



ON SALE
12TH APRIL
2023



\$1.75
ea



Arnott's Shapes 130-190g



ALL

1/2
PRICE

\$1.50
ea



Continental Cup-a-Soup 2pk

\$1
ea



Indomie Noodle
Cup 75g
\$1.33 per 100g



\$4.95
ea

Connoisseur Ice Cream Stick 4/6pk

SEE INSIDE FOR MORE SAVINGS



On Sale Wed 12th April to Tue 18th April. Whilst stocks last. Pictures for illustration purposes only. Some products or varieties may not be available at all stores.

Australian
BEEF RUMP STEAK
\$25.99
kg

Serving Suggestion



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!
Scan & Subscribe to save





PANTRY, HOME & Beauty



Natural Chip Company 175g
\$1.37 per 100g



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



Mars
Medium
Bars 35-56g

ALL
1/2
PRICE



Palmolive Ultra Dishwashing Liquid 500mL
50¢ per 100mL



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



Rexona
Advanced
Antiperspirant
220mL
\$1.95 per 100mL



Red Bull Energy Drink 4x250mL
\$6.99 per 1L



Coca-Cola 30x375mL
\$2.27 per 1L



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



Cadbury Family Block Chocolate 160-190g



Mars Fun Size Bags 132-192g



Twisties/Burger Rings/
Toobs/Cheetos 125-270g



\$13⁴⁹
ea

Moccona Classic
Freeze Dried Coffee 200g
\$6.75 per 100g



\$5²⁵
ea

Uncle Tobys Quick/Traditional Oats 1kg
53¢ per 100g



\$3⁹⁹
ea

Harvest Hot Pack Meals 425g
94¢ per 100g



\$2⁹⁹
ea

Leggo's Tomato Paste 140g 2pk
\$1.07 per 100g



\$1⁷⁵
ea

LOW PRICE

Zafarelli Pasta 500g
35¢ per 100g



\$2⁹⁹
ea

Handee Ultra Paper Towel 2pk
\$2.49 per 100ea



\$3⁹⁹
ea

Jiffy Economy Firelighters 24s
17¢ per 1ea



\$4⁵⁰
ea

LOW PRICE

Meadowlea Spread 500g
90¢ per 100g



\$4⁴⁹
ea

Pedigree Canned Dog Food 1.2kg
37¢ per 100g



\$2¹⁰
ea

Whiskas Canned Cat Food 400g
53¢ per 100g



\$6⁵⁰
ea

LOW PRICE

Fab Laundry Powder 900g/1kg

SEE INSIDE FOR MORE SAVINGS



Brushed Potatoes 2.5kg
\$2.00 per 1kg



Packham Pears



Cripps Crumpet Splits 6pk
61¢ per 100g



JC's Almonds Natural 500g
\$17.98 per 1kg



Tamar Valley Greek Style Yoghurt 500g
60¢ per 100g



Vita-Cee
Juice 2L
\$2.50 per 1L



Ashgrove Full
Cream/
Non
Homogenised
Milk 2L
\$2.50 per 1L



Cheer Cheese Slices 250g
\$27.96 per 1kg



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



Ingham's
Creamy Garlic Chicken Kiev's 600g
\$18.32 per 1kg

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Offers available from 12/04/23 until 18/04/23

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ALMOND DUKKAH



\$8⁹⁹
ea

JC's Almonds Natural 500g
\$17.98 per 1kg

Ingredients

- 1/2 cup JC's Almonds Natural 500g
- 1/4 cup sesame seeds
- 1 tbsp coriander seeds
- 1 tbsp cumin seeds
- 1/2 tsp black pepper corn
- 1 tsp salt

What to do

1. Preheat the oven to 180C.
2. Roast the almonds until golden for about 5-8min, and then set aside.
3. Toast sesame seeds cumin and coriander in the frying pan until golden.
4. Put the roasted almonds in a blender and pulse until they're roughly chopped. Add the remaining ingredients and pulse further until course but not too powdery.
5. Store in an airtight container in the fridge to keep fresh.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

Nice & Natural
Nut Bars
6pk

\$4.25
ea

LOW PRICE



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



\$5.50
ea

LOW PRICE

Arnott's Multipack Variety 12/15pk



\$3.49
ea

LOW PRICE

Prima Fruit Drinks 200mL 6pk
\$2.91 per 1L



\$4.35
ea

LOW PRICE

William's Bread 800-900g



\$2.89
ea

LOW PRICE

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



\$3.75
ea

LOW PRICE

McCain Peas/Corn
& Peas/Corn/Carrots 500g
\$7.50 per 1kg



\$6
ea

LOW PRICE

Fancy Feast Dry Cat Food 430/450g



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locals MATTER

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