



SUMMER CARNIVAL

THE BIGGEST DEALS OF THE SEASON

FOOD LOVER'S MARKET

MONDAY 24 TO SUNDAY 30 JANUARY 2022

SPRINGFIELD PARK Shop 2, Illala Avenue, The Home Centre, Springfield Park, Tel: 031 263 0487/ 031 263 0090/ 2731

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



VEG COMBO
 1 x Green Bean Thriftpack
 1 x Green Pepper Thriftpack
 1 x Carrot Thriftpack
 1 x Beetroot Thriftpack
R49

POTJIE COMBO
 1 x Baby Potato Thriftpack
 1 x Pickling Onion Thriftpack
 1 x Garlic Prepack
 1 x Carrot Thriftpack 1 kg
R59



Sweetcorn 4's
2 FOR R30



Baby Marrow, Patty Pans & Baby Gems
2 FOR R30



Potato Bag 3 kg
24⁹⁹ each



Broccoli Punnets
2 FOR R30



Robot Pepper Thriftpacks
2 FOR R49



Red Cabbage Punnets
2 FOR R30



Round or Jam Tomato Thriftpacks 1 kg
3 FOR R50



White Button Mushroom Punnets 250 g
2 FOR R30



Pumpkins or Hubbard Squash
29⁹⁹ each



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



Butternut Bag or Gem Squash 3 kg
19⁹⁹ each



Lettuce Prepack
2 FOR R25



English Cucumbers
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



Spanspek
2 FOR R50



Blueberry Tubs 125 g
2 FOR R30



Bananas
16⁹⁹ per kg



Green Kiwifruit
3 FOR R25



Prune Punnets
2 FOR R50



Yellow Cling Peach Boxes
R49 each



Mangoes
5 FOR R50



Nectarine Box
R59 each



Summer Pears 1 kg
2 FOR R25



Prickly Pear Box
29⁹⁹ each



Mango Box 2 kg
39⁹⁹ each



Dessert Peach Box
R39 each



Pineapples
3 FOR R25



Pineapple Trays
29⁹⁹ each



Watermelons
R49 each

CONVENIENCE RANGE



Fruity Mixed Pepper Stirfry 330 g
24⁹⁹ each



Brown Mushroom, Butternut & Rosemary Roast 500 g
14⁹⁹ each



Green Vegetables Assorted 375 g
14⁹⁹ each



Freshly Pick'd Coleslaw
12⁹⁹ each



Freshly Pick'd Red & White Coleslaw
12⁹⁹ each

SUMMER CARNIVAL
THE BIGGEST DEALS OF THE SEASON

• SPRINGFIELD •

Hot Deal
Fresh Whole Roasting Chicken
R 39⁹⁵
PER KG

Hot Deal
Fresh Half/Whole Karoo Lamb
R 99⁹⁵
PER KG

Hot Deal
Fresh Karoo Lamb Best End Chops
R 129⁹⁵
PER KG

Hot Deal
Fresh Karoo Lamb Shoulder & Back Leg Slices
R 139⁹⁵
PER KG

Hot Deal
Marinated Karoo Lamb Loin Chops
R 139⁹⁵
PER KG

Hot Deal
Fresh Cut Zulu Hens
R 110
TAKE TWO

Hot Deal
Honey & Pineapple Lamb Rashers
R 129⁹⁵
PER KG

Hot Deal
Fresh Karoo Lamb Curry Pieces
R 109⁹⁵
PER KG

Hot Deal
Marinated Chicken Flatties
R 49⁹⁵
PER KG

Hot Deal
Fresh Cornish Hen Pieces
Available In-Store

Hot Deal
Quality Chicken Sositias
R 69⁹⁵
PER KG

Hot Deal
Fresh Thick Chicken Necks
R 39⁹⁵
PER KG

Hot Deal
Quality Free-Range Ducks
Available In-Store

Hot Deal
Fresh Quality Venison Slices
Available In-Store

Hot Deal
Mexican Red Pepper

Hot Deal
Marinated Chicken Tikka Portions
R 39⁹⁵
PER KG

SUMMER CARNIVAL
THE BIGGEST DEALS OF THE SEASON

• SPRINGFIELD •

FRESH OFFALS Fiesta

Hot Deal
Fresh CLEANED LAMB TROTTERS
AVAILABLE IN-STORE

Hot Deal
Fresh CLEANED LAMB TRIPE
AVAILABLE IN-STORE

Hot Deal
Fresh SOFT LAMB LUNGS
R 19⁹⁵
PER KG

Hot Deal
Fresh CLEANED LAMB HEADS
R 69⁹⁵
EACH

Hot Deal
Fresh FULL LAMB PLUCK
R 29⁹⁵
PER KG

Hot Deal
Fresh Karoo Lamb TONGUE & BRAINS/JAW BONES
AVAILABLE IN-STORE

Hot Deal
Exclusive Chicken Sausages
R 79⁹⁵
PER KG

Hot Deal
Jumbo Homestyle Burgers
R 39⁹⁵
PER PACK

Hot Deal
Garlic & Chilli Mutton Wors
R 99⁹⁵
PER KG

Hot Deal
Plain/Chilli/Mumbai/Mild/Durban Spicy/Turbo

Hot Deal
TAKE 3 FOR
R 100

Hot Deal
Quality 100% Mutton Kebabs
R 60⁰⁰
PER PACK

Hot Deal
B.Nagiah's Exclusive Mutton Burgers
Available In-Store

Hot Deal
Quality Chicken Chilli Cold Meats
R 20⁰⁰
PER PACK

Hot Deal
Crumbed Chicken Products
R 39⁹⁵
PER PACK

Hot Deal
B.Nagiah's Mutton Macon/Lamb Streak Macon
Available In-Store

Hot Deal
Exclusive Mixed Veg OR Mint Chutney Pickle
R 40⁰⁰
ANY TWO

Hot Deal
EXCLUSIVE RANGE
EXTRA-SPECIAL HAND-MIXED
EVERYDAY MASALA
Perfect for Mutton Curry, Chicken Curry, Fish Curry, Veg Curry or Biryani.
Available In-Store

Hot Deal
Steaklets/Pops/Burgers/Chimoosa/Nuggets/Fingers

Nagiah's SEAFOODS

Fresh Fish Daily

SPRINGFIELD

SUMMER CARNIVAL

SEAFOOD PRICE BUSTERS

Fresh Large Silvers
R **79⁹⁵**
Per Kg
Cleaned & Cut

Sliced Angel Fish
R **39⁹⁵**
Per Kg

Sliced Red Steenbras
R **69⁹⁵**
Per Kg

Yankee Klipper Baby Hake
R **39⁹⁵**
Per Pack

Sliced Butterfish
R **79⁹⁵**
Per Kg

Kingklip Portions
R **119⁹⁵**
Per Pack

Quality Braai Snoek
R **89⁹⁵**
Each

Battered Crispy Hake Portions
R **39⁹⁵**
Per Pack

Quality Crumbed Products
R **39⁹⁵**
Per Dozen
Crumb Haddock Cakes/Snoek Cakes/Fish Cakes

Large Headless Pink Prawns
R **89⁹⁵**
Per Pack
Cut & Deveined

King Grilling Pink Prawns
R **159⁹⁵**
Per Box
Peeled & Deveined

Large Pink Prawn Meat
R **179⁹⁵**
Per Box
Peeled & Deveined

Crumbed Kingklip Cakes
R **49⁹⁵**
Per Kg

Fresh Quality Fish Roes
R **129⁹⁵**
Per Kg

Whole Lobster
R **299⁹⁵**
1Kg Box

Cocktail Danish
6 FOR R **20**

Pieman's Pies
2 FOR R **30**

Bagels
2 FOR R **10**

Focaccia Slices
2 FOR R **25**

Swiss Roll & Milk Tart
R **50**

Garlic French Loaf Halves
2 FOR R **15**

Savoury Quiche
49⁹⁹ each

Hamburger & Hotdog Rolls 6's
ANY 2 FOR R **25**

Ma Baker Sausage Rolls
8 FOR R **25**

Mini Tartlets Assorted
4 FOR R **30**

San Francisco & Fruit and Pecan
BOTH FOR R **40**

Made with Stoneground Flour - No Added Preservatives

BAKED FRESH DAILY

You deserve only the best, which is why our master bakers are committed to bringing you perfectly hand-crafted baked goods.

Garlic Bread Single
R **19⁹⁹** each

Mexicorn Wraps Traditional White 6's 25 cm
R **39⁹⁹** each

Half Vanilla & Half Chocolate Cake
R **65** each

HOT FOODS



Assorted Paninis
2 FOR R50



Assorted Family Salads
2 FOR R100



Whole Grilled Chickens
2 FOR R120



Golden Pockets
3 FOR R25



Selected Burgers
2 FOR R30



Selected Take-Home Pizzas 28 cm
3 FOR R120



Grab & Go Pasta Meals
2 FOR R80

OUR CHEESE SELECTION



Fairview Feta with Dried Olives 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 Cottage Cheese Assorted 250 g
2 FOR R50



The Laughing Cow Wedges 120 g & The Laughing Cow Dipppers 140 g
49⁹⁹



Clover Processed Slices Assorted 810 g
84⁹⁹ each



Food Lover's Semi Modified Cheese
69⁹⁹ per kg



First Choice Cheese Spread Assorted 200 g
29⁹⁹ each



Roulou Feta Assorted 400 g
2 FOR R75



Melrose Wedges Assorted 200 g
29⁹⁹ 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



Food Lover's Real Cheese Slices 150 g
29⁹⁹ each



Lancewood Cheddar, Gouda, White Cheddar or White Gouda 900 g
99⁹⁹ each

PERISHABLES



Food Lover's Full Cream Yoghurt Assorted 1 kg

2 FOR R50



Stork Spread Round Tub 1 kg
36⁹⁹ 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

12⁴⁹ each



Blue Ribbon Toaster White Bread 700 g

12⁹⁹ each



Food Lover's Large Eggs 30's

49⁹⁹ 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

26⁹⁹ 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

14⁹⁹ each



Food Lover's Salted Butter 500 g

49⁹⁹ each



Rama Original Spread 70% Fat Spread 500 g

19⁹⁹ each



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

19⁹⁹ each



Food Lover's Pesto Assorted 130 g

49⁹⁹ each

Food Lover's Juice Assorted 3 L

2 FOR R75



Clover Amasi Medium Cream 2 kg

2 FOR R50

HEALTHY SNACKS

Nuggles

Nuggles Chocolate Coated Hazelnuts, Almonds or Brazil Nuts

29⁹⁹ per 100 g

Macadamias, Pistachios, Pecan Nuts, Walnuts or Brazil Nuts

29⁹⁹ per 100 g

Nuggles Tumbles: Chocolate Coated Peanuts, Raisins or Shortcake

19⁹⁹ per 100 g

AS SEEN ON TV

You First Almonds CSSR 1 kg

149⁹⁹ each

AS SEEN ON TV

Cashews or Mixed Nuts

19⁹⁹ 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

69⁹⁹ 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

69⁹⁹ each

YOU FIRST NON IRRADIATED RAW HONEY!

You First Macadamia or Orange Blossom Raw Honey 1 kg

154⁹⁹ each



You First Raw Honey Assorted 500 g

84⁹⁹ 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

89⁹⁹ each



You First Fine or Coarse Himalayan Crystal Salt 700 g

26⁹⁹ each

You First Chia Seeds 500 g

69⁹⁹ 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

109⁹⁹ 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

22⁹⁹ each

Blue Diamond Almond Breeze Barista Blend 1 L

39⁹⁹ each

Blue Diamond Almond Milk Assorted 1 L

3 FOR R100



You First Odourless Coconut Oil 1 L

2 FOR R90

PANTRY ESSENTIALS

AS SEEN ON TV

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

69⁹⁹
each



Nutrific Wheat Biscuit Cereal 450 g
19⁹⁹ each



Jungle Instant Oats Assorted 750 g
29⁹⁹ each



Bonnita UHT Long Life Milk 10 x 500 ml
82⁹⁹ each



Ina Paarman's Spices (Excl. Cheese Sprinkle) 200 ml
27⁹⁹ each



Food Lover's Canola Mayonnaise 750 g
2 FOR R55



Food Lover's Canola Oil 2 L
64⁹⁹ 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
29⁹⁹ each



Kellogg's Corn Flakes 1 kg
55⁹⁹ each



Kellogg's All-Bran Flakes 1 kg
64⁹⁹ each



Nolac Lactose Free Med Fat UHT Milk 1 L
15⁹⁹ 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
28⁹⁹ each



All Gold Apricot Jam 900 g
26⁹⁹ 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



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
24⁹⁹ 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
79⁹⁹ each



La Molisana Gnocchi Di Patate 500 g
2 FOR R50



La Belinda Tomato Passata 690 g
2 FOR R45

ITALIAN

AS SEEN ON TV

La Belinda Chopped or Peeled Tomatoes 400 g

4 FOR R50



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

79⁹⁹ each



Skip Auto 2 kg or Liquid 1.5 L

59⁹⁹ 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., 5 Star, 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 Daddle 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

39⁹⁹ each



Hug in a Mug 10's Assorted

49⁹⁹ 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

84⁹⁹ each



Jacobs Krönung Coffee 200 g or Pouch 230 g

94⁹⁹ 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

29⁹⁹ each



Food Lover's Light Foil 5 m

11⁹⁹ each



Food Lover's Cling Wrap Box 100 m

36⁹⁹ 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

23⁹⁹ 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



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



Nectarine, Dessert
Peach, Yellow Cling
Peach or Plum Punnets

ANY 3 FOR R50



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)

69⁹⁹
each

FOOD LOVER'S MARKET

MONDAY 24 TO SUNDAY 30 JANUARY 2022

Arbour Crossing, Tel: (031) 904 2228 • Ballito, Tel: (032) 946 3762 • La Lucia, Tel: (031) 562 8065 • Empangeni, Tel: (035) 772 6751 • Malvern, Tel: (031) 464 4555 •
Pietermaritzburg Scottsville, Tel: (033) 342 6666 • Scottburgh, Tel: (039) 976 2748 • Rinaldo, Tel: (031) 563 5107 • Shelly Beach, Tel: (039) 315 6384 • The Crescent, Tel: (021) 584
SPRINGFIELD PARK Shop 2, Mala Avenue, The Home Centre, Springfield Park, KZN, Tel: 031 263 0487 / 031 263 0090 / 2731

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