

# SUPA IGA

ON SALE 22<sup>ND</sup> JANUARY 2020



*Australian*

## BEEF T-BONE STEAK



**\$22<sup>99</sup>** kg



Serving Suggestion

IGA WHERE THE *locals* MATTER



BETTER THAN HALF PRICE  
**\$17<sup>20</sup>** ea

SAVE \$18.10

Coca-Cola 30x375mL Selected Varieties  
\$1.53 per Litre



**\$2** ea

SAVE \$2

Pringles Chips 134g Selected Varieties  
\$1.49 per 100g

**1/2 PRICE**

Golden Circle Fruit Drink 6x250mL Selected Varieties  
\$1.27 per Litre

**\$1<sup>90</sup>** ea

SAVE \$1.90



**\$5<sup>50</sup>** ea

SAVE \$5.50

Connoisseur Gourmet Ice Cream 1 Litre Selected Varieties  
55¢ per 100mL

IGA MARKET DAY This Thursday 23rd Jan ONLY! SEE IN STORE FOR MORE HOT OFFERS

On sale Wed 22nd January to Tue 28th January 2020. While stocks last. Some products or varieties may not be available at all stores. Visit iga.com.au for more info.

**\$7.31**  
ea  
SAVE \$7.31

Four'N Twenty  
24 Pieces Snack Pack  
66¢ per 100g



**\$2.95**  
ea  
SAVE \$2.95

Kellogg's All-Bran Original  
530g or Just Right 460g



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

Dynamo Laundry  
Liquid 1.8-2 Litre  
Selected Varieties

**\$8.75**  
ea  
SAVE \$8.75



Viva Multi-Purpose  
Cleaning Towel 2 Pack  
\$1.46 per 100 sheets

**\$1.75**  
ea  
SAVE \$1.75



Praise Dressing 330mL Selected Varieties  
53¢ per 100mL

**\$1.75**  
ea  
SAVE \$1.25



Devondale Butter Spread  
500g Selected Varieties  
90¢ per 100g

**\$4.50**  
ea  
SAVE \$1.20

# Butterflied Lamb Leg

## WITH CHARGRILLED POTATO SALAD

- Preparation time: 10 mins
- Cooking time: 35 mins
- Serves: 6

- 1kg Butterflied Lamb Leg
- 700g Potatoes
- ½ Cup Pesto
- 120g Rocket leaves

**FULL RECIPE AVAILABLE AT**  
[IGA.COM.AU/SHARETHELAMB](http://IGA.COM.AU/SHARETHELAMB)



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

Australian Butterflied Lamb Leg



Serving Suggestion



Australian Lamb BBQ Forequarter Chops



**\$14<sup>99</sup>**  
kg



Green Acres Beef Angus Burger 450g  
\$18.89 per kg



**\$8<sup>50</sup>**  
ea



Australian Extra Large Tiger Prawns



**\$33<sup>99</sup>**  
kg



Australian Lamb Rump Steak



**\$22<sup>99</sup>**  
kg



*Country Chef*  
**PAVLOVA 500G**

Serving Suggestion

**\$5<sup>99</sup>**  
ea  
**SAVE \$4**

\$1.20 per 100g



Papa Joe's Bread 500g  
Selected Varieties  
90¢ per 100g

**\$4<sup>49</sup>**  
ea  
**SAVE \$1**



Golden Crumpets Round  
6 Pack Selected Varieties  
67¢ per 100g

**\$2**  
ea  
**SAVE \$1.70**



Grannys Mini Muffins  
300g Selected Varieties  
\$1.66 per 100g

**\$4<sup>99</sup>**  
ea  
**SAVE 66¢**



Sponge Roll 350g  
Selected Varieties  
83¢ per 100g

**\$2<sup>89</sup>**  
ea



Mini Iced Cupcakes  
or Mudcake 12 Pack  
Selected Varieties  
\$3.12 per 100g

**\$7<sup>49</sup>**  
ea  
**SAVE 50¢**



Muffin Bars 5 Pack  
Selected Varieties  
\$1.90 per 100g

**\$3<sup>99</sup>**  
ea  
**SAVE \$1**



**\$11<sup>99</sup>**  
kg

Middle Bacon Rashers



**\$23<sup>99</sup>**  
kg

Salami Sliced or Shaved  
Selected Varieties



**\$6<sup>49</sup>**  
kg

Skin on Cockatils  
or Slim Franks



**\$4<sup>99</sup>**  
ea

Large Salads Tub Coleslaw, Potato or Pasta



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

Family Chef Deli Roast Pork



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

Twiggy Sticks Hot or Mild



**\$22<sup>99</sup>**  
kg

Ham Off the Bone  
Sliced or Shaved



Lemnos  
Haloumi 180g  
\$36.06 per kg

**\$6<sup>49</sup>**  
ea  
**SAVE 49¢**



**\$20<sup>99</sup>**  
kg

Silverside Sliced or Shaved



**\$22<sup>99</sup>**  
kg

Ausfresh Semi Dried  
Tomato with Fetta



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

Lemnos Fetta Smooth  
200g Selected Varieties  
\$22.45 per kg



THE PURE TASTE FROM TASMANIA

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



**\$5<sup>95</sup>**  
ea  
**SAVE \$5.95**

Tasmanian Heritage Brie  
or Camembert Cheese  
250g Selected Varieties  
\$23.80 per kg

**\$2**  
ea

SAVE \$2

Pascall, The Natural Confectionery Co. or Cadbury Bags 160-350g Selected Varieties



**\$3.50**  
ea

SAVE \$3.50

Smiths Crinkle Cut or Doritos Corn Chips 380g Selected Varieties 92¢ per 100g



**1/2 PRICE**

**\$12.50**  
ea

SAVE \$12.50

Celebrations Tub 692g \$1.81 per 100g



Cadbury Favourites 373g \$1.88 per 100g



**\$7**  
ea

SAVE \$7

Nestlé Quality Street Tub 726g \$1.72 per 100g



**\$12.50**  
ea

SAVE \$12.50

**\$1.60**  
ea

SAVE \$1.60

French Fries Original 175g 91¢ per 100g



Arnett's Savoy or Jatz Clix 180-250g Selected Varieties

**\$2.50**  
ea

SAVE 70¢



Frantelle Spring Water 1.5 Litre 67¢ per Litre

**\$1**  
ea

SAVE 50¢



Mount Franklin Lightly Sparkling Spring Water 1.25 Litre Selected Varieties \$1.20 per Litre

**\$1.50**  
ea

SAVE \$1.05

**Low Prices EVERY DAY**



Twisties Zigzag Wicked Cheddar Party Bag 125g \$2.40 per 100g

**\$3**  
ea

LOW PRICE



Picky Picky Peanuts 200g Selected Varieties \$20 per kg

**\$4**  
ea

LOW PRICE



V Energy Drink 4x275mL Selected Varieties \$5.45 per Litre

**\$6**  
ea

SAVE \$3.50



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

**\$3.97**  
ea

**SAVE \$3.98**

Steggles Chicken Tenders 400g Selected Varieties \$9.93 per kg



**\$4.75**  
ea

**SAVE \$4.75**

Four'N Twenty Angus Pies 4 Pack Selected Varieties



**\$2.50**  
ea

**SAVE 79¢**

Birds Eye Crinkles or Straight Hot Chips 750g \$3.33 per kg



**\$6**  
ea

**SAVE \$2.50**

Bulla Creamy Classics Ice Cream Tub 2 Litre or Sandwich 4 Pack Selected Varieties



**\$4**  
ea

**SAVE \$3**

Cadbury Dairy Milk Freddo Ice Cream 4 Pack Selected Varieties 97¢ per 100mL



**\$5**  
ea

**SAVE \$1.99**

Peters Maxibon, Monaco Bar or Eskimo Pie 4-6 Pack Selected Varieties



**\$2**  
ea

**SAVE 50¢**

Zoosh Dips 185g Selected Varieties \$1.08 per 100g



**\$3.75**  
ea

**LOW PRICE**

Obela Hommus Dips 220g Selected Varieties \$1.70 per 100g



**\$9**  
ea

**SAVE \$3.53**

KR Castlemaine Rindless Short Cut Bacon 630g \$14.29 per kg



**\$5.50**  
ea

**SAVE \$1.50**

The Juice Brothers 1.5 Litre Selected Varieties \$3.67 per Litre



**\$3**  
ea

**SAVE \$1**

Mojo Kombucha 330mL Selected Varieties \$9.09 per Litre



**\$4.50**  
ea

**SAVE \$1.55**

La Famiglia Traditional Garlic Slices 450g \$1 per 100g

# Celebrate AUSTRALIA DAY



BETTER THAN HALF PRICE

**\$320**  
ea

SAVE \$3.30

Chinet Red Plastic  
Cups 20 Pack  
16¢ each

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



Lily Plastic Cutlery  
20 Pack Selected Varieties  
5¢ each

**90¢**  
ea

SAVE 95¢



Willow Cooler  
Medium 25 Litre

**\$30**  
ea

SAVE \$13



Australia Day  
Cap or Flag\*

**\$6**  
ea

HOT BUY



Heat Beads BBQ  
Briquettes 4kg

**\$730**  
ea

SAVE \$2.70



Australia Day Car  
Flag 2 Pack, Stubby  
Holder or Sunglasses\*

**\$3**  
ea

HOT BUY

**30% OFF**

DEEKO PLATES  
& BOWLS



Deeko Oval Plates 8 Pack  
35¢ each

**\$280**  
ea

SAVE \$1.20



Little Lucifer  
Firelighters 24 Pack  
\$12.50 per 100 units

**\$3**  
ea

SAVE \$1.50



Australia Day  
Hand Flag 2 Pack\*

**\$2**  
ea

HOT BUY



Deeko Dinner  
Napkins 2 Ply 25 Pack  
Selected Varieties  
\$15.20 per 100 units

**\$380**  
ea

SAVE \$1



Multi Purpose Tub 30 Litre

**\$399**  
ea

HOT BUY



Australia Day  
Assorted Tattoos\*

**\$150**  
ea

HOT BUY

\*Selected stores, while stocks last



*Australian*  
**PORK BONELESS LOIN ROAST**

Serving Suggestion

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



BBQ Thin Sausages

**\$6<sup>99</sup>**  
kg



Family Chef BBQ Pork Ribs

**\$29<sup>99</sup>**  
kg



Australian Fresh Chicken Drumsticks

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



Global Seafoods Prawns Cooked & Peeled 300g  
\$29.97 per kg

**\$8<sup>99</sup>**  
ea  
**SAVE \$2.01**



**\$5<sup>99</sup>**  
kg

*Australian*  
**RED GRAPES**

Grown in Australia



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

**Australian Topless Pineapples**

Grown in Australia



**\$2<sup>69</sup>**  
ea

**Australian Cos Lettuce Twin Pack**

Grown in Australia

**TWIN PACK**



**\$3<sup>69</sup>**  
kg

**Australian Red Onions**

Grown in Australia



**\$2<sup>69</sup>**  
ea

**Australian Cherry Tomatoes 250g**  
\$10.76 per kg

Grown in Australia

**250G PUNNET**



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

**Australian Pre-Pack Mushrooms Cup or Sliced 200g**  
\$14.95 per kg

Grown in Australia

**200G PACK**



**\$2<sup>50</sup>**  
ea

**Love Beets 250g**  
\$10 per kg

Grown in Australia

**250G PACK**



**\$10<sup>49</sup>**  
ea

**Pistachios Salted 375g**  
\$27.97 per kg

Grown in Australia

**375G PACK**

*community* Co

**WE GIVE BACK TO LOCAL COMMUNITIES**



**\$2<sup>50</sup>**  
ea

**Community Co Aussie Mix 120g**  
\$20.83 per kg

**\$4<sup>50</sup>**  
ea

**Community Co Baby Leaf Mix 300g or Baby Spinach 280g**



**\$3.49** ea  
SAVE 50¢

18 Pack  
97¢ per 100g

*Scrumptious*  
**LUSCIOUS LAMINGTONS**




**\$7.89** ea

Your Bakery Croissant 9 Pack  
\$1.31 per 100g



**\$4.20** ea  
SAVE 80¢

Mission Mini Wraps  
8 Pack Selected Varieties  
\$1.09 per 100g



**\$4.99** ea  
SAVE \$1.01

Brioche Hot Dog Rolls 300g  
\$1.66 per 100g



**\$2.79** ea

Rustic White or Olive Baguette 320g  
93¢ per 100g



**\$4.99** ea  
SAVE 51¢

Your Bakery Cinnamon and Raisin Bagels 440g  
\$1.13 per 100g



**\$3** ea  
HOT BUY

Tip Top Hamburger, Hot Dog or Damper Rolls 6 Pack  
50¢ each

**BAKED IN VIC WITH AUSSIE WHEAT**



**\$3** ea  
LOW PRICE

Tip Top Sunblest Bread 650-700g Selected Varieties



\*Wheat refers to wheat flour.

1/2  
PRICE



\$1<sub>ea</sub>

**SAVE \$1**

Cadbury Medium Bars 30-60g Selected Varieties



\$2<sub>50</sub>  
<sub>ea</sub>

**SAVE \$2.50**

Arnett's Chocolate Blocks 170g Selected Varieties \$1.47 per 100g



\$3<sub>ea</sub>

**SAVE \$1.50**

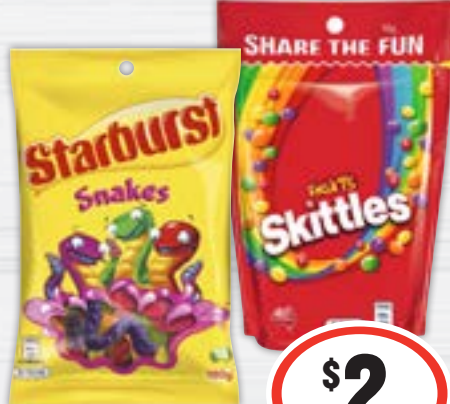
Nestlé Chocolate Blocks 118-200g Selected Varieties



\$3<sub>ea</sub>

**SAVE \$2**

Kinder Chocolate 16 Pack \$1.50 per 100g



\$2<sub>ea</sub>

**SAVE \$1**

Skittles or Starburst Bags 104-180g Selected Varieties



\$3<sub>ea</sub>

**SAVE \$1.15**

Cadbury Bubbly 160g or Green & Black's Chocolate Blocks 90g Selected Varieties

\$4<sub>ea</sub>

LOW PRICE



Wrigley's Extra Gum 3 Pack Selected Varieties \$4.94 per 100g



\$4<sub>ea</sub>

**SAVE \$1**

Nestlé or Allen's Family Size Bags 340g Selected Varieties \$1.18 per 100g



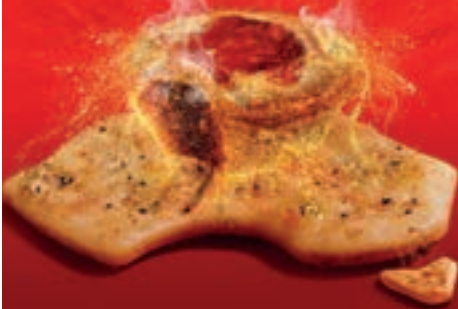
\$3<sub>ea</sub>

**SAVE \$1.60**

Cadbury Share Packs 150-180g Selected Varieties

ARNOTT'S  
**SHAPES**

**FLAVOUR  
YOU CAN SEE**



**NEW**  
FLAVOURS



**\$250**  
ea  
**SAVE 70¢**

Arnott's Shapes  
160-190g  
Selected Varieties

THERE IS NO SUBSTITUTE.



**\$3**  
ea  
**SAVE \$1**

Arnott's Minis, Shapes  
or Tiny Teddy 7-8 Pack  
Selected Varieties



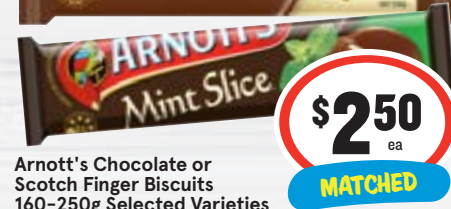
**\$250**  
ea  
**SAVE \$1.15**

Arnott's Chocolate  
Biscuits 175-200g  
Selected Varieties



**\$250**  
ea  
**SAVE \$1.35**

Majans Bhuja Mix 140-200g  
Selected Varieties



**PRICE  
MATCHED**

**\$250**  
ea  
**MATCHED**

Arnott's Chocolate or  
Scotch Finger Biscuits  
160-250g Selected Varieties



**\$350**  
ea  
**SAVE 89¢**

Kettle Potato Chips  
135-175g Selected Varieties



**\$4**  
ea  
**SAVE \$1.50**

Arnott's Assorted  
Creams 500g  
80¢ per 100g



**\$250**  
ea  
**SAVE 69¢**

Doritos Corn  
Chips 150-170g,  
Kettle Popcorn  
80-110g or  
Assorted  
Multipacks  
5-6 Pack  
Selected Varieties



**\$2**  
ea  
**LOW PRICE**

Community  
Co Original or  
Sour Cream &  
Chives Stacks  
of Chips 160g  
\$1.25 per 100g  
Selected Stores Only



**\$1**  
ea  
**SAVE 80¢**

Nabisco  
Captain's  
Table Classic  
or Cracked  
Pepper Water  
Crackers 125g  
80¢ per 100g



Coca-Cola, Sprite, Fanta or Lift 1.25 Litre Selected Varieties  
\$1.20 per Litre

**\$1.50**  
ea  
SAVE \$1



Coca-Cola Classic or No Sugar 4x300mL  
\$4.17 per Litre

**\$5**  
ea  
SAVE \$2.10



Powerade 600mL Selected Varieties  
\$3.33 per Litre

**\$2**  
ea  
SAVE \$1.50



Mount Franklin Spring Water 20x500mL  
60¢ per Litre

**\$6**  
ea  
SAVE \$4



Bundaberg Drinks 4x375mL Selected Varieties  
\$3 per Litre

**\$4.50**  
ea  
SAVE \$1.20



Red Bull Energy Drink 250mL Selected Varieties  
\$10 per Litre

**2 for \$5**  
LOW PRICE



Mother Energy Drink 4x500mL Selected Varieties  
\$3.13 per litre

**\$6.25**  
ea  
LOW PRICE

IT'S GOTTA BE KIRKS

**THIS AUSSIE DAY**

**1/2 PRICE**

**90¢**  
ea  
SAVE 95¢

Kirks 1.25 Litre Selected Varieties  
72¢ per Litre

**BETTER THAN HALF PRICE**

**\$4.45**  
ea  
SAVE \$4.60

Kirks 10x375mL Selected Varieties  
\$1.19 per Litre

**KIRKS**  
AUSTRALIAN MADE SINCE FOREVER

The Kirks device is a registered trade mark of Coca-Cola Amatil (Aust) Pty Ltd.



**\$7<sup>50</sup>**  
ea

**SAVE \$3**

Nestlé Milo 750g  
\$1 per 100g



**\$2<sup>50</sup>**  
ea

**SAVE \$1.99**

Golden Circle Fruit  
Juice 6x200mL  
Selected Varieties  
\$2.08 per Litre



**\$16**  
ea

**SAVE \$4**

Nescafé Original or  
Espresso Blend 43  
Coffee 500g  
\$3.20 per 100g



**\$14**  
ea

**SAVE \$5.99**

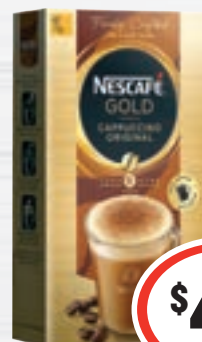
Nescafé Gold Instant Coffee  
Refill Soft Sachet 320g  
\$4.38 per 100g



**\$7<sup>50</sup>**  
ea

**SAVE \$2.45**

Moccona Freeze  
Dried Coffee 95-100g  
Selected Varieties



**\$4<sup>50</sup>**  
ea

**SAVE \$1.80**

Nescafé Coffee Sachets  
8-10 Pack Selected Varieties



**\$22**  
ea

**SAVE \$5**

Grinders Coffee Beans  
1kg Selected Varieties  
\$2.20 per 100g



**\$4<sup>50</sup>**  
ea

**SAVE \$1.50**

L'OR Espresso Coffee  
Capsules 10 Pack  
Selected Varieties  
\$8.65 per 100g



**\$2**  
ea

**SAVE 80¢**

Vitasoy Soy Milky Regular  
or Lite Long Life Milk 1 Litre  
\$2 per Litre



**\$2<sup>95</sup>**  
ea

**SAVE 35¢**

Tetley Tea Cup Bags  
100 Pack or Green Tea Bags  
50 Pack Selected Varieties



**\$6<sup>20</sup>**  
ea

**SAVE \$1.49**

Bushells Evening Decaf  
or Lipton Pure Green  
Tea Bags 100 Pack



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

**SAVE 69¢**

Bickford's Cordial 750mL  
Selected Varieties  
\$4.67 per Litre

Kellogg's Original Special K 300g or Sultana Bran 420g



**\$2.47**  
ea

SAVE \$2.48

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



**\$2.65**  
ea

SAVE \$2.65

Nestlé Nesquik or Milo Cereal 340-350g Selected Varieties



White Wings Pancake Shaker Original 350g or Buttermilk 325g

**BETTER THAN HALF PRICE**

**\$1.50**  
ea

SAVE \$1.65



**\$2.50**  
ea

SAVE \$2.25

Uncle Tobys Plus Cereal 410-435g Selected Varieties



**\$4**  
ea

SAVE \$1.50

Lotus Biscoff Spread 380-400g Selected Varieties



**\$9**  
ea

SAVE \$1.85

Nutella Hazelnut Spread Family Pack 1kg 90¢ per 100g

**PRICE MATCHED**



**\$2.50**  
ea

**MATCHED**

Cottee's Jam or Marmalade 500g Selected Varieties 50¢ per 100g



**\$5**  
ea

SAVE \$1.50

Vegemite 380g \$1.32 per 100g



**Bega**

Proudly **Aussie** owned & made.



**\$2.30**  
ea

SAVE \$1.70

Bega Peanut Butter 325-375g Selected Varieties



**\$4**  
ea

SAVE \$1

Bega Simply Nuts 325g Selected Varieties \$1.23 per 100g

BEGA, THE BEGA DEVICE AND THE SIMPLY NUTS DEVICE ARE TRADE MARKS OF BEGA CHEESE LIMITED.



# Australia's Favourite Sauce



MasterFoods Sauce  
475-500mL or  
Mustard 250-275g  
Selected Varieties

**\$1.75**  
ea

SAVE \$1.20



MULTI-BUY

**2\$**  
for **24**

SAVE \$1

Fountain Sauce 250mL  
Selected Varieties  
80¢ per 100mL



**\$2**  
ea

SAVE \$1

Leggo's Pasta  
Sauce 490-500g  
Selected Varieties



**\$2.50**  
ea

SAVE 30¢

MasterFoods Mustard  
or Horseradish Cream  
170-175g Selected Varieties



**\$3**  
ea

SAVE 70¢

Leggo's Stir Through Pasta  
Sauce 350g or Tomato Paste  
500g Selected Varieties



**\$2.70**  
ea

SAVE 60¢

MasterFoods Relish  
or Chutney 250-260g  
Selected Varieties



**\$2.50**  
ea

LOW PRICE

Chicken Tonight Cooking Sauces  
475-520g Selected Varieties



**\$7**  
ea

SAVE \$2.52

Crisco  
Vegetable  
or Canola  
Oil 2 Litre  
35¢ per 100mL



**\$5.50**  
ea

SAVE \$2.50

Always Fresh Pitted  
Kalamata Olives 670g  
\$8.21 per kg



**1/2**  
PRICE



**1/2**  
PRICE



BETTER THAN  
HALF PRICE

**\$1**  
ea  
SAVE \$1

Heinz Baked Beans  
or Spaghetti 300g  
Selected Varieties  
33¢ per 100g

**\$2**  
ea  
SAVE \$2

Kraft Easy Mac 4 Pack  
Selected Varieties  
71¢ per 100g

Green's Essentials  
Cake Mix 340g  
Selected Varieties  
29¢ per 100g

**\$1**  
ea  
SAVE \$1.20



**\$1**  
ea  
SAVE 50¢

Edgell Corn 420g  
or Beetroot 425g  
Selected Varieties



**\$2**  
ea  
SAVE 90¢

Continental Rice, Risotto  
or Pasta Pots 69-87g  
Selected Varieties



**\$2.20**  
ea  
SAVE \$1.20

Tilda Steamed Rice  
250g Selected Varieties  
88¢ per 100g



**\$6.50**  
ea  
SAVE \$1.50

John West Wild Alaskan  
Red Salmon 210g  
\$30.95 per kg



**\$1.60**  
ea  
LOW PRICE

Ardmona Rich & Thick Tomatoes  
410g Selected Varieties  
\$3.90 per kg



**\$5**  
ea  
HOT BUY

Marion's Kitchen  
Cooking Kit 375-475g  
Selected Varieties



**85¢**  
ea  
SAVE 25¢

Valcom Bamboo  
Shoot Slices 225g  
\$3.78 per kg



**\$3**  
ea  
SAVE 95¢

Cottee's Ice Magic Topping  
220g Selected Varieties  
\$1.36 per 100g



**\$4.50**  
ea  
SAVE \$1.30

Zoopers Doopers 24 Pack  
Selected Varieties  
27¢ per 100mL

# Lunar NEW YEAR

CELEBRATING YEAR OF THE RAT 2020



**\$3.50** ea  
SAVE \$1.40

ABC Sweet Soy Sauce Kecap Manis 620mL  
56¢ per 100mL



**\$1.80** ea  
SAVE 80¢

Lee Kum Kee Premium Soy Sauce 150mL  
\$1.20 per 100mL



**\$1.20** ea  
SAVE 30¢

TCC Premium or Light Coconut Milk 400mL  
30¢ per 100mL



**\$3** ea  
SAVE \$1

Valcom Curry Paste 210-230g Selected Varieties



Green Chicken Curry

For recipe ideas and inspiration, see <https://asianinspiration.com.au/recipes>



**\$3.50** ea  
SAVE \$1.40

Nisshin Panko Bread Crumbs 200g  
\$1.75 per 100g



**\$2.80** ea  
SAVE 49¢

Admiral Lychees In Syrup 565g  
\$4.96 per kg



**\$1.50** ea  
SAVE 50¢

Pandaroo Rice Paper 150g  
\$1 per 100g



**\$1.60** ea  
SAVE 39¢

Admiral Mandarin Segments 310g  
\$5.16 per kg



**\$1.30** ea  
SAVE 30¢

Pandaroo Coconut Water 310mL  
\$4.19 per Litre



**\$1.60** ea  
SAVE 29¢

Riviana Champignons Whole 285g  
\$5.61 per kg



**\$3** ea  
SAVE \$1.10

Pandaroo Hoisin or Oyster Sauce 250mL  
\$1.20 per 100mL



**\$1.40** ea  
SAVE 20¢

Riviana Water Chestnuts Whole 230g  
\$6.09 per kg



# A Healthier YOU



# 1/2

## PRICE



# \$10.50

ea

### SAVE \$10.50

Nature's Way Instant Natural Protein Powder 375g Selected Varieties  
\$2.80 per 100g

# 30% OFF

## GOLDEN DAYS



# \$1.75

ea

### SAVE 75¢

Golden Days Sesame Snaps 3x40g\*  
\$1.46 per 100g



# \$3.50

ea

### SAVE 50¢

Musashi Protein Drink 375mL\* Selected Varieties  
\$9.33 per Litre



# \$3

ea

### SAVE \$1

Aussie Bodies Bars 60g\* Selected Varieties  
\$5 per 100g



# \$2.50

ea

### SAVE \$1

Off The Eaten Path Snacks 70-100g Selected Varieties



# \$3.80

ea

### SAVE \$1

Cornwell's Organic Apple Cider Vinegar 500mL  
76¢ per 100mL



# \$1.30

ea

### SAVE 20¢

McKenzie's Rice Flour or Ground Rice 375g  
\$3.47 per kg



# \$14

ea

### LOW PRICE

Community Co Organic Virgin Coconut Oil 1 Litre\*  
\$1.40 per 100mL

— FRIDGE *Faves* —

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



Danone YoPro Protein Yoghurt 160g Selected Varieties  
75¢ per 100g

**\$1.20** ea  
**SAVE \$1.20**



Tamar Valley Dairy Kids Greek Yoghurt 110g Selected Varieties  
\$1.23 per 100g

**\$1.35** ea  
**SAVE 35¢**



Tamar Valley Greek Style Yoghurt 700g-1kg or 6 Pack Selected Varieties

**\$5** ea  
**SAVE \$1.20**



Vaalia Yoghurt 4 Pack Selected Varieties  
62¢ per 100g

**\$3.75** ea  
**SAVE 75¢**



Yoplait Petit Miam Squeeze Yoghurt 70g Selected Varieties  
\$1.14 per 100g

**80¢** ea  
**HOT BUY**



Dairy Farmers Thick & Creamy 150g, Jalna Pot Set Yoghurt 170g or Farmers Union Yoghurt Pouch 130g Selected Varieties

**\$1.50** ea  
**SAVE 50¢**



Nestlé or Pauls Chocolate Mousse 2 Pack  
\$2.02 per 100g

**\$2.50** ea  
**SAVE 25¢**



Pauls Vanilla or Chocolate Custard Pouch 140g  
\$1.29 per 100g

**\$1.80** ea  
**SAVE 30¢**



Yoplait Yoghurt Smoothie 300g Selected Varieties  
80¢ per 100g  
Selected Stores Only

**\$2.40** ea  
**SAVE 60¢**



Oak Flavoured Milk or Ice Break Iced Coffee 500-600mL Selected Varieties  
Selected Stores Only

**\$2.20** ea  
**SAVE 90¢**



Charlie's Quencher Juice 2 Litre Selected Varieties  
\$2.50 per Litre  
Selected Stores Only

**\$5** ea  
**SAVE \$1**



Latina Fresh Lasagne Sheets or Egg Fettuccine 375g  
93¢ per 100g

**\$3.50** ea  
**SAVE \$1.20**



**\$7**<sup>ea</sup>  
**LOW PRICE**

Devondale Block Cheese 500g Selected Varieties  
\$14 per kg



**\$5**<sup>ea</sup>  
**SAVE \$1**

Coon Shredded, Sliced or Block Cheese 250g Selected Varieties  
\$20 per kg



**\$3.50**<sup>ea</sup>  
**SAVE 79¢**

Philadelphia Block, Pourover, Spreadable or Icings 230-250g Selected Varieties

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



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

Don Donskis Salami Hot or Mild Twin 40g  
\$37.50 per kg



**\$3.50**<sup>ea</sup>  
**SAVE 65¢**

Kraft Original or Light Singles 216g  
\$16.20 per kg



**\$4**<sup>ea</sup>  
**SAVE 50¢**

MeadowLea Original or Salt Reduced Spread 1kg  
40¢ per 100g



**\$3.50**<sup>ea</sup>  
**SAVE \$1**

Don Traditional Kabana 200g or Sliced Salami 100g Selected Varieties



**\$8**<sup>ea</sup>  
**SAVE \$3**

Primo Short Cut or Middle Rindless Bacon 500g  
\$16 per kg



**\$5.50**<sup>ea</sup>  
**SAVE \$1.50**

Don Pan Size Rindless Bacon 250g  
\$22 per kg

**Low Prices EVERY DAY**



**2\$6**<sup>for</sup>  
**LOW PRICE**

Chris' Traditional Dips 200g Selected Varieties  
\$1.50 per 100g



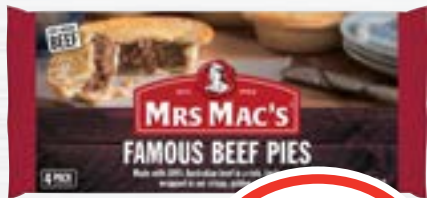
**\$6**<sup>ea</sup>  
**LOW PRICE**

Jarlsberg Original Cheese or Lite Cheese Slices 150g  
\$40 per kg



**2\$6**<sup>for</sup>  
**LOW PRICE**

Mersey Valley, Tasmanian Heritage or South Cape Cheese 80g Selected Varieties  
\$37.50 per kg



Mrs Mac's Pies or Giant Sausage Rolls 4 Pack Selected Varieties 71¢ per 100g

**\$5** ea  
SAVE \$3.20



Birds Eye Whiting, Sea Dory, Barramundi or Flathead 270-425g Selected Varieties

**\$7.50** ea  
SAVE \$2.50



On the Menu King Size Power Bowl 450g Selected Varieties \$1.33 per 100g

**\$6** ea  
SAVE \$1.50



Birds Eye Golden Crunch Crinkles or Shoestring Microwave Chips 140g \$14.29 per kg

**\$2** ea  
SAVE 50¢



Birds Eye SteamFresh 450g or Stir Fry 500g Selected Varieties

**\$3** ea  
SAVE 50¢



McCain Redbox Frozen Meals 310-320g Selected Varieties

**\$5** ea  
SAVE \$1



Community Co Pizza 390-440g Selected Varieties

**\$5** ea  
LOW PRICE



Community Co Macaroni or Cauliflower Cheese Balls 200g \$2.50 per 100g

**\$5** ea  
LOW PRICE



Cadbury or Oreo Tub 1.2 Litre Selected Varieties 50¢ per 100mL

**\$6** ea  
SAVE \$3



Sara Lee Deep Dish Pie or Pudding 600-800g Selected Varieties

**\$6** ea  
SAVE \$1.50



Bulla Multipack Ice Cream 8-14 Pack Selected Varieties

**\$5** ea  
SAVE \$2



Streets Vegan Cornetto 4 Pack \$1.67 per 100mL

**\$6** ea  
SAVE \$2.99



Connoisseur Gourmet Ice Cream 4-6 Pack Selected Varieties

**\$6** ea  
SAVE \$2.60



Peters Lemonade or Lemonade and Raspberry Icy Pole 8 Pack

**\$3.50** ea  
SAVE \$1.10

# BACK to SCHOOL

**50% OFF**

**SISTEMA BOTTLES**



Sistema  
Twist 'N' Sip  
Bottle 460mL  
Assorted Colours

**BETTER THAN  
HALF PRICE**

**\$2.50**  
ea

**SAVE \$2.69**



Copyright Paper A4  
80gsm 500 Sheets

**\$4.30**  
ea

**SAVE \$1.20**

**30% OFF**

**MARBIG COLOURHIDE  
NOTEBOOKS**



ColourHide A4  
120 page Notebook  
Selected Varieties

**\$3.40**  
ea

**SAVE \$1.55**



Décor On The Go  
Lunch Break Dressing  
Tubs 6x35mL

**\$3**  
ea

**SAVE \$1.40**



Artline 70, 90 or  
700 Markers 1 Pack  
Selected Varieties

**\$3**  
ea

**SAVE \$1.15**



BIC Wite-Out  
Correction Tape 1 Pack

**\$2.50**  
ea

**SAVE \$1.69**



Bostik Glu Stik  
Clear Glue 35g

**\$2.50**  
ea

**SAVE \$1**



Staedtler Pencils 5 Pack  
Selected Varieties

**\$2.50**  
ea

**SAVE 47¢**



BIC Kids Colouring  
Pencils 12 Pack

**\$2**  
ea

**SAVE \$1.20**



BIC 4 Colour Pen 1 Pack

**\$1.90**  
ea

**SAVE 90¢**



BIC Round Stick Pens  
10 Pack Selected Varieties

**\$2.10**  
ea

**SAVE \$1.50**

Cold Power Laundry Liquid  
900mL-1 Litre or Powder  
900g-1kg Selected Varieties

**\$5**  
ea  
SAVE \$5



Finish Dishwasher  
Cleaner 250mL  
Selected Varieties  
\$1.40 per 100mL

**\$3.50**  
ea  
SAVE \$3.50



Cuddly Concentrate  
Fabric Conditioner  
850mL-1 Litre  
Selected Varieties

**\$4.49**  
ea  
SAVE \$4.50



Aerogard Odourless  
or Eucalyptus  
Insect Repellent  
Fabric Spray 150g  
\$3.33 per 100g

**\$5**  
ea  
SAVE \$5



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

Air Wick Reed  
Diffusers 50mL  
Selected Varieties  
\$1.03 per 10mL

**\$5.15**  
ea  
SAVE \$5.15



Ajax Professional Power  
Cleaner Spray 500mL  
or All In 1 Lemon 700mL  
Selected Varieties

**\$2.90**  
ea  
SAVE \$2.90



Harpic Toilet Block Cleaners  
39g Selected Varieties  
\$6.38 per 100g

**\$2.49**  
ea  
SAVE \$2.50



**Low  
Prices  
EVERY DAY**

Harpic White & Shine  
Bleach Gel 450mL  
Selected Varieties  
62¢ per 100mL

**\$2.80**  
ea  
LOW PRICE



Ajax EcoRespect Multipurpose  
Biodegradable Compostable  
Wipes Fresh Lemon 40 Pack  
9¢ each

**\$3.50**  
ea  
LOW PRICE



Fairy All in One  
Lemon Dishwasher  
Tablets Original  
55 Pack or  
Platinum 67 Pack

**\$2.70**  
ea  
LOW PRICE





Fab Laundry Powder 1.8-2kg or Liquid 1.8-2 Litre Selected Varieties

**\$5.50** ea  
SAVE \$1.50



Kleenex Complete Clean Toilet Tissue 45 Pack 23¢ per 100 sheets

**\$19** ea  
SAVE \$6.69



Vanish NapiSan Gold Pro Oxi Action Stain Remover Powder 900g or Gel 950mL Selected Varieties

**\$8** ea  
SAVE \$3.97



Sorbent Hypo-Allergenic Toilet Rolls 12 Pack 23¢ per 100 sheets

**\$5** ea  
SAVE \$4.40



Multix Alfoi Roasting & BBQ Tray Medium

**\$2.65** ea  
SAVE \$2.05



Palmolive Ultra Dishwashing Liquid 375-400mL Selected Varieties

**\$2** ea  
SAVE \$1.50



Mortein PowerGard Crawling Insect Surface Spray 320g or Control Bomb 2x150g

**\$10** ea  
SAVE \$2.50



Mortein Outdoor Mosquito Coils 30 Pack 17¢ each

**\$5** ea  
SAVE \$1.50

**NEW**



For squeaky clean dishes



**\$3.40** ea  
SAVE \$1.30

Sunlight Dishwashing Liquid 1 Litre Selected Varieties 34¢ per 100mL

Pedigree

HIGH PROTEIN

25% MORE PROTEIN\*

\* Compared to PEDIGREE® Dry Adult Range 1 - 7 years (excluding Small Dog Adult) on a per 100 g basis.

- ✓ With Real Meat as a Source of Protein
- ✓ 100% Complete & Balanced
- ✓ No Artificial Flavours



Pedigree High Protein Dry Dog Food 2.5kg Selected Varieties 36¢ per 100g

\$9<sup>ea</sup>  
SAVE \$3

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Pedigree Dry Dog Food 2.5-3kg Selected Varieties

\$9<sup>ea</sup>  
SAVE \$3



Purina Fancy Feast Wet Cat Food 85g Selected Varieties \$1.18 per 100g

\$1<sup>ea</sup>  
SAVE 45¢



Optimum Wet Dog Food 680-700g Selected Varieties

\$3<sup>ea</sup>  
SAVE 75¢



Fussy Cat Grainfree Wet Cat Food 400g Selected Varieties 43¢ per 100g

\$1.70<sup>ea</sup>  
SAVE 30¢



Schmackos Strapz or Stix 180g Selected Varieties \$2.22 per 100g

\$4<sup>ea</sup>  
SAVE \$1.25



Dine Desire Wet Cat Food 6x85g Selected Varieties \$1.57 per 100g

\$8<sup>ea</sup>  
LOW PRICE



Pedigree Dentastix Large, Medium or Small Dog Treats 7 Pack

\$4<sup>ea</sup>  
SAVE \$1.20



VIP Natures Grainfree Chicken Dog Food 1.08kg (Refrigerated Pet Food) 30¢ per 100g

\$2.99<sup>ea</sup>  
SAVE 41¢

**\$5.25**  
ea

SAVE \$5.25

TRESemmé Shampoo or Conditioner 900mL Selected Varieties  
58¢ per 100mL



**1/2**  
PRICE



Rexona Advanced Protection 220mL Selected Varieties  
\$1.70 per 100mL

**\$3.75**  
ea

SAVE \$3.75



Toni & Guy Purple Shampoo 250mL  
\$4 per 100mL

**\$10**  
ea

SAVE \$6

**40%**  
OFF

CLEARASIL SKINCARE



Clearasil Ultra Rapid Action Pimple Cream 15mL  
\$59 per 100mL

**\$8.85**  
ea

SAVE \$5.95

**30%**  
OFF

AVEENO SKINCARE



Aveeno Moisturising Lotion 354mL Selected Varieties  
\$2.63 per 100mL

**\$9.30**  
ea

SAVE \$4.08



BIC Comfort 3 Advance or Soleil Twilight Disposable Razors 4 Pack  
\$1 each

**\$4**  
ea

SAVE \$1.50



Gillette Blue II UltraGrip Pivot Disposable Shaving Razor 5 Pack  
90¢ each

**\$4.50**  
ea

SAVE 79¢



Banana Boat Aloe Vera Aftersun Gel or Spray 250mL  
\$2.36 per 100mL

**\$5.90**  
ea

SAVE \$2.10



Banana Boat Sunscreen Lotion SPF 50+ 100g^ Selected Varieties  
\$9 per 100g

**\$9**  
ea

SAVE \$2

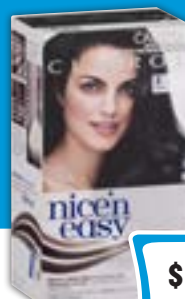
Low Prices EVERY DAY



Pantene Shampoo or Conditioner 350mL Selected Varieties  
\$1.29 per 100mL

**\$4.50**  
ea

LOW PRICE



Clairol Nice'n Easy 1 Pack Selected Varieties

**\$9**  
ea

LOW PRICE

PROTECT THE FUN

**1/2  
PRICE**



**2X FASTER  
PAIN RELIEF**

Absorbed twice as fast as regular Panadol tablets



**\$5**  
ea

**LOW PRICE**

Panadol Rapid Caplets 20 Pack  
25¢ each

Keep momentum  
with Panadol Rapid

This medicine may not be right for you.  
Read the label before purchase.  
Follow the directions for use.  
If symptoms persist, talk to your health  
professional. Incorrect use could be harmful.

Trade marks owned or licensed by  
GSK © 2019 GSK or licensor.  
CHANZ/CHPAN/0190/19



**\$1.80**  
ea

**SAVE 40¢**

Sorbent Thick & Large  
95 Pack or Velvet  
70 Pack Facial Tissues  
Selected Varieties



**\$3.50**  
ea

**SAVE \$3.50**

Colgate Advanced  
Whitening or Max Fresh  
Toothpaste 170-190g  
Selected Varieties



**\$4**  
ea

**SAVE 90¢**

Listerine Mouthwash  
250mL Selected Varieties  
\$1.60 per 100mL



**\$3**  
ea

**SAVE \$1**

Colgate Plax Mouthwash  
250mL, Dental Ribbon  
Waxed 50m or Ultra  
Soft Toothbrush 1 Pack  
Selected Varieties



**\$4**  
ea

**SAVE \$1**

Advil Fast Pain Relief  
Liquid Capsules 20 Pack\*\*  
20¢ each



**\$4**  
ea

**SAVE \$2**

Palmolive Luminous  
Oils Hand Wash 500mL  
or Shower Gel 400mL  
Selected Varieties

**Low  
Prices  
EVERY DAY**



**\$7**  
ea

**LOW PRICE**

Cenovis Sugarless  
Vitamin C 500mg  
Orange Chewable  
Tablets 100 Pack#  
\$7 per 100 units



**\$3**  
ea

**LOW PRICE**

Mum Dry  
Cool Pink or  
Active Roll-On  
Deodorant 50mL  
\$6 per 100mL



Huggies Ultimate Unisex Nappies 52-108 Pack Selected Varieties

**\$25** ea  
SAVE \$5



Huggies Cucumber & Aloe or Fragrance Free Thick Baby Wipes 400 Refill Pack \$3.25 per 100 units

**\$13** ea  
SAVE \$4



Huggies DryNites Pyjama Pants 9-11 Pack Selected Varieties

**\$10** ea  
SAVE \$2



Johnson's Baby Oil, Shampoo, Wash, Bath or Lotion 500mL Selected Varieties \$1.26 per 100mL

**\$6.30** ea  
SAVE \$3.20



Karicare Toddler Milk Drink Stage 3 or 4 900g \$1.78 per 100g

**\$16** ea  
LOW PRICE



Heinz Baby Food 150-170g Selected Varieties

**\$1.50** ea  
SAVE 50¢



Depend Real Fit Underwear 8 Pack Selected Varieties \$1.38 each

**\$11** ea  
SAVE \$1.99



U by Kotex Regular or Super Designer Series Ultrathins With Wings 10-12 Pack

**\$3.60** ea  
SAVE 90¢



Wholegrains 6+ months  
Protein 6+ months  
Plant Protein 8+ months



**MULTI-BUY**  
**3 \$5** for  
SAVE 70¢

Rafferty's Garden Pouches 120g Selected Varieties \$1.39 per 100g

# Specials



**\$44**<sup>ea</sup>  
24 PACK



Iron Jack Red

**\$46**<sup>ea</sup>  
24 PACK



Carlton Dry

**\$47**<sup>ea</sup>  
30 CAN BLOCK



Great Northern Super Crisp

**\$48**<sup>ea</sup>  
24 PACK



Furphy Ale

**\$20**<sup>ea</sup>  
10 PACK



Somersby Cider Varieties

**\$30**<sup>ea</sup>  
4 PACK



Wild Turkey & Cola Heritage 9%

**\$42**<sup>ea</sup>  
10 PACK



Bundaberg O.P. 6%, Johnnie Walker Red Premium 6.5% & Cola or Smirnoff Ice Double Black 6.5%

**\$52**<sup>ea</sup>  
1 LITRE



Canadian Club Whisky or Jim Beam White Label Bourbon 1 Litre



WIN 1 OF 300  
JBL GO 2 SPEAKERS

**\$40**<sup>ea</sup>

Bacardi Carta Blanca Superior White Rum 700mL\*

MULTI-BUY  
**2\$20**<sup>for</sup>



Upside Down 750mL Varieties

**\$13**<sup>ea</sup>



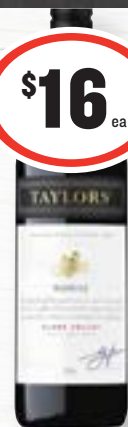
Yarra Burn Premium Cuvée 750mL Varieties

**\$15**<sup>ea</sup>



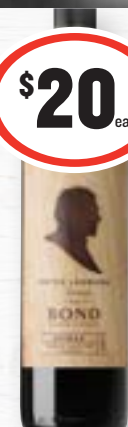
Squealing Pig 750mL Varieties (Excl. Pinot Noir)

**\$16**<sup>ea</sup>



Taylors Estate 750mL Varieties

**\$20**<sup>ea</sup>



Peter Lehmann Bond Shiraz 750mL



Liquor offers available from 22/01/20 until 28/01/20 or while stocks last. Specials available in Victoria IGA Liquor outlets only. IGA supports the responsible service of alcohol in accordance with the Liquor Control Reform Act 1998 (VIC) and legislation to reduce smoking rates including the Tobacco Advertising Prohibition Act 1992 (Cth) and the Tobacco Act 1987 (VIC). It is against the law to sell, supply or obtain to supply to a person under the age of 18 years old. Quitting smoking will improve your health. Call Quitline 13 78 48, talk to your doctor or pharmacist or visit [www.quitnow.gov.au](http://www.quitnow.gov.au). We reserve the right to correct printing errors. \*Purchase any Bacardi Carta Blanca 700mL and visit [www.winwithbacardimojito.com.au](http://www.winwithbacardimojito.com.au) for your chance to win 1 of 300 JBL Go 2 Speakers. Bonus 2 x JBL Boombox Speakers (RRP \$549) & 1 x JBL Partybox Speaker (\$599) to be won. T&C's apply.

LIKE US IGA Liquor

[IGALiquor.com.au](http://IGALiquor.com.au)

VIC

100% Australian and independently owned.

Offers available 22/01/20 until 28/01/20 or while stocks last. 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 [iga.com.au/pricematch](http://iga.com.au/pricematch). Liquor products available only at IGA Plus Liquor stores. 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. TRADE NOT SUPPLIED.