



BIG DEAL

SALE



ON SALE 9TH MARCH 2022

89¢
ea

SAVE \$1.11



Mars Medium Bars 35-56g

\$1.99
ea

SAVE \$2.01



Arnott's Tim Tam Biscuits 160-200g
(excl. Deluxe)

ALL

1/2
PRICE



Twining's Teabags 10s

\$1.60
ea

SAVE \$1.65



Impulse
Body Spray
75mL
\$3.19 per 100mL

\$2.39
ea

SAVE \$2.40

SAVE EVEN MORE WITH THE BIG DEALS INSIDE



WHERE THE *locals* MATTER

Offers available from 09/03/22 until 15/03/22
Subject to stock, limits and availability. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— FRESH MEAT & *Produce* —



Grown in Australia

Shepard
AVOCADOS
Serving Suggestion

\$1⁵⁰ ea



Red Grapes

\$4⁵⁰ kg



Plums

\$3⁵⁰ kg



JC's Natural
Walnuts 350g/
Almonds 500g

\$5⁹⁹ ea

Scottsdale Traditional
English Thick Pork
Sausage 475g
\$15.77 per 1kg

\$7⁴⁹ ea



Marion Bay
Free Range
Chicken

\$6⁴⁹ kg



BBQ
Meat
Pack

\$18⁹⁹ kg



Australian Lamb

Australian
LAMB FOREQUARTER CHOPS
Serving Suggestion

\$18⁹⁹ kg

— DELICIOUS DELI & *Bakery* —



Australian Poultry

Australian
CHICKEN BREASTS

\$10⁹⁹ kg

Double Smoked Ham

\$11⁹⁹ kg

Sliced Salami

\$19⁹⁹ kg

**Oven Roasted/
Sweet Herb
& Mustard
Turkey Breast**

\$23⁹⁹ kg

**Cripps Fruit
Buns 6pk**
89¢ per 100g



\$3⁹⁹ ea

SAVE \$1.00

**National
Pies Classic
Beef Pies/
Rolls 6pk**



\$4⁹⁹ ea

SAVE 51¢

**Central Cake
Co French
Vanilla/Jelly
Slice 2pk**



\$4⁹⁹ ea

SAVE \$2.00

Simsons
PANTRY WRAPS 4pk

\$1.27 per 100g

\$2²⁹ ea

SAVE 40¢





— SNACK & DRINK Favourites —



Skittles/
Starburst Confectionery 190-235g



Arnott's Cracker Chips 150g
\$1.66 per 100g



Twisties/Burger Rings/
Toobs/Cheetos/Red Rock Deli 125-270g



Cadbury
Family Block Chocolate 160-190g



Violet Crumble Bites/Nuggets 135-180g



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



Coca-Cola Soft Drink 375mL 24pk
\$2.00 per 1L



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



Kirks Canned Soft Drink 375mL 10pk
\$1.86 per 1L



Hartz
Spring
Water 1.5L
\$1.17 per 1L



Red Bull Energy Drink 250mL 4pk
\$6.49 per 1L



Powerade
Sports Drink
600mL
(excl. Active)
\$4.58 per 1L

— STOCK UP THE *Pantry* —



\$1.69
ea

SAVE 30¢

Raguletto Pasta Sauce 500g
34¢ per 100g



\$2.49
ea

SAVE 80¢

Ben's Original Express Rice 250g
\$1.00 per 100g



\$2.99
ea

SAVE \$1.01

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



\$1.49
ea

SAVE 76¢

Greenseas Canned Tuna 95g
\$15.68 per 1kg



\$1.69
ea

SAVE 26¢

Fantastic Noodles Cup 70g/Bowl 85g



Crisco Vegetable Oil 750mL
53¢ per 100mL

\$3.99
ea

SAVE \$1.60



\$1.49
ea

SAVE 70¢

Golden Circle Beetroot Slices 450g
\$3.31 per 1kg



\$4.99
ea

SAVE \$1.36

Ocean Spray Fruit Drink 1.5L
\$3.33 per 1L



\$4.99
ea

SAVE \$1.26

Zooper Dooper Water Ices 24pk
30¢ per 100mL



\$5.99
ea

SAVE \$3.56

Grinders Coffee 200g
\$3.00 per 100g



\$12.99
ea

SAVE \$3.80

Nestle Milo 1.1kg
\$1.18 per 100g



\$5.49
ea

LOW PRICE

Sanitarium Weet-Bix 1.12kg
49¢ per 100g



— FILL UP THE FRIDGE & Freezer —



Perfect Italiano Grated Cheese 450g
\$13.31 per 1kg

\$5.99
ea

SAVE \$1.90



Mainland
Tasty
Cheese
Block 500g
\$11.98 per 1kg

\$5.99
ea

SAVE \$3.51



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

\$3.99
ea

SAVE \$1.70



Nuttelex Spread
Original/Lite/Buttery 500g
70¢ per 100g

\$3.49
ea

SAVE \$1.11



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

\$4.49
ea

SAVE 51¢



Zoosh Dip 185g
\$1.08 per 100g

\$1.99
ea

SAVE 51¢



Connoisseur Ice Cream Stick 4/6pk

\$4.49
ea

SAVE \$4.50



Streets Paddle Pop 8pk
73¢ per 100mL

\$3.99
ea

SAVE \$3.50



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

\$2.99
ea

SAVE \$1.26



McCain Pizza
Singles/Pockets/Slices 380-600g

\$5.99
ea

SAVE \$2.00



I&J Fish Battered/Crumbed Fillets 550g
\$12.71 per 1kg

\$6.99
ea

SAVE \$1.60



I&J Big Beefers 6pk
\$14.56 per 1kg

\$6.99
ea

SAVE 57¢

**1/2
PRICE**



**Palmolive
Naturals
Shampoo/
Conditioner
350mL**

71¢ per 100mL

\$2.49
ea

SAVE \$2.51



\$1.49
ea

SAVE 81¢

**Quilton
Gold 4ply Aloe Vera Facial Tissues 100pk**
\$1.49 per 100ea



\$3.99
ea

SAVE \$1.00

**Bic Comfort 3 Advance/
Soleil Twilight Razors 4pk**
\$1.00 per 1ea



\$3.99
ea

SAVE \$1.00

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



\$8.99
ea

SAVE \$1.50

BabyLove Disposable Nappies 15-28pk



\$5.99
ea

SAVE \$4.00

Spree Lemon Laundry Powder 2kg
\$3.00 per 1kg



\$3.99
ea

SAVE \$1.56

Kleenex Viva Paper Towel 3pk



**Dine Cat
Food
85g 7pk**
92¢ per 100g

\$5.49
ea

SAVE \$2.50



\$2.75
ea

SAVE \$1.14

My Dog Canned Dog Food 680g
40¢ per 100g

BIG DEAL

SALE

**COELIAC
AWARENESS
WEEK**

MARCH 13-20 2022



CC's Corn Chips 110/175g



Lowan Cocoa Bombs 350g
57¢ per 100g



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



Fantastic Delites Rice Snacks 100g
\$1.75 per 100g



Fountain Tomato/BBQ Sauce 2L
20¢ per 100mL



Red Kellys
Salad Dressing
250mL
\$1.48 per 100mL



Arnott's Gluten Free Choc Ripple/
Scotch Finger/Tiny Teddies 120-175g



Tip Top The One
Gluten Free White Bread 550g
\$1.09 per 100g



Golden North Simply Indulge Ice
Cream 2L/Giant Twin Ice Cream 5pk

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SAVE EVEN MORE WITH THE BIG DEALS INSIDE



CHICKEN CAESAR SALAD WITH GLUTEN FREE CROUTONS

**COELIAC
AWARENESS
WEEK**

MARCH 13-20 2022

Red Kellys
Salad
Dressing
250mL
\$1.48 per 100mL

\$3.69
ea

SAVE \$1.11



\$5.99
ea

SAVE 60¢

Tip Top The
One Gluten
Free White
Bread 550g
\$1.09 per 100g

Ingredients

- 2 skinless, boneless chicken breasts
- 2 rashers bacon
- 4 eggs
- 2 baby cos lettuce, chopped
- Red Kellys Caesar Salad Dressing
- 30g parmesan
- Croutons**
- 4 Slices Tip Top Gluten Free Bread cut into pieces
- 2 tbsp olive oil
- 1/2 tsp gluten free onion powder
- 1/2 tsp gluten free garlic powder

What to do

1. Preheat oven to 220 °C or 200°C fan-forced. Line a tray with baking paper.
2. Put the bread, spices and olive oil into a mixing bowl and stir to combine.
3. Spread the bread cubes over the baking paper.
4. Bake for 10 minutes, turning once. Remove and set aside.
5. Cook chicken breast in a pan over medium heat with olive oil, cook for 6 minutes either side, or until cooked through. Rest for 5 minutes, then thinly slice.
6. Add bacon to the pan and cook until crisp.
7. Meanwhile, cook the eggs in a small saucepan of boiling water for 7 minutes, or until cooked to your liking. Peel eggs and cut in half.
8. Place lettuce, croutons, chicken, bacon and eggs in a large salad bowl. Add desired amount of dressing and stir to combine. Sprinkle parmesan on top and serve.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info



\$5⁹⁹
ea

JC's Natural
Almonds 500g
\$11.98 per 1kg



Grown
-in the-
USA



JC's Natural
Walnuts 350g
\$17.11 per 1kg

\$5⁹⁹
ea