



WHERE THE *locals* MATTER

ON SALE 10TH NOVEMBER 2021



Australian

BEEF RUMP STEAK

\$23⁹⁹
kg



1/2 PRICE

UNCLE TOBYS
Chewy
CHOC CHIP
ONLY 5.4g SUGAR
SOURCE OF FIBRE

\$2¹⁵ ea
SAVE \$2.15

Uncle Tobys Muesli Bars 6pk
\$1.16 per 100g

1/2 PRICE

UP & GO
LIQUID BREAKFAST
6 PACK
CHOC ICE FLAVOUR

\$4⁷⁹ ea
SAVE \$4.90

Sanitarium Up & Go
Breakfast Drink 250mL 6pk
\$3.19 per 1L

1/2 PRICE

CONNOISSEUR
GOURMET ICE CREAM
SALTED CARAMEL & MACADAMIA
x4

\$4⁴⁹ ea
SAVE \$4.50

Connoisseur Ice Cream Stick 4/6pk

Sorbent
SILKY WHITE
24 EMBOSSED ROLLS
180 SHEETS
100 x 105 mm

\$8⁹⁹ ea
SAVE \$4.00

Sorbent Toilet Tissue 24pk
21¢ per 100sh

Offers available from 10/11/21 until 16/11/21
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

SEE INSIDE FOR MORE SAVINGS



— FRESH MEAT & Produce —



Tasmanian
BABY SPINACH 150g
\$23.00 per 1kg

\$3⁴⁵ bag

Tasmanian Grown

WASHED AND READY TO USE
Baby Spinach Leaves
Naturally Healthy, Fresh and Convenient
25 YEARS



Grown in Australia

Bitterfree Cucumber

\$1²⁰ ea



Tasmanian Grown

island fresh
brushed potatoes

Brushed Potatoes 2.5kg
\$1.60 per 1kg

\$4 bag



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

\$7⁹⁹ ea

Half
Lamb
Leg



\$17⁹⁹ kg



Scottsdale
Pickled Pork

\$12⁹⁹ kg



Lamb
Loin
Chops



\$25⁹⁹ kg



Nichols
WHOLE BAGGED CHICKEN

Serving Suggestion

\$3⁹⁹ kg





Family Favourite
CHAMPAGNE HAM
Serving Suggestion

\$12⁹⁹ kg



Chicken
Kiev Burger
\$9.20 per 1kg

\$1¹⁵ ea



Streaky
Bacon

\$15⁹⁹ kg



Chicken
Kebabs 70g
\$17.14 per 1kg

\$1²⁰ ea

Cripps
Crumpet
Splits 6pk
59¢ per 100g

\$2⁴⁹ ea

SAVE \$1.26



National Pies
Classic Beef
Party Pies/
Rolls 6pk

\$4⁴⁹ ea

SAVE \$1.01



Central Cake
Co French
Vanilla/Jelly
Slice 2pk

\$4⁹⁹ ea

SAVE \$2.00



THE ALEX GADOMSKI FELLOWSHIP
BLOODY LONG TRIATHLON

10¢
DONATION

1/2
PRICE

Product of
Tasmania



Cripps
FRUIT BUNS 6PK
42¢ per 1ea

\$2⁴⁹ ea

SAVE \$2.50

FOLLOW THE ALEX GADOMSKI FELLOWSHIP ON FACEBOOK FOR MORE INFORMATION



— SNACK & DRINK Favourites —



Mars/Nestle/
Violet Crumble Medium Bars 35-56g



Violet Crumble Bites/Nuggets 135-180g



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



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



Arnott's Family
Assorted Biscuits/Creams 500g
80¢ per 100g



Pringles
Chips 134g
\$2.23 per 100g



Mission Corn Chips 230g
\$1.08 per 100g



Ritz Crackers 300g
66¢ per 100g



Coca-Cola/
Lift/Fanta/
Sprite Soft
Drink 1.25L
\$1.75 per 1L



Kirks Canned Soft Drink 375mL 10pk
\$1.60 per 1L



Cottee's
Cordial Syrup Double Concentrate 1L
\$3.99 per 1L



Tasmanian Mountain Spring Water 10L
60¢ per 1L

**1/2
PRICE**



\$5.25
ea

SAVE \$5.54

Moccona
Premium Classic/Infused Coffee 95/100g

**1/2
PRICE**



\$1.10
ea

SAVE \$1.10

Heinz Baked Beans/Spaghetti 300g
37¢ per 100g

NEW AMAZE BALLS



\$3.99
ea

SAVE \$2.36

Tetley Chai Latte Sachets 8pk
\$2.00 per 100g



\$3.49
ea

SAVE \$1.01

Moccona Coffee Sachets 10pk



\$1.25
ea

SAVE 35¢

Fantastic Noodles Cup 70g/Bowl 85g



\$6.99
ea

SAVE \$1.86

Kellogg's Crunchy Nut/Just Right/
Froot Loops/Nutri-grain 500-805g



Fountain
Specialty/
Mint Sauce
250mL
80¢ per 100mL

\$1.99
ea

SAVE 51¢



\$2.69
ea

SAVE 81¢

Dolmio Extra Pasta Sauce 490/500g

100% AUSSIE
OATS!



**1/2
PRICE**

\$2.15
ea

SAVE \$2.24

Uncle Tobys Protein Balls 84g
\$2.56 per 100g



— FILL UP THE FRIDGE & *Freezer* —

Twice
the fun

NEW



Peters Twin Pole 8pk
93¢ per 100mL

\$5.49
ea

SAVE \$2.00

1/2
PRICE



Tibaldi Signature Ham off the Bone 120g
\$18.75 per 1kg

\$2.25
ea

SAVE \$2.25



\$2.99
ea

SAVE 80¢

Miracle Spread 1kg
30¢ per 100g



\$4.99
ea

SAVE 80¢

Ingham's Chicken Breast Tenders 400g
\$12.48 per 1kg



\$3.49
ea

SAVE \$1.00

McCain Frozen Peas 1kg (excl. Baby)
\$3.49 per 1kg



\$3.99
ea

SAVE \$1.00

Birds Eye
Golden Crunch Chips/Wedges 900g
\$4.43 per 1kg



Rexona Advanced Antiperspirant 220mL
\$1.70 per 100mL



Colgate Total Advanced Toothpaste 200g
\$2.00 per 100g



Dynamo/Cold Power Laundry Detergent 1.8/2L or 1.8/2kg



Earth Choice Dishwash Tablet 42s
\$1.78 per 100g



Kleenex Viva Paper Towel 6pk
\$1.94 per 100ea



Multix Handy Tie Garbage Bags 45/50's



Pedigree Canned Dog Food 700g
34¢ per 100g



Schmackos Strapz 200g
\$2.50 per 100g



Fancy Feast Dry Cat Food 430/450g

SEE INSIDE FOR MORE SAVINGS



Cadbury Family Block Chocolate 160-190g



Natural Chip Company 175g
\$1.08 per 100g



Coca-Cola/Lift/Fanta/Sprite Soft Drink Cans 375mL 24pk
\$2.00 per 1L



Golden Circle Long Life Juice 2L
\$1.50 per 1L



Peters Original Ice Cream 2L
22¢ per 100mL



Birds Eye Oven Bake Fish Fillets 425g
\$14.09 per 1kg

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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.

William's
Bread
800-900g

\$3⁹⁹
ea
LOW PRICE



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



\$4
ea
LOW PRICE

Red Rock Deli Dip 150g
\$2.67 per 100g



\$2⁹⁹
ea
LOW PRICE

Bundaberg Raw Sugar 2kg
15¢ per 100g



Mount
Franklin
Spring
Water 1.5L
\$1.99 per 1L

\$2⁹⁹
ea
LOW PRICE



\$3⁹⁹
ea
LOW PRICE

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



\$1²⁹
ea
LOW PRICE

Pauls Kids Yoghurt 70g
\$1.84 per 100g



\$4⁹⁹
ea
LOW PRICE

Fancy Feast Dry Cat Food 430/450g



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Specials available from participating Tasmanian Supa IGA, IGA Everyday & IGA Xpress 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

HEALTHY THAI BEEF SALAD



\$23⁹⁹
kg

Beef Rump Steak
From the Meat Department

Ingredients

- 500g Beef Rump Steak
- 1.5 tbsp fresh lime juice
- 1 garlic clove, crushed
- 1 tbsp brown sugar
- 2 tsp sesame oil
- 1 tbsp fish sauce
- small butter lettuce, torn
- 200g cherry tomatoes, halved
- 2 lebanese cucumbers, ribbons
- 1 red onion, sliced
- herbs/seasoning to taste
(mint, thai basil, chilli)

What to do

1. Whisk together lime juice, garlic, sugar, fish sauce and sesame oil in a jug. Place steak in a large snap lock bag. Drizzle with half the dressing. Place in fridge for 15 minutes to develop the flavours.
2. Preheat a pan or barbecue to high heat. Cook steak for 2-3 minutes each side for medium-rare or until cooked to your liking. Transfer to a plate covered loosely with foil for 5 minutes to rest.
3. Place lettuce, tomato, cucumber, onion and your choice of herbs in a large bowl. Thinly slice steak across grain and add to salad. Drizzle with remaining dressing and gently toss to combine.

recipe provided by www.australianbeef.com.au



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Visit IGATAS.COM.AU for more info