



# BIG DEAL

SALE

ON SALE 9<sup>TH</sup> 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

**\$1<sup>50</sup>** ea



Red Grapes

**\$4<sup>50</sup>** kg



Plums

**\$3<sup>50</sup>** kg



JC's Natural  
Walnuts 350g/  
Almonds 500g

**\$5<sup>99</sup>** ea

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

**\$7<sup>49</sup>** ea



Marion Bay  
Free Range  
Chicken

**\$6<sup>49</sup>** kg



BBQ  
Meat  
Pack

**\$18<sup>99</sup>** kg



*Australian*  
**LAMB FOREQUARTER CHOPS**  
Serving Suggestion

**\$18<sup>99</sup>** kg

— DELICIOUS DELI & *Bakery* —




**Australian Poultry**



*Australian*  
**CHICKEN BREASTS**

**\$10<sup>99</sup>** kg



Double  
Smoked  
Ham

**\$11<sup>99</sup>** kg



Sliced  
Salami

**\$19<sup>99</sup>** kg



Oven  
Roasted/  
Sweet Herb  
& Mustard  
Turkey Breast

**\$23<sup>99</sup>** kg

Cripps Fruit  
Buns 6pk  
89¢ per 100g

Product of  
Tasmania

**\$3<sup>99</sup>** ea

SAVE \$1.00



National  
Pies Classic  
Beef Pies/  
Rolls 6pk

Product of  
Tasmania

**\$5<sup>49</sup>** ea



Central Cake  
Co French  
Vanilla/Jelly  
Slice 2pk

Product of  
Tasmania

**\$4<sup>99</sup>** ea

SAVE \$2.00





*Simson's*  
**PANTRY WRAPS 4pk**

\$1.27 per 100g

**\$2<sup>29</sup>** 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

Subject to stock limits and availability. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

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Visit [IGATAS.COM.AU](http://IGATAS.COM.AU) for more info



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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](http://IGATAS.COM.AU) for more info



**\$5<sup>99</sup>**  
ea

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



Grown  
-in the-  
**USA**



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



**\$5<sup>99</sup>**  
ea