



SUMMER CARNIVAL

THE BIGGEST DEALS OF THE SEASON

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: (031) 584 7766 • Rischards Bay, Tel: (035) 789 7345 • Hillcrest, The Colony, Tel: (031) 765 4170
• AVAILABLE AT SELECTED STORES • WHILE STOCKS LAST.

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



Butternut Bags or Gem Squash 3 kg
19⁹⁹ each



Round or Jam Tomato Thriftpacks 1 kg
3 FOR R50



White Button Mushroom Punnets 250 g
2 FOR R30



Lettuce Prepacks
2 FOR R25



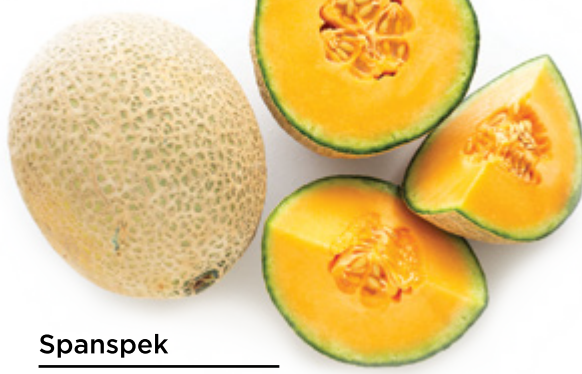
English Cucumbers
3 FOR R25



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



Spanspek
2 FOR R50



Bananas
16⁹⁹ per kg



Yellow Cling Peach Boxes
R49 each



Mangoes
4 FOR R50



Nectarine Boxes
R59 each



Summer Pears 1 kg
2 FOR R25



Prickly Pear Boxes
29⁹⁹ each



AS SEEN ON TV
 Nectarine, Dessert Peach, Yellow Cling Peach or Plum Punnets
 ANY **3 FOR R50**



AS SEEN ON TV
 Red, Black, White Seedless or Red Globe Grape Punnets
3 FOR R50



Blueberry Tubs 125 g
2 FOR R30



Green Kiwifruit
3 FOR R25



Prune Punnets
2 FOR R50



Mango Boxes 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 Stir Fry 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

BUTCHERY

AS SEEN ON TV
28-day Matured Karan Beef Rump Steak
119⁹⁹ per kg

Karan Beef Club & T-bone Steak Packs
119⁹⁹ per kg

Bulk Stewing Beef or Potjiekos
89⁹⁹ per kg

AS SEEN ON TV
Oxtail
79⁹⁹ per kg

Beef Droëwors 400 g
99⁹⁹ per packet

Karan Beef Espetada
119⁹⁹ per kg

Karan Beef Tri-Tip Steak
109⁹⁹ per kg

Beef Biltong
249⁹⁹ per kg

Pit BBQ Boneless Brisket Plain or Pickled with Sweet Paprika Rub
139⁹⁹ per kg

SCOTTSVILLE BUTCHERY AND STORE ARE HALAAL / NO PORK PRODUCTS AVAILABLE AT MALVERN.

NEW
STICKY BBQ PARTY RIBS
1 kg

AS SEEN ON TV
Food Lover's Precooked Sticky BBQ Party Ribs 1 kg
79⁹⁹ per pack

Boneless Pork Loin Roll Plain or Spiced
89⁹⁹ per kg

Lekka Braai Boneless Pork Rashers
99⁹⁹ per kg

Kassler Steaks
89⁹⁹ per kg

Pork Spare Ribs
89⁹⁹ per kg

Pork Rib & Loin Chops
59⁹⁹ per kg

Lekka Braai Spatchcock Chicken Peri-Peri or BBQ
54⁹⁹ per kg

Boneless Chicken Thigh Sosaties
89⁹⁹ per kg

Whole Fresh Chicken
44⁹⁹ per kg

Fresh Chicken Fillets 12-piece
64⁹⁹ per kg

THURSDAY ONLY
Whole or Half Lamb A2/A3
99⁹⁹ per kg
Valid Only Thu 27 Jan 2022!

Lamb Leg Roast
149⁹⁹ per kg

Bulk Lamb Braai Chops
149⁹⁹ per kg

HORMONE FREE
ANTIBIOTIC FREE
FREE RANGE
FULL RANGE AVAILABLE IN-STORE

YOU FIRST

You First Ostrich Steak 400 g
54⁹⁹ per pack

You First Ostrich Wors 500 g
54⁹⁹ per pack

You First Game Steak 400 g
69⁹⁹ per pack

JAN BRAAI BOEREWORS
EXCLUSIVELY AVAILABLE AT FOOD LOVER'S MARKET
JanBraai

Jan Braai Original Wors
99⁹⁹ per kg

PORK SAUSAGE
500 g

Pork Sausages
3 FOR R100

CONTAINS 5% SOYA
GROUND BEEF
2 x 500 g

69⁹⁹ per kg

WAGYU BEEF BURGER
lightly marinated with salt & pepper
4 x 100 g

59⁹⁹ per packet

PERFECTLY CURED MEATS

OSCAR'S CHICKEN & CHEESE
24 SMOKED VIENNAS

Oscar's Chicken & Cheese Viennas 400 g
2 R60

FOOD LOVER'S SMOKED VIENNAS
1 kg

Food Lover's Smoked Viennas 1 kg
39⁹⁹ per pack

OSCAR'S SMOKED BACON & CHEESE TWIST
400 g

Oscar's Smoked Bacon & Cheese Twist 400 g
39⁹⁹ per pack

OSCAR'S SANDWICH HAM
400 g

Oscar's Sandwich Ham 400 g
2 R60

OSCAR'S SHOULDER BACON
200 g

Oscar's Shoulder Bacon 200 g
3 R60

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 48g

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



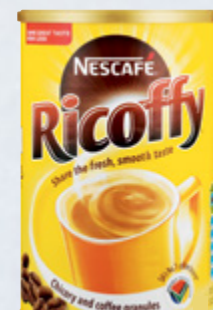
Jacobs Instant Iced Cappuccino Original, Salted Caramel 8's, Instant Cappuccino or Reduced Sugar 10's

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



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



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



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



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



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 Seafood Mix 700 g
59⁹⁹ each

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

Pescanova Cooked Vannamei Prawns 450 g
99⁹⁹ each

Pacific West Southern Style Fried Prawns 300 g
2 FOR R100

Pink Prawns Head On 2 kg
349⁹⁹ each

Pink Prawns 26/30 800 g
179⁹⁹ each

Pacific West Salt & Pepper Squid 360 g
2 FOR R100

Atlantis Fish Cakes 2 kg
119⁹⁹ each

Food Lover's Braai Snoek 1 kg
79⁹⁹ 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

Bagels
2 FOR R10

Swiss Roll & Milk Tart
R50

Garlic French Loaf Halves
2 FOR R15

Hamburger & Hotdog Rolls 6's
ANY 2 FOR R25

Pieman's Pies
2 FOR R30

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
19⁹⁹ each

Mexicorn Wraps Traditional White 6's 25 cm
39⁹⁹ each

Half Vanilla & Half Chocolate Cake
R65 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 Superior Brown Thick Bread 700 g

11⁴⁹ each



BB Sandwich White Bread 700 g

11⁹⁹ each



Laid Back 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



Food Lover's Juice Assorted 3 L

2 FOR R80



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 & Ginger 500 g

19⁹⁹ each



Food Lover's Pesto Assorted 130 g

49⁹⁹ each

Clover Amasi Medium Cream 2 kg

2 FOR R50

HEALTHY SNACKS

Nuggles

Nuggles Chocolate Coated Hazelnuts, Almonds or Brazil Nuts

29⁹⁹ per 100 g

Nuggles Tumbles: Chocolate Coated Peanuts, Raisins or Shortcake

19⁹⁹ per 100 g

Macadamias, Pistachios, Pecan Nuts, Walnuts or Brazil Nuts

29⁹⁹ per 100 g

AS SEEN ON TV

Cashews or Mixed Nuts

19⁹⁹ per 100 g

AS SEEN ON TV

You First Almonds CSSR 1 kg

149⁹⁹ each



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



You First Odourless Coconut Oil 1 L

BIG DEAL

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

AVAILABLE AT SELECTED STORES ONLY

Grab & Go Pasta Meals
2 FOR R80

Golden Pockets
3 FOR R25

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

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

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: (031) 584 7766 • Rischards Bay, Tel: (035) 789 7345 • Hillcrest, The Colony, Tel: (031) 765 4170

• AVAILABLE AT SELECTED STORES • WHILE STOCKS LAST.

THE BEST IN FRESH GUARANTEED!



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