



ON SALE
2ND AUGUST
2023



\$15⁹⁰
ea



Pepsi/Solo/Sunkist/Lemonade
Canned Soft Drinks 24x375mL
\$1.77 per 1L



\$1
ea

Indomie Noodle Cup 75g
\$1.33 per 100g



\$2⁸⁵
ea



M&M's/Maltesers/Pods 130-180g



\$3⁹⁹
ea

Nescafé Coffee Sachets 10pk/Gold 8pk

Offers available from: 02/08/23 until 08/08/23

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

SEE INSIDE FOR MORE SAVINGS



Australian
**BEEF
PORTERHOUSE
STEAK**
\$29⁹⁹
kg

Serving Suggestion (product sold uncooked)



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

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— 1/2 PRICE *Specials* —



\$2.75
ea

Nestle Block Chocolate 118-200g



\$2.49
ea

Kellogg's Nutri-Grain/LCM Bars 6pk



\$1.99
ea

Cadbury Fingers 114g/
Freddo Biscuit 167g



\$2.99
ea

Kettle Potato Chips 150/165g

ALL
1/2
PRICE



\$2.25
ea

Campbell's Real Stock 1L
23¢ per 100mL



\$1.94
ea

Multix Clingwrap 33cmx60m
3¢ per 1m



\$5.70
ea

Radox Shower Gel 1L
57¢ per 100mL



\$4.75
ea

Morning Fresh
Dishwashing Liquid 900mL
53¢ per 100mL



\$1.99
ea

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



\$9.35
ea

Coca-Cola/Fanta/Sprite 10x375mL
\$2.49 per 1L



\$6
ea

LOW PRICE

Bickford's Blackcurrant Juice Syrup 750mL
\$8.00 per 1L



\$4.79
ea

Arnott's Cream Favourites 500g
96¢ per 100g



\$3.49
ea

Smith's Potato Chips/
Doritos Corn Chips 130-175g



\$3.95
ea

Lindt Excellence/
Lindor Chocolate Block 80/100g
\$3.95 per 100g



\$2.99
ea

Leggo's Tomato Paste 140g 2pk
\$1.07 per 100g



\$2.49
ea

Pauls Zymil Long Life Milk 1L
\$2.49 per 1L



\$19.99
ea

Nescafé Blend 43 Coffee 500g
\$4.00 per 100g



\$2.10
ea

Whiskas Canned Cat Food 400g
53¢ per 100g



\$4.75
ea

Pedigree Canned Dog Food 1.2kg
40¢ per 100g



\$4.49
ea

Little Lucifer Firelighters 24pk
19¢ per 1ea

SEE INSIDE FOR MORE SAVINGS



Sweet Potatoes

\$2⁵⁰
kg



Grey Pumpkin

\$1⁵⁰
kg

1/2
PRICE



Mighty Soft Raisin Toast 600g
54¢ per 100g

\$3²⁵
ea



Cripps Pikelets 8pk
\$1.25 per 100g

NEW

\$2⁴⁹
ea



JC's Dried Cranberries 500g
\$14.98 per 1kg

\$7⁴⁹
ea



Tamar Valley Yoghurt 700g
71¢ per 100g

\$4⁹⁹
ea



Cheer Tasty Cheese Block 1kg
\$12.99 per 1kg

\$12⁹⁹
ea



La Famiglia Cheesy Garlic Bread 190g
\$1.84 per 100g

\$3⁴⁹
ea



Bulla Creamy Classics 2L/
Creamy Classics 4pk

\$6⁹⁹
ea

1/2
PRICE



Nanna's Crumble 550g
54¢ per 100g

\$2⁹⁹
ea



McCain Family Pizza 490/500g

\$6⁹⁹
ea

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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.

San Remo
La Pasta
Range 80g
\$1.38 per 100g

\$1.10
ea
LOW PRICE



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



\$4.30
ea
LOW PRICE

Morning Sun Muesli 650g
66¢ per 100g



\$4
ea
LOW PRICE

Nice & Natural Nut Bars 6pk



\$1.75
ea
LOW PRICE

Zafarelli Pasta 500g
35¢ per 100g



\$4.49
ea
LOW PRICE

Oreo Biscuits Family Pack 370g
\$1.21 per 100g



\$6
ea
LOW PRICE

Bickford's
Blackcurrant Juice Syrup 750mL
\$8.00 per 1L



WHERE THE
locals MATTER

Specials available from participating Tasmanian IGA & IGA X-press Stores. We reserve the right to correct any printing errors. Whilst stocks last. Some products or varieties may not be available at all stores. Pictures used for illustration purposes only. Sales are restricted to retail quantities only. All prices include GST where applicable. Prices correct at time of printing.

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McCain
Super Fries
900g
\$5.00 per 1kg

\$4.50
ea
LOW PRICE



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



\$10
ea
LOW PRICE

Lucky Dog Dry Dog Food 3kg
33¢ per 100g



\$7
ea
LOW PRICE

Pampas Bulk Puff Pastry 1.6kg
44¢ per 100g



\$4.50
ea
LOW PRICE

Meadowlea Spread 500g
90¢ per 100g



\$7.50
ea
LOW PRICE

Radiant Laundry
Powder 1kg/Liquid 1L



\$9
ea
LOW PRICE

Ajax Antibacterial Wipes 110s
8¢ per 1ea



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VEGETABLE BROWN RICE LOAF



Leggo's Tomato Paste 140g 2pk
\$1.07 per 100g



SunRice Microwave Rice Cups
240/250g



Cheer Tasty
Cheese
Block 1kg
\$12.99 per 1kg

Ingredients

- 1 cup SunRice Brown Rice
- 4 eggs
- 2 tbsp extra virgin olive oil
- 200g mushrooms
- 3/4 cup walnuts
- 1 celery stalk
- 1 carrot
- 1 onion
- 3 garlic cloves
- 1/2 tsp vegemite
- 1 tsp Leggo's Tomato Paste
- 1 tsp smoked paprika
- 1/2 bunch silverbeet, chopped
- 2 slices wholemeal bread
- 1 cup Cheer Tasty Cheese
- 1 tbsp parsley
- 1 tsp dried sage
- 1 1/2 tsp salt

What to do

1. Preheat the oven to 180C.
2. Place walnuts in a food processor, pulse until you have a loose meal. Transfer to a large bowl and set aside. Add bread and mushrooms in a food processor and pulse until chopped. Add to the walnut bowl. Next add onion, carrot, celery, and garlic in the food processor and pulse until roughly chopped.
3. In a saucepan over medium heat, add butter to the pan and when it starts foaming add the chopped vegetable mixture and cook stirring for 3-4 minutes. Add the silverbeet, vegemite, tomato paste, smoked paprika and cook until softened and liquid from the vegetables have evaporated. Transfer to the bowl with the mushrooms and breadcrumbs. Add the rice, cheese, eggs, parsley, sage, salt and pepper and stir until it's combined and homogenous.
4. Generously grease a loaf tin with butter. Pour in the vegetable mix and bake for 40-50 minutes. To check if it's cooked, insert a skewer in the centre of the loaf and when removed it should come out clean with no streaks of batter.



WHERE THE *locals* MATTER

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