



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
2 for
R39



Large Strawberry
Boxes 1 kg
79⁹⁹
each

BIG DEAL!



Large Avocados
4 for
R49



Oranges, Lemons,
Naartjies or Grapefruit
12⁹⁹
per kg

I'M
NEW!



Envy Apple
Bags 1.5 kg
R39
each



Green Kiwifruit
3 for
R29

NEW
SEASON!



Watermelon
Quarters
39⁹⁹
each



NEW
SEASON!

Spanspek or
Winter Melons
49⁹⁹
each



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



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



COMBO
1 x Orange Pocket,
1 x Naartjie Tray
R50



Cocktail Tomato
Punnets 200 g
2 for
R25



Tomato
Thriftpacks 1 kg
2 for
R35



Lettuce
Prepacks
2 for
R30



Sweetcorn
Prepacks 4s
R29
each



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



Food Lover's Broccoli or
Cauliflower & Broccoli
Florets 300 g
any 2 for
R35



Food Lover's
Potjiekos Mix 650 g
2 for
R50



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



Green Pepper
Thriftpacks 4s
2 for
R50



Potato
Pockets 7 kg
49⁹⁹
each



Large Mondial
Potato Pockets
10 kg
R99
each



COMBO
1 x Potato Pocket 7 kg,
1 x Carrot Bag 3 kg,
1 x Onion Bag 3 kg,
1 x Orange Sweet Potato Bag 2 kg,
1 x Tomato Bag 2 kg
R199

THE BEST
IN FRESH
GUARANTEED

FOOD LOVER'S MARKET

SPECIALS VALID MON 14 - 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

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



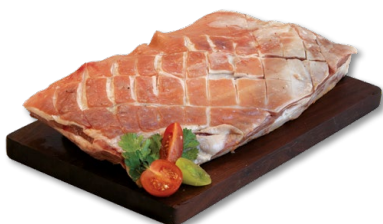
Lamb Rump Steak
2 x 500 g
279⁹⁹
per kg



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



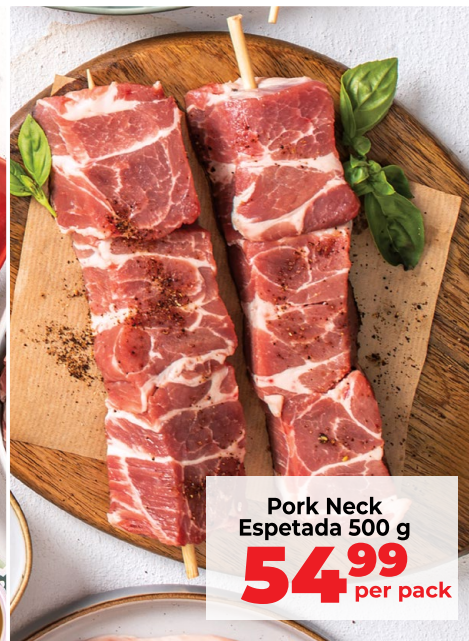
Lamb Packs with Stew
179⁹⁹
per kg



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

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• NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • LENASIA BUTCHERY & STORE ARE STRICTLY HALAAL & NIHT-CERTIFIED. NO PORK PRODUCTS SOLD IN-STORE • E&OE

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



Anat Wraps
6s + 3 Free
69⁹⁹
each

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**

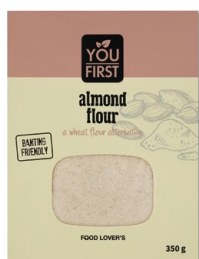


Wellness made simple.

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

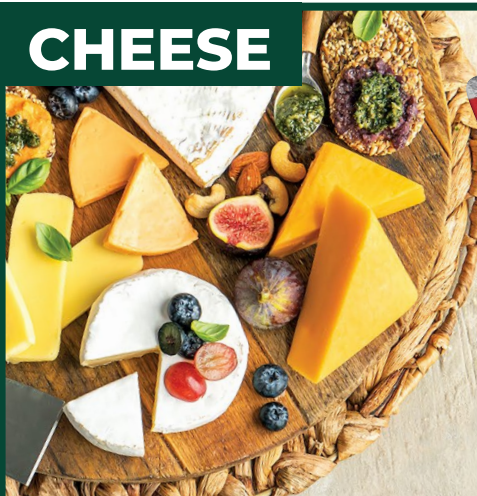


You First Fine or Coarse Himalayan Salt 700 g **34⁹⁹** each



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
or Sandwich Sliced
White Bread 700 g
any 2 for
R32



Albany Superior
Regular or Thick 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

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SAVE BIG!



Nola Mayonnaise Assorted 750 g
39⁹⁹ each

SAVE R10



Rhodes Jam Assorted 290 g
any 2 for
R40

SAVE R35



Iwisa or Super Sun 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

SAVE BIG!



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

any 3 for
R40

SAVE R8



Bakers Salticrax
Crackers Assorted 200 g

any 2 for
R60

SAVE R12



Purity Baby Food Jars
Assorted 200 ml

any 2 for
32⁹⁹

SAVE R7



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

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



Epol Dry Cat Food
Assorted 2 kg

64⁹⁹
each

**THE BEST
IN FRESH
GUARANTEED!**

FOOD LOVER'S MARKET

SPECIALS VALID MONDAY 14 - SUNDAY 20 SEPTEMBER 2026

AVAILABLE AT SELECTED FOOD LOVER'S MARKET STORES IN THE INLAND REGION: GAUTENG, LIMPOPO, NORTH WEST, MPUMALANGA, FREE STATE
AND NORTHERN CAPE. EXCLUDING FOOD LOVER'S EATERY THE MARC, BRAAMFONTEIN, BANK CITY AND ROSEBANK.
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 • LENASIA BUTCHERY & STORE ARE STRICTLY HALAAL & NIHT-CERTIFIED. NO PORK PRODUCTS SOLD IN-STORE.

