



# SUMMER CARNIVAL

THE BIGGEST DEALS OF THE SEASON

# FOOD LOVER'S MARKET

MONDAY 24 TO SUNDAY 30 JANUARY 2022

Access Park, Tel: 021 683 6615 • Brackenfell, Tel: 021 981 8747 • Eikestad Mall, Tel: 021 883 2910/12/14 • Hermanus, Tel: 028 312 4475 • Kuilsriver, Tel: 021 903 0197 • Longbeach, Tel: 021 785 7060 • N1 City, Tel: 021 595 4556 • Parow, Tel: 021 911 0778 • Parklands, Tel: 021 250 0007 • Pinehurst, Tel: 021 975 5767 • Roeland Street, Tel: 021 462 0200 • Somerset West, Tel: 021 851 2824 • Tokai, Tel: 021 712 2244 • Tyger Valley, Tel: 021 914 8011 • Weskus Mall, Tel: 022 713 3629 • Knysna, Tel: 044 382 2204 • Oudtshoorn, Tel: 044 272 7378 • Mossel Bay, Tel: 044 693 0545 • George, Tel: 044 8870282 • Cecilia St, Paarl, Tel: 021 217 7777 • Worcester, Tel: 021 914 8011 /12/14

Excluding Food Lover's Eatery Newspaper House, Towers & Icon

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 BEST  
IN FRESH  
GUARANTEED!



# SENSATIONAL SAVINGS



Pickling Onion or Potjie Potato Thriftpacks

**3 FOR R25**



White Button Mushroom Punnets 250 g

**2 FOR R30**



English Cucumbers

**3 FOR R25**



Carrot or Beetroot Thriftpacks

**3 FOR R25**



Round or Jam Tomato Thriftpacks 1 kg

**3 FOR R50**



**AS SEEN ON TV**

1 x Potato Pocket 7 kg  
1 x Carrot Bag 3 kg  
1 x Butternut Pocket  
1 x Onion Pocket

**R129**



Mixed Pepper Thriftpacks

**2 FOR R50**



Green Pepper Thriftpacks

**2 FOR R30**



Green Bean Thriftpacks 350 g

**2 FOR R25**



Cauliflower, Caulibroc or Broccoli Punnets

**2 FOR R30**



Brinjals or Green Beans

**14<sup>99</sup> per kg**



Sweetcorn Punnets 4's

**3 FOR R50**



Spanspek

**2 FOR R50**



Mangoes

**4 FOR R50**



Blueberry Tubs 125 g

**4 FOR R50**



Bananas

**14<sup>99</sup> per kg**



Summer Pear Thriftpacks

**2 FOR R25**



Pineapples

**3 FOR R25**



**AS SEEN ON TV**

Nectarine, Dessert Peach, Yellow Cling Peach or Plum Punnets

**ANY 3 FOR R50**



**AS SEEN ON TV**

Red, Black or White Seedless or Red Globe Grape Punnets

**3 FOR R50**

## FOR YOUR CONVENIENCE



Asian Slaw 300 g

**2 FOR R30**



Season's Value Salad 170 g, Baby Spinach or Summer Salad 200 g

**3 FOR R50**



Butternut, Sweet Potato or Potato Mash

**19<sup>99</sup> each**



Potato Salad & Coleslaw Duo 500 g

**39<sup>99</sup> each**



Mediterranean, Fiesta or Rainbow Style Buddha Bowls

**34<sup>99</sup> each**



Potato Salad 300 g or Coronation Salad 250 g

**24<sup>99</sup> each**



Potato Salad 500 g, Greek Salad 250 g or Couscous 240 g

**29<sup>99</sup> each**

Prune Punnets

**2 FOR R50**



Dessert Peach Boxes

**R39 each**



Yellow Cling Peach Boxes

**R49 each**



Nectarine Boxes

**R49 each**



Kiwis

**3 FOR R20**



Watermelons

**R49 each**



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# BUTCHERY

**AS SEEN ON TV**  
28-day Matured Karan Beef Rump Steak  
**119<sup>99</sup>** per kg

**AS SEEN ON TV**  
Oxtail  
**79<sup>99</sup>** per kg

**AS SEEN ON TV**  
Karan Beef Club & T-bone Steak Packs  
**119<sup>99</sup>** per kg

**AS SEEN ON TV**  
Beef Droëwors 400 g  
**99<sup>99</sup>** per packet

**AS SEEN ON TV**  
Karan Beef Espetada  
**119<sup>99</sup>** per kg

**AS SEEN ON TV**  
Karan Beef Tri-Tip Steak  
**109<sup>99</sup>** per kg

**AS SEEN ON TV**  
Beef Biltong  
**249<sup>99</sup>** per kg

**AS SEEN ON TV**  
Pit BBQ Boneless Brisket Plain or Pickled with Sweet Paprika Rub  
**139<sup>99</sup>** per kg

**AS SEEN ON TV**  
Bulk Stewing Beef or Potjiekos  
**85<sup>99</sup>** per kg

NO PORK PRODUCTS AVAILABLE AT ACCESS PARK BUTCHERY.

**AS SEEN ON TV**  
Food Lover's Precooked Sticky BBQ Party Ribs 1 kg  
**79<sup>99</sup>** per pack

**AS SEEN ON TV**  
Lekka Braai Boneless Pork Rashers  
**99<sup>99</sup>** per kg

**AS SEEN ON TV**  
Kassler Steaks  
**119<sup>99</sup>** per kg

**AS SEEN ON TV**  
Pork Spare Ribs  
**89<sup>99</sup>** per kg

**AS SEEN ON TV**  
Pork Rib & Loin Chops  
**59<sup>99</sup>** per kg

**AS SEEN ON TV**  
Boneless Pork Loin Roll Plain or Spiced  
**89<sup>99</sup>** per kg

**AS SEEN ON TV**  
Lekka Braai Spatchcock Chicken Peri-Peri or BBQ  
**54<sup>99</sup>** per kg

**AS SEEN ON TV**  
Boneless Chicken Thigh Sosaties  
**89<sup>99</sup>** per kg

**AS SEEN ON TV**  
Food Lover's Bulk Whole Fresh Chicken  
**44<sup>99</sup>** per kg

**AS SEEN ON TV**  
County Fair Fresh Chicken Braai Packs 16's  
**49<sup>99</sup>** per kg

**WEDNESDAY ONLY**  
Whole or Half Lamb A2/A3  
**99<sup>99</sup>** per kg  
Valid Only Wed 26 Jan 2022!

**AS SEEN ON TV**  
Lamb Leg Roast  
**149<sup>99</sup>** per kg

**AS SEEN ON TV**  
Bulk Lamb Braai Chops  
**149<sup>99</sup>** per kg

**AS SEEN ON TV**  
You First Ostrich Steak 400 g  
**54<sup>99</sup>** per pack

**AS SEEN ON TV**  
You First Ostrich Wors 500 g  
**54<sup>99</sup>** per pack

**AS SEEN ON TV**  
You First Game Steak 400 g  
**69<sup>99</sup>** per pack

**AS SEEN ON TV**  
You First  
• HORMONE FREE  
• ANTIBIOTIC FREE  
• FREE RANGE  
• FULL RANGE AVAILABLE IN-STORE

**AS SEEN ON TV**  
Jan Braai Original Wors  
**99<sup>99</sup>** per kg

**AS SEEN ON TV**  
Pork Sausages 500 g  
**3 R100**

**AS SEEN ON TV**  
Ground Beef 2 x 500 g  
**69<sup>99</sup>** per kg

**AS SEEN ON TV**  
Food Lover's Wagyu Beef Burger Patties 4 x 100 g  
**59<sup>99</sup>** per packet

**AS SEEN ON TV**  
Food Lover's Beef Burger Patties 4 x 100 g  
**39<sup>99</sup>** per pack

**PERFECTLY CURED MEATS**

**AS SEEN ON TV**  
Woody's Bacon, Cherry & Cheese Braaiwors 300 g  
**29<sup>99</sup>** per pack

**AS SEEN ON TV**  
Food Lover's Smoked Viennas 1 kg  
**39<sup>99</sup>** per pack

**AS SEEN ON TV**  
Food Lover's Chicken Cheese Grillers 400 g  
**2 FOR R60**

**AS SEEN ON TV**  
Food Lover's Sandwich Ham 400 g  
**2 FOR R60**

**AS SEEN ON TV**  
Food Lover's Prime Cut Bacon 200 g  
**3 FOR R60**

# SEAFOOD

ATLANTIS  
BATTERED  
CRISPY HAKE

Atlantis Battered Crispy Hake 2 kg

**169<sup>99</sup>** each

FOOD LOVER'S  
PINK PRAWN TAILS  
CUT AND DEVEINED

Pink Prawns C&D 350 g

**2 FOR R150**

FOOD LOVER'S  
kingklip  
prime cut  
portions

Kingklip Prime Cut Portions 500 g

**89<sup>99</sup>** each

FOOD LOVER'S  
hake prime  
cut fillets

Hake Prime Cut Portions 500 g

**59<sup>99</sup>** each

FOOD LOVER'S  
haddock  
prime cut  
portions

Haddock Prime Cut Portions 500 g

**69<sup>99</sup>** each

Food Lover's Braai Snoek 1 kg

**79<sup>99</sup>** each

BUTTERFLIED SNOEK

Food Lover's Seafood Mix 700 g

**59<sup>99</sup>** each

Pescanova Cooked Vannamei Prawns 450 g

**99<sup>99</sup>** each

Pescanova Prawn Meat

Food Lover's Whole Salmon (Previously Frozen)

**149<sup>99</sup>** per kg

Pacific West Southern Style Fried Prawns 300 g

**2 FOR R100**

Pink Prawns Head On 2 kg

**349<sup>99</sup>** each

Pacific West Salt & Pepper Squid 360 g

**2 FOR R100**

Pink Prawns 26/30 800 g

**179<sup>99</sup>** each

Atlantis Fish Cakes 2 kg

**119<sup>99</sup>** each

Chapman's Vannamei Prawns 31/40 700 g

**129<sup>99</sup>** each

Food Lover's Squid Rings 800 g

**79<sup>99</sup>** each

Food Lover's Squid Steaks 600 g

**2 FOR R100**

Pereira Patagonian Cleaned Squid 500 g

**119<sup>99</sup>** each

# FROZEN GOODS

Gino Gelateria  
Ice Cream Assorted 1.4 L

**69<sup>99</sup>** each

Penny Lane  
frozen straight cut  
potato chips  
no small fry

Penny Lane Frozen Straight Cut Chips 1 kg

**2 FOR R40**

Cocktail Danish

**6 FOR R20**

Focaccia Slices

**2 FOR R25**

Savoury Quiche

**49<sup>99</sup>** each

Ma Baker Sausage Rolls

**8 FOR R25**

Mini Tartlets Assorted

**4 FOR R30**

San Francisco & Fruit and Pecan

**BOTH FOR R40**

# BAKERY

Pieman's Pies

**2 FOR R30**

Bagels

**2 FOR R10**

Swiss Roll & Milk Tart

**R50**

Garlic French Loaf Halves

**2 FOR R15**

Chocolate Cocktail Croissants

**6 FOR R20**

# BAKED FRESH DAILY

Oh So Tasty Hamburger & Hot Dog Rolls 6's

**ANY 2 FOR R30**

Food Lover's Double Baguette

**49<sup>99</sup>** each

Mexicorn Wraps Traditional White 6's 25 cm

**39<sup>99</sup>** each

Crunch 'N Munch 400 g/500 g

**2 FOR R40**

Half Vanilla & Half Chocolate Cake

**R65** each

# HOT FOODS

Assorted Paninis  
**2 FOR R50**

12 Piece Sushi Combo  
**2 FOR R100**

Assorted Family Salads  
**2 FOR R100**

Whole Grilled Chickens  
**2 FOR R120**

Selected Poké Bowls 500 ml  
**2 FOR R80**

Selected Burgers  
**2 FOR R30**

Selected Take-Home Pizzas 28 cm  
**3 FOR R120**

Battered Hake  
**129<sup>99</sup>** per kg

Golden Pockets  
**3 FOR R25**

AVAILABLE AT SELECTED STORES ONLY

# OUR CHEESE AND WINE SELECTION

Boekenhoutsloof The Chocolate Block 750 ml  
**199<sup>99</sup>** each



Fairview Feta Assorted 100 g  
**3 FOR R40**



Fairview Brie or Camembert 125 g  
**2 FOR R50**



Fairview Blue Tower or Blue Rock 100 g  
**2 FOR R50**



Fairview Cream Cheese Assorted 100 g  
**2 FOR R50**



Lancewood Cheddar, Gouda, White Cheddar or White Gouda 900 g  
**99<sup>99</sup>** each



Lancewood Cottage Cheese Assorted 250 g  
**2 FOR R50**



The Laughing Cow Wedges 120 g & The Laughing Cow Dippers 140 g  
**49<sup>99</sup>**



Clover Processed Slices Assorted 810 g  
**84<sup>99</sup>** each



Food Lover's Semi Modified Cheese  
**69<sup>99</sup>** per kg



Food Lover's Real Cheese Slices 150 g  
**29<sup>99</sup>** each



First Choice Cheese Spread Assorted 200 g  
**29<sup>99</sup>** each



Roulou Feta Assorted 400 g  
**2 FOR R75**



Melrose Wedges Assorted 200 g  
**29<sup>99</sup>** each



Melrose/Parmalat Slices 200 g  
**2 FOR R50**



Food Lover's Cheddar, Gouda, White Cheddar or Mozzarella 400 g - 3 Months Matured  
**3 FOR R120**

# READY-MADE MEALS

AVAILABLE AT SELECTED STORES ONLY



Grab & Go Pasta Meals  
**2 FOR R80**



Food Lover's Butter Chicken Curry 900 g  
**109<sup>99</sup>** each



Food Lover's Traditional Lamb Curry 1 kg  
**179<sup>99</sup>** each



Food Lover's Lamb Shank 1.2 kg  
**229<sup>99</sup>** each



Food Lover's Slow Cooked Oxtail 1 kg  
**179<sup>99</sup>** each

THE BEST IN FRESH

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NOT FOR SALE TO PERSONS UNDER THE AGE OF 18



Porcupine Ridge Sauv Blanc, Chard or Chenin 750 ml  
**ANY 2 FOR R100**

The Wolftrap Red, White or Rosé 750 ml  
**ANY 2 FOR R100**

Douglas Green The Saints Assorted 750 ml  
**ANY 2 FOR R80**

Coral Reef Wine Range 750 ml  
**ANY 3 FOR R100**

Unbelievable Wine Range 750 ml  
**ANY 3 FOR R90**

# PERISHABLES



Food Lover's Full Cream Yoghurt Assorted 1 kg

**2 FOR R50**



Stork Spread Round Tub 1 kg  
**36<sup>99</sup>** each



Clover Fresh Milk Assorted 2 L

**2 FOR R50**



Tinkies Assorted 6 x 45 g

**2 FOR R60**



Albany Everyday Sliced or Thick Sliced Brown Bread 700 g

**12<sup>49</sup>** each



Blue Ribbon Toaster White Bread 700 g

**12<sup>99</sup>** each



Food Lover's Large Eggs 30's

**49<sup>99</sup>** each



Sir Fruit Shots Assorted 100 ml

**3 FOR R50**



Sir Fruit Smoothies Assorted 300 ml

**2 FOR R35**



Steri Stumpie Assorted 350 ml

**2 FOR R20**



Clover Tropika Assorted 2 L

**26<sup>99</sup>** each



Danone Yogi Sip Assorted 500 g

**2 FOR R25**



Lancewood Low Fat Yoghurt Assorted 1 kg

**2 FOR R50**



Parmalat Regular or Yumchums Yoghurt 6 x 100 g Pack

**14<sup>99</sup>** each



Clover Amasi Medium Cream 2 kg

**2 FOR R50**



Food Lover's Salted Butter 500 g

**49<sup>99</sup>** each



Rama Original Spread 70% Fat Spread 500 g

**19<sup>99</sup>** each



Food Lover's Crushed Garlic or Garlic & Ginger 500 g

**19<sup>99</sup>** each



Food Lover's Pesto Assorted 130 g

**49<sup>99</sup>** each

# HEALTHY SNACKS



**Nuggles**  
Nuggles Tumbles: Chocolate Coated Peanuts, Raisins or Shortcake  
**19<sup>99</sup>** per 100 g

Nuggles Chocolate Coated Hazelnuts, Almonds or Brazil Nuts  
**29<sup>99</sup>** per 100 g

**SUGAR FREE**  
Nuggles Sugar Free: Dark Choc Peanut, Choc Raisin, Milk Choc Peanut or Milk Choc Raisin  
**19<sup>99</sup>** per 100 g

Macadamias, Pistachios, Pecan Nuts, Walnuts or Brazil Nuts  
**29<sup>99</sup>** per 100 g

**AS SEEN ON TV**  
You First Almonds CSSR 1 kg  
**149<sup>99</sup>** each

**AS SEEN ON TV**  
Cashews or Mixed Nuts  
**19<sup>99</sup>** per 100 g



Food Lover's Peanuts Roasted & Salted or Peanuts & Raisins 400 g

**ANY 2 FOR R60**



Food Lover's Peanuts in Shell 500 g

**3 FOR R100**



Food Lover's Dried Cranberries 500 g

**69<sup>99</sup>** each



Food Lover's Raisins Jumbo Seedless 1 kg or Food Lover's Raisins Jumbo Mix 1 kg

**ANY 2 FOR R70**



CR Mixed Nuts with Redskins Plain or Roasted & Salted 500 g

**69<sup>99</sup>** each

**YOU FIRST** NON IRRADIATED RAW HONEY!

You First Macadamia or Orange Blossom Raw Honey 1 kg  
**154<sup>99</sup>** each



Selected Food Lover's Tubby Assorted 200 g

**ANY 2 FOR R50**



Food Lover's Pitted Dates 400 g

**3 FOR R60**



Carbsmart Sauces Assorted

**ANY 2 FOR R100**



Rugani 100% Juice Assorted 750 ml

**2 FOR R40**



Heba Original 650 g

**89<sup>99</sup>** each



You First Raw Honey Assorted 500 g

**84<sup>99</sup>** each



You First Fine or Coarse Himalayan Crystal Salt 700 g

**26<sup>99</sup>** each



You First Chia Seeds 500 g

**69<sup>99</sup>** each



You First Xylitol or Erythritol Powder 500 g

**ANY 2 FOR R100**



You First Apple Cider Vinegar Unfiltered or Filtered 500 ml

**2 FOR R30**



You First Organic Virgin Coconut Oil 1 L

**109<sup>99</sup>** each

You First Odourless Coconut Oil 1 L  
**2 FOR R90**

## MILK ALTERNATIVES



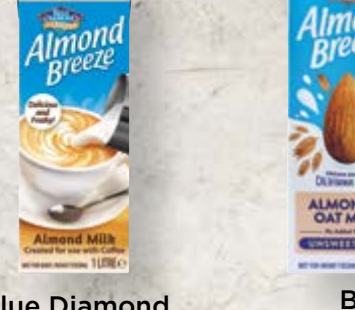
Good Hope Regular Milk Alternative 1 L

**3 FOR R50**



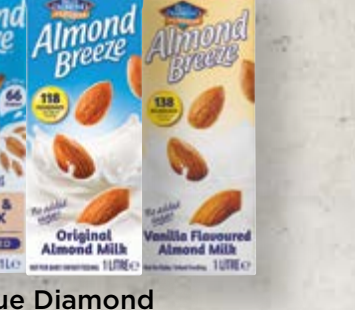
Good Hope Regular or Unsweetened Soy Milk 1 L

**22<sup>99</sup>** each



Blue Diamond Almond Breeze Barista Blend 1 L

**39<sup>99</sup>** each



Blue Diamond Almond Milk Assorted 1 L

**3 FOR R100**



**BIG DEAL**

# PANTRY ESSENTIALS

AS SEEN ON TV

Food Lover's UHT Long Life Milk 6 x 1 L (Full Cream or Low Fat)

**69<sup>99</sup>**  
each



Nutrific Wheat Biscuit Cereal 450 g  
**19<sup>99</sup>** each



Jungle Instant Oats Assorted 750 g  
**29<sup>99</sup>** each



Bonnita UHT Long Life Milk 10 x 500 ml  
**82<sup>99</sup>** each



Ina Paarman's Spices (Excl. Cheese Sprinkle) 200 ml  
**27<sup>99</sup>** each



Food Lover's Canola Mayonnaise 750 g  
**2 FOR R55**



Food Lover's Canola Oil 2 L  
**64<sup>99</sup>** each



Food Lover's Quick Cooking Oats 750 g  
**2 FOR R40**



Moccagatta Pasta Assorted 500 g  
**3 FOR R40**



Jungle Muesli Assorted 750 g  
**ANY 2 FOR R90**



Jungle Oats 1 kg  
**29<sup>99</sup>** each



Kellogg's Corn Flakes 1 kg  
**55<sup>99</sup>** each



Kellogg's All-Bran Flakes 1 kg  
**64<sup>99</sup>** each



Nolac Lactose Free Med Fat UHT Milk 1 L  
**15<sup>99</sup>** each



Knorr Gravies Assorted 28 g/34 g  
**ANY 2 FOR R20**



Food Lover's Pickled Gherkin Mild or Sweet & Sour 680 g  
**2 FOR R60**



Selected Mrs Ball's Chutney Assorted 470 g  
**2 FOR R50**



Ina Paarman's Ready to Serve Sauces Assorted 200 ml  
**2 FOR R50**



Ina Paarman's Salad Dressings Assorted (Excl. Balsamic Vinaigrette & Red Wine Vinaigrette 300 ml)  
**2 FOR R55**



Clover Condensed Milk 385 g  
**2 FOR R40**



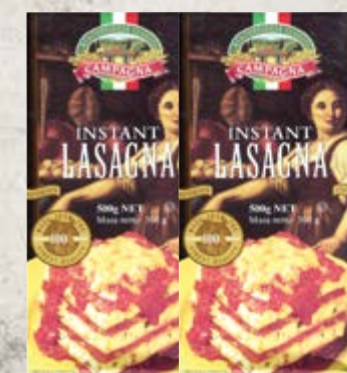
Melrose Cheese Spread Assorted 250 g  
**28<sup>99</sup>** each



All Gold Apricot Jam 900 g  
**26<sup>99</sup>** each



Black Cat Peanut Butter Crunchy or Smooth 800 g  
**ANY 2 FOR R100**



Campagna Lasagne Sheets 500 g  
**2 FOR R60**



BIS Spaghetti 500 g  
**4 FOR R50**



Lena Tomato Paste 70 g  
**5 FOR R20**



BIS Butter Beans or Chick Peas 400 g  
**4 FOR R50**



BIS Baked Beans 400 g  
**6 FOR R50**

## ITALIAN

AS SEEN ON TV

La Belinda Chopped or Peeled Tomatoes 400 g

**4 FOR R50**



Ace Super Maize Meal 2.5 kg  
**2 FOR R45**



Golden Cloud Cake Flour 2.5 kg  
**2 FOR R50**



Spekko Parboiled Rice 2 kg  
**25<sup>99</sup>** each



Food Lover's Egg Noodles 500 g  
**2 FOR R50**



BIS Pasta Sauce Assorted 350 g  
**2 FOR R50**



Ficacci Doy Packet Pimento or Pitted Olives 200 g  
**4 FOR R50**



Santagata Extra Virgin Olive Oil 750 ml  
**79<sup>99</sup>** each



La Molisana Gnocchi Di Patate 500 g  
**2 FOR R50**



La Belinda Tomato Passata 690 g  
**2 FOR R45**



# SNACK AND BEVERAGES



Chocolate Enrobed Oreo Biscuit 2's 34 g

**3 FOR R25**



KitKat 8 Finger or Aero 85 g

**ANY 3 FOR R45**



Balocco Wafers Assorted 175 g

**3 FOR R50**



Amajoya Toffees 100 g or Candies 125 g

**3 FOR R45**



Food Lover's 2-ply Toilet Paper 18's

**79<sup>99</sup>** each



Skip Auto 2 kg or Liquid 1.5 L

**59<sup>99</sup>** each



Buy 2x Johnson & Johnson Wipes 72's and 1x Johnson & Johnson Baby Powder 400 g

**R85** per combo



Lil-lets Tampons Assorted 16's

**2 FOR R40**



Cadbury P.S., 5Star, Crunchie or Lunch Bar 48 g

**6 FOR R50**



Cadbury Oreo Original, Choc Cream or Golden 133 g

**4 FOR R50**



Simba Potato Chips Assorted 120 g

**4 FOR R45**



Diddle Diddle 150 g or Jumpin Jack Popcorn 90 g/100 g

**4 FOR R50**



Protex Soap 150 g

**5 FOR R50**



Dove Soap 100 g

**5 FOR R50**



Cremora 750 g

**39<sup>99</sup>** each



Hug in a Mug 10's Assorted

**49<sup>99</sup>** each



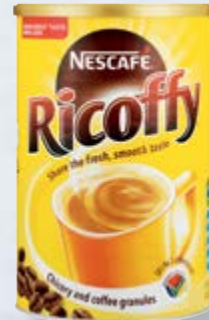
Jacobs Instant Iced Cappuccino Original, Salted Caramel 8's, Instant Cappuccino or Reduced Sugar 10's

**2 FOR R90**



Food Lover's Decaf Coffee 200 g

**2 FOR R120**



Ricoffy 750 g

**84<sup>99</sup>** each



Jacobs Kronung Coffee 200 g or Pouch 230 g

**94<sup>99</sup>** each



Buy 2x Freshers Thin Bleach, 1x Food Lover's All Purpose Cleaner and 1x Food Lover's Dishwashing Liquid 750 ml

**R55** per combo



Mr Muscle Tile Cleaner 750 ml

**29<sup>99</sup>** each



Food Lover's Light Foil 5 m

**11<sup>99</sup>** each



Food Lover's Cling Wrap Box 100 m

**36<sup>99</sup>** each



Buy 1x Duck Fresh Primary and 1x Refill Discs 6's

**R65** per combo



Red Bull Assorted 250 ml

**2 FOR R22**



Score Energy Drinks 500 ml

**3 FOR R25**



Energade Assorted 500 ml

**3 FOR R25**



Brookes Oros RTD Assorted 300 ml

**3 FOR R25**



Fair Cape Juices Assorted 1 L

**3 FOR R50**



Food Lover's Water Sports Cap 750 ml

**3 FOR R25**



Fitch and Leedes 200 ml

**6 FOR R50**



Sta-Soft Refill 500 ml

**2 FOR R42**



Food Lover's Kitchen Paper Towels 2's

**3 FOR R50**



Sunlight Dishwashing Liquid 750 ml

**3 FOR R69**



Buy 1x Jik and 1x Harpic Active Gel 750 ml

**R40** per combo



Food Lover's Carbonated Soft Drinks 2 L

**5 FOR R50**



Pepsi Regular 2 L

**2 FOR R32**



Pepsi Max, Light or 7up Sugar Free 2 L

**4 FOR R50**



Coke 2.25 L Sugar Free Range

**2 FOR R35**



White, Red Grapetiser or Appletiser 1.25 L

**23<sup>99</sup>** each



Food Lover's Flavoured Water 500 ml

**3 FOR R20**

Cheers to **SAVING** on our glassware

Fontignac  
CREATE YOUR OWN KITCHEN STORIES



**SHOP, STICK & SAVE 75%** ON YOUR FAVOURITE FONTIGNAC GLASSES



GET 1 EXTRA STICKER EVERY TIME YOU PURCHASE ANY OF OUR SELECTED BRANDS



# AS SEEN ON TV



Nectarine, Dessert Peach, Yellow Cling Peach or Plum Punnets  
**ANY 3 FOR R50**



Red, Black or White Seedless or Red Globe Grape Punnets  
**3 FOR R50**



1 x Potato Pocket 7 kg  
 1 x Carrot Bag 3 kg  
 1 x Butternut Pocket  
 1 x Onion Pocket  
**R129**



Food Lover's Blended Seed & Extra Virgin Olive Oil 1 L  
**2 FOR R90**



Food Lover's UHT Long Life Milk 6 x 1 L (Full Cream or Low Fat)  
**69<sup>99</sup> each**



Oxtail  
**79<sup>99</sup> per kg**



Food Lover's Precooked Sticky BBQ Party Ribs 1 kg  
**79<sup>99</sup> per pack**



28-day Matured Karan Beef Rump Steak  
**119<sup>99</sup> per kg**

# FOOD LOVER'S MARKET

MONDAY 24 TO SUNDAY 30 JANUARY 2022

**THE BEST IN FRESH GUARANTEED!**



Access Park, Tel: 021 683 6615 • Brackenfell, Tel: 021 981 8747 • Elkestad Mall, Tel: 021 883 2910/12/14 • Hermanus, Tel: 028 312 4475 • Kuilsriver, Tel: 021 903 0197 • Longbeach, Tel: 021 785 7060 • N1 City, Tel: 021 595 4556 • Parow, Tel: 021 911 0778 • Parklands, Tel: 021 250 0007 • Pinehurst, Tel: 021 975 5767 • Roeland Street, Tel: 021 462 0200 • Somerset West, Tel: 021 851 2824 • Tokai, Tel: 021 712 2244 • Tyger Valley, Tel: 021 914 8011 • Weskus Mall, Tel: 022 713 3629 • Knysna, Tel: 044 382 2204 • Oudtshoorn, Tel: 044 272 7378 • Mossel Bay, Tel: 044 693 0545 • George, Tel: 044 8870282 • Cecilia St, Paarl, Tel: 021 217 7777 • Worcester, Tel: 021 914 8011 /12/14

Excluding Food Lover's Eatery Newspaper House, Towers & Icon

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