



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

1/2
PRICE



Arnott's Tim Tams 160-200g

\$1⁹⁹
ea



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



\$4⁹⁹
ea



Dine Cat Food Tray 85g
93¢ per 100g

79¢
ea

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.



— SNACKS & DRINKS & GLUTEN *Free* —



Lowan
Cocoa
Bombs 350g
57¢ per 100g

\$1.99
ea



Violet Crumble Bites 180g/Nuggets 135g



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

\$3.29
ea



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

\$1.89
ea



Kit Kat Bunny 29g
\$3.10 per 100g

90¢
ea



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

\$1.99
ea



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

\$2.99
ea



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

\$1.99
ea



Nestle/Violet Crumble
Medium Chocolate Bars 35-55g

\$1
ea



Mars Fun Size Bags 144-216g

\$2.49
ea



Thins Potato Chips 175g
\$1.11 per 100g

\$1.94
ea



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

\$15.99
ea



Vetta Pasta 375/500g



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



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



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



Colgate
Advanced Whitening Toothpaste 110/120g



Rexona
Advanced
Antiperspirant
220mL
\$1.70 per 100ml



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



Sirena Canned Tuna 95g
\$23.68 per 1kg



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



Sorberent Toilet Tissue 24pk
23¢ per 100sh



Chum Dry Dog Food 8kg
21¢ per 100g



Friskies Dry Cat Food 1kg
50¢ per 100g

SEE INSIDE FOR MORE SAVINGS



BIG DEAL SALE



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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



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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

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



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