

UNB EATABLE
UNB E LIEVABLE
UN S TOPPABLE
UN T OUCHABLE



SPECIALS VALID MON 7 - SUN 20 SEP 2026

FOOD LOVER'S MARKET

UNBEATABLE

More fresh for your money. From everyday staples to seasonal favourites, we work hard to make sure your trolley goes further.

value

693

Farmers supported

492

Varieties of fruit

369

Varieties of vegetables

135

Local suppliers

72

Focused, passionate
and committed buyers

33

Years of experience

1

Largest buyer from
municipal markets and
direct from farmers

**AS SEEN
ON TV**
COMBO
1 x White Button
Mushroom Punnet 200 g,
2 x Tomato
Thriftpacks 1 kg
R50


Cocktail Tomato
Punnets 200 g
**3 for
R25**


Lettuce Prepacks
**2 for
R30**


Sweetcorn
Prepacks 4s
**R29
each**


Cauliflower,
Broccoli or
Caulibroc Prepacks
**any 2 for
R39**


Broccoli
Stems 230 g
**R39
each**


Green Bean
Bags 350 g
**2 for
R50**


Food Lover's Jumbo
Salad Bowls 250 g
**2 for
R50**


Food Lover's Four Leaf 120 g,
Mixed Seasonal 150 g or Herb
Salad Packs 140 g
**any 2 for
R35**


Food Lover's
Potjiekos Mix 650 g
**2 for
R50**


Food Lover's Butternut,
Pumpkin & Sweet Potato
500 g or Herbed Butter
Baby Potatoes 600 g
**any 2 for
R35**


COMBO
1 x Peeled Garlic
Tub 75 g,
1 x Peeled Onion
Thriftpack 1 kg
R50


Green Pepper
Thriftpacks 4s
**2 for
R50**


Potjie Potato
Thriftpacks 1 kg
**2 for
R25**


Carrot
Thriftpacks 750 g
**3 for
R25**


COMBO
1 x Potato Bag 3 kg,
1 x Carrot Bag 3 kg,
1 x Onion Bag 3 kg,
1 x Orange Sweet Potato Bag 2 kg,
R149

THE BEST
IN FRESH
GUARANTEED!

FOOD LOVER'S MARKET

SPECIALS VALID MON 7 - SUN 20 SEP 2026 • ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY
HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE

UNBELIEVABLE

There's always something fresh to discover.
With hundreds of varieties of fruit and veg sourced throughout the year, there's more choice for every meal, every season and every budget.

range



Green Kiwifruit
3 for
R29



NEW SEASON!
Watermelon
Quarters
49⁹⁹ each

**AS SEEN
ON TV**
COMBO
2 x Pineapples,
1 x Banana Thriftpack 700 g
R50



Hass Avocados
5 for
R50



COMBO
1 x Pineapple Prepack 2s,
1 x Banana Prepack
R59



Raspberry
Punnets 125 g
2 for
R39



Nectarine
Punnets 500 g
R49 each



Red or White
Grape Punnets
R49 each



Oranges, Lemons,
Naartjies or Grapefruit
14⁹⁹ per kg



Strawberry
Punnets 250 g
3 for
R50



Strawberry
Punnets 800 g
R69 each



Strawberry
Boxes 1 kg
119⁹⁹ each



I'M
NEW!

Envy Apple
Bags 1.5 kg
2 for
R69



I'M
NEW!

Golden Blush Grapefruit or Red
Blush Orange Prepacks 6s
any 2 for
R20



Naartjie Trays
2 for
R50



Cripps Pink, Fuji or Granny
Smith Apple Econopacks 1.5 kg
any 2 for
R50



Grapefruit 4s, Orange, Lemon or
Naartjie Thriftpacks 1 kg
any 2 for
R25



Orange Pockets
2 for
R50



Blueberry
Punnets 125 g
2 for
R39



**AS SEEN
ON TV**
COMBO
2 x Strawberry Punnets 250 g,
1 x Blueberry Punnet 125 g
R50

UNTOUCHABLE

prices

Our buyers are at the market every day, negotiating hard so we can bring you great value on the fresh food you love.



Your leaders in fresh since 1993.

For 33 years, we've proudly brought you the absolute best offering of fresh produce at the best prices.

No one does fresh like we do fresh. It's in our roots. It's who we are. And we're only getting started.

UNSTOPPABLE

Our buyers hand-pick fresh your fruit and veg every day, bringing you quality, freshness and plenty of choice.

passion



THE BEST
IN FRESH
GUARANTEED!

FOOD LOVER'S MARKET

SPECIALS VALID MON 7 - SUN 20 SEP 2026

AVAILABLE AT ALL WESTERN CAPE STORES. INCLUDING FOOD LOVER'S MARKET MOSSEL BAY, GEORGE, KNYSNA, HARTENBOS & OUDTSHOORN. EXCLUDING FOOD LOVER'S EATERY NEWSPAPER HOUSE, TOWERS & ICON. VISIT WWW.FOODLOVERSMARKET.CO.ZA TO SEE ALL OUR SUPER SPECIALS.



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