



ON SALE 4TH MAY 2022



Nichols BBQ CHICKEN BREAST STEAKS

\$10⁹⁹
kg

Serving Suggestion



WHERE THE *locals* MATTER

GIGANTIC
Sale!

ALL

1/2
PRICE



\$1⁹⁹
ea

SAVE \$2.01

Arnott's Chocolate Biscuits 160-250g
(excl. Tim Tam)



\$6¹⁵
ea

SAVE \$6.44

Schweppes/Pepsi Cans 375mL 10pk
\$1.64 per 1L



\$4⁷⁹
ea

SAVE \$4.90

Sanitarium Up & Go Breakfast Drink 250mL 6pk
\$3.19 per 1L



\$3⁹⁹
ea

SAVE \$1.81

Duck River Soft Butter 500g
80¢ per 100g

Offers available from 04/05/22 until 10/05/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

**Customer
Notice**

Some products on promotion are subject to availability
We are currently experiencing stock shortages on some products and they may be
unavailable. We're working hard to restock impacted lines for you.
Thank you for your patience and understanding.



GIGANTIC SALE ON NOW!



— FRESH MEAT & *Produce* —



Tasmanian Grown

Tasmanian
RED APPLES 1.5kg
\$2.63 per 1kg

\$3.95 bag



Bagged Baby Spinach 150g
\$23.00 per 1kg

\$3.45 bag



Zucchini

\$3.90 kg



JC's Sesh Snacks 115/130g

\$3.99 ea

Lamb Forequarter Chops



\$18.99 kg

Scottsdale Traditional English Thick Pork Sausage 475g
\$14.72 per 1kg

\$6.99 ea



Beef Scotch Fillet Steak



\$44.99 kg



Nichols
WHOLE BAGGED CHICKEN
Serving Suggestion

\$4.99 kg



National Pies
Family Pie
750/900g

\$9⁹⁹ ea
SAVE \$3.00



Cripps
Master
Muffins 6pk
97¢ per 100g

\$3⁴⁹ ea
SAVE \$1.66



Cripps
Master Loaf
680/700g

\$3³⁹ ea
SAVE 70¢





— SNACK & DRINK Favourites —

HAPPY
Mother's
DAY

SUNDAY 8TH MAY

1/2
PRICE



\$5.99
ea

SAVE \$6.01

Celebrations/
Maltesers Gift Box 320-400g



Cadbury
Favourites
570g
\$2.10 per 100g

\$11.99
ea

SAVE \$9.60

1/2
PRICE



\$5.99
ea

SAVE \$6.00

Cadbury Dairy Milk Gift Box 220g
\$2.72 per 100g



\$8.99
ea

SAVE \$5.40

Ferrero Rocher
Collection 172g/Rocher Gift Box 200g



\$2.49
ea

SAVE 61¢

Mission Corn Chips 230g
\$1.08 per 100g



\$2
ea

Candy Market Range 150-200g



\$3.49
ea

SAVE \$1.51

Cadbury
Family Block Chocolate 160-190g



\$2.99
ea

SAVE \$1.01

Cadbury Bites 110-150g



\$18.49
ea

SAVE \$3.10

Coca-Cola Soft Drink 375mL 24pk
\$2.05 per 1L



\$7.99
ea

SAVE \$4.20

Mother Energy Drink 500mL 4pk
\$4.00 per 1L



Powerade
Sports
Drink
600mL
\$4.17 per 1L

\$2.50
ea

SAVE \$1.40



\$6.99
ea

SAVE \$2.00

Clearly Tasmanian Water 600mL 20pk
58¢ per 1L

— STOCK UP THE *Pantry* —



Ben's
Original
Express
Rice 250g
70¢ per 100g



\$1.75
ea
SAVE \$1.75

1/2
PRICE



Uncle
Tobys
Muesli
Bars 6pk
\$1.35 per 100g

\$2.49
ea
SAVE \$2.51



\$1.99
ea
SAVE 90¢

Tas Taste Plain/Self Raising Flour 2kg
\$1.00 per 1kg



\$5.49
ea
SAVE \$2.10

Uncle Tobys Quick/Traditional Oats 1kg
55¢ per 100g



\$2.99
ea
SAVE \$1.00

IXL Jam 480g
62¢ per 100g



\$1.69
ea
SAVE 30¢

Raguletto Pasta Sauce 500g
34¢ per 100g



\$1.99
ea
SAVE \$1.30

Indomie Noodles 5pk (excl. BBQ Chicken)

1/2
PRICE



\$1.99
ea
SAVE \$2.01

Vegeta Stock Powder 180-250g



Nescafé
Blend 43
Coffee 500g
\$3.60 per 100g

\$17.99
ea
SAVE \$6.01



\$2.99
ea
SAVE \$2.20

Tetley Tea Cup Bag 100pk
\$1.66 per 100g



\$3.99
ea
SAVE \$2.00

Arnott's Assorted Creams 500g
80¢ per 100g



— FILL UP THE FRIDGE & *Freezer* —



Tamar Valley
Natural Greek Style Yoghurt 1kg
50¢ per 100g



Pauls Custard 6pk
52¢ per 100mL



Ashgrove Cheese 140g (excl. Fetta)
\$28.50 per 1kg



Spreyton Fresh Juice 2L
\$2.50 per 1L



Pauls
Zymil Milk
Lactose
Free 1L
\$3.49 per 1L



Meander Valley
Double Cream/Crème Fraiche 200mL
\$1.85 per 100mL



Bulla Ice Cream 2L (excl. Nut Free)
20¢ per 100mL



Peters Polar Pies 6pk/Nestle Kit Kat/
Cadbury Ice Cream Sticks 4pk



Sara Lee
Cheesecake/Tiramisu 360-415g



Birds Eye
Deli Chips/Roast Potatoes 600g
\$5.82 per 1kg



McCain Red Box Meal 310/320g



McCain Pizza
Singles/Pockets/Slices 380-600g

1/2

PRICE



Palmolive
Luminous
Oils
Shampoo &
Conditioner
350mL

71¢ per 100mL

\$2.49

ea
SAVE \$2.51

1/2

PRICE



Sukin Hand/
Body Wash
500mL
\$1.00 per 100mL

\$4.99

ea
SAVE \$5.01

1/2

PRICE



Product of
Tasmania

\$4.99

ea
SAVE \$5.00

Peckish Parrot/
Small Bird Seed Blends 1.5kg
33¢ per 100g

1/2

PRICE



\$2.25

ea
SAVE \$2.25

Chux Scourer Sponge 2pk
\$1.13 per 1ea



\$1.25

ea
SAVE 65¢

Natures Organics Fruits Shampoo & Conditioner 500mL
25¢ per 100mL



\$4.99

ea
SAVE \$2.01

Colgate Plax Mouthwash 500mL
\$1.00 per 100mL



Earth
Choice
Toilet
Cleaner
750mL
33¢ per 100mL

\$2.49

ea
SAVE 86¢



White
King
Bleach
1.25L
\$1.99 per 1L

\$2.49

ea
SAVE 66¢



\$8.99

ea
SAVE \$4.00

iCare Toilet Tissue 24pk
21¢ per 100sh

GIGANTIC SALE ON NOW!



Mars/Nestle/
Violet Crumble Medium Bars 35-56g



Old el Paso Meal Kits 290-520g
(excl. Pockets/Stand n Stuff/Gluten Free)



Campbell's Canned
Soup 495-510g (excl. Bone Broth)



belVita Yoghurt Duo 5pk/
Soft Bakes 4pk



Impulse
Body Spray
75mL
\$3.19 per 100mL



Danone
YoPro
Yoghurt
160g
75¢ per 100g

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

Offers available from 04/05/22 until 10/05/22

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BUY LOCAL BUY TASMANIAN

IGA WHERE THE *locals* MATTER



Duck River Soft Butter 500g
80¢ per 100g

\$3.99 ea
SAVE \$1.81



Spreyton
Fresh
Juice 2L
\$2.50 per 1L

\$4.99 ea
SAVE \$1.10



Ashgrove Cheese 140g (excl. Fetta)
\$28.50 per 1kg

\$3.99 ea
SAVE \$1.50



Tamar Valley
Natural Greek Style Yoghurt 1kg
50¢ per 100g

\$4.99 ea
SAVE \$2.26



Westerway
Farms
Blackcurrant/
Raspberry
Syrup 750mL
\$7.99 per 1L

\$5.99 ea
SAVE 36¢



Juicy Isle Topping 375mL
72¢ per 100mL

\$2.69 ea
SAVE 31¢



National Pies
Party Pies/Sausage Rolls 12pk
97¢ per 100g

\$6.99 ea
SAVE \$2.50



Cripps Premium Shortbread Tin 334g
\$3.29 per 100g

\$10.99 ea
SAVE 80¢



Tidbits Training Treats 225/250g

\$3.99 ea
SAVE \$5.00



Blue Banner Pickled
Onions 525g (excl. No Added Sugar)
\$11.41 per 1kg

\$5.99 ea
SAVE 80¢



Due South Ice Cream 1L
90¢ per 100mL

\$8.99 ea
SAVE \$2.00



Ashgrove Cheese 450/500g

\$8.99 ea
SAVE \$1.80

IGA WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

LEMONADE SCONES



\$6.15 ea
SAVE \$6.44

1/2 PRICE

Schweppes Cans 375mL 10pk
\$1.64 per 1L

Meander Valley Double Cream 200mL
\$1.85 per 100mL



Product of Tasmania

\$3.69 ea
SAVE 70¢



Product of Tasmania

\$1.99 ea
SAVE 90¢

Tas Taste Self Raising Flour 2kg
\$1.00 per 1kg

IXL Jam 480g
62¢ per 100g



\$2.99 ea
SAVE \$1.00

Ingredients

- 300g (2 cups) self-raising flour, sifted
- 55g (1/4 cup) caster sugar
- 125ml (1/2 cup) thick cream
- 125ml (1/2 cup) lemonade
- 40ml (2 tbsp) milk
- favourite jam, to serve
- whipped cream, to serve

What to do

1. Preheat the oven to 220C. Lightly grease a baking tray.
2. Place the flour, sugar and 1/2 teaspoon salt in a large bowl. Add the cream and lemonade and mix to form a soft dough. Turn out onto a lightly floured workbench and knead lightly until combined.
3. Press the dough with your hands to a thickness of about 2cm. Use a 6cm round cutter to cut out 8 scones, place on baking tray and brush the tops with some milk. Re-roll scraps to make a few extra scones. Bake for 10-15 minutes until lightly browned.
4. Serve warm with whipped cream and your favourite jam.



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