







- SNACK & DRINK Favourites -

Uncle Tobys Roll-ups 6pk \$2.12 per 100g



Bega Simply Nuts 315/325g

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



Foster Clarks Snak Pack 120g 63¢ per 100g



Dilmah Premium/ Extra Strength Tea Bags 200pk



Cadbury Bites 110-150g



\$119

Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam)



CC's Corn Chips/ Thins Potato Chips 110-175g



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



V Energy Drink 250mL 4pk \$5.99 per 1L



Ocean Spray Fruit Drink 1.5lt \$2.66 per 1L

- STOCK UP THE Pantry -







Kleenex Viva Paper Towel 2pk



Dine Cat Food 85g 7pk 92¢ per 100g



Pedigree Canned Dog Food 700g 34¢ per 100g



Moccona Freeze Dried Classic Coffee 400g \$3.75 per 100g



Sanitarium So Good UHT Reg/Lite Soy Milk 1L \$1.99 per 1L



Sanitarium Weet-Bix 575g 52¢ per 100g







JC's Peanuts Salted/Unsalted 500g

\$8.98 per 1kg

Cripps Master Hot Dog/Lunch Rolls 6pk 53¢ per 1ea



Dairy Farmers Thick & Creamy Yoghurt 150g 99¢ per 100g



Western Star Spreadable 500g 80¢ per 100g



Bega Block Cheese 500g \$13.98 per 1kg



Peters Polar Pies 6pk \$1.09 per 100mL



Peters Ice Cream 4L 20¢ per 100mL



Steggles Nacho Chicken 350g \$8.54 per 1kg

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

Offers available from 13/10/21 until 19/10/21

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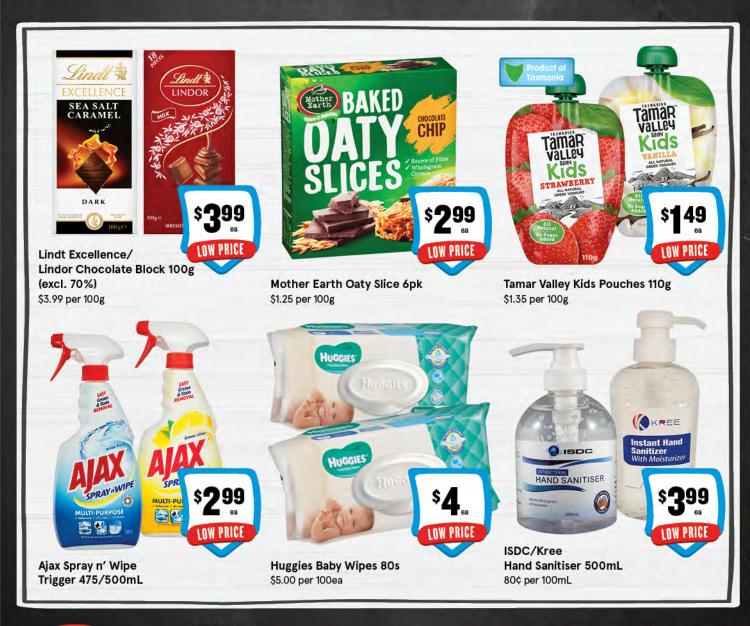


Savings are off regular prices. In certain stores, some regular prices have been reduced to ensure you receive the lowest competitive price so savings shown may differ from the actual saving in your store. Price Match at participating stores only. Prices matched weekly to Woolworths or Coles everyday 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.





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





WHERE THE locals MATTER

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Bega Simply Nuts 315/325g

Ingredients

- · 3/4 cup (185mL) coconut milk
- · 2 thsp crunchy peanut butter
- · I to 2 tsp curry powder (depending on how spicy you like it)
- · 2 pork chops, trimmed and cut into 2cm cubes

What to do

- 1. In a medium bowl, mix together the coconut milk, peanut butter, curry powder and season with sea salt and cracked pepper.
- 2. Add the pork, stir to coat, marinate for at least I hour in the refrigerator.
- 3. When ready to cook, thread the pork onto metal skewers (or bamboo skewers pre-soaked).
- 4. Grill, turning every minute so as not to burn, 4 to 5 minutes or until cooked. Continue to glaze throughout.