



WHERE THE *locals* MATTER

ON SALE 28TH JULY 2021



Australian
**BEEF SCOTCH
FILLET STEAK**

\$37⁹⁹
kg



Serving Suggestion

BIG DEAL

ALL SALE

**1/2
PRICE**



\$1⁶⁰
ea

Arnott's Shapes 140-190g



\$1⁹⁹
ea

Kellogg's Nutri-Grain/LCM Bars 6pk



Campbell's
Real Stock 1L
20¢ per 100mL

\$1⁹⁹
ea



\$1¹⁰
ea

Green's Essentials Cake Mix 340g
32¢ per 100g

SAVE EVEN MORE WITH THE BIG DEALS INSIDE



Offers available from 28/07/21 until 03/08/21
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— SNACK & DRINK Favourites —



75¢ ea

Foster Clarks Snak Pack 120g
63¢ per 100g

BIG DEAL

1/2 PRICE DEALS



\$3.30 ea

Nescafé Coffee
Sachets 10pk/Gold 8pk

NEW



\$1.99 ea

Ritz Cracker Bites 180g
\$1.11 per 100g



\$1 ea

Oreo Cookie
133/147g



Coca-Cola/
Lift/Fanta/
Sprite Soft
Drink 1.25L
\$1.59 per 1L

\$1.99 ea



Coca-Cola/Lift/Fanta/
Sprite Soft Drink Cans 375mL 24pk
\$1.89 per 1L

\$16.99 ea



Juicy Isle
Cordial 2L
\$1.50 per 1L

\$2.99 ea



Cheezels/Chickadees 110/125g

\$1.99 ea



Arnott's Tim Tam Biscuits 160-200g

\$2.99 ea



Pascall/
The Natural Confectionery Bags 160-280g

\$2.99 ea



\$1.19 ea

Continental Cup-a-Soup 2pk

BIG DEAL

1/2 PRICE DEALS



\$1.10 ea

Heinz Baked Beans/Spaghetti 300g
37¢ per 100g



\$1.75 ea

iCare Paper Towel 2pk
\$1.46 per 100ea



\$1.85 ea

Multix Clingwrap 33cm x 60m
3¢ per 1m



\$3.99 ea

TRESemmé Shampoo & Conditioner 350mL
\$1.14 per 100mL



\$2.49 ea

Cadbury Drinking Chocolate 250g
\$1.00 per 100g



\$4.49 ea

Kellogg's Rice Bubbles/Coco Pops/
Froot Loops/Just Right 285-460g



\$2.99 ea

Leggos Pasta Sauce 490/500g



\$2.59 ea

Chum Canned Dog Food 1.2kg
22¢ per 100g



\$19.99 ea

Pedigree Dry Dog Food 8kg
25¢ per 100g



\$18.99 ea

Kleenex Toilet Tissue 45pk
23¢ per 100sh

SAVE EVEN MORE WITH THE BIG DEAL INSIDE



BIG DEAL SALE



Unicorn Brie/Camembert Cheese 125g
\$23.92 per 1kg



Duck River Soft Butter 500g
90¢ per 100g



Zoosh Dip 185g
\$1.08 per 100g



McCain Pizza Singles/
Pockets 400g/Slices 600g



Birds Eye Battered Chips & Wedges 750g
\$4.65 per 1kg



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

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STEAK WITH MUSHROOM SAUCE



\$37⁹⁹
kg

Beef Scotch Fillet Steak
From the Meat Department

Ingredients

- 2 x 200g scotch fillet
- 1 tbsp (20mL) olive oil
- 1 cup sliced mushrooms
- 1/2 cup (125mL) cream

What to do

1. Heat a nonstick frying pan to high. Brush the steaks with oil. Season with sea salt and cracked pepper. Cook the first sides of the steaks until moisture appears (approx. 4 minutes), turn and cook for another 4 minutes for medium doneness. Remove from the pan, cover with foil, and allow to rest.
2. Into the same pan, add the mushrooms, stirring to blend with the pan juices. Add the cream and stir again until well combined. Lower heat and simmer to reduce and thicken slightly.
3. Place steaks onto serving plates and top with the decadent mushroom sauce.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

Lindt Excellence/
Lindor Chocolate
Block 100g
(excl. 70%)
\$3.99 per 100g

\$3.99
ea
LOW PRICE



You'll find *Low Prices* Every Day right across the store



\$5.99
ea
LOW PRICE

On the Menu Frozen Meals 320g
\$1.87 per 100g



\$1.49
ea
LOW PRICE

Tamar Valley Kids Pouches 110g
\$1.35 per 100g



\$2
ea
LOW PRICE

Coca-Cola Cans 250mL
\$8.00 per 1L



\$2.49
ea
LOW PRICE

Samba Firelighters 36's
7¢ per 1ea



Ajax Spray
n' Wipe
Trigger
475/500mL

\$2.99
ea
LOW PRICE



\$6.49
ea
LOW PRICE

Tasmanian Mountain Spring Water 10L
65¢ per 1L



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Visit IGATAS.COM.AU/LOW-PRICES-EVERYDAY for more info



THE BENEFITS OF MIXED FEEDING

MANY PET PARENTS WONDER IF THEY SHOULD BE FEEDING DRY FOOD, WET FOOD OR A COMBINATION OF THE TWO.

EACH FEEDING FORMAT OFFERS SPECIFIC ADVANTAGES, SO LET'S
CONSIDER SOME OF THEM.

DRY FOOD

- CONCENTRATED NUTRITION, SO YOU FEED LESS.
- ECONOMICAL, CONVENIENT TO USE AND STORE.
- CRUNCHY KIBBLES MAY HELP IMPROVE ORAL HEALTH.

WET FOOD

- HIGH MOISTURE CONTENT, HELPING TO MAINTAIN URINARY TRACT HEALTH
- LESS CALORIE DENSE, HELPFUL IN PROMOTING A HEALTHY BODY CONDITION
- PROVIDES VARIETY THROUGH AROMA, FLAVOUR, AND TEXTURE.



Please refer to feeding guides on product labels for the correct feeding portions for your pet.

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