peas, corn, broccoli, beans)
- 1/4 cup diced capsicum
- 1/4 cup gluten free soy sauce
- 1 tsp sesame oil

What to do

1. Heat 2 tsp of olive oil in a large frying pan over medium heat
2. Add the onion, minced garlic and bacon and cook for a minute
3. Add peas, beans, corn, carrots, broccoli and capsicum and cook for a further 2 minutes
4. Add cold cooked rice to the frying pan and combine with the vegetables and bacon
5. Push the rice to the side of the frying pan and scramble the egg in the pan
6. Once the egg is cooked mix together with the fried rice
7. Slowly add remaining olive oil, sesame oil and gluten free soy sauce, stirring to combine



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info



1/2
PRICE

NEW



**SWEET CHILLI
& SOUR CREAM**

Deli Style Crackers



NATURAL FLAVOURS
AND COLOURS

135g e
NET



**GOURMET
CRACKERS**

**AGED CHEDDAR &
CARMELISED ONION**

OVEN BAKED
NATURAL FLAVOURS AND COLOURS



\$1.99
ea
SAVE \$2.30

Red Rock Deli Gourmet Crackers 130g/Deli Crackers 135g



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