



ON SALE
7TH JUNE
2023



SEE INSIDE FOR SOME WINTER WARMERS



97¢
ea

SAVE 98¢

Fantastic
Noodles Cup 70g/Bowl 85g



\$1.50
ea

SAVE \$1.69

Continental Cup-a-Soup 2pk

1/2
PRICE



\$2.25
ea

SAVE \$2.25

Arnott's Tim Tam Biscuits 165-200g
(excl. Deluxe)



\$2.40
ea

SAVE \$2.49

Samboy Potato Chips 175g
\$1.37 per 100g

Offers available from: 07/06/23 until 13/06/23

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

Australian

BEEF RUMP
STEAK

\$24.99
kg

product sold uncooked

WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

Scan & Subscribe to save





— 1/2 PRICE SPECIALS & Chilled —



\$1.75
ea

SAVE \$1.75

Nabisco In A Biskit 160g
\$1.09 per 100g



\$3.99
ea

SAVE \$4.01

Nescafé Coffee
Sachets 10pk/
Gold 8pk

ALL
**1/2
PRICE**



Mars Medium Bars 35-56g (excl. Bounty)

\$1
ea

SAVE \$1.00



\$1.60
ea

SAVE \$1.60

Australia's Own
Unsweetened
Almond Milk 1L
\$1.60 per 1L



\$1.50
ea

SAVE \$1.69

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



\$5.25
ea

SAVE \$1.94

Peters Original Ice Cream 2L
26¢ per 100mL



\$6.99
ea

SAVE \$2.51

Bega Cheese
Grated 500g
\$13.98 per 1kg

Tamar Valley
Kids Pouches 110g
\$1.08 per 100g



\$1.19
ea

SAVE \$1.30

No Sugar
Added

110g NET

No Sugar
Added

110g NET



\$6.40
ea

SAVE \$6.49

Sunsilk Shampoo/Conditioner 700mL
91¢ per 100mL

ALL

1/2
PRICE



\$2.59
ea

SAVE \$2.66

Colgate 360° Toothbrush 1pk
(excl. Advanced)
\$2.59 per 1ea



\$2.25
ea

SAVE \$2.55

Swisspers Cotton Tip 240pk
94¢ per 100ea



\$4.25
ea

SAVE \$4.25

Palmolive Ultra
Dishwashing
Liquid 950mL
45¢ per 100mL



— FRESH MEAT & Produce —



Tasmanian
CAULIFLOWERS

\$3⁵⁰
ea



Red
Apples
1.5kg
\$2.63 per 1kg

\$3⁹⁵
bag



Carrots 1kg
\$1.50 per 1kg

\$1⁵⁰
bag



JC's Salted/
Unsalted
Peanuts 500g
\$9.98 per 1kg

\$4⁹⁹
ea

Scottsdale
Artisan Pork
Sausages 475g
\$18.93 per 1kg

\$8⁹⁹
ea



First Grade
Beef Mince

\$18⁹⁹
kg



Ingham's
Chicken
Schnitzel
600g
\$19.98 per 1kg

\$11⁹⁹
ea



Australian
**LAMB FOREQUARTER
CHOPS**

\$18⁹⁹
kg

Serving Suggestion - product sold uncooked



Family Favourite
LONG RINDLESS BACON

Serving Suggestion - product sold uncooked

\$16⁹⁹ kg



Premium
Boneless
Leg Ham

\$20⁹⁹ kg



Chicken
Drumsticks

\$5⁴⁹ kg



Oven
Roasted/
Sweet Herb
& Mustard
Turkey Breast

\$24⁹⁹ kg

Cripps
Crumpet
Splits 6pk
61¢ per 100g



\$2⁵⁹ ea

SAVE \$1.26

National Pies
Family Pie
750/900g



\$10⁹⁹ ea

SAVE \$2.80

William's
Bread
800-900g



\$4³⁵ ea

LOW PRICE



Cripps
FRUIT BUNS 6PK

93¢ per 100g

\$4¹⁹ ea

SAVE \$1.10



You'll find *Low Prices*



Zafarelli Pasta 500g
35¢ per 100g



Maggi Recipe Base Sachets 21-43g



Uncle Tobys Le Snak 6pk
\$3.33 per 100g



Mother Energy Drink 4x500mL
\$4.00 per 1L



Frantelle Spring Water 24x600mL
83¢ per 1L



Carnation Milk 340mL
\$8.79 per 1L

ices Every Day right across the store



La Famiglia Just for 2 Garlic Bread 170g
\$1.65 per 100g



Farmer's Union Yoghurt 1kg
60¢ per 100g



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



Fancy Feast Cat Food 85g
\$1.88 per 100g



Ajax Spray n' Wipe Trigger 475/500mL



U by Kotex Pads/Tampons 10-16pk



— DRINKS, TREATS & Snacks —



Coca-Cola 30x375mL
\$2.27 per 1L



Bundaberg
Ginger Beer
750mL
\$3.99 per 1L



Powerade
Sports Drink
600mL
\$4.00 per 1L



Coca-Cola/
Fanta/Sprite
Soft Drink
1.25L
\$1.80 per 1L



Skittles Confectionery 160-200g



Oreo Multipack 230g
\$1.73 per 100g



Cadbury Bites 110-150g



Cadbury Family Block Chocolate 160-190g



Arnott's Savoy/Jatz 225/250g

— STOCK UP THE *Pantry* —



\$3.49
ea

SAVE \$1.01

Cadbury Baking
Blocks 180g/Chips 200g/Melts 225g



Queen Pure
Maple Syrup
250mL
\$3.20 per 100mL

\$7.99
ea

SAVE \$1.46

Uncle Tobys
Flavoured Oats 10pk/Hi Fibre 8pk



\$5.25
ea

SAVE \$1.70

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



\$1.75
ea

SAVE 45¢

Bega Peanut Butter 375g
\$1.20 per 100g



\$4.49
ea

SAVE 91¢

Kellogg's Rice Bubbles 250g
\$1.60 per 100g



\$3.99
ea

SAVE \$1.01

SPC Baked Beans/Spaghetti 220g 4pk
57¢ per 100g



\$4.99
ea

SAVE \$1.36

Heinz Condensed Soup 420g
47¢ per 100g



\$1.99
ea

SAVE 80¢

Leggos Pasta Bake Sauce 500g
80¢ per 100g



\$3.99
ea

SAVE 76¢



— FILL UP THE FRIDGE & *Freezer* —

FAMILY PIZZA NIGHT.

The greatest thing
since sliced pizza.



McCain Family Pizza 490/500g

\$6⁹⁹
ea

SAVE \$3.00



Western Star Spreadable 500g
\$1.00 per 100g

\$4⁹⁹
ea

SAVE \$1.60



Lemnos Fetta Cheese 180/200g

\$3⁹⁹
ea

SAVE \$2.51



Juicy Isle
Orange Juice
No Added
Sugar 2L
\$2.50 per 1L

\$4⁹⁹
ea

SAVE 60¢



Birds Eye Fish Fingers 375g
\$13.31 per 1kg

\$4⁹⁹
ea

SAVE \$1.21



Global Seafoods
Frozen Cooked & Peeled Prawns 300g
\$33.30 per 1kg

\$9⁹⁹
ea

SAVE \$3.60



Peters Drumstick 4/6pk

\$7⁹⁹
ea

SAVE \$1.51



Cold Power Laundry Detergent 900g/1L

\$6.99
ea

SAVE \$4.51



White King
Bleach 1.25L
\$3.03 per 1L

\$3.79
ea

LOW PRICE



Colgate Dental Floss 25m (excl. Charcoal)
14¢ per 1m

\$3.49
ea

LOW PRICE



Colgate Plax
Mouth Wash
250mL
\$1.40 per 100mL

\$3.49
ea

SAVE \$1.01



Palmolive Liquid
Hand Wash Foam Pump 250mL
\$1.08 per 100mL

\$2.69
ea

SAVE \$1.26



Whiskas Canned Cat Food 400g
53¢ per 100g

\$2.10
ea

SAVE 90¢



Friskies Dry Cat Food 1kg
70¢ per 100g

\$6.99
ea

SAVE \$1.26



Pedigree Canned Dog Food 1.2kg
40¢ per 100g

\$4.75
ea

SAVE \$1.04

\$3.99
ea

SAVE \$1.51

Redheads Firelighters 20/24pk

WARM UP FOR Winter

Moccona Freeze
Dried Classic
Coffee 400g
\$5.00 per 100g



\$19⁹⁹
ea

SAVE \$8.01



\$6⁹⁹
ea

SAVE \$2.80

Nestle Milo 395/460g



\$24⁵⁰
ea

SAVE \$10.49

Grinders Coffee 1kg
\$2.45 per 100g



\$3⁹⁹
ea

SAVE \$1.66

Tetley Tea Cup Bag 100pk
\$2.22 per 100g



\$4⁷⁹
ea

SAVE \$1.76

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



1/2
PRICE

\$2¹⁹
ea

SAVE \$2.20

Cadbury Breakaway Biscuit 180g
\$1.22 per 100g



1/2
PRICE

\$1⁹⁹
ea

SAVE \$2.01

Cadbury Cookies 156g
\$1.28 per 100g



1/2
PRICE

\$3⁴⁹
ea

SAVE \$3.50

Nestle Hot Chocolate 10pk



Tetley Chai
Classic 8pk
\$2.75 per 100g



\$5⁴⁹
ea

LOW PRICE

Tetley Extra
Strong Tea
Bags 100's



\$4⁹⁹
ea

LOW PRICE

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MOROCCAN LENTIL & CHICKPEA SOUP

WARM UP FOR
Winter



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

Ingredients

- 1 small onion, diced
- 1 small carrot, diced
- 2 celery sticks, small diced
- 1/4 cup dried apricots, diced
- 2 tsp harissa paste
- 400g canned lentils, drained & rinsed
- 400g canned chickpeas, drained & rinsed
- 1 ltr vegetable stock
- 400g canned tomatoes
- 1 tbsp coriander leaves, chopped
- extra virgin olive oil
- 1 cup plain greek yoghurt
- 1/4 cup tahini
- 1 clove garlic, crushed

What to do

1. In a large pan over medium heat, add a drizzle of olive oil and onions and cook for 5-6 minutes until brown and softened. Add the celery, carrot, dried apricots, moroccan spice mix, and harissa. Stir to combine and cook for 2-3 minutes.
2. Add the lentils, chickpea, tomatoes and vegetable stock. Bring to a boil, and then let it simmer for 20 minutes. Season to taste.
3. To make the yoghurt topping, mix the yoghurt, tahini, and garlic in a small bowl. Season with salt and pepper.
4. To serve, top the soup with coriander and a dollop of the yoghurt dressing.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

BAKED GARLIC PRAWN RISOTTO

WARM UP FOR
Winter



Global Seafoods
Frozen Cooked & Peeled Prawns 300g
\$33.30 per 1kg



Community Co
Rice Arborio 1kg
38¢ per 100g

Ingredients

- 1 leek, sliced
- 3 garlic cloves, crushed
- 1 cup arborio rice, uncooked
- 1/2 cup frozen peas
- 200g frozen prawns, chopped
- 2 cups chicken stock
- 1/3 cup parmesan cheese, grated
- 1/4 cup fresh basil leaves (extra for garnish)
- extra virgin olive oil

What to do

1. In a large oven-proof pan, heat a drizzle of olive oil over medium high heat. Cook the leek until tender, 4-5 minutes, then add the garlic and cook until fragrant.
2. Add the rice, peas, prawns, chicken stock and stir to combine. Take the pan off the heat, cover tightly with foil or a lid and bake in the oven until the stock is absorbed and the rice is cooked through, 25-26 minutes.
3. When the risotto is al dente, remove it from the oven and stir in the parmesan, fresh basil leaves and a tablespoon of water to loosen if needed.



WHERE THE *locals* MATTER

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