



FOR THE

LOVE OF VALUE

GET YOUR FAVOURITE GROCERIES FOR LESS



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



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



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



AS SEEN ON TV
Chicken Thigh
Sosaties Assorted
99⁹⁹
per kg



AS SEEN ON TV
16-Piece Chicken
Braai Packs
59⁹⁹
per kg



AS SEEN ON TV
Bulk Kameelhout
Boerewors
99⁹⁹
per kg



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



Tastic Long Grain
Parboiled, White or
Brown Rice 2 kg
28⁹⁹
each
SAVE R11

SPECIALS VALID MONDAY 14 - SUNDAY 20 SEPTEMBER 2026

FOOD LOVER'S MARKET

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

Your Leaders in fresh Since 1993



Blueberry Punnets 125 g
2 for
R39



Strawberry Punnets 250 g
3 for
R50



Strawberry Punnets 800 g
R69
each



Strawberry Boxes 1 kg
119⁹⁹
each



Oranges, Lemons, Naartjies or Grapefruit
14⁹⁹
per kg



Nectarine Punnets 500 g
R49
each



Hass Avocados
5 for
R50



Watermelon Quarters
49⁹⁹
each



Naartjie Trays
2 for
R50



Green Kiwifruit
3 for
R29



Raspberry Punnets 125 g
2 for
R39



Envy Apple Bags 1.5 kg
2 for
R69



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



Cocktail Tomato Punnets 200 g
3 for
R25



Lettuce Prepacks
2 for
R30



Sweetcorn Prepacks 4s
R29
each



Green Pepper Thriftpacks 4s
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 Butternut, Pumpkin & Sweet Potato 500 g or Herbed Butter Baby Potatoes 600 g
any 2 for
R35



Green Bean Bags 350 g
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 BUTCHER'S BLOCK

Our skilled butchers prepare everything fresh, daily in store. Whether you're looking for family favourites or want a specific premium cut, they've got what you need.



CONTAINS 9% SOYA
Ground Beef
2 x 500 g
99⁹⁹
per pack



LAMB
Bulk Lamb
Braai Chops
189⁹⁹
per kg



Pork Packs
59⁹⁹
per kg



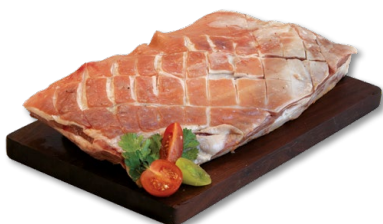
Lamb Rump Steak
2 x 500 g
279⁹⁹
per kg



Chicken Flatties
Assorted
59⁹⁹
per kg



Pork Rib Eye Steak
99⁹⁹
per kg



Lamb Staanrib
159⁹⁹
per kg



12-Piece Chicken
Fillets
79⁹⁹
per kg



Lean Beef Mince
2 x 500 g
139⁹⁹
per pack



Pork Sausages
3 x 400 g
R100
per deal



Pork Goulash, Stir-Fry or Tenderised Steaks 500 g
54⁹⁹
per pack



Food Lover's Sticky
BBQ Pork Belly
Ribs 1 kg
129⁹⁹
per pack



Food Lover's Sticky BBQ
Pork Loin Ribs 750 g
109⁹⁹
per pack



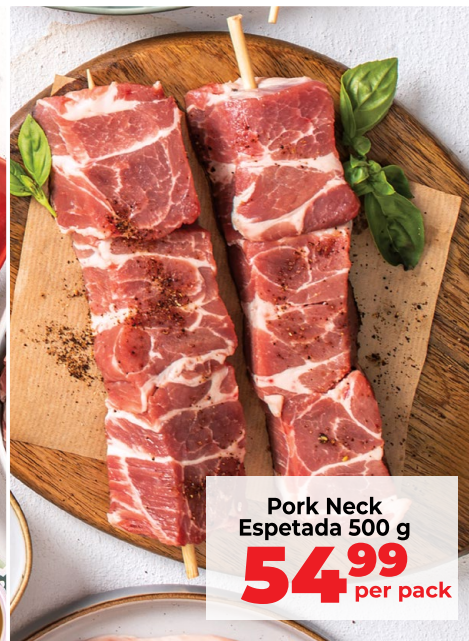
Lamb Packs
with Stew
179⁹⁹
per kg



Pork Braai Chops
64⁹⁹
per kg



Pork Belly Roast
109⁹⁹
per kg



Pork Neck
Espetada 500 g
54⁹⁹
per pack



Pork Leg Roast
64⁹⁹
per kg

THE BEST
IN FRESH
GUARANTEED

FOOD LOVER'S MARKET

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THE BAKERY

Freshly baked goodness, straight from the oven

Enjoy the taste of just-baked breads, sweet and savoury treats and more, all made from scratch in store.



Dessert Cups
Assorted
any 2 for
R50



Big Daddy Muffins
Assorted 4s
79⁹⁹
each



Ouma Rooi
Koeksisters 12s
59⁹⁹
each



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



Garlic French
Baguette Halves
2 for
R20



Sourdough
Sandwich Loaf
29⁹⁹
each



Continental Rolls
or Paninis
any 5 for
R20



Kumar's Side
Plate Rotis 10s
2 for
R100

HOT FOODS



Crispy Chicken
Paninis
2 for
R60



Crumbed Chicken
or Rib Burger 2s
any 2 for
R90



Grab 'n Go Pasta
Meals Assorted
any 2 for
R110



Grab 'n Go Craft
Salad Bowls
Assorted
any 2 for
R120

BEST DEAL IN TOWN

OUR SIGNATURE BUTTER-BRINED ROAST CHICKEN



Butter-Brined
Whole Rotisserie
Chicken
79⁹⁹
each

Made fresh every day

Our sushi chefs hand-roll every piece fresh in store, every single day. Great quality, real skill and a lunch combo that's seriously good value. What more could you ask for?

SUSHI BAR AT SELECTED STORES



12-Piece Sushi
Lunch Platter
2 for
R100



COMBO
1 x 6-Piece
Salmon Roses,
1 x Crab Salad
R100

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SAVE BIG!



ButtaNutt Milk Alternatives Assorted 1 L any 3 for **R90**

SAVE R21



You First Pure Raw Honey Assorted 500 g **89⁹⁹** each

SAVE R35



You First Raw Almonds 1 kg **179⁹⁹** each

SAVE R50



Lancewood Dips Assorted 175 g any 2 for **R50**

SAVE R36



Food Lover's Cheese Assorted 400 g any 3 for **R160**

SAVE R80

FEEL GOOD FOODS



Nuggles Chocolate Coated Hazelnuts, Almonds or Brazil Nuts **44⁹⁹** per 100 g

SAVE R10

Nuggles Chocolate Coated Fudge, Honeycomb, Turkish Rose, Choc O Crunch or Mallows **44⁹⁹** per 100 g

SAVE R10

Almonds, Cashews, Walnuts or Mixed Nuts Assorted **24⁹⁹** per 100 g

SAVE R10

Nuggles Chocolate Coated Peanuts, Raisins or Shortcake **34⁹⁹** per 100 g

SAVE R10



Food Lover's Pistachios, Pecans or Brazil Nuts 250 g **99⁹⁹** each



Food Lover's Raw Macadamias, Roasted & Salted Macadamias or Walnuts 250 g **69⁹⁹** each



Food Lover's Mixed Nuts with Peanuts or Raisins Assorted 500 g **79⁹⁹** each



Food Lover's Peanuts in Shell 500 g **49⁹⁹** each



Food Lover's Peanuts or Peanuts & Raisins Assorted 500 g any 2 for **R70**



Food Lover's Dried Cranberries 500 g or Peeled Yellow Cling Peaches 400 g **79⁹⁹** each



Food Lover's Sugared Fruit Dainties or Lollies 500 g any 2 for **R100**



Food Lover's Fruit Munch, Trail Crunch or Nut & Fruit Crunch 500 g **99⁹⁹** each



Food Lover's Snack Mix Tubbies Assorted 200 g any 3 for **R100**



Food Lover's Sweet Treats Assorted 400 g any 2 for **R100**



Endurade Sugar-Free Sports Drinks Assorted 630 ml any 2 for **R22**



Gloom Sparkling Vitamin Water Assorted 300 ml any 2 for **R25**

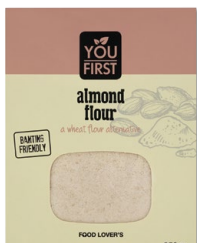


Wellness made simple.

Feeling good shouldn't cost a fortune. That's why our You First range makes everyday wellness simpler, easier and more affordable.



You First Chia Seeds 150 g 2 for **R70**



You First Almond Flour 350 g **99⁹⁹** each



You First Pumpkin Seeds 350 g **69⁹⁹** each

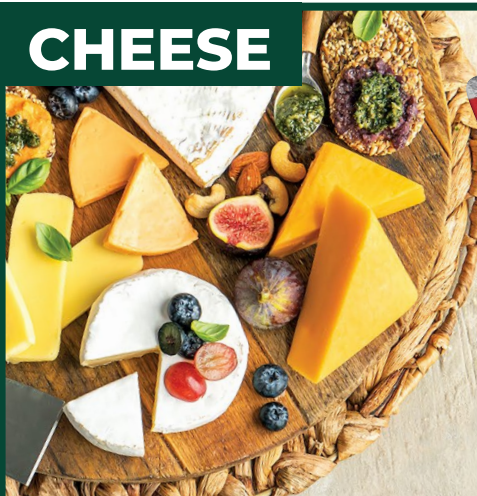


You First Fine or Coarse Himalayan Salt 700 g **34⁹⁹** each



You First Unfiltered or Filtered Apple Cider Vinegar 500 ml any 2 for **R45**

CHEESE



Président Blue or White Mould Cheese Assorted 100 g **46⁹⁹** each



Lancewood Cream Cheese Assorted 230 g **44⁹⁹** each



Parmalat Processed Cheese Slices Assorted 200 g any 2 for **R70**



Président Feta Cheese Assorted 400 g any 2 for **R120**

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GROCERIES



Clover Butro Butter Spread 500 g
2 for
R165
SAVE R35



Food Lover's Crushed Garlic Assorted 250 g
any 3 for
R50
SAVE R25



Rama Original 70 % Fat Spread 500 g
28⁹⁹ each



Fair Cape Salted Butter 500 g
69⁹⁹ each



Food Lover's 40% Fat Spread 1 kg
3 for
R100



I Love Spice Crushed Garlic Squeeze Assorted 375 ml
any 2 for
R60



Blue Ribbon Classic, Sandwich Sliced or Toaster White Bread 700 g
any 2 for
R32



Albany Superior or Everyday Sliced Brown Bread 700 g
any 3 for
R45



Clover Authentikos Plain Greek Style Double Cream or Bliss Yoghurt Assorted 1 kg
44⁹⁹ each



Food Lover's Medium Fat Yoghurt Assorted 1 kg
any 2 for
R65



Parmalat Low Fat Dairy Snacks Assorted 6 x 100 g
19⁹⁹ each



Danone Yogi Sip Flavoured Dairy Snack Assorted 500 g
any 2 for
R35



Clover & USN Super M Chocolate or Vanilla Protein Shakes 300 ml
any 2 for
R38



Simpl Fruit Juice Assorted 1.5 L
29⁹⁹ each



Flora Regular, Light or Gold Fat Spread 1 kg
any 2 for
R110
SAVE R30



Clover Fresh Milk Assorted 2 L
any 2 for
R65
SAVE R11



Clover Tropika Dairy Fruit Mix Assorted 2 L
32⁹⁹ each
SAVE R12



Dr. Oetker Ital Pizza Classic Frozen Pizzas Assorted 280 g - 320 g
any 2 for
R110
SAVE R20



McCain Frozen Skinny Fries or Slap Chips 1 kg
45⁹⁹ each
SAVE R14

FROZEN



Today Frozen Puff Pastry 400 g
2 for
R50



Rainbow Simply Chicken Frozen Chickees Assorted 400 g
any 2 for
R110



Penny Lane Frozen Pineapple Pieces 1 kg
79⁹⁹ each



Penny Lane Frozen Raspberries 1 kg
79⁹⁹ each



Penny Lane Frozen Garden Peas 1 kg
2 for
R100



Penny Lane Frozen Diced Mixed Veg 1 kg
2 for
R80



Penny Lane Frozen Country Veg 1 kg
2 for
R80

SAVE BIG!



Nola Mayonnaise Assorted 750 g
39⁹⁹ each

SAVE R10



Rhodes Jam Assorted 290 g
any 2 for
R40

SAVE R35



Iwisa Super Maize Meal 5 kg
48⁹⁹ each

SAVE R11



Frescanola Canola Oil 2 L
69⁹⁹ each

SAVE R10



1659 Range 750 ml
any 2 for
R80

SAVE R28

GROCERIES



Frescoliva Blended Seed & Extra Virgin Olive Oil 1 L
2 for
R120
SAVE R20



Black Cat Peanut Butter Assorted 800 g
73⁹⁹ each

SAVE R16



Cape Herb & Spice Salt & Pepper Grinder Set 75 g

59⁹⁹ each



Selected Food Lover's Herbs & Spices 25 g- 140 g (Excl. Pepper, Ginger, Garlic Granules & Coarse Chilli)

21⁹⁹ each



La Belinda Chopped or Peeled Tomatoes 400 g

any 3 for
R55



Food Lover's Baked Beans in Tomato Sauce 410 g

4 for
R50



Rhodes Tomato & Onion Mix 410 g

3 for
R50



Ficacci Olives Assorted 140 g

any 2 for
R70



Denny Cook-In Sauces Assorted 48 g

any 3 for
R45



COMBO
1 x Heinz Tomato Ketchup 505 g,
1 x Heinz Seriously Good Mayonnaise 400 g

R60



Spur Creamy Chilli or Durkynaise Sauce 300 ml

any 2 for
R90



Sunblest Macaroni or Spaghetti 500 g

any 3 for
R45



Food Lover's Egg Noodles 500 g

2 for
R70



Maggi 2-Minute Noodles Assorted 5 x 68 g

any 2 for
R56



Food Lover's Quick Cooking Oats 750 g

2 for
R55



Food Lover's White Sugar 2 kg

44⁹⁹ each

WINE COUNTRY

AT SELECTED STORES



Kanonkop Cape Blend or Pinotage 750 ml

129⁹⁹ each



Alto Rouge 750 ml

119⁹⁹ each



La Capra Red Range 750 ml

any 2 for
R160



La Capra White Range 750 ml

any 2 for
R140



Arabella Wine Range 750 ml

any 2 for
R130

DRINK RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18.

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SNACKS & DRINKS



Bakers Tennis
Biscuits 200 g

2 for
R50

SAVE R14



Cadbury Chocolate
Slabs Assorted 80 g

any 3 for
R50

SAVE R22



Cadbury 5Star,
Astros, Crunchie,
Lunch Bar or P.S.
Chocolates 40 g- 48.5 g

any 2 for
R25



Feletti Eccellenze
Chocolates
Assorted 300 g

99⁹⁹
each



Nestlé Chocolate Slabs
Assorted 80 g/85 g

any 2 for
R45



Oreo Original, Chocolate
Crème or Golden
Biscuits 128.8 g

any 2 for
R30



Bakers Red Label
Lemon Creams 200 g

2 for
R42



Doritos Corn Chips
Assorted 145 g

any 2 for
R40



Truda Chippa Naks
Assorted 135 g

any 3 for
R30



Flanagan's Kettle-Fried Potato
Chips Assorted 120 g

any 2 for
R55



Tato's Chips
Assorted 125 g

any 2 for
R24



Soleo Pretzels
Assorted 70 g

any 3 for
R50



Bakali Rice or
Corn Cakes Assorted
115 g - 125 g

any 2 for
R40



Fusion Dairy Blend
Concentrate Assorted 1 L

any 2 for
R20



Hall's Flavoured Fruit Drink
Concentrate Assorted 1.25 L

any 2 for
R55



Thirsti Still Water 5 L

2 for
R45

HOME BASICS



Dettol Soap Assorted 175 g
(Excl. Charcoal)

any 2 for
R29



Nivea Male or
Female Roll-On
Assorted 50 ml

25⁹⁹
each



Purity 100% Fruit Juice
Blend Assorted 200 ml

any 3 for
R33



Nestlé Cerelac Baby
Cereal Assorted 200 g

36⁹⁹
each



Johnson's Gentle All
Over or Extra Sensitive
Baby Wipes 288s/224s

89⁹⁹
each



Lil-Lets Scented or
Unscented Maxi Pads 7s/8s

19⁹⁹
each



Houndstead Dog
Biscuits Assorted
500 g (Excl. Frosted)

any 2 for
R60



Whiskas Wet Cat Food
Pouches Assorted 85 g

any 4 for
R50



Epel Dry Cat Food
Assorted 2 kg

64⁹⁹
each



Aquafresh Fresh
& Minty or Herbal
Toothpaste 100 ml

any 2 for
R35

SAVE R15



Dinu Rose Collection
2 Ply Toilet Paper 9s

59⁹⁹
each

SAVE R20

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FOOD LOVER'S MARKET

SPECIALS VALID MONDAY 14 - SUNDAY 20 SEPTEMBER 2026

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

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 • WHILE STOCKS LAST • NO PORK PRODUCTS AVAILABLE AT OTTERY BUTCHERY

