

FOR THE LOVE OF VALUE

UNBEATABLE DEALS. UNBEATABLE SAVINGS.

AS SEEN ON TV



COMBO
2 x Strawberry
Punnets 250 g,
1 x Blueberry
Punnet 125 g
R50



COMBO
2 x Pineapples,
1 x Banana
Thriftpack 700 g
R50



COMBO
1 x White Button
Mushroom
Punnet 200 g,
2 x Tomato
Thriftpacks 1 kg
R50



Large Avocados
4 for
R49



Red or White Grape
Punnets
R49
each



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



COMBO
1 x Orange Pocket,
1 x Naartjie Tray
R50



Potato
Pockets 7 kg
49⁹⁹
each



Butter-Brined
Whole Rotisserie
Chicken
79⁹⁹
each



Food Lover's Rusks
Assorted 450 g
any 2 for
R140

BUTCHERY



**AS SEEN
ON TV**
Chicken Thigh
Sosasies Assorted
99⁹⁹
per kg



**AS SEEN
ON TV**
Pork Rib & Loin
Chops
79⁹⁹
per kg



**AS SEEN
ON TV**
Bulk Kameelhout
Boerewors
99⁹⁹
per kg



**BIG DEAL
WEDNESDAY**
16-Piece Chicken
Braai Packs
39⁹⁹
per kg
VALID WED 16 SEP
2026 ONLY!



All your braai favourites for less



Sweetcorn
Prepacks 4s
R29
each

Lamb Packs
with Stew
179⁹⁹
per kg

Pork Packs
59⁹⁹
per kg

Pork Sausages
3 x 400 g
R100
per deal



Chicken Flatties
Assorted
59⁹⁹
per kg



Bulk Lamb Braai
Chops
189⁹⁹
per kg



Ground Beef 2 x 500 g
99⁹⁹
per pack



12-Piece Chicken
Fillets
79⁹⁹
per kg

**FOOD
LOVER'S
MARKET**

SPECIALS VALID MONDAY 14 - SUNDAY 20 SEPTEMBER 2026

CASTLE GATE, 478 KOEDOESNEK AVE, WATERKLOOF RIDGE, PRETORIA, 0181

VISIT WWW.FOODLOVERSMARKET.CO.ZA TO SEE ALL OUR SUPER SPECIALS.

TRADING HOURS: MONDAY - FRIDAY 8AM - 7PM, SATURDAY 8AM - 6PM, SUNDAY 8AM - 5PM

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 • WHILE STOCKS LAST • E&OE

**THE BEST
IN FRESH
GUARANTEED!**



FOR THE LOVE OF VALUE

UNBEATABLE DEALS. UNBEATABLE SAVINGS.

SPECIALS VALID MONDAY 14 - SUNDAY 20 SEPTEMBER 2026

GROCERIES



Clover Butro Butter
Spread 500 g

2 for
R165



Food Lover's Baked Beans
in Tomato Sauce 410 g

4 for
R50



Tastic Long Grain
Parboiled, White or Brown
Rice 2 kg

28⁹⁹
each



Pepsi Regular, Zero Sugar,
Light or 7Up Sugar Free 2 L

any 3 for
R40

FILLET FRIDAYS VALID EVERY FRIDAY



Beef Fillet

299⁹⁹
per kg



Beef Biltong or Droëwors

299⁹⁹
per kg



SUNDAY LUNCH MENU

White Rice, Mash, Roasted
Potato or Barley

59⁹⁹
per kg

Roasted Vegetables, Creamed Spinach,
Potato Bake, Caulibroc, Butternut,
Sweet Potato, Steamed Green
Vegetables, Carrot or Green Bean Mash

84⁹⁹
per kg

Beef Roast, Lamb Roast, Gammon,
Chicken Pieces, Pork Belly, Stewing
Beef, Chicken Stew or Oxtail

189⁹⁹
per kg

DELI



Food Lover's Red, Smoked or
Chicken Viennas 2 x 1 kg

R110
per deal



Food Lover's Diced, Prime
Cut, Shoulder or Rib Eye
Bacon 2 x 200 g

R55
per deal



Food Lover's Chicken Polony
Deli Rolls Assorted 2 x 750 g

R50
per deal



Food Lover's Deli Rolls
Assorted 2 x 500 g

R55
per deal

6 FLAVOURS TO CHOOSE FROM

ONLY R18.99 EACH!

PER CUP / CONE



SIGN UP TO OUR
NEWSLETTER TO
RECEIVE WEEKLY
DEALS!

PENSIONERS' DAY IS EVERY WEDNESDAY

**FOOD
LOVER'S
MARKET**

CASTLE GATE, 478 KOEDOESNEK AVE, WATERKLOOF RIDGE, PRETORIA, 0181

VISIT WWW.FOODLOVERSMARKET.CO.ZA TO SEE ALL OUR SUPER SPECIALS.

TRADING HOURS: MONDAY - FRIDAY 8AM - 7PM, SATURDAY 8AM - 6PM, SUNDAY 8AM - 5PM

**THE BEST
IN FRESH
GUARANTEED!**

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 • WHILE STOCKS LAST • E&OE