



SUMMER CARNIVAL

THE BIGGEST DEALS OF THE SEASON

FOOD LOVER'S MARKET

MONDAY 24 TO SUNDAY 30 JANUARY 2022

Uitenhage, Tel: 041 922 6350 • Moffett Retail Park, Tel: +27 87 058 0570
• Vincent (East London, Tel: 043 727 0060 • Jeffreys Bay Tel: 042 293 0369/0370/0380 • 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

THE BEST
IN FRESH
GUARANTEED!



SENSATIONAL SAVINGS

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



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**

Broccoli, Caulibroc or Cauliflower Prepacks

3 FOR **R50**

Pickling Onion or Potjie Potato Thriftpacks

3 FOR **R25**

Lettuce Prepacks or English Cucumbers

2 FOR **R20**

Sweetcorn Punnett 4's

3 FOR **R50**

POTJIE COMBO

1 x Potjie Potato Thriftpack
1 x Pickling Onion Thriftpack
1 x Garlic Sock
1 x Carrot Thriftpack 1 kg

R59

Green Pepper Thriftpacks

2 FOR **R30**

Robot Pepper Thriftpacks

34⁹⁹ each

White Button Mushroom Punnett 250 g

3 FOR **R50**

Spanspek

2 FOR **R50**

Blueberry Tubs 125 g

2 FOR **R25**

Cayenne Pineapples

2 FOR **R25**

Summer Pears 1 kg

2 FOR **R25**

Banana Thriftpacks

2 FOR **R25**

Carrot Thriftpacks

3 FOR **R25**

Butternut, Pumpkin or Sweet Potato Cubed Prepacks

2 FOR **R30**

Lettuce Pillow Packs

3 FOR **R50**

Round or Jam Tomato Thriftpacks 1 kg

3 FOR **R50**

Yellow Cling Peach Boxes

R49 each

Dessert Peach Boxes

R39 each

Carrot Thriftpacks

3 FOR **R25**

Beetroot Thriftpacks

2 FOR **R20**

Green Bean Thriftpacks 350 g

19⁹⁹ each

Mango Boxes 2 kg

39⁹⁹ each

Mangoes

4 FOR **R50**

Watermelons

R49 each

SEAFOOD

Atlantis Battered Crispy Hake 2 kg
169⁹⁹ each

Pink Prawns C&D 350 g
2 FOR R150

Kingklip Prime Cut Portions 500 g
89⁹⁹ each

Hake Prime Cut Portions 500 g
59⁹⁹ each

Haddock Prime Cut Portions 500 g
69⁹⁹ each

Food Lover's Braai Snoek 1 kg
79⁹⁹ each

Food Lover's Seafood Mix 700 g
59⁹⁹ each

Pescanova Cooked Vannamei Prawns 450 g
99⁹⁹ each

Food Lover's Whole Salmon (Previously Frozen)
149⁹⁹ per kg

Pacific West Southern Style Fried Prawns 300 g
2 FOR R100

Pink Prawns Head On 2 kg
349⁹⁹ each

Pacific West Salt & Pepper Squid 360 g
2 FOR R100

Pink Prawns 26/30 800 g
179⁹⁹ each

Atlantis Fish Cakes 2 kg
119⁹⁹ each

Chapman's Vannamei Prawns 31/40 700 g
129⁹⁹ each

Food Lover's Squid Rings 800 g
79⁹⁹ each

Food Lover's Squid Steaks 600 g
2 FOR R100

Pereira Patagonian Cleaned Squid 500 g
119⁹⁹ each

FROZEN GOODS

Ola Gelateria Ice Cream Assorted 1.4 L
69⁹⁹ each

Penny Lane Frozen Straight Cut Chips 1 kg
2 FOR R40

Cocktail Danish
6 FOR R20

Focaccia Slices
2 FOR R25

Savoury Quiche
49⁹⁹ 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

Hamburger & Hotdog Rolls 6's
2 FOR R25

Swiss Roll & Milk Tart
R50

Garlic French Loaf Halves
2 FOR R15

BAKED FRESH DAILY

Garlic Braai Bread 2's
34⁹⁹ each

Mexicorn Wraps Traditional White 6's 25 cm
39⁹⁹ 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
129⁹⁹ per kg

Golden Pockets
3 FOR R25

AVAILABLE AT SELECTED STORES ONLY

OUR CHEESE SELECTION



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 Cottage Cheese Assorted 250 g
2 FOR R50



The Laughing Cow Wedges 120 g & The Laughing Cow Dippers 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

FOR YOUR CONVENIENCE

AVAILABLE AT SELECTED STORES ONLY



Grab & Go Pasta Meals
2 FOR R80



Food Lover's Butter Chicken Curry 900 g
109⁹⁹ each



Food Lover's Traditional Lamb Curry 1 kg
179⁹⁹ each



Food Lover's Lamb Shank 1.2 kg
229⁹⁹ each



Food Lover's Slow Cooked Oxtail 1 kg
179⁹⁹ each

PERISHABLES



Food Lover's Full Cream Yoghurt Assorted 1 kg

2 FOR R50



Stork Spread Round Tub 1 kg
36⁹⁹ each



Sir Fruit Shots Assorted 100 ml

3 FOR R50



Tinkies Assorted 6 x 45 g

2 FOR R60



Albany Everyday Sliced or Thick Sliced Brown Bread 700 g

11⁴⁹ each



Blue Ribbon Sandwich White Bread 700 g

11⁹⁹ each



Food Lover's Juice Assorted 3 L

2 FOR R75



Clover Tropika Assorted 2 L

26⁹⁹ each



Sir Fruit Smoothies Assorted 300 ml

2 FOR R35



Steri Stumpie Assorted 350 ml

2 FOR R20



Danone Yogi Sip Assorted 500 g

2 FOR R25



Rama Original Spread 70% Fat Spread 500 g

19⁹⁹ each



Food Lover's Salted Butter 500 g

49⁹⁹ each



Lancewood Low Fat Yoghurt Assorted 1 kg

2 FOR R50



Parmalat Regular or Yumchums Yoghurt 6 x 100 g Pack

14⁹⁹ each



Clover Amasi Medium Cream 2 kg

2 FOR R50



Clover Fresh Milk Assorted 2 L

2 FOR R50



Dagbreek Egg's XL 18's

2 FOR R55



Food Lover's Crushed Garlic & Ginger 500 g

19⁹⁹ each

Food Lover's Pesto Assorted 130 g

49⁹⁹ each

HEALTHY SNACKS

Nuggles

SUGAR FREE

Nuggles Sugar Free: Dark Choc Peanut, Choc Raisin, Milk Choc Peanut or Milk Choc Raisin
19⁹⁹ per 100 g

Nuggles Tumbles: Chocolate Coated Peanuts, Raisins or Shortcake
19⁹⁹ per 100 g

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

Macadamias, Pistachios, Pecan Nuts, Walnuts or Brazil Nuts
29⁹⁹ 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



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 Raw Honey Assorted 500 g
84⁹⁹ 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



BIG DEAL

PANTRY ESSENTIALS

AS SEEN ON TV

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

69⁹⁹
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



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 Coconut Milk 400 ml
3 FOR R40



Aromat Canisters Assorted 75 g
ANY 2 FOR R22



Knorrox Stock Cubes Assorted 12's
ANY 2 FOR R20



Food Lover's Grated 690 g or Sliced Beetroot 700 g
3 FOR R50



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
25⁹⁹ 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., 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



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

R65 per combo



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 Kronung 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



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 Leesdes 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



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)
69⁹⁹ each



Oxtail
79⁹⁹ per kg



Food Lover's Precooked Sticky BBQ Party Ribs 1 kg
79⁹⁹ per pack



28-day Matured Karan Beef Rump Steak
119⁹⁹ per kg

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