



ON SALE
23RD AUG
2023



Powerade
Sports
Drink
600mL
\$3.32 per 1L



\$1.99
ea



\$1.10
ea

Nestle Medium
Chocolate Bars 35-55g

ALL
1/2
PRICE

\$5.69
ea



Streets Magnum 4/6pk



\$3.99
ea

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)



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— SNACKS, DRINKS & *Pantry* —

BLACK & GOLD®

VALUE EVERY DAY



BLACK & GOLD
\$1.10
ea

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



BLACK & GOLD
\$1.89
ea

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



BLACK & GOLD
\$1.99
ea

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



Harvest Snaps 230g
\$19.52 per 1kg



Mission Corn Chips 230g
\$1.17 per 100g



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



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



Cadbury Family
Block Chocolate 160-190g



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



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



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



\$3.40
ea

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



50% OFF
Continental

Continental Range - All 50% Off (excluding Low Price Everyday)



\$2.25
ea

Campbell's Country Ladle Canned Soup 495-510g



\$2.99
ea

Dolmio Extra Pasta Sauce 490/500g



\$2.15
ea

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



\$19.99
ea

Nescafé Blend 43 Coffee 500g/Gold 400g



\$5.49
ea

Peters Light & Creamy 1.8L
31¢ per 100mL



\$6.99
ea

McCain Pizza Singles/Pockets 380/400g



\$9.99
ea

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



\$1.49
ea

My Dog Tray 100g
\$1.49 per 100g



\$7.99
ea

Fab Laundry Powder 1.8/2kg & Liquid 1.8L



\$3.99
ea

Redheads Firelighters 24pk
17¢ per 1ea

SEE INSIDE FOR MORE SAVINGS



Tasmanian Grown

\$3.90 kg

Broccoli



Grown in Australia

\$4.90 kg

Red Capsicum



1/2 PRICE

Product of Tasmania

\$2.79 ea

Cripps Café Quality Fruit Loaf 700g
40¢ per 100g



JC's DELICIOUS ENERGY MIX

\$8.99 ea

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

**BUY LOCAL
BUY TASMANIAN**

IGA WHERE THE *locals* MATTER



Product of Tasmania

\$5.20 ea

Spreyton Fresh Juice 2L
\$2.60 per 1L



Product of Tasmania

\$1.60 ea

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



Product of Tasmania

\$2.99 ea

Beta Flavoured Milk 500mL
\$5.98 per 1L



Product of Tasmania

\$4.99 ea

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



Product of Tasmania

\$5.49 ea

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



Product of Tasmania

\$4.99 ea


Tamar Valley Yoghurt 700g
71¢ per 100g


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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.

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

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>



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