



ON SALE 31<sup>ST</sup> AUGUST 2022



*Australian*

# LAMB FOREQUARTER CHOPS

**\$18<sup>99</sup>** kg

Serving Suggestion



WHERE THE *locals* MATTER

ALL

**1/2  
PRICE**



**\$3<sup>99</sup>** ea

SAVE \$4.00

Cadbury Large Block Chocolate 315-360g



**\$1<sup>75</sup>** ea

SAVE \$1.75

Arnott's Shapes 140-190g



**\$2<sup>99</sup>** ea

SAVE \$3.01

Nanna's Crumble 550g  
54¢ per 100g



**\$2<sup>49</sup>** ea

SAVE \$2.51

Morning Fresh Dishwashing Liquid 400mL  
62¢ per 100mL

SEE INSIDE FOR MORE SAVINGS



Offers available from 31/08/22 until 06/09/22  
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.





— FRESH MEAT & *Produce* —



*Fourer*  
**MANDARINS**

Serving Suggestion

**\$3<sup>50</sup>**  
kg



Grey Pumpkin

**\$1<sup>50</sup>**  
kg



1kg Brown Onions

**\$1<sup>50</sup>**  
bag



JC's Salted/  
Unsalted  
Mixed Nuts  
350g  
\$22.83 per 1kg

**\$7<sup>99</sup>**  
ea

Mini Boneless  
Pork Scotch  
Roast



**\$16<sup>99</sup>**  
kg

Chicken  
Breast Fillets



**\$17<sup>99</sup>**  
kg

Pork Mince  
500g  
\$15.98 per 1kg



**\$7<sup>99</sup>**  
ea



*Beef*  
**RUMP STEAK**

Serving Suggestion

**\$24<sup>99</sup>**  
kg



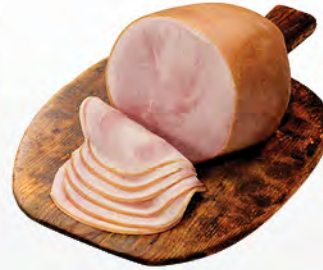
— DELICIOUS DELI & Bakery —



*Rindless*  
**MIDDLE BACON**

Serving Suggestion

**\$16<sup>99</sup>**  
kg



Premium  
Boneless  
Leg Ham

**\$19<sup>99</sup>**  
kg



Australian  
Poultry

Chicken  
Drumsticks

**\$4<sup>49</sup>**  
kg



Sliced  
Silverside

**\$21<sup>99</sup>**  
kg

Helga's  
Wraps  
5-8pk

**\$3<sup>30</sup>**  
ea

SAVE \$1.70



Eliza's Little  
Loaves 370g  
84¢ per 100g

**\$3<sup>09</sup>**  
ea

SAVE 46¢



Product of  
Tasmania

Golden  
Crumpet  
Rounds 6pk  
86¢ per 100g

**\$2<sup>59</sup>**  
ea

SAVE 96¢



Product of  
Tasmania



Product of  
Tasmania

*National Pies*

**FAMILY PIE 750/900g**

**\$9<sup>99</sup>**  
ea

SAVE \$3.00





## — SNACK & DRINK Favourites —

HAPPY  
**Father's**  
DAY

ALL  
**1/2**  
PRICE



**\$7.49**  
ea

SAVE \$7.50

Cadbury Favourites 352/373g



**\$6.99**  
ea

SAVE \$7.40

Ferrero Rocher  
Collection 172g/Rocher Gift Box 200g



**\$5.99**  
ea

SAVE \$6.01

Celebrations/  
Maltesers Gift Box 320-400g



**\$1.50**  
ea

SAVE 49¢

Kirks Soft Drink 1.25L  
\$1.20 per 1L



**\$23.50**  
ea

SAVE \$15.60

Coca-Cola 375mL 30pk  
\$2.09 per 1L



**\$8.49**  
ea

SAVE \$5.76

Coca-Cola/Lift/Fanta/Sprite 375mL 10pk  
\$2.26 per 1L



**\$6.99**  
ea

SAVE \$5.20

Mother Energy Drink 500mL 4pk  
\$3.50 per 1L



**\$4.79**  
ea

SAVE \$1.76

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



**\$2.49**  
ea

SAVE \$1.51

Cadbury Cookies 156g/  
Cadbury Breakaway Biscuit 180g



**\$3.49**  
ea

SAVE \$1.10

Samboy Potato Chips 175g  
\$1.99 per 100g



**\$2.49**  
ea

SAVE \$1.01

Mission Corn Chips 230g  
\$1.08 per 100g



# — STOCK UP THE *Pantry* —



**\$2<sup>99</sup>**  
ea  
SAVE \$2.01

Moccona Coffee Sachets 10pk



**\$6<sup>79</sup>**  
ea  
SAVE \$3.00

Nestle Milo 395/460g



**\$3<sup>69</sup>**  
ea  
SAVE \$1.00

Uncle Tobys' Quick or Traditional Oats 500g  
74¢ per 100g



**\$3<sup>99</sup>**  
ea  
SAVE \$1.20

Bega Peanut Butter 375g/  
No Added Sugar or Salt 325g



**\$1<sup>49</sup>**  
ea  
SAVE 41¢

Foster Clarks Snak Pack 120g  
\$1.24 per 100g



**\$2<sup>99</sup>**  
ea  
SAVE 96¢

Ocean Spray Cranberry Sauce 275g  
\$1.09 per 100g



**\$3<sup>99</sup>**  
ea  
SAVE 86¢

Leggo's Pesto 190g  
\$2.10 per 100g



**\$2<sup>49</sup>**  
ea  
SAVE \$1.50

MasterFoods Wet Spices 160-170g



**\$2<sup>25</sup>**  
ea  
SAVE \$1.80

Cadbury Baking Blocks/Chips/Melts/Buttons 150-225g



**\$4<sup>50</sup>**  
ea  
SAVE 70¢

Cottee's Cordial Syrup Double Concentrate 1L  
\$4.50 per 1L



**\$3<sup>99</sup>**  
ea  
SAVE \$1.20

Golden Circle Long Life Juice 2L  
\$2.00 per 1L





## — FILL UP THE FRIDGE & Freezer —



Dairy Farmers  
Thick & Creamy Yoghurt 150g  
\$1.13 per 100g

**\$1.69**  
ea

SAVE 61¢



Vita-Cee Juice 2L  
\$2.00 per 1L

**\$3.99**  
ea

SAVE 89¢



Philadelphia Pourover 250g  
\$13.96 per 1kg

**\$3.49**  
ea

SAVE \$1.01



Ashgrove Cheese 450/500g

**\$9.99**  
ea

SAVE \$2.60



King Island Brie/Camembert 175/200g

**\$7.99**  
ea

SAVE \$5.00



Mainland On the Go  
Cheese 110g/Cheese Cracker 120g

**\$3.99**  
ea

SAVE \$1.26



Peters Drumstick 4/6pk

**\$6.99**  
ea

SAVE \$2.01



Peters Original Ice Cream 2L  
22¢ per 100mL

**\$4.49**  
ea

SAVE 76¢



Birds Eye Fish Fingers 375g  
\$13.31 per 1kg

**\$4.99**  
ea

SAVE \$1.01



McCain Pizza Pockets 400g

**\$6.99**  
ea

SAVE \$1.56



Birds Eye Deli Chips/Roast Potatoes 600g  
\$5.82 per 1kg

**\$3.49**  
ea

SAVE 51¢





Tresemme  
Shampoo &  
Conditioner  
350mL  
\$1.71 per 100mL

**\$5.99**  
ea  
SAVE \$3.01



**\$3.99**  
ea  
SAVE \$1.00

Libra Ultra Thins/  
Goodnights 10-14pk/Tampons 16pk

**1/2**  
PRICE



**\$3.99**  
ea  
SAVE \$4.30

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



**\$4.99**  
ea  
SAVE \$1.51

Fab Laundry  
Powder 1kg or Liquid 900mL



**\$3.99**  
ea  
SAVE \$2.00

Bref Cubes 50g 2pk/  
Power Active/Deluxe 50g/Lemon 50mL



**\$2.49**  
ea  
SAVE \$1.40

Multix Clingwrap 33cm x 60m  
4¢ per 1m



**\$17.50**  
ea  
SAVE \$4.99

Chum Dry Dog Food 8kg  
22¢ per 100g



**\$6.99**  
ea  
SAVE \$2.01

My Dog Chef Selection 6pk  
\$1.17 per 100g



**\$9.99**  
ea  
SAVE \$2.56

Whiskas Oh So 12pk  
98¢ per 100g



SEE INSIDE FOR MORE SAVINGS



**1/2**  
PRICE

**\$1.99**  
ea

SAVE \$2.01



Pascall/The Natural  
Confectionery Bags 120-280g



**1/2**  
PRICE

**\$7.49**  
ea

SAVE \$7.50



Twinings Teabags 80/100s

**GREAT  
BUYS!**



**\$4.99**  
ea

SAVE \$2.00

Yoplait Yoghurt 6pk  
52¢ per 100g



**\$3.99**  
ea

SAVE \$2.31

Western Star Spreadable 500g  
80¢ per 100g

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Offers available from 31/08/22 until 06/09/22

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



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# CREAMY PESTO CHICKEN LINGUINI



Leggo's Pesto 190g  
\$2.10 per 100g

## Ingredients

- 400 g linguini
- 500 g chicken breasts, chopped or chicken stir fry strips
- 300 ml tub cream
- 1/4 cup basil pesto

## What to do

1. In a large pot of boiling, salted water cook the linguini according to packet directions.
2. Meanwhile, in a nonstick frying pan, sauté the chicken until golden, 4 to 6 minutes.
3. Add the cream and reduce heat, add basil pesto and simmer for 5 minutes.
4. Add the linguini and toss to coat in the yummy sauce.



WHERE THE *locals* MATTER

Visit [IGATAS.COM.AU](http://IGATAS.COM.AU) for more info



SUNDAY 4TH SEPTEMBER

TO ALL THE

**Dad's**

**ALL**  
**1/2**  
**PRICE**



**\$7.49**  
ea

**SAVE \$7.50**

Cadbury Favourites 352/373g



**\$5.99**  
ea

**SAVE \$6.00**

Cadbury Dairy Milk  
Gift Box 220g  
\$2.72 per 100g



**\$6.99**  
ea

**SAVE \$7.40**

Ferrero Rocher Collection 172g/Rocher Gift Box 200g



**\$5.99**  
ea

**SAVE \$6.01**

Celebrations/Maltesers Gift Box 320-400g



**\$4.99**  
ea

**SAVE \$5.50**

Cadbury Roses Boxed Chocolates 225g  
\$2.22 per 100g



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