



**THE BEST
IN FRESH
GUARANTEED!**

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

FOOD LOVER'S MARKET

MONDAY 28 FEBRUARY TO SUNDAY 6 MARCH 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 • Rischarids Bay, Tel: (035) 789 7345 • Hillcrest, The Colony, Tel: (031) 765 4170
• AVAILABLE AT SELECTED STORES • WHILE STOCKS LAST.

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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



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 R35



BIG DEAL
 Black, Red & White Grape Punnets
ANY 3 FOR R50



AS SEEN ON TV
 Avocados
5 FOR R50



BIG DEAL
 White Button Mushroom Punnets 250 g
2 FOR R30



BIG DEAL
 Yellow Cling Peach or Red & Yellow Plum Punnets
ANY 2 FOR R35



BIG DEAL
 Pineapples
3 FOR R35

THE BEST IN FRESH FOR GOOD REASON We have the biggest range of fresh fruits and veggies for your family

<p>Gem Squash Pocket 3 kg 19⁹⁹ each</p>	<p>Beetroot Bag 5 kg 39⁹⁹ each</p>	<p>Carrot Bag 3 kg 19⁹⁹ each</p>	<p>Lettuce Prepacks 2 FOR R35</p>	<p>Green Bean Thriftpacks 2 FOR R35</p>	<p>Baby Marrow Punnets 2 FOR R35</p>	<p>FRUIT COMBO 1 x Pineapple 1 x Yellow Cling Peach Punnet 1 x Plum Punnet 1 x Nectarine Punnet 1 x Red Seedless Grape Punnet 1 x Golden Delicious Econo Apple Thriftpack R99</p>	<p>Hanepoot Moonballs and Red Globe Grape Punnets 2 FOR R40</p>	<p>Kiwifruit Punnets R35 each</p>	<p>Apple or Pear Thriftpacks 1 kg 2 FOR R25</p>	<p>Granadilla Punnets 2 FOR R35</p>
<p>Potjie Potatoes or Pickling Onion Thriftpacks 1 kg ANY 4 FOR R35</p>	<p>Sweet Potato Thriftpacks 1 kg 2 FOR R35</p>	<p>Robot Peppers 19⁹⁹ each</p>	<p>Green Chillies 9⁹⁹ per kg</p>	<p>Dhania bunches 3 FOR R25</p>	<p>Pumpkin Pieces 9⁹⁹ each</p>	<p>Microwave Bags Assorted 19⁹⁹ each</p>	<p>Mangoes 3 FOR R39</p>	<p>Dragon Fruit Punnets R35 each</p>	<p>Prune Punnets 2 FOR R35</p>	<p>Nectarine Punnets 2 FOR R45</p>
<p>Tomato Thriftpacks 1 kg 2 FOR R35</p>	<p>Carrot Thriftpacks 1 kg 4 FOR R35</p>	<p>Fig Punnets 160 g 2 FOR R25</p>	<p>Cut Fruit Cups: Pineapple, Mango or Melon 19⁹⁹ each</p>	<p>Lemon Thriftpacks 2 FOR R25</p>	<p>Royal Gala or Golden Delicious Apple Econopacks 2 FOR R35</p>	<p>Banana Thriftpacks 2 FOR R30</p>				

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THE BEST VALUE

If you find better value on fresh from another retailer, bring in your proof and we'll match it, **PLUS** give you the difference.

THE BEST RANGE

If it's available in S.A. and it's not on our shelves, we'll find it and deliver it to you free of charge.*
 *Department must exist in store.

THE BEST QUALITY

Not satisfied with any of our fresh products? We'll replace it and give you another one absolutely free!

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.

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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 • E80E

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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

Bulk Stewing Beef

89⁹⁹
per kg

Pork Fillet

69⁹⁹
per kg



QUALITY SOUTH AFRICAN PORK



Pork Shanks 1.5 kg

R60
per pack



Pork Belly Espetada (with Texan Sprinkle)

119⁹⁹
per kg

FAMILY FEASTING DONE RIGHT

BIG DEAL

Whole & Half Lamb A2/A3
109⁹⁹
per kg

Lamb & Rosemary Burger Patties 4 x 100 g

49⁹⁹
per pack

Lamb Sausages 500 g

59⁹⁹
per pack

Smoked Hocks

49⁹⁹
per kg

Honey Savoury Pork Belly Rolls

119⁹⁹
per kg

Pork Spare Ribs

89⁹⁹
per kg

Chicken Star Pack

59⁹⁹
per kg

SIZZLING GOOD TIMES

Kameelhout Boerewors 8 x 100 g

69⁹⁹
per pack

Crumbed Chicken Schnitzels

99⁹⁹
per kg

Jan Braai Spicy Wors

99⁹⁹
per kg

THE PERFECT MID WEEK MEAL

NO PORK PRODUCTS AVAILABLE AT MALVERN, SCOTTSVILLE STORE & BUTCHERY ARE HALAAL.

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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

Milk Tart & Banana Bread
BOTH FOR R40

Big Daddy Muffins Assorted
ANY 2 FOR R30

Hot Cross Buns 6's
2 FOR R30

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

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

German Landbrot & Sweet Potato Sourdough
BOTH FOR R40

Fondant Doughnuts
6 FOR R25

Bagels
4 FOR R20

HOT FOODS

Quarter Chicken Leg & Chips
34⁹⁹ each

Whole Grilled Chicken
2 FOR R130

Filled Bagels
34⁹⁹ each

Selected Take-Home Pizzas 28 cm
3 FOR R120

Grab 'n Go Pasta Meals
2 FOR R80

Snack Platter
2 FOR R100

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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



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



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



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 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

YOU FIRST NON IRRADIATED RAW HONEY!

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

OUR CHEESE SELECTION

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

Président Cream Cheese Assorted 230 g
32⁹⁹ each

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

Lancewood Dips Assorted 175 g
2 FOR R45

Lancewood Cream Cheese Assorted 230 g
2 FOR R70

Dairy Princess Slices Assorted 150 g
32⁹⁹ each

PERISHABLES

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

Clover Snack Pack Assorted 6 x 50 g
2 FOR R20

BB Sliced White Sandwich Bread 700 g
12⁹⁹ each

Parmalat Double Cream Yoghurt Assorted 1 kg
28⁹⁹ each

Sir Fruit Juice Assorted 1.5 L
2 FOR R60

Food Lover's Juice Assorted 3 L
39⁹⁹ each

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

Laid Back Extra Large Eggs 18's
32⁹⁹ each

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

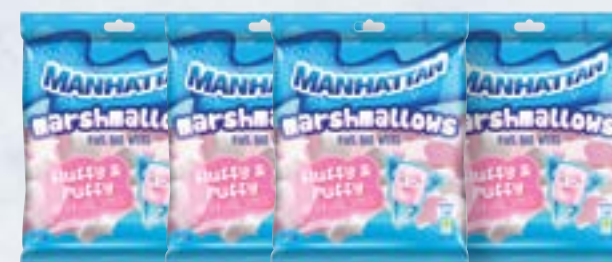
ANY 5 FOR R17⁹⁹



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 Diddle 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



Food Lover's Briquettes or Charcoal 4 kg

2 FOR R75



Snappy Tritan Bottle Assorted 1.2 L

89⁹⁹ each



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

Oxtail

79⁹⁹ per kg



AS SEEN ON TV

African Gold
 Extra Virgin
 Olive Oil 500 ml

2 FOR R100



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

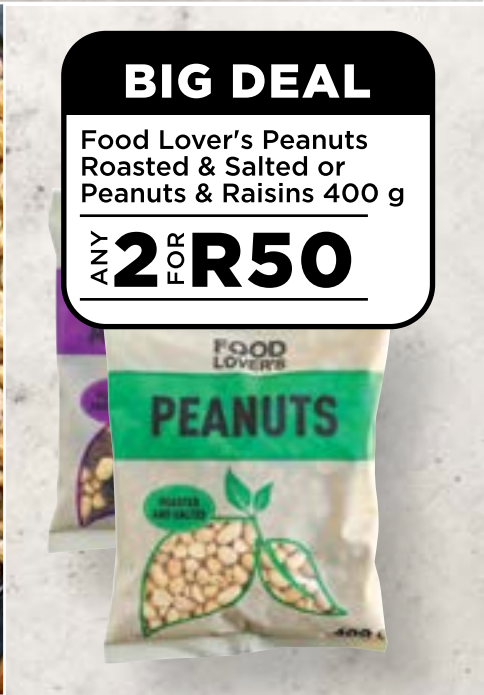
5 FOR R50



BIG DEAL

Cashews or
 Mixed Nuts

19⁹⁹ per 100 g



BIG DEAL

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

ANY 2 FOR R50