



BIG DEAL

SALE



ON SALE 9TH MARCH 2022

89¢
ea



Mars Medium Bars 35-56g

\$1.99
ea



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

ALL

1/2
PRICE



Twinnings Teabags 10s

\$1.60
ea



Impulse Body Spray 75mL \$3.19 per 100mL

\$2.39
ea

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.



— GLUTEN FREE, SNACKS, *Drinks* —

**COELIAC
AWARENESS
WEEK**

MARCH 13-20 2022



**1/2
PRICE**

\$1.99
ea

CC's Corn Chips 110/175g



**1/2
PRICE**

\$1.99
ea

Lowan Cocoa Bombs 350g
57¢ per 100g



\$3.99
ea

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



\$1.75
ea

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



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

\$3.69
ea



\$5.99
ea

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



**1/2
PRICE**

\$2.25
ea

Skittles/
Starburst Confectionery 190-235g



**1/2
PRICE**

\$2.49
ea

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



\$3.49
ea

Cadbury Family Block Chocolate 160-190g



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

\$1.99
ea



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

\$6.49
ea



Product of
Tasmania

Hartz
Spring
Water 1.5L
\$1.17 per 1L

\$1.75
ea



\$1.69
ea

Raguletto Pasta Sauce 500g
34¢ per 100g



\$2.49
ea

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



\$2.99
ea

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



\$1.49
ea

Greenseas Canned Tuna 95g
\$15.68 per 1kg



\$5.99
ea

Grinders Coffee 200g
\$3.00 per 100g



\$4.99
ea

Zooper Dooper Water Ices 24pk
30¢ per 100mL



\$3.99
ea

Kleenex Viva Paper Towel 3pk



\$2.75
ea

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



\$5.49
ea

Dine Cat Food
85g 7pk
92¢ per 100g



\$5.99
ea

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

1/2 PRICE

\$2.49
ea

Palmolive Naturals Shampoo/Conditioner 350mL
71¢ per 100mL



\$1.49
ea

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



\$1.50
ea

Shepard Avocados



\$4.50
kg

Red Grapes



\$2.29
ea

Simsons Pantry Wraps 4pk
\$1.27 per 100g



Grown
in the
USA

\$5.99
ea

JC's Natural Walnuts 350g/Almonds 500g

SAVE EVEN MORE WITH THE BIG DEALS INSIDE

BIG DEAL SALE



\$5.99
ea

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



\$1.99
ea

Zoosh Dip 185g
\$1.08 per 100g



COELIAC AWARENESS WEEK
MARCH 13-20 2022

\$3.49
ea

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



1/2 PRICE

\$4.49
ea

Connoisseur Ice Cream Stick 4/6pk



\$2.99
ea

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



\$5.99
ea

McCain Pizza Singles/Pockets/Slices 380-600g

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CHICKEN CAESAR SALAD WITH GLUTEN FREE CROUTONS



**COELIAC
AWARENESS
WEEK**

MARCH 13-20 2022

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

\$3⁶⁹
ea



\$5⁹⁹
ea

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

JC's



\$5⁹⁹
ea

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



Grown
-in the-
USA



\$5⁹⁹
ea

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



WHERE THE *locals* MATTER

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