



ON SALE
1ST NOV
2023



\$1.42
ea

SAVE \$1.43

Pepsi/Solo/
Sunkist/7Up Soft Drink 1.25L
\$1.14 per 1L



\$1.99
ea

SAVE \$2.01

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

ALL
1/2
PRICE



\$2.29
ea

SAVE \$2.30

Leggo's
Pasta Sauce 490/500g



\$3.80
ea

SAVE \$4.20

Nescafé Coffee
Sachets 10pk/Gold 8pk

Offers available from: 01/11/23 until 07/11/23

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
**LAMB
FOREQUARTER
CHOPS**
\$17.99
kg

Serving Suggestion



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!
Scan & Subscribe to save





— 1/2 PRICE *Specials* —



\$2.49
ea

SAVE \$2.51

Pringles Chips 118/134g



\$2.49
ea

SAVE \$2.50

Grainwaves 170g
\$1.46 per 100g



\$1
ea

SAVE \$1.00

Violet
Crumble Medium Bar 50g
\$2.00 per 100g



\$2.60
ea

SAVE \$2.69

Red Rock Deli Gourmet
Crackers 130g/Deli Crackers 135g



ALL

1/2
PRICE



\$1.50
ea

SAVE \$1.50

Double 'D' Sugar Free 90g
\$1.67 per 100g



\$2.80
ea

SAVE \$2.85

Tetley Tea
Cup Bag
100pk
\$1.56 per 100g



\$1.10
ea

SAVE \$1.15

Wai Wai
Vermicelli 200g
55¢ per 100g



\$5.20
ea

SAVE \$5.25

Weis Bar 4/6pk



Multix Colour
Scent Tidy Bags Large 30pk
8¢ per 1ea

\$2.30
ea

SAVE \$2.39



\$3.65
ea

SAVE \$3.80

Duck Deep
Action 750mL
49¢ per 100mL



Impulse Body Spray
75mL (excl. Luxe)
\$3.99 per 100mL

\$2.99
ea

SAVE \$3.01



\$4.49
ea

SAVE \$4.51

Fluffy Ultra
Fabric Softener 900mL/1L



50%
OFF

ENTIRE RANGE

Somat Auto Dishwasher Range



— FRESH MEAT & Produce —



Grown in Australia

Fresh
SPINACH 120g

\$16.58 per 1kg

\$1⁹⁹ bag



BBQ
MEAT PACK

Serving Suggestion (product sold uncooked)

\$1⁹⁹ kg



Tasmanian Grown

island fresh
PRODUCE
brushed potatoes

\$5 bag

Brushed Potatoes 2.5kg
\$2.00 per 1kg



Australian Pork

boneless shoulder roast
tasmania

\$11⁹⁹ kg

Scottsdale Boneless Pork Shoulder Roast



Grown in Australia

\$2⁵⁰ punnet

Cherry Tomatoes 250g
\$10.00 per 1kg



Australian Poultry

INGHAM'S
CHICKEN
DICED BREAST

\$14⁹⁹ kg

Ingham's Diced Chicken Breast



JC's
PREMIUM SALTIED MIXED NUTS

\$7⁹⁹ ea

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



Australian Pork

loin steaks
tasmania

\$20⁹⁹ kg

Scottsdale Pork Loin Steaks

— DELICIOUS DELI & Bakery —




Product of Tasmania

Cripps
CAFÉ QUALITY
FRUIT LOAF 700g

57¢ per 100g

\$3.99 ea
SAVE \$1.60



Family Favourite
VIRGINIAN HAM

Serving Suggestion

\$14.99 kg

National
Pies Party
Pies/
Sausage
Rolls 12pk
\$1.11 per 100g



Product of Tasmania

NATIONAL PIES
LITTLE CLASSIC BEEF PIES & LITTLE SAUSAGE ROLLS
WITH 100% GRASS FED AUSTRALIAN BEEF & 120 LAYERS OF CRISPY PUFF PASTRY

12 PIES
10 ROLLS

\$7.99 ea
SAVE \$2.50

Rindless
Middle
Bacon



\$18.99 kg

Helga's Wraps 7/8pk



HELGA'S
TRADITIONAL WHOLEMEAL

\$3.49 ea
SAVE \$1.51

Chicken
Wings



Australian Poultry

\$6.99 kg

Central Cake
Co Raspberry
& Coconut
Fingers 6pk
\$2.53 per 100g



Product of Tasmania

Central Cake Co.
"made in the heart of Tasmania"
6 Raspberry Coconut Fingers
262g NET

\$6.99 ea
SAVE \$1.00

Chicken
Breast
Supreme



\$18.99 kg

For every one of our products sold, we give back to community causes around Australia.

community

JOIN US IN GIVING BACK TO



Community Co Squeezy Sauce 500mL
46¢ per 100mL

\$2³⁰
ea

community Co



Community Co
Diced Tomatoes 400g
\$4.75 per 1kg

\$1⁹⁰
ea

community Co



Community Co
Vegetable Oil 750mL
67¢ per 100mL

\$4⁹⁹
ea

community Co



Community Co
Rice Arborio 1kg
50¢ per 100g

\$5^{ea}

community Co



Community Co
Pitted Kalamata
Olives 350g
\$12.14 per 1kg

\$4²⁵
ea

community Co



Community Co
Pasta 500g
38¢ per 100g

\$1⁸⁹
ea

community Co



Visit www.communityco.com.au/giveback/ to see how your purchase can benefit your community.

TO YOUR LOCAL COMMUNITY



\$10²⁹
ea

community Co

Community Co
Entertainment
Snack Pack 1kg
\$1.03 per 100g



\$7²⁹
ea

community Co

Community Co
Frozen Fruit 500g
\$14.58 per 1kg



DICED PEACHES

IN FRUIT JUICE | NO ARTIFICIAL FLAVOURS & COLOURS

ENERGY
360 kJ
8%
PER 125g SERVE



DICED PEACHES

IN FRUIT JUICE | NO ARTIFICIAL FLAVOURS & COLOURS

ENERGY
360 kJ
8%
PER 125g SERVE

\$3⁵⁰
ea

community Co

Community Co Diced Peaches In Juice 4x125g
\$7.00 per 1kg



\$7⁹⁹
ea

community Co

Community Co
Fruit Cake 800g
\$1.00 per 100g



BEEF BURGERS

100% AUSTRALIAN BEEF

Ready in 15 Minutes

\$11⁹⁹
ea

community Co

Community Co Frozen
Beef Burgers 640g
\$18.73 per 1kg



**Smooth & Creamy
DOUBLE BRIE**

HANDCRAFTED BY AWARD
WINNING CHEESEMAKERS

PER 25g SERVE

ENERGY 100 kJ 2%
FAT 10g 20%
SAT FAT 6g 12%
CARBS 1g 2%
SUGAR 0g 0%
SODIUM 0g 0%

125g

\$5
ea

community Co

Community Co
Double Brie Cheese 125g
\$40.00 per 1kg



— REFRESHING *Favourites* —

— ENTER FOR YOUR CHANCE TO —
WIN
Coca-Cola **COOLER**



BUY
any eligible Coca-Cola
600mL, 1.25L, 2L or
Multi-pack varieties

SCAN
the QR
code



ENTER
for your
chance to win



Varieties include:



Aus. res. 18+ only. Promotion starts 1/10/23 8am AEST & ends 1/12/23 11:59pm AEST (Promotional Period). To enter, during the Promotional Period: a) purchase any eligible Coca-Cola variety 600mL, 1.25L, 2L or multi-pack (2 x 300mL, 6 x 250mL, 10 x 375mL or 24 x 375mL) in one (1) transaction from any store in SA or TAS which displays advertising for this Promotion. Eligible Coca-Cola variety drinks include: DIET COKE, COCA-COLA, VANILLA COKE, COCA-COLA ZERO SUGAR, COCA-COLA ZERO SUGAR VANILLA, COCA-COLA RASPBERRY, COCA-COLA RASPBERRY ZERO SUGAR, COCA-COLA ZERO SUGAR ZERO CAFFEINE, COCA-COLA CAFFEINE FREE, FANTA, FANTA RASPBERRY, FANTA ZERO, FANTA RASPBERRY ZERO, SPRITE, SPRITE ZERO, SPRITE LEMON PLUS, SPRITE LEMON PLUS ZERO, and b) scan the QR code on promotional advertising in venue to be directed to the Promotion entry page, and fully complete and submit the online entry form with their personal details (first name, last name, date of birth, email address, mobile number and full address) and select the participating venue of purchase. Receipts/proof of purchase (1 per participating venue). 18pm AEST, 21/12/23. Adults. 18+ Henington Rd, Norwood SA 5042. Prize per venue draw: 1 x Coca-Cola Branded Day Cooler (SA, \$350). Winners published at summer@igas.com.au on 21/12/23. Promoter: Coca-Cola Europacific Partners Australia Pty Limited ABN 58 026 394 119, Coca-Cola Place, L15, 44 North St, North Sydney NSW 2060. See <https://www.igas.com.au/terms-and-conditions> for Terms and Conditions.



\$21²⁰
ea

SAVE \$13.35

Coca-Cola/Fanta/
Sprite Soft Drink Cans 24x375mL
\$2.36 per 1L



\$3⁶⁵
ea

LOW PRICE

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



\$7⁹⁹
ea

SAVE \$5.36

Monster
Energy Drink 4x500mL
\$4.00 per 1L



\$9⁹⁹
ea

SAVE \$5.41

Frantelle
Spring Water 24x600mL
69¢ per 1L



\$2⁴⁰
ea

SAVE \$1.60

Powerade Sports Drink 600mL
\$4.00 per 1L



\$4⁹⁹
ea

SAVE 91¢

Cottee's Cordial
Syrup Double Concentrate 1L
\$4.99 per 1L

— STOCK UP THE *Pantry* —



\$1.85
ea

SAVE 45¢

Fantastic Rice Crackers 100g
\$1.85 per 100g



\$7.99
ea

SAVE \$1.51

Smith's Potato Chips 18/20pk



\$3.49
ea

SAVE \$1.81

Arnott's Gluten Free Biscuits 120-175g (excl. Tim Tam)



\$3.85
ea

SAVE \$1.65

Cadbury Family
Block Chocolate 160-190g



\$3.49
ea

SAVE \$1.51

Cadbury Bites 110-150g



\$13.49
ea

SAVE \$7.01

Moccona Specialty Blend Coffee 200g
\$6.75 per 100g



\$5.99
ea

SAVE \$1.01

Kellogg's Rice Bubbles/Coco Pops/
Froot Loops/Just Right 285-460g



\$2.35
ea

SAVE 65¢

MasterFoods Recipe Base Pouches 175g
\$1.34 per 100g



\$2.99
ea

SAVE \$1.31

Valcom Curry Paste 210/230g



— FILL UP THE FRIDGE & Freezer —



Ingham's Chicken Kyiv 350g
\$25.69 per 1kg



\$8.99
ea

SAVE \$3.51



McCain Family Pizza 490/500g

\$6.99
ea

SAVE \$3.00



Streets Mochi Ku Frozen Dessert 9pk
\$4.04 per 100g

\$7.99
ea

SAVE \$2.01



Bulla Multipack Sticks 8-14pk

\$5.49
ea

SAVE \$2.51



Golden North Giant Twin Ice Cream 5pk
93¢ per 100mL

\$6.99
ea

SAVE \$3.00



Mainland Tasty Cheese Slices 210g
\$21.38 per 1kg

\$4.49
ea

SAVE \$2.51



Perfect Italiano Grated Cheese 150g
\$23.27 per 1kg

\$3.49
ea

SAVE \$1.01



Tamar Valley
Natural Greek Style Yoghurt 1kg
60¢ per 100g

\$5.99
ea

SAVE \$2.00



Dairy Farmers
Thick & Creamy Yoghurt 550/600g

\$4.75
ea

SAVE \$1.85



Palmolive Gold/Naturals Soap 4pk
\$1.25 per 100g



Sorbet Thick & Large Facial Tissues 95pk
\$2.09 per 100ea



BabyLove Nappy Pants 22-38pk (excl. Beyond)



Fab Laundry Powder 1.8/2kg & Liquid 1.8L



Sorbet Toilet Tissue Hypo-Allergenic 8pk
49¢ per 100sh



Domestos Bleach 1.25L
\$3.19 per 1L



Dine Cat Food Tray 85g
\$1.40 per 100g



Snappy Tom Canned Cat Food 400g
62¢ per 100g



Pedigree Dry Dog Food 2.5/3kg

WORLD VEGAN DAY

1 NOVEMBER

SEE INSIDE FOR MORE SAVINGS



Oreo Biscuits Family Pack 358g
\$1.21 per 100g



Nuttalex Spread
Original/Lite/Buttery 500g
80¢ per 100g



VitaSoy Oat Long Life
Milk 1L (excl. So Milky/Prebiotic)
\$1.65 per 1L



MasterFoods Squeezy
Tomato/BBQ Sauce 475/500mL



Queen Pure Maple Syrup 250mL
\$2.40 per 100mL



Original Source Shower Gel 250mL
\$1.00 per 100mL



Natures Organics Fruits
Shampoo & Conditioner 500mL
30¢ per 100mL

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

Offers available from 01/11/23 until 07/11/23

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



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LOCATE

find your local store here
igatas.com.au/store-locator



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.

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

\$3.99
ea
LOW PRICE



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



\$3
ea

LOW PRICE

Lucozade Energy Drink 380mL
\$7.89 per 1L



\$3.75
ea

LOW PRICE

MasterFoods Marinade 350/375g



\$3.80
ea

LOW PRICE

Chris' Dip 200g
(excl. Plant Based)
\$1.90 per 100g



\$5.99
ea

LOW PRICE

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



\$3.50
ea

LOW PRICE

BabyLove Wipes 80pk
\$4.38 per 100ea



\$6
ea

LOW PRICE

Quilton Toilet Tissue 9pk
37¢ per 100sh



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

QUINOA & SPRING VEGETABLE SLAW



**WORLD
VEGAN
DAY**

1 NOVEMBER

Ingredients

- 1/2 cup cooked quinoa
- 2 cups chopped kale
- 2 cups shredded broccoli florets
- 1 medium carrot, peeled & shredded
- 1 pink lady apple, shredded
- 1/2 cup toasted walnut halves
- 3 tbsp tahini
- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1/2 orange juice
- 1/2 tsp salt

What to do

1. Whisk all the dressing ingredients together, season with salt and pepper and set aside.
2. In a large bowl, mix all the salad ingredients together except the walnuts.
3. Pour the dressing over the salad and toss to combine. Lightly crush the toasted walnuts with your hands, and then sprinkle on top to serve.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

MasterFoods™



MasterFoods Nutmeg 30g

\$2.65ea - 32¢ per 10g

MasterFoods Ground Paprika 35g

\$1.99ea - 32¢ per 10g

MasterFoods Parsley Flakes 4g

\$1.6ea - 32¢ per 10g

MasterFoods Ground Ginger 25g

\$1.99ea - 32¢ per 10g

MasterFoods Onion Powder 40g

\$2.65ea - 32¢ per 10g

MasterFoods Chinese Five Spice 30g

\$2.3ea - 32¢ per 10g

MasterFoods Mixed Herbs 40g

\$3.49ea - 32¢ per 10g

MasterFoods Garlic Powder 50g

\$2.49ea - 32¢ per 10g

MasterFoods Coriander Seeds 25g

\$1.7ea - 32¢ per 10g

MasterFoods Chilli Flakes 18g

\$2.4ea - 32¢ per 10g

MasterFoods All Purpose Seasoning 200g

\$3.99ea - 32¢ per 10g

MasterFoods Cinnamon 28g

\$1.95ea - 32¢ per 10g

MasterFoods Cumin Seeds 25g

\$2.25ea - 32¢ per 10g

MasterFoods Cinnamon Sugar 55g

\$1.85ea - 32¢ per 10g

MasterFoods Garlic Salt 210g

\$3.45ea - 32¢ per 10g

MasterFoods Moroccan Seasoning 160g

\$5.25ea - 32¢ per 10g



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info