



WHERE THE *locals* MATTER

ON SALE 27TH OCTOBER 2021



Australian

**BEEF PORTERHOUSE
STEAK**

\$32⁹⁹
kg



Mars Fun Size Bags 132-216g



Nescafé Coffee Sachets 10pk/Gold 8pk



Peters Drumstick 4/6pk



Sorbent Toilet Tissue 8pk
24¢ per 100sh



HALLOWEEN SPECIALS INSIDE



Offers available from 27/10/21 until 02/11/21
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— SNACK & DRINK Favourites —



Coca-Cola 375mL 30pk
\$1.95 per 1L

\$21⁹⁹
ea



Red Bull Energy Drink 250mL 4pk
\$6.49 per 1L

\$6⁴⁹
ea



Coca-Cola/
Lift/Fanta/
Sprite Soft
Drink 2L
\$1.33 per 1L

\$2⁶⁵
ea



Kirks Soft
Drink 1.25L
\$1.35 per 1L

\$1⁶⁹
ea



Cascade Mixers 200mL 4pk
\$4.36 per 1L

\$3⁴⁹
ea



Bundaberg Brewed Soft Drink 10pk
\$2.92 per 1L

\$10⁹⁵
ea



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

1/2
PRICE

\$1⁹⁹
ea



Red Rock Deli Chips 150/165g

\$2⁹⁹
ea



Mission Corn Chips 230g
\$1.08 per 100g

\$2⁴⁹
ea

STOCK UP FOR Halloween



\$2.79
ea

Cadbury Share Pack 144-180g



1/2
PRICE

\$1
ea

Mars/Violet
Crumble Medium Bars 35-56g



\$1.99
ea

Allen's Jelly/
Mint Confectionery Range 150-200g



\$2.49
ea

Cadbury Bites 110-150g



\$2.99
ea

Skittles/
Starburst Confectionery 190-235g



Allen's Red
Ripperz
220g
\$1.13 per 100g

\$2.49
ea



\$3.49
ea

Cadbury
Family Block Chocolate 160-190g



\$4.49
ea

Chupa Chups
Best Of 300g/Mix of Minis 320g

JOIN THE PARTY IF YOU DARE!



1/2
PRICE

\$2.49
ea

Mars Fun Size Bags 132-216g





— PACK THE *Pantry* —



Bega

**AUSTRALIA'S
FAVOURITE
PEANUT BUTTER***

**1/2
PRICE**



\$2.49
ea

Bega Peanut Butter 375g
66¢ per 100g

**Proudly Aussie
owned & made.**

*BASED ON SCAN SALES, MAT 19/07/20
BEGA, the BEGA device and NEVER OILY NEVER DRY are trade marks
of Bega Cheese Limited.



Nescafé Blend 43 Coffee 500g
\$3.20 per 100g

\$15.99
ea



Kellogg's Corn Flakes 725g
50¢ per 100g

**1/2
PRICE**

\$3.65
ea



Sanitarium Weet-Bix 1.12kg
49¢ per 100g

\$5.49
ea

LOW PRICE



Kellogg's Nutri-Grain/LCM Bars 6pk

\$2.99
ea



Vegemite Squeezy 200g
\$2.25 per 100g

\$4.49
ea

a Taste of Europe



Jarlsberg
Sliced
Cheese 150g
\$29.93 per 1kg

\$4.49
ea



Nutino
Hazelnut
Spread 400g
75¢ per 100g

\$2.99
ea



Santa
Vittoria
Sparkling
Mineral
Water
750mL
\$1.33 per 1L

\$1
ea



Vittoria
Espresso
Ground
Coffee 200g
\$2.50 per 100g

\$4.99
ea



Vittoria
Chocochino
375g
\$1.06 per 100g

\$3.99
ea



SunRice Plain Microwave Rice 250g
\$1.00 per 100g

\$2.49
ea



Safcol Responsibly Fished Tuna 425g
\$8.21 per 1kg

\$3.49
ea



Suimin Cup Noodles 70g
\$1.79 per 100g

\$1.25
ea



Heinz Baked Beans/Spaghetti 535/555g

\$1.99
ea



MasterFoods Mustard 170/175g

\$2.49
ea



Rosella
Tomato
Sauce
Squeeze
500mL
54¢ per 100mL

\$2.69
ea



— HOME, BEAUTY & *Pet* —



Nivea Aerosol Deodorant 250mL



\$3.25
ea



Palmolive Naturals
Shampoo/Conditioner 350mL
71¢ per 100mL



Palmolive Ultra
Eco Dishwashing Liquid 450mL
55¢ per 100mL



Duo Laundry Powder 2kg
\$3.00 per 1kg



Huggies Baby Wipes 80s
\$5.00 per 100ea



Ajax Spray n' Wipe Trigger 475/500mL



Dine Cat Food Tray 85g
\$1.18 per 100g



Whiskas So Pouches 12pk
88¢ per 100g



Friskies Dry Cat Food 1kg
49¢ per 100g

Somat

DISHWASHING

ALL
1/2
PRICE



All Somat Dishwasher Products 50% Off

TAKE THE STRESS OUT OF MESS



1/2
PRICE



\$3.40
ea

Handee Ultra Paper Towel 4pk
\$1.42 per 100ea



\$2.79
ea

Optimum
Dog Food 680/700g



\$19.99
ea

Pedigree Dry Dog Food 8kg
25¢ per 100g



My Dog Chef
Selection 6pk
\$1.00 per 100g

\$5.99
ea





Bagged Mesclun 120g
\$28.75 per 1kg

\$3.45
bag



Red Apples 1.5kg Bag
\$2.53 per 1kg

\$3.80
bag



National Pies Premium Pies 2pk
(excl. Cottage/Chunky Beef)
\$1.39 per 100g

\$4.99
ea



JC's Dried Cranberries 500g
\$11.98 per 1kg

\$5.99
ea



Unicorn Brie/Camembert Cheese 125g
\$23.92 per 1kg

\$2.99
ea



Devondale Dairy/
Extra Soft Butter Tub 500g
80¢ per 100g

\$3.99
ea



Danone YoPro Yoghurt 160g
75¢ per 100g

1/2
PRICE

\$1.20
ea



Golden North
Simply Indulge Ice Cream 2L
30¢ per 100mL

\$5.99
ea



Four 'n Twenty Traditional Pies 4pk
86¢ per 100g

\$5.99
ea



Steggles Crunchy
Chicken Breast Burger 400g
\$9.98 per 1kg

BETTER THAN
1/2
PRICE

\$3.99
ea

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LOCATE

find your local store here
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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.

Frantelle
Spring Water
600mL 24pk
55¢ per 1L

\$7.99
ea
LOW PRICE



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



\$3.99
ea
LOW PRICE

Lindt Excellence/Lindor
Chocolate Block 100g (excl. 70%)
\$3.99 per 100g



\$2
ea
LOW PRICE

Bundaberg White Sugar 1kg
20¢ per 100g



\$5.49
ea
LOW PRICE

Sanitarium Weet-Bix 1.12kg
49¢ per 100g



\$4.49
ea
LOW PRICE

Cripps Pizza Bases 2pk
98¢ per 100g



\$1.75
ea
LOW PRICE

Green's Essentials Cake Mix 340g
51¢ per 100g



\$3.19
ea
LOW PRICE

Nice & Natural Nut Bars 6pk



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Specials available from participating Tasmanian Supa IGA, IGA Everyday & 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

CHOCOLATE AVOCADO CAKE



Nuttelex Spread Original 500g
54¢ per 100g



Ingredients

FOR THE CAKE

- 1 large avocado
- 300g brown sugar
- 350g gluten-free plain flour
- 50g cocoa powder
- 1 tsp bicarb soda
- 2 tsp gluten-free baking powder
- 400mL soy milk (unsweetened)
- 150g Nuttelex (plus extra for greasing tins)
- pinch salt
- 2 tsp vanilla extract

FOR THE FROSTING

- 85g avocado, mashed
- 85g Nuttelex
- 200g vegan chocolate, in chunks
- 25g cocoa powder
- 125mL soy milk (unsweetened)
- 200g icing sugar, sifted
- 1 tsp vanilla extract

What to do

1. Heat oven to 160C/140C fan forced. Grease the two cake tins with Nuttelex, then line the bases with baking paper.
2. Process in blender until smooth 1 large avocado and 300g brown sugar.
3. Add 350g gluten-free plain flour, 50g cocoa powder, 1 tsp bicarbonate of soda, 2 tsp gluten-free baking powder, 400ml unsweetened soy milk, 150g Nuttelex and 2 tsp vanilla extract to the bowl with a pinch of salt and process again until smooth and lump-free.
4. Divide mixture between the tins and bake for 25 mins or until fully risen and a skewer inserted into the middle of the cakes comes out clean.
5. Cool in the tins for at least 10 mins, then turn the cakes out onto a rack to cool completely.
6. Next, prepare the frosting. Beat together 85g ripe avocado and 85g Nuttelex with electric beaters until creamy and smooth. Pass through a sieve and set aside.
7. Melt 200g vegan chocolate, either over a bowl of water or in the microwave, then let it cool for a few mins.
8. Sift 25g cocoa powder into a large bowl. Bring 125ml unsweetened soy milk to a simmer, then gradually beat into the cocoa until smooth. Cool for a few mins.
9. Add the avocado mix, 200g sifted icing sugar, melted chocolate and 1 tsp vanilla, and keep mixing to make a shiny, thick frosting. Once the cakes are completely cooled, use the frosting to sandwich the two cakes together and for the top.



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ROCKET & CRANBERRY SALAD



\$5⁹⁹
ea

JC's Dried Cranberries 500g
\$11.98 per 1kg



Ingredients

- 100g rocket washed & spun dry
- 2 tbsp dried cranberries
- 2 tbsp roasted pistachios
- caramelised balsamic vinegar

What to do

1. Place rocket into a bowl. Sprinkle over dried cranberries and roasted pistachios. Drizzle with a little caramelised balsamic vinegar.
2. Toss lightly, Serve and enjoy



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