



ON SALE
7TH JUNE
2023



SEE INSIDE FOR SOME WINTER WARMERS



97¢
ea

Fantastic
Noodles Cup 70g/Bowl 85g



\$1.50
ea

Continental Cup-a-Soup 2pk

1/2
PRICE



\$2.25
ea

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



\$2.40
ea

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



ALL

1/2

PRICE



\$1.60
ea

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



\$1.75
ea

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



\$4.25
ea

Palmolive Ultra
Dishwashing
Liquid 950mL
45¢ per 100mL



\$1.50
ea

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



\$1
ea

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



\$1.19
ea

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



\$6.40
ea

Sunsilk
Shampoo/
Conditioner
700mL
91¢ per 100mL

WARM UP FOR
Winter



Cadbury Cookies 156g
\$1.28 per 100g



Cadbury Breakaway Biscuit 180g
\$1.22 per 100g



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



Nescafé Coffee Sachets 10pk/Gold 8pk



Nestle Milo 395/460g



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



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



Tetley Extra Strong
Tea Bags 100's



Tetley Chai Classic 8pk
\$2.75 per 100g



— DRINKS, SNACKS & *Treats* —



Coca-Cola 30x375mL
\$2.27 per 1L



Bundaberg
Ginger Beer
750mL
\$3.99 per 1L

\$2.99
ea



Powerade
Sports Drink
600mL
\$4.00 per 1L

\$2.40
ea



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

\$2.25
ea



Skittles Confectionery 160-200g

\$3.69
ea



Oreo Multipack 230g
\$1.73 per 100g

\$3.99
ea



Cadbury Bites 110-150g

\$3.49
ea



Cadbury Family Block Chocolate 160-190g

\$3.85
ea



Arnott's Savoy/Jatz 225/250g

\$2.75
ea

— STOCK UP THE *Pantry* —



\$3.49
ea

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



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

\$7.99
ea



\$4.49
ea

Bega Peanut Butter 375g
\$1.20 per 100g



\$5.25
ea

Uncle Tobys
Flavoured Oats 10pk/Hi Fibre 8pk



\$3.99
ea

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



\$1.99
ea

Heinz Condensed Soup 420g
47¢ per 100g



\$1.75
ea

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



\$4.99
ea

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



\$3.99
ea

Leggos Pasta Bake Sauce 500g
80¢ per 100g



— FILL UP THE FRIDGE & *Freezer* —

FAMILY PIZZA NIGHT.

The greatest thing
since sliced pizza.



\$6⁹⁹
ea

McCain Family Pizza 490/500g



\$4⁹⁹
ea

Western Star Spreadable 500g
\$1.00 per 100g



\$6⁹⁹
ea

Bega Cheese Grated 500g
\$13.98 per 1kg



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

\$4⁹⁹
ea



\$4⁹⁹
ea

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



\$7⁹⁹
ea

Peters Drumstick 4/6pk



\$5²⁵
ea

Peters Original Ice Cream 2L
26¢ per 100mL

**1/2
PRICE**



\$2.25
ea

Swisspers Cotton Tip 240pk
94¢ per 100ea



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

\$3.49
ea



U by Kotex Pads/Tampons 10-16pk

\$5
ea

LOW PRICE



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

\$2.69
ea



Cold Power Laundry Detergent 900g/1L

\$6.99
ea



Pedigree Canned Dog Food 1.2kg
40¢ per 100g

\$4.75
ea



Friskies Dry Cat Food 1kg
70¢ per 100g

\$6.99
ea



Whiskas Canned Cat Food 400g
53¢ per 100g

\$2.10
ea

\$3.99
ea

Redheads Firelighters 20/24pk

SEE INSIDE FOR SOME WINTER WARMERS



Cauliflowers



Red Apples 1.5kg
\$2.63 per 1kg



Cripps Fruit Buns 6pk
93¢ per 100g



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

IGA
Low Prices
EVERY DAY



Mother
Energy Drink
4x500mL
\$4.00 per 1L



Maggi Recipe Base Sachets 21-43g



Ajax Spray
n' Wipe
Trigger
475/500mL



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

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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.



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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

\$3.80
ea
community Co

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.



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