



ON SALE
5TH JUNE
2024



50%
off

SELECTED RANGE

Continental Range
(excl. Low Price Everyday)

ALL
1/2
PRICE



\$2.49
ea

SAVE \$2.51

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



\$2.40
ea

SAVE \$2.40

Smith's Potato Chips 130-175g



\$5.99
ea

SAVE \$6.31

Birds Eye Oven Bake Fish Fillets 425g
\$14.09 per 1kg

Offers available from: 05/06/24 until 11/06/24

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

Tasmanian
RED APPLES 1.5kg

\$3.95
bag

\$2.63 per 1kg

Tasmanian
Grown



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

Scan & Subscribe to save



SEE INSIDE FOR MORE SAVINGS



— 1/2 PRICE *Specials* —



\$2.25
ea

SAVE \$2.25

Nabisco In A Biskit 160g
\$1.41 per 100g



\$7.99
ea

SAVE \$8.26

Toblerone Chocolate 360g
\$2.22 per 100g



\$1.25
ea

SAVE \$1.25

Lindt Bar 38g
\$3.29 per 100g



\$2.25
ea

SAVE \$2.45

Kellogg's LCM Bars 100-110g

ALL
1/2
PRICE



\$1.25
ea

SAVE \$1.25

Suimin Cup Noodles 70g
\$1.79 per 100g



\$5.99
ea

SAVE \$6.01

Sanitarium Up & Go
Breakfast Drink 6x250mL
\$3.99 per 1L



\$6.49
ea

SAVE \$6.50

Cadbury Ice Cream Tubs 460mL
\$1.41 per 100mL



\$13⁹⁹
ea

SAVE \$14.01

Omo Laundry
Liquid 2L/3 in 1 Capsules 28pk



50%
off

ENTIRE RANGE

Blistex Range



\$2⁴⁰
ea

SAVE \$2.40

Swisspers Cotton Tip 240pk
\$1.00 per 100ea



\$5⁷⁰
ea

SAVE \$5.70

Radox Shower Gel 1L
57¢ per 100mL



\$2⁹⁹
ea

SAVE \$3.00

Handee Ultra Paper Towel 3pk
\$1.66 per 100ea



\$4²⁵
ea

SAVE \$4.25

Palmolive Ultra
Dishwashing
Liquid 950mL
45¢ per 100mL



— FRESH MEAT & Produce —



Australian
LEMONS

\$2⁹⁵
kg



Beef
RUMP STEAK

\$22⁹⁹
kg

Serving Suggestion (product sold uncooked)



Grey Pumpkin

\$1⁵⁰
kg



JC's Natural Walnuts 350g
\$22.83 per 1kg

\$7⁹⁹
ea



Artisan
Pork
Sausages
475g
\$18.93 per 1kg

\$8⁹⁹
ea



Half Lamb Legs

\$13⁹⁹
kg



Marion Bay
Chicken
Breast Fillets

\$17⁹⁹
kg



Nichols Chicken
Kebabs 620g
\$24.18 per 1kg

\$14⁹⁹
ea

— DELICIOUS DELI & Bakery —



Delicious
HAPPY DONUT 4pk

\$5.49
ea

SAVE \$1.01



Family Favourite
CHICKEN DRUMSTICKS

Serving Suggestion

\$5.29
kg

Helga's
Gluten Free
Bread 500g
\$1.34 per 100g



\$6.69
ea

SAVE 86¢

Virginian
Ham



\$15.99
kg

Cripps Muffins 6pk
\$1.05 per 100g



\$3.79
ea

SAVE \$1.50

Ingham's
Oven
Roasted/
Sweet Herb
& Mustard
Turkey Breast



\$26.99
kg

National Pies
Family Pie
750/900g



\$11.99
ea

SAVE \$1.80

Bakers Oven
Madeira Cake 500g
\$1.24 per 100g



\$6.20
ea

LOW PRICE

Streaky
Bacon



\$20.99
kg



WINTER Warmers



Cripps Crumpet Splits 6pk
61¢ per 100g

\$2.59
SAVE \$1.41



Western Star Spreadable 500g
\$1.30 per 100g

\$6.49
SAVE \$1.01



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

\$7.99
SAVE \$1.46



Uncle Tobys Oats 8/10pk

\$5.49
SAVE \$1.40



Bega Peanut Butter 375g
\$1.20 per 100g

\$4.49
SAVE 9%



McKenzie's Soup Mixes 500g
\$2.80 per 1kg

\$1.40
SAVE 20¢



La Famiglia Cheesy Garlic Bread 190g
\$1.99 per 100g

\$3.79
SAVE \$1.01



Continental Cup-a-Soup 2pk

\$1.50
SAVE \$1.69



Continental
Soup Sensations 56-68g

\$1.75
SAVE \$1.75



Community
Co Baguette
Sourdough 250g
\$1.88 per 100g

\$4.70



WINTER Warmers

IGA



Pandani Sausages 500g
\$14.00 per 1kg



Birds Eye Potato Mash 800g
\$6.24 per 1kg



Maggi Gravy 24/27g



Valcom Curry Paste 210/230g



TCC Coconut Milk 400mL
29¢ per 100mL



Mission Naan Bread 4pk
\$1.25 per 100g



SunRice Microwave Rice Cups 240/250g



Birds Eye Sliced Green Beans 1kg
\$3.50 per 1kg





— SNACKS, TREATS & Drinks —



Sakata Rice Crackers 90/100g



Fyna Licorice Bags 200-250g



Cadbury Family
Block Chocolate 160-190g



Coca-Cola 30x375mL
\$2.40 per 1L



Coca-Cola/Fanta/Sprite/
Mt Franklin Sparkling Water 1.25L
\$1.80 per 1L



Schweppes
Traditional/
Mineral
Water/
Mixers 1.1L
\$1.68 per 1L



Bundaberg Soft Drink 4x375mL
\$3.99 per 1L



Mother Energy Drink 4x500mL
\$4.05 per 1L



Powerade Sports Drink 1L
\$3.60 per 1L



Johnno's
Sauce/
Chutney/
Relish
400/520g



\$5.99
ea
SAVE \$1.20

Juicy Isle
Topping
375mL
72¢ per 100mL



\$2.69
ea
SAVE 70¢



Tamar Valley
The Creamery Yoghurt 170g
\$1.32 per 100g

\$2.25
ea
SAVE 94¢



Pandani Sliced Meats 120g
\$41.67 per 1kg

\$5
ea
LOW PRICE



Tasmanian Mountain Spring Water 10L
70¢ per 1L

\$7
ea
LOW PRICE



Moccona Coffee 200g
\$6.25 per 100g

\$12.49
ea
SAVE \$7.01



Tetley Teabags 100pk/Green 50pk

\$3.79
ea
SAVE \$1.20



Nestle Milo 395/460g

\$6.99
ea
SAVE \$3.00



Sanitarium So Good Oat Milk 1L
\$1.99 per 1L

\$1.99
ea
SAVE 80¢



Black & Gold Longlife Milk 1L
\$1.79 per 1L

\$1.79
ea
BLACK & GOLD



Community
Co Extra Virgin
Olive Oil 500mL
\$2.00 per 100mL

\$9.99
ea
SAVE \$3.00



— FILL UP THE FRIDGE & *Freezer* —



\$4.99
ea

SAVE \$1.51

Lemnos Fetta Cheese 180/200g



\$8.49
ea

SAVE \$2.01

Bega Cheese Grated 500g
\$16.98 per 1kg



\$2.69
ea

SAVE 61¢

Eta 5 Star Spread 500g
54¢ per 100g



\$4.99
ea

SAVE \$1.81

Pauls Double Thick Custard 900g
55¢ per 100g



\$4.49
ea

SAVE \$1.31

McCain Beer Batter Wedges/Chips 750g
\$5.99 per 1kg



\$4.49
ea

Black & Gold Chicken Nuggets 500g
\$8.98 per 1kg



\$4.99
ea

SAVE \$2.01

Lean Cuisine Frozen Meals 375g
\$1.33 per 100g



\$8.50
ea

SAVE \$1.00

Peters Drumstick/Maxibon 4/6pk



\$6.75
ea

SAVE \$1.75

Bulla Multipack Sticks 8-14pk



\$1.69
ea

SAVE 60¢

Natures Organics
Fruits Shampoo & Conditioner 500mL
34¢ per 100mL



\$2.75
ea

SAVE 85¢

Palmolive Softwash
Liquid Soap Pump 250mL
\$1.10 per 100mL



\$6.99
ea

SAVE \$2.60

Quilton Toilet Tissue 12pk
32¢ per 100sh



\$4.49
ea

SAVE \$2.51

Colgate Plax Mouthwash 500mL
90¢ per 100mL



\$1.60
ea

SAVE 20¢

Heinz Baby Food Pouch 120g
\$1.33 per 100g



\$2.49
ea

SAVE 86¢

Multix Bake 30cmX10mt
25¢ per 1mt



\$1.40
ea

SAVE 50¢

Fancy Feast Broth 40g
\$3.50 per 100g



\$3.49
ea

SAVE \$1.10

Chum Canned Dog Food 1.2kg
29¢ per 100g



\$2.69
ea

SAVE 70¢

My Dog Canned Dog Food 400g
67¢ per 100g

SOOTHE THOSE Coughs & Colds



\$4.49
ea
SAVE \$2.00

Vicks VapoDrops 16/24pk



\$1.99
ea
SAVE 51¢

Quilton Gold 4ply
Aloe Vera Facial Tissues 100pk
\$1.99 per 100ea



\$4.99
ea
SAVE \$2.00

Strepsils Lozenges 16pk
31¢ per 1ea



\$4.49
ea
SAVE \$1.51

Nurofen Zavance 12pk
37¢ per 1ea



\$2.25
ea
SAVE 90¢

Fisherman's Friend Lozenges 25g
\$9.00 per 100g



\$7.99
ea
SAVE \$2.50

Codral Relief
Cold/Flu + Decongestant 10pk
80¢ per 1ea



\$4.99
ea
SAVE \$1.51

Panadol Rapid Caplets 20pk
25¢ per 1ea



\$7.99
ea
SAVE \$1.70

Vicks Vaporub 50g
\$15.98 per 100g



\$8.90
ea
LOW PRICE

Nyal Dry/Chesty/
Bronchitis Cough Mix 200mL
\$4.45 per 100mL

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igatas.com.au/store-locator



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.

BLACK & GOLD®

VALUE EVERY DAY



Black & Gold White Sugar 2kg
16¢ per 100g



Black & Gold Shredded Cheese 500g
\$16.98 per 1kg



Black & Gold Garlic Bread 2x225g
55¢ per 100g



Black & Gold Tomatoes Chopped 400g
\$2.75 per 1kg



Black & Gold Vegetable Oil 2L
43¢ per 100mL



Black & Gold Minced Garlic 250g
1¢ per 10g



Black & Gold Cat Litter 9kg
84¢ per 1kg



Black & Gold Household Regular Wipes 10pk
12¢ per 1ea



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

SWEET POTATO & CHICKPEA CURRY



Valcom
Curry Paste
210/230g

1/2
PRICE

\$2.15
ea
SAVE \$2.15



1/2
PRICE

\$1.15
ea
SAVE \$1.15



TCC
Coconut
Milk 400mL
29¢ per 100mL

Ingredients

- 1 tbsp olive oil
- 2 shallots, thinly sliced
- 2 garlic cloves, grated
- 1 thumb-sized piece ginger, grated
- 3 tbsp Valcom Thai Red Curry Paste
- 1 tbsp smooth peanut butter
- 500g sweet potato, peeled and cut into chunks
- 400ml TCC Coconut Milk
- 200g bag baby spinach
- 200mL reduced salt vegetable stock
- 400g canned chickpeas
- 1 lime, juiced
- 2 handfuls fresh coriander, chopped
- Cooked Basmati rice (or other low GI rice), to serve
- Dry roasted peanuts, to serve

What to do

1. Melt 1 tbsp coconut oil in a saucepan over a medium heat. Add the shallots and cook until they begin to soften.
2. Add garlic and ginger. Cook for 1 min until fragrant.
3. Stir in Thai red curry paste, peanut butter and sweet potato and chick peas. Then add coconut milk and vegetable stock.
4. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
5. Turn off the heat and stir through baby spinach and lime juice and season with salt and pepper.
6. Serve over cooked rice, and sprinkle over a few dry roasted peanuts and fresh coriander.



WHERE THE *locals* MATTER

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