



**THE BEST
IN FRESH
GUARANTEED!**

**GREAT VALUE,
GREAT SERVICE,
GREAT DEALS!**

FOOD LOVER'S MARKET

MONDAY 28 FEBRUARY TO SUNDAY 6 MARCH 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.

**THE BEST
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AS SEEN ON TV
BULK VEG COMBO:
 1 x Potato Pocket 7 kg
 1 x Onion Pocket 7 kg
 1 x Carrot Value Bag 3 kg
R99



BIG DEAL
 Sweetcorn Punnets 4's
2 FOR R30



BIG DEAL
 White Button Mushroom Punnets 250 g
2 FOR R30



BIG DEAL
 Plum, Apricot, Dessert Peach or Yellow Cling Peach Punnets
ANY 2 FOR R30



AS SEEN ON TV
 Avocados
5 FOR R50

THE BEST IN FRESH FOR GOOD REASON

We have the biggest range of fresh fruits and veggies for your family

VEG COMBO
 1 x Potjie Potato Thriftpack 1 kg
 1 x Sweetcorn Punnet 4's
 1 x White Button Mushroom Punnet 250 g
R39



VEG COMBO
 1 x Pickling Onion Thriftpack 1 kg
 1 x Carrot Thriftpack 1 kg
 1 x Potjie Potato Thriftpack 1 kg
 1 x White Button Mushroom Punnet 250 g
 1 x Green Pepper Thriftpack
R59



Green Pepper Thriftpacks
2 FOR R30



Carrot Thriftpacks
4 FOR R35



Pumpkin Pieces
9.99 each



Beetroot Thriftpacks
2 FOR R25

FRUIT COMBO
 1 x Blueberry Tub 125 g
 1 x Seedless Red Grape Punnet
 1 x Yellow Cling Peach Punnet
 1 x Plum Punnet
 1 x Nectarine Punnet
 1 x Cayenne Pineapple
R99



Prune Punnets
24.99 each



Nectarine Punnets
2 FOR R45



Apple Thriftpacks Assorted 1 kg
14.99 each



Apple Thriftpacks Assorted 1 kg
14.99 each



Blueberry Tubs 125 g
2 FOR R25



Rosemary, Bon Chretien Pear Thriftpacks 1 kg
2 FOR R30



Rosemary, Bon Chretien Pear Thriftpacks 1 kg
2 FOR R30



Cayenne Pineapples
2 FOR R25



Fruit Cups
24.99 each



Mini Box Bananas 1.2 kg
29.99 each

Mini Box Bananas 1.2 kg
29.99 each



Lemon Thriftpacks 1 kg
19.99 each



Fig Punnets 160 g
2 FOR R25



Black, Red & White Grape Punnets
3 FOR R50

Black, Red & White Grape Punnets
3 FOR R50



Assorted Microwave Range
19.99 each



Baby Potatoes with Garlic Butter & Herbs 500 g
19.99 each



Lettuce Pillow Pack
19.99 each



Green Bean Thriftpacks 1 kg
19.99 each



Mixed Pepper Thriftpacks
24.99 each



Shortcups Range
12.99 each



Baby Marrow Punnets
2 FOR R35

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THE BEST VALUE

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THE BEST RANGE

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THE BEST QUALITY

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THE BEST SERVICE

Our highly-trained staff aim to make your shopping experience a pleasure. If they don't live up to your expectations, tell us about it and you'll receive a R100 FLM shopping voucher. Contact customer care on 086 000 7728 to claim your voucher.

THE BEST IN FRESH GUARANTEED!

ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY • HAMILTONS ADVERTISING 140520 • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE

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BUTCHERY

AS SEEN ON TV

Oxtail
79⁹⁹
per kg

Beef Brisket Burger Patties 4 x 100 g

49⁹⁹
per pack



BIG DEAL

Beef Biltong
249⁹⁹
per kg



BIG DEAL

Whole & Half Lamb A2/A3
109⁹⁹
per kg

FAMILY FEASTING DONE RIGHT

Lamb & Rosemary Burger Patties 4 x 100 g
49⁹⁹
per pack

Boneless Chicken Thigh Espetadas
99⁹⁹
per kg

Bulk Stewing Beef
89⁹⁹
per kg

Pork Fillet
69⁹⁹
per kg



Lamb Sausages 500 g
59⁹⁹
per pack

Smoked Hocks
49⁹⁹
per kg

SIZZLING GOOD TIMES

QUALITY SOUTH AFRICAN PORK

Kameelhout Boerewors 8 x 100 g
69⁹⁹
per pack

Crumbed Chicken Schnitzels
99⁹⁹
per kg



Pork Shanks 1.5 kg
R60
per pack

Honey Savoury Pork Belly Rolls
119⁹⁹
per kg



Jan Braai Spicy Wors
99⁹⁹
per kg

THE PERFECT MID WEEK MEAL



Pork Belly Espetada (with Texan Sprinkle)
119⁹⁹
per kg

Pork Spare Ribs
89⁹⁹
per kg

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SEAFOOD



Food Lover's Braai Snoek 1 kg
79⁹⁹ each

Food Lover's Baby Hake Headed & Gutted 1 kg
2 FOR R100

Atlantis Battered Crispy Hake 2 kg
169⁹⁹ each

Whole Yellowtail (Previously Frozen)
49⁹⁹ per kg

Food Lover's Crab Sticks 1 kg
2 FOR R100

Pink Prawns Head Off 2 kg
399⁹⁹ each

Food Lover's Whole Cooked Mussels 454 g
2 FOR R50

Whole Dorado (Previously Frozen)
49⁹⁹ per kg

Kingklip Prime Cut Portions 500 g
79⁹⁹ each

Atlantis Fish Cakes 2 kg
119⁹⁹ each

Pink Prawns C&D 350 g
2 FOR R150

Chapman's Calamari Steaks 700 g
79⁹⁹ each

Food Lover's Squid Strips 800 g
79⁹⁹ each

Food Lover's Seafood Mix 700 g
59⁹⁹ each

BAKERY



Chocolate Brownies
2 FOR R15

Savoury Focaccia
19⁹⁹ each

Bagels
4 FOR R20

Hamburger or Hot Dog Rolls 6's
ANY 2 FOR R25

Big Daddy Muffins Assorted
ANY 2 FOR R30

Fondant Doughnuts
6 FOR R25

Oval Pita 5's or Pizza Bases 4's
36⁹⁹ each

German Landbrot & Sweet Potato Sourdough
BOTH FOR R40

Milk Tart & Banana Bread
BOTH FOR R40

Hot Cross Buns 6's
2 FOR R30

HOT FOODS



Quarter Chicken Leg & Chips
34⁹⁹ each

Whole Grilled Chicken
ANY 2 FOR R130

Filled Bagels
34⁹⁹ each

Snack Platter
2 FOR R100

Selected Take-Home Pizzas 28 cm
3 FOR R120

Grab 'n Go Pasta Meals
2 FOR R80

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HEALTHY SNACKS

Pistachios or Brazil Nuts
29⁹⁹
per 100 g

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

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

OUR CHEESE SELECTION

LANCEWOOD GOUDA
96⁹⁹
each

Food Lover's 12 Months Matured Cheese
149⁹⁹
per kg

Food Lover's Traditional Feta 300 g
3 FOR R100

Food Lover's 18 Months Matured Cheese
154⁹⁹
per kg

BIG DEAL

Président Cream Cheese Assorted 230 g
32⁹⁹
each

Lancewood Dips Assorted 175 g
2 FOR R45

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

Lancewood Cream Cheese Assorted 230 g
2 FOR R70

Dairy Princess Slices Assorted 150 g
32⁹⁹
each

Food Lover's Peanuts Roasted & Salted or Peanuts & Raisins 400 g
ANY 2 FOR R50

Food Lover's Dried Cranberries 500 g
69⁹⁹ each

Selected Food Lover's Tubby Assorted 200 g
ANY 2 FOR R50

Food Lover's Dried Mango Strips 350 g
99⁹⁹ each

Food Lover's Sweet Treats Soft Jellies 450 g, Wine Gums 450 g or Sour Worms 400 g
R50 each

Food Lover's Luxury Fruit Salad 250 g
2 FOR R50

PERISHABLES

Parmalat Double Cream Yoghurt Assorted 1 kg
28⁹⁹ each

Clover Snack Pack Assorted 6 x 50 g
2 FOR R20

Food Lover's Crushed Garlic or Crushed Garlic & Ginger 1 kg
29⁹⁹ each

Rama Original 70% Fat Spread Brick 500 g
2 FOR R40

Blue Ribbon White Sandwich Sliced Bread 700 g
11⁹⁹ each

Food Lover's Raisins Jumbo Seedless 1 kg or Food Lover's Raisins Jumbo Mix 1 kg
ANY 3 FOR R100

BIG DEAL

Tman's Apple Cider Vinegar ("with the Mother") 500 ml
59⁹⁹ each

Rugani or Z22 100% Juice Assorted 330 ml
3 FOR R30

Footy's Assorted 450 g
129⁹⁹ each

YOU FIRST NON IRRADIATED RAW HONEY!

You First Macadamia or Orange Blossom Raw Honey 1 kg
149⁹⁹ each

BIG DEAL

Sir Fruit Juice Assorted 1.5 L
2 FOR R60

Food Lover's 100% Juice 3 L Assorted
37⁹⁹ each

Clover Krush 100% Juice Assorted 1.5 L
ANY 2 FOR R55

Dagbreek Extra Large Eggs 30's
R50

You First Organic Virgin Coconut Oil 1 L
119⁹⁹ each

Health Connection Wholefoods Xylitol 1 kg
149⁹⁹ each

Good Hope Soy Regular or Unsweetened 1 L
22⁹⁹ each

FROZEN

Ola Rich 'n Creamy Ice Cream Assorted 1.8 L
44⁹⁹ each

Penny Lane Frozen Straight Cut Chips 1 kg
2 FOR R40

Penny Lane Frozen Diced Mixed Veg 1 kg
2 FOR R50

Penny Lane Frozen Mixed Berries 1 kg
69⁹⁹ each

Penny Lane Frozen Country Veg 1 kg
29⁹⁹ each

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PANTRY ESSENTIALS

BIG DEAL

Food Lover's Blended Seed & Extra Virgin Olive Oil 1 L

2 FOR R95



Kellogg's Kids Cereal Assorted 340 g/350 g/375 g

ANY 2 FOR R65



Nestlé Milo Cereal 320 g

2 FOR R60



La Belinda Chopped or Peeled Tomatoes 400 g

5 FOR R50



Snowflake Premixes Assorted 500 g

ANY 4 FOR R55



Food Lover's Canola Mayonnaise 750 g

2 FOR R50



White Star Super Maize Meal 5 kg

39⁹⁹ each



Thokoman Smooth or Crunchy Peanut Butter 500 g

28⁹⁹ each

Food Lover's Honey Squeeze 375 ml

2 FOR R90



Tastic Rice Manhattan Range 2 kg

23⁹⁹ each



Food Lover's Sardines 120 g

4 FOR R50



Knorr Soup Packets 50 g

ANY 5 FOR R20



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

2 FOR R50



Ina Paarman's Ready to Serve Sauces Assorted 200 ml

2 FOR R50



BIS Spaghetti 500 g

4 FOR R50



Indomie Instant Noodles Assorted 70 g/75 g/80 g

ANY 5 FOR R17⁹⁹



Food Lover's Egg Noodles 500 g

2 FOR R50

SNACK AND BEVERAGES



Manhattan Pink & White Mallows 150 g

4 FOR R50



Willards Monster Munch Assorted 100 g

5 FOR R50



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

4 FOR R50



Kara Nichha's Chevra Tubs 400 g

2 FOR R50



Nestlé Kit Kat 4 Finger, Chunky, Aero 40 g, Bar One 55 g, Smarties, Tex 40 g or Milkybar Original 40 g

6 FOR R50



Godiva Slabs Assorted 83 g/90 g

2 FOR R60



Pringles Chips Assorted 100 g

3 FOR R50



aQuellé Still or Sparkling Water 6 x 500 ml

2 FOR R50

aQuellé Still Water 5 L

3 FOR R50



Doritos Chips Assorted 145 g

3 FOR R45



De Vries Ginger Biscuits 200 g

5 FOR R50

HOUSEHOLD ESSENTIALS



Yardley Male or Female Deodorant 90 ml/125 ml

2 FOR R55



Nivea Roll-on Assorted 50 ml

ANY 2 FOR R36



Lux Soap Assorted 175 g

10⁹⁹ each



Nivea Body Cream or Lotion 400 ml

39⁹⁹ each



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

79⁹⁹ each



Snappy Tritan Bottle Assorted 1.2 L

89⁹⁹ each

Food Lover's Briquettes or Charcoal 4 kg

2 FOR R75



Lux Bodywash Assorted 400 ml

31⁹⁹ each



Omo Auto Liquid 1.5 L or Capsules 17's

2 FOR R120



Tuffy Budget Interleaved Bags 20's

25⁹⁹ each

You First All Purpose, Laminated Floor, Multi Surface, Tile or Toilet Cleaner 500 ml

2 FOR R32



Handy Andy Assorted 750 ml

2 FOR R44



Food Lover's Kitchen Towels 2's

3 FOR R50

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AS SEEN ON TV

BULK VEG COMBO:
 1 x Potato Pocket 7 kg
 1 x Onion Pocket 7 kg
 1 x Carrot Value Bag 3 kg

R99



AS SEEN ON TV

Avocados

5 FOR R50



AS SEEN ON TV

African Gold
 Extra Virgin
 Olive Oil 500 ml

2 FOR R100



AS SEEN ON TV

Oxtail

79⁹⁹
 per kg



BIG DEAL

Cashews or
 Mixed Nuts

19⁹⁹
 per 100 g



BIG DEAL

12-Piece Sushi
 Combo

2 FOR R100

BIG DEAL

Selected Poké
 Bowls 500 ml

2 FOR R80



BIG DEAL

La Belinda
 Chopped or Peeled
 Tomatoes 400 g

5 FOR R50



BIG DEAL

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

ANY **2 FOR R50**

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