



ON SALE 15TH MARCH 2023



Marion Bay
FREE RANGE CHICKEN
\$7⁹⁹ kg



Serving Suggestion

WHERE THE *locals* MATTER

BIG DEAL
ALL = SALE =

1/2
PRICE



Arnett's Shapes 130-190g

\$1⁷⁵ ea
SAVE \$1.75



Mars Medium Bars 35-56g

95¢ ea
SAVE \$1.05



Nescafé Coffee Sachets 10pk/Gold 8pk

\$3⁹⁹ ea
SAVE \$4.01



Sanitarium Up & Go Breakfast Drink 6x250mL
\$3.46 per 1L

\$5¹⁹ ea
SAVE \$5.26

Offers available from:
15/03/23 until 21/03/23

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

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SEE INSIDE FOR MORE SAVINGS





— FRESH MEAT & *Produce* —



Grown in Australia

Delicious
RED GRAPES

\$4⁹⁹ kg



Tasmanian Grown

Brushed Potatoes
2.5kg
\$2.00 per 1kg

\$4⁹⁹ bag



Tasmanian Grown

Spring Onions

\$1⁹⁹ ea



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

\$7⁹⁹ ea

Scottsdale
Mini Boneless
Pork Scotch
Roast



\$16⁹⁹ kg

Beef Scotch
Fillet Steak



\$40⁹⁹ kg

Scottsdale
Pork Loin
Chops



\$21⁹⁹ kg



Australian Lamb

Lamb
FOREQUARTER CHOPS

Serving Suggestion

\$19⁹⁹ kg



Double
SMOKED HAM

Serving Suggestion

\$14⁹⁹
kg



Oven
Roasted/
Sweet Herb
& Mustard
Turkey Breast

\$25⁹⁹
kg



Thin Beef
Sausages

\$11⁹⁹
kg



Rindless
Middle
Bacon

\$18⁹⁹
kg

Cripps
Master Loaf
680/700g

\$3⁵⁹
ea

SAVE 80¢



Product of
Tasmania

Cripps
Pikelets 8pk
\$1.50 per 100g

\$2⁹⁹
ea

SAVE 66¢



Product of
Tasmania

Cripps
Crumpet
Splits 6pk
61¢ per 100g

\$2⁵⁹
ea

SAVE \$1.26



Product of
Tasmania



Product of
Tasmania



National Pies

**MEAT PIES/PASTIES/
SAUSAGE ROLLS 2pk**

\$6⁹⁹
ea

SAVE \$1.80



— SNACK & DRINK *Favourites* —



Coca-Cola 30x375mL
\$2.27 per 1L

\$25⁵⁵
ea

SAVE \$13.55



Coca-Cola/Fanta/Sprite/
Mt Franklin Sparkling Water 10x375mL
\$2.49 per 1L

\$9³⁵
ea

SAVE \$4.65



Red Bull
Energy
Drink
473mL
\$8.44 per 1L

\$3⁹⁹
ea

SAVE \$1.11



Tasmanian Mountain Spring Water 10L
65¢ per 1L

\$6⁴⁹
ea

SAVE \$1.00



Nestle Fun Pack Confectionery 140-185g

\$3⁶⁹
ea

SAVE \$2.20



Cadbury Family Block Chocolate 160-190g

\$3⁸⁵
ea

SAVE \$1.65



Arnott's High Tea 400g/
Cream Favourites 500g

\$4⁷⁹
ea

SAVE \$1.76



Arnott's Savoy/Jatz 225/250g

\$2⁷⁵
ea

SAVE 75¢



Red Rock Deli Chips 150/165g

\$4⁴⁹
ea

SAVE \$1.81

— STOCK UP THE *Pantry* —



Wattie's Spaghetti/Baked Beans 420g
42¢ per 100g

\$1.75
ea

SAVE 74¢



Easy Mac 280g
\$1.25 per 100g

\$3.49
ea

SAVE \$1.76



Dolmio Extra Pasta Sauce 490/500g

\$2.99
ea

SAVE \$1.20



MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL

\$2.99
ea

SAVE \$1.16



Edgell Beans/Chick Peas/Lentils 400g
\$4.38 per 1kg

\$1.75
ea

SAVE 15¢



Zafarelli Pasta 500g
37¢ per 100g

\$1.85
ea

LOW PRICE



Uncle Tobys Plus Cereal 410-435g

\$4.99
ea

SAVE \$1.86



CSR Caster Sugar 1kg
25¢ per 100g

\$2.49
ea

SAVE 86¢



Kellogg's Nutri-Grain/LCM Bars 6pk

\$3.99
ea

SAVE \$1.01



— FILL UP THE FRIDGE & *Freezer* —



Nestle Kit Kat/
Cadbury Ice Cream Sticks 4pk



Bulla Ice Cream 2L (excl. Nut Free)
25¢ per 100mL



Weis Bar 4pk
\$2.14 per 100mL



Ingham's Chicken Breast Tenders 400g
\$14.98 per 1kg



On the Menu Frozen Meals 320g
\$1.56 per 100g



Four 'n Twenty
Sausage Rolls/Party Pies 12pk



Bega Cheese Slices/Blocks 250g
\$19.96 per 1kg



Zoosh Dip 185g
\$1.45 per 100g



Yoplait Yoghurt 1kg
48¢ per 100g



Lemnos Fetta Cheese 180/200g



Leggo's Fresh Pasta Sauce 450g
89¢ per 100g



Leggo's Fresh Pasta 630g
95¢ per 100g

ALL

— HOME, BEAUTY & Pet —

IGA

1/2
PRICE

Dove Roll-On
Antiperspirant
50mL
\$4.50 per 100mL



\$2.25
ea
SAVE \$2.34



Dove
Bodywash
500mL
90¢ per 100mL

\$4.49
ea
SAVE \$5.30



\$4.49
ea
SAVE \$4.50



Peckish Small Bird Seed Blends 1.5kg
36¢ per 100g

\$5.35
ea
SAVE \$5.44



Morning Fresh
Dishwashing Liquid 900mL
53¢ per 100mL

\$4.75
ea
SAVE \$4.75



Fab Laundry
Powder 1.8/2kg & Liquid 1.8L

\$7.49
ea
SAVE \$2.51



U by Kotex Pads/Tampons 10-16pk

\$5
ea
LOW PRICE



Multix Colour Scents/
Drawtight Garbage Bags 20/35pk

\$2.99
ea
SAVE 96¢



Pedigree Canned Dog Food 1.2kg
37¢ per 100g

\$4.49
ea
SAVE \$1.30



Whiskas Canned Cat Food 400g
53¢ per 100g

\$2.10
ea
SAVE 90¢



White King Bleach 2.5L
\$1.60 per 1L

\$3.99
ea
SAVE 90¢

BIG DEAL

SALE

SEE INSIDE FOR MORE SAVINGS



\$1.25
ea

SAVE \$1.34

Pringles Chips 53g
\$2.36 per 100g



Skittles
Confectionery
160-200g

\$2.49
ea

SAVE \$2.51

ALL

**1/2
PRICE**



\$3.75
ea

SAVE \$3.75

Jarrah Coffee 250g
\$1.50 per 100g



\$2.25
ea

SAVE \$2.25

Arnott's
TeeVee Snacks 175g
\$1.29 per 100g



Coca-Cola/
Fanta/
Sprite/Mt
Franklin
Sparkling
Water 1.25L
\$1.59 per 1L

\$1.99
ea

SAVE 86¢



\$4.49
ea

SAVE \$2.10

Western Star Spreadable 500g
90¢ per 100g

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Lindt Excellence/
Lindor Chocolate
Block 100g (excl. 70%)
\$4.35 per 100g

\$4.35
ea

LOW PRICE



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



\$2.89
ea

LOW PRICE



Tas Taste Plain/Self Raising Flour 2kg
\$1.45 per 1kg



\$1.85
ea

LOW PRICE

Zafarelli Pasta 500g
37¢ per 100g



\$5.50
ea

LOW PRICE

Arnott's Multipack Variety 12/15pk



\$4.99
ea

LOW PRICE

On the Menu Frozen Meals 320g
\$1.56 per 100g



\$5
ea

LOW PRICE

U by Kotex Pads/Tampons 10-16pk



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locals MATTER

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Visit IGATAS.COM.AU/LOW-PRICES-EVERYDAY for more info

SPICED LENTIL BURGER WITH CABBAGE SLAW



\$1.75
ea

SAVE 15¢

Edgell Beans/Chick Peas/Lentils 400g
\$4.38 per 1kg

Ingredients

- 1 onion, diced
 - 2 cups mushrooms, chopped
 - 3 portions frozen spinach, thawed & excess water squeezed out
 - 400g canned lentils; drained, rinsed & dried
 - 1/2 tsp ground cumin
 - 1/2 tsp smoked paprika
 - 1/2 cup cooked quinoa and brown rice
 - 1 egg
 - 4 wholemeal burger buns
- Coleslaw:
- 1/4 red cabbage, shredded
 - 1 apple, grated
 - 2 spring onions, finely sliced
 - 2 tbsp apple cider vinegar
 - 1/2 tsp salt
 - 4 tbsp extra virgin olive oil

What to do

1. In a pan, drizzle some olive oil over medium heat. Add the onion and saute until softened. Add the mushrooms and cook for a further 4-5 minutes. When the mushrooms are brown and tender add the spinach, 1 cup of lentils, cumin, smoked paprika and cook until all the excess water has evaporated, making sure you have a dry mixture. Take off heat and set aside to cool.
2. Place the mushrooms and spinach mix in a food processor and pulse until you have a rough mash. Transfer to a mixing bowl, stir in the remaining whole lentils, the quinoa and rice and egg until you have a cohesive mixture.
3. Divide and shape the mixture into 4 patties.
4. Heat a fry pan over medium high heat, drizzle some olive oil and cook patties until both sides are golden brown.
5. To make the coleslaw, add the cabbage, apple, spring onions, vinegar, salt and olive oil in a large bowl. Toss to combine.
6. Assemble the burgers by layering the coleslaw on the base and topping with the lentil patties and your choice of mustard, mayonnaise or tomato sauce.



WHERE THE *locals* MATTER

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