



ON SALE
23RD AUG
2023



Powerade
Sports
Drink
600mL
\$3.32 per 1L

\$1.99
ea

SAVE \$2.01



\$1.10
ea

SAVE \$1.10



Nestle Medium
Chocolate Bars 35-55g

**1/2
PRICE**

\$5.69
ea

SAVE \$5.70



Streets Magnum 4/6pk



\$3.99
ea

SAVE \$4.30

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

Offers available from: 23/08/23 until 29/08/23

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

Australian

HALF LAMB LEGS

\$13.99
kg

Serving Suggestion (product sold uncooked)



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

Scan & Subscribe to save



SEE INSIDE FOR MORE SAVINGS



— GREAT *Specials* —



\$1.99
ea

SAVE \$2.01

Cadbury Cookies 156g
\$1.28 per 100g



\$2.19
ea

SAVE \$2.20

Cadbury Breakaway Biscuit 180g
\$1.22 per 100g



\$3.40
ea

SAVE \$3.45

Uncle Tobys
Plus Cereal
410-435g/
Squarz 460g



ALL
1/2
PRICE



\$2.25
ea

SAVE \$2.60

Campbell's
Country Ladle
Canned Soup
495-510g



\$3.25
ea

SAVE \$3.25

Colgate Total Toothpaste Advanced 115g
\$2.83 per 100g



\$2.99
ea

SAVE \$3.40

Swisspers Paper Stem Cotton Tip 400pk
1¢ per 1ea



\$3.29
ea

SAVE \$2.21

Cadbury Family Block Chocolate 160-190g



\$2.69
ea

SAVE \$1.30

Mission Corn Chips 230g
\$1.17 per 100g



\$9.99
ea

SAVE \$6.00

Bega Tasty Cheese Block 1kg
\$9.99 per 1kg



\$2.99
ea

SAVE \$3.01

Continental Deb
Instant Potato Mash 350g
\$8.54 per 1kg



Continental
Surprise Peas
100g
\$23.20 per 1kg

\$2.32
ea

SAVE \$2.33



70¢
ea

SAVE 70¢

Continental French Onion/
Chicken Noodle Soup 35-45g



\$1.19
ea

SAVE \$1.20

Continental Deb
Instant Potato Mash 115g
\$10.35 per 1kg



64¢
ea

SAVE 65¢

Continental
White Sauce
35g/Cheese
Sauce 40g



\$1.50
ea

SAVE \$1.50

Continental Cup A Soup 2/4pk



\$1.89
ea

SAVE \$2.00

Continental Pasta & Sauce/
Seasoned Rice 110-190g



\$2.25
ea

SAVE \$2.25

Continental
Stock Pot 112g
20¢ per 10g



\$1.50
ea

SAVE \$1.69

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



\$1.99
ea

SAVE \$2.10

Continental Stock Powder 125/130g



\$1.99
ea

SAVE \$2.01

Continental Stock 1L
20¢ per 100mL



\$1.75
ea

SAVE \$1.75

Continental Soup Sensations 56-68g

*excluding Low Price Everyday



— FRESH MEAT & Produce —



**Tasmanian
Grown**

Tasmanian
BROCCOLI

\$3⁹⁰
kg



Red
Capsicum

\$4⁹⁰
kg

**Tasmanian
Grown**



Carrots 1kg
\$1.50 per 1kg

\$1⁵⁰
bag



JC's Delicious
Energy Mix
500g
\$17.98 per 1kg

\$8⁹⁹
ea

Beef
Scotch
Fillet
Steak

\$37⁹⁹
kg



**Australian
Beef**

Marion Bay
Chicken
Breast Fillets

\$19⁹⁹
kg



**Australian
Poultry**

Scottsdale
Meaty Pork
Ribs

\$17⁹⁹
kg



Scottsdale

**ARTISAN PORK
SAUSAGES 475g**

\$18.93 per 1kg (product sold uncooked)

\$8⁹⁹
ea



Diced
LEAN BACON

Serving Suggestion

\$8⁹⁹
kg



Cabana

\$15⁹⁹
kg



Australian
Poultry



Chicken
Breast
Chunks

\$13⁹⁹
kg



Smoked
Bacon
Hocks

\$11⁹⁹
kg

Mission Naan
Bread 4pk
\$1.07 per 100g

\$2⁹⁹
ea

SAVE \$1.11



National Pies Pizza
Pocket 2pk/Pie &
Sausage Roll 3pk
\$1.80 per 100g

\$6⁴⁹
ea

SAVE \$2.30



Eliza's
Loaves 500g
70¢ per 100g

\$3⁴⁹
ea

SAVE 91¢



Product of
Tasmania

1/2
PRICE

Cripps
**CAFÉ QUALITY
FRUIT LOAF 700g**

40¢ per 100g

\$2⁷⁹
ea

SAVE \$2.80



BLACK & GOLD

\$1.10
ea

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

**& BLA
& GO
VALUE EVE**



BLACK & GOLD

\$1.89
ea

Black & Gold Vinegar White 2L
9¢ per 100mL



BLACK & GOLD

\$1.65
ea

Black & Gold Tomato Paste 500g
33¢ per 100g



BLACK & GOLD

\$1.99
ea

Black & Gold Raw Sugar 1kg
20¢ per 100g



BLACK & GOLD

\$4.49
ea

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



BLACK & GOLD

\$1.09
ea

Black & Gold Paracetamol 20pk
5¢ per 1ea

BLACK & GOLD®

VALUE EVERY DAY



Black & Gold
Vegetable Oil 2L
38¢ per 100mL

BLACK & GOLD
\$7.69
ea



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

BLACK & GOLD
\$1.79
ea



Black & Gold Garlic Bread 2pk 450g
55¢ per 100g

BLACK & GOLD
\$2.49
ea



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

BLACK & GOLD
\$8.49
ea



Black & Gold
Dog Food 1.2kg
32¢ per 100g

BLACK & GOLD
\$3.79
ea



Black & Gold
Cat Litter 9kg
78¢ per 1kg

BLACK & GOLD
\$7
ea



— SNACKS, TREATS & Drinks —



Harvest Snaps 230g
\$19.52 per 1kg



Samboy Potato Chips 175g
\$2.11 per 100g



Allen's Jelly/
Mint Confectionery Range 140-200g



Cadbury Bites 110-150g



Coca-Cola/Fanta/Sprite/
Deep Spring/Mt Franklin 6x250mL
\$3.53 per 1L



Coca-Cola/Fanta/Sprite
Soft Drink Cans 24x375mL
\$2.73 per 1L



Kirks Canned Soft Drink 10x375mL
\$2.01 per 1L



Schweppes Mixer Soft Drink 4x300mL
\$3.33 per 1L



Red Bull Energy Drink 4x250mL
\$7.99 per 1L

— STOCK UP THE *Pantry* —



\$1.99
ea

SAVE 76¢

Green's Pancake Shake 200g
\$1.00 per 100g



\$5.99
ea

SAVE \$4.01

Queen Vanilla Extract 150mL
40¢ per 10mL



\$2.15
ea

SAVE 95¢

Green's Traditional Cake/Muffin Mix 380-470g



\$19.99
ea

SAVE \$6.01

Nescafé Blend
43 Coffee 500g/Gold 400g



\$2.49
ea

SAVE \$1.00

Twinnings Teabags 10pk



\$5.49
ea

SAVE \$2.10

Uncle Tobys Quick/Traditional Oats 1kg
55¢ per 100g



\$3.69
ea

SAVE \$1.31

Maggi 2 Minute Noodles 5pk (excl. Fusian)



\$2.49
ea

SAVE 46¢

San Remo Pasta 375/500g



\$2.99
ea

SAVE \$1.20

Dolmio Extra Pasta Sauce 490/500g



— FILL UP THE FRIDGE & Freezer —



\$6.99
ea

SAVE \$1.76

McCain Pizza Singles/Pockets 380/400g



\$5.49
ea

SAVE \$1.66

Peters Light & Creamy 1.8L
31¢ per 100mL



\$3.99
ea

SAVE \$1.01

Nanna's Snack
Fruit Pies 4pk/Family 600g



Western
Star
Thickened
Cream
600mL
78¢ per 100mL

\$4.70
ea

LOW PRICE

Tibaldi Signature Ham off the Bone 120g
\$33.25 per 1kg



\$3.99
ea

SAVE \$1.01



\$4.50
ea

LOW PRICE

McCain Superfries 900g
\$5.00 per 1kg



\$5.99
ea

SAVE \$1.51

Bega Cheese Slices 250g
\$23.96 per 1kg



\$3.99
ea

SAVE \$2.51

Lemnos Fetta Cheese 180/200g



\$3.49
ea

SAVE \$1.16

Pauls
Zymil Milk
Lactose
Free 1L
\$3.49 per 1L



\$4.99
ea

SAVE \$2.51

ASHGROVE

GRASS COW YOU

Ashgrove Cheese 140g (excl. Fetta)
\$35.64 per 1kg



Handee Ultra Paper Towel 3pk
\$2.22 per 100ea



Sorbent
Toilet Tissue Hypo-Allergenic 12pk
42¢ per 100sh



Fab Laundry Powder 1.8/2kg & Liquid 1.8L



Nurofen Zavance 24pk
25¢ per 1ea



Sorbent Facial Tissues 170s
\$1.17 per 100ea



Redheads Firelighters 24pk
17¢ per 1ea



My Dog Tray 100g
\$1.49 per 100g



Pedigree Dentastix 7pk
71¢ per 1ea



Whiskas Oh So Pouches 12pk
\$1.08 per 100g

BUY LOCAL BUY TASMANIAN

IGA WHERE THE *locals* MATTER



Product of Tasmania

Duck River Soft Butter 500g
\$1.10 per 100g



\$5.49
ea
SAVE \$2.01



Product of Tasmania

Tamar Valley Kids Pouches 110g
\$1.45 per 100g

\$1.60
ea
SAVE 89¢



Product of Tasmania

Tamar Valley Yoghurt 700g
71¢ per 100g

\$4.99
ea
SAVE \$2.51



Product of Tasmania

Spreyton Fresh Juice 2L
\$2.60 per 1L

\$5.20
ea
SAVE \$1.70



Product of Tasmania

Betta Flavoured Milk 500mL
\$5.98 per 1L

\$2.99
ea
SAVE \$1.00



Product of Tasmania

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

\$5.99
ea
SAVE \$1.20



Product of Tasmania

Juicy Isle Topping 375mL
80¢ per 100mL

\$2.99
ea
SAVE 40¢



Product of Tasmania

Hartz Soft Drink/
Mixer 1.25L
\$1.43 per 1L

\$1.79
ea
SAVE 20¢

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Visit [IGATAS.COM.AU](https://www.igatas.com.au) for more info



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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.

SEE INSIDE FOR MORE SAVINGS

Nice & Natural Nut Bars 6pk

\$4
ea
LOW PRICE



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



\$3.99
ea
LOW PRICE

Twisties/Burger Rings/
Toobs/Cheetos 125-270g



\$3.65
ea
LOW PRICE

Coca-Cola/Fanta/
Sprite Soft Drink 2L
\$1.83 per 1L



\$2.75
ea
LOW PRICE

SunRice
Microwave Rice Cups 240/250g



\$5.99
ea
LOW PRICE

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



\$10
ea
LOW PRICE

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



\$5
ea
LOW PRICE

U by Kotex Pads/Tampons 10-16pk



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.

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

Continental

ONE POT BEEF CURRY



1/2
PRICE



Continental
Stock Pot 112g
20¢ per 10g

\$2.25
ea
SAVE \$2.25

Ingredients

- 1 tablespoon rice bran oil
- 600 g chuck steak (or gravy beef), cubed
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 20 g fresh ginger, peeled, thinly sliced
- 2 tbsp mild Indian curry powder
- 2 cup (500mL) boiling water
- 400 g can light coconut milk
- 1 pot Continental Stock Pot Sensations Beef Stock Pot
- 200 g fresh baby spinach leaves
- 1/3 cup toasted flaked almonds
- 1/3 cup fresh coriander

What to do

1. Heat oil in a large heavy based flameproof casserole dish over high heat. Add beef. Cook, turning occasionally, until browned.
2. Add onions, garlic, ginger and curry powder. Reduce heat to medium-low and cook, stirring regularly, for 5 minutes until onions have softened.
3. Add boiling water and coconut milk. Bring to a rapid simmer. Stir in stock pot until dissolves.
4. Reduce heat to low. Cover and simmer for 1.5 hours, stirring occasionally so the food doesn't stick (add a little hot water if it is sticking) or until meat is tender.
5. Stir in spinach, until just wilted. Garnish with almonds and coriander. Serve with naan bread.

Find this great recipe and many others at:
<https://www.continental.com.au/recipe-ideas.html>



WHERE THE *locals* MATTER

Visit [IGATAS.COM.AU](https://www.igatas.com.au) for more info