



ON SALE 8TH JUNE 2022



Beef

RUMP STEAK

\$25⁹⁹
kg



Serving Suggestion

WHERE THE *locals* MATTER

GIGANTIC *Sale*



ALL

1/2
PRICE



\$2⁴⁹
ea

Tetley Tea Cup Bag 100pk
\$1.38 per 100g



\$1⁹⁹
ea

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



\$3⁷⁰
ea

Nescafé Coffee Sachets 10pk/Gold 8pk



\$3⁴⁹
ea

iCare Toilet Tissue 8pk
24¢ per 100sh

— GIGANTIC SALE ON NOW! —

Offers available from 08/06/22 until 14/06/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— STOCK UP THE *Pantry* —



Cadbury Share Pack 144-180g

\$329
ea



Allen's Jelly/
Mint Confectionery Range 150-200g

\$249
ea



Smith's Potato Chips/
Doritos Corn Chips 90-175g

\$269
ea



V Energy Drink 250mL 4pk
\$5.99 per 1L

\$599
ea



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

\$1849
ea



Pump
Water
750mL
\$3.99 per 1L

\$299
ea



Raguletto Pasta Sauce 500g
34¢ per 100g

\$169
ea



San Remo Pasta 375/500g

\$235
ea



Edgell Beans/
Chick Peas/Lentils/Corn 400/420g

\$169
ea



MasterFoods
Squeazy
Tomato/
BBQ Sauce
475/500mL

\$249
ea



Bega Peanut Butter 375g
\$1.06 per 100g

\$399
ea



IXL Jam 480g
62¢ per 100g

\$299
ea



\$2.25
ea

Pringles Chips 134g
\$1.68 per 100g

Oreo
Multipack
230g
87¢ per 100g



\$1.99
ea

ALL

**1/2
PRICE**



\$2.34
ea

Uncle Toby's
Quick/Traditional Oats 500g
47¢ per 100g



\$4.99
ea

Ajax Antibacterial Wipes 110s
5¢ per 1ea



\$3.99
ea

Lynx Antiperspirant/Deodorant 165mL
\$2.42 per 100mL



\$2.49
ea

Maltesers Block Chocolate/Violet
Crumble Bites/Nuggets 135-180g



\$7.49
ea

Fab Laundry
Powder 1.8/2kg & Liquid 1.8L



\$3.99
ea

Morning Fresh Dishwashing Liquid 400mL
\$1.00 per 100mL



\$1.25
ea

Snappy Tom Canned Cat Food 400g
31¢ per 100g



\$2.15
ea

LOW PRICE

Sorbent Vanilla/
Frangipani Facial Tissues 170pk
\$1.26 per 100ea



\$2.49
ea

Palmolive Softwash Liquid
Soap 250mL/Naturals Soap 4pk



Natures
Organics
Fruits
Shampoo &
Conditioner
500mL
30¢ per 100mL

\$1.49
ea

GIGANTIC SALE ON NOW!



IGA
GIGANTIC
Sale



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

Offers available from **08/06/22** until **14/06/22**

Visit IGATAS.COM.AU for more info



LIKE US facebook.com/igatas



SUBSCRIBE

to receive our weekly online catalogue igatas.com.au/catalogues



LOCATE

find your local store here 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.

HOME STYLE CHICKEN AND BARLEY SOUP



Nichols Whole Fresh Extra Large Chicken
From the Meat Department

Ingredients

- 1 whole chicken, cut into quarters
- 1 tbsp light extra virgin olive oil
- 1 brown onion, roughly chopped
- 1 carrot, roughly chopped
- 2 cups barley
- 4 cloves of garlic, minced
- 2 slices of ginger
- 1 parsnip or turnip, peeled, cored and diced
- 3 tbsp miso paste
- 1 tbsp of goji berries
- 1/2 bunch of kale, roughly chopped
- Optional lemon wedge to serve

What to do

1. In a large heavy-based pot, add oil, brown chicken pieces, add onion, carrot, garlic ginger and barley over a medium heat.
2. Saute for a few more minutes, add goji berries, parsnip or turnip and 2 litres of water.
3. Bring to a boil then let it simmer for 1-2 hours until the chicken is tender and the barley soft.
4. Carefully take the chicken out to shred, return the meat to the soup, add miso and kale.
5. Bring the soup back to simmer, season with salt and pepper. Add some hot water if the soup becomes too thick.
6. Optional - add a lemon wedge to serve.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info