



**THE BEST  
IN FRESH  
GUARANTEED!**

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

# **FOOD LOVER'S MARKET**

MONDAY 28 FEBRUARY TO SUNDAY 6 MARCH 2022

AVAILABLE AT SELECTED FOOD LOVER'S MARKET STORES IN THE INLAND  
REGION: GAUTENG, LIMPOPO, NORTH WEST, MPUMALANGA, AND FREE STATE.

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  
**3 FOR R50**



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



**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



Sweet Potato  
 Thriftpacks 1 kg  
**2 FOR R35**



Green Pepper  
 Thriftpacks  
**2 FOR R35**



Gem Squash  
 Pocket 5 kg  
**R35** each



Carrot Bags 3 kg  
**2 FOR R35**



Beetroot Bag 5 kg  
**R35** each



Tomato  
 Thriftpacks 1 kg  
**2 FOR R35**



Pineapples  
**3 FOR R35**



Fruit Cups  
**29.99** each



Kiwifruit Punnets  
**R35** each



Mangoes  
**2 FOR R35**



Dragon Fruit Punnets  
**R35** each



Granadilla Punnets  
**2 FOR R35**



Potjie Potatoes or Pickling  
 Onion Thriftpacks 1 kg  
**ANY 4 FOR R35**



Lettuce Prepacks  
**2 FOR R35**



Green Bean  
 Thriftpacks  
**2 FOR R35**



Baby Marrow  
 Punnets  
**2 FOR R35**



Carrot Thriftpacks 1 kg  
**4 FOR R35**



Yellow Cling Peach, Nectarine  
 or Red & Yellow Plum Punnets  
**ANY 2 FOR R35**



Banana Thriftpacks  
**2 FOR R35**



Apple Thriftpacks  
 Assorted 1 kg  
**2 FOR R35**

Summer Pear  
 Thriftpacks 1 kg  
**3 FOR R35**



Spanspek  
**2 FOR R35**

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# BUTCHERY

AS SEEN ON TV

Oxtail  
**79<sup>99</sup>**  
per kg

Beef Brisket Burger Patties 4 x 100 g

**49<sup>99</sup>**  
per pack



**BIG DEAL**

Beef Biltong  
**249<sup>99</sup>**  
per kg

Chicken Star Pack

**59<sup>99</sup>**  
per kg

Bulk Stewing Beef

**89<sup>99</sup>**  
per kg

Pork Fillet

**69<sup>99</sup>**  
per kg

Lamb & Rosemary Burger Patties 4 x 100 g

**49<sup>99</sup>**  
per pack

**FAMILY FEASTING DONE RIGHT**

**BIG DEAL**

Whole & Half Lamb A2/A3  
**109<sup>99</sup>**  
per kg

**SIZZLING GOOD TIMES**

Smoked Hocks

**49<sup>99</sup>**  
per kg

Lamb Sausages 500 g

**59<sup>99</sup>**  
per pack

**QUALITY SOUTH AFRICAN PORK**

Honey Savoury Pork Belly Rolls

**119<sup>99</sup>**  
per kg

Crumbed Chicken Schnitzels

**99<sup>99</sup>**  
per kg

Pork Shanks 1.5 kg

**R60**  
per pack

Jan Braai Spicy Wors

**99<sup>99</sup>**  
per kg

Kameelhout Boerewors 8 x 100 g

**69<sup>99</sup>**  
per pack

**THE PERFECT MID WEEK MEAL**

Pork Belly Espetada (with Texan Sprinkle)

**119<sup>99</sup>**  
per kg

Pork Spare Ribs

**89<sup>99</sup>**  
per kg

LENASIA BUTCHERY & STORE ARE STRICTLY HALAAL & NIHT-CERTIFIED. NO PORK PRODUCTS SOLD IN-STORE.

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# SEAFOOD

Food Lover's Braai Snoek 1 kg  
**79<sup>99</sup>** each

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

Atlantis Battered Crispy Hake 2 kg  
**169<sup>99</sup>** each

Whole Yellowtail (Previously Frozen)  
**49<sup>99</sup>** per kg

Food Lover's Crab Sticks 1 kg  
**2 FOR R100**

Pink Prawns Head Off 2 kg  
**399<sup>99</sup>** each

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

Whole Dorado (Previously Frozen)  
**49<sup>99</sup>** per kg

Kingklip Prime Cut Portions 500 g  
**79<sup>99</sup>** each

Atlantis Fish Cakes 2 kg  
**119<sup>99</sup>** each

Pink Prawns C&D 350 g  
**2 FOR R150**

Chapman's Calamari Steaks 700 g  
**79<sup>99</sup>** each

Food Lover's Squid Strips 800 g  
**79<sup>99</sup>** each

Food Lover's Seafood Mix 700 g  
**59<sup>99</sup>** each

# BAKERY

Chocolate Brownies  
**2 FOR R15**

Savoury Focaccia  
**19<sup>99</sup>** each

Bagels  
**4 FOR R20**

Oh, So Tasty Hamburger or Hot Dog Rolls 6's  
**ANY 2 FOR R30**

Big Daddy Muffins Assorted  
**ANY 2 FOR R30**

Hot Cross Buns 6's  
**2 FOR R30**

Fondant Doughnuts  
**6 FOR R25**

Oval Pita 5's or Pizza Bases 4's  
**36<sup>99</sup>** each

German Landbrot & Sweet Potato Sourdough  
**BOTH FOR R40**

Milk Tart & Banana Bread  
**BOTH FOR R40**

Fruitman's Pantry Assorted Rusks  
**3 FOR R100**

# HOT FOODS

Quarter Chicken Leg & Chips  
**34<sup>99</sup>** each

Whole Grilled Chicken  
**ANY 2 FOR R130**

Corn Dogs Assorted  
**2 FOR R30**

Filled Bagels  
**34<sup>99</sup>** each

Snack Platter  
**2 FOR R100**

Family Pies  
**69<sup>99</sup>** each

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  
**29<sup>99</sup>**  
per 100 g

Nuggles Chocolate Coated Hazelnuts, Almonds or Brazil Nuts  
**29<sup>99</sup>**  
per 100 g



Nuggles Tumbles: Chocolate Coated Peanuts, Raisins or Shortcake  
**19<sup>99</sup>**  
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  
**69<sup>99</sup>**  
each

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

Food Lover's Dried Mango Strips 350 g  
**99<sup>99</sup>**  
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**

**BIG DEAL**

Tman's Apple Cider Vinegar ("with the Mother") 500 ml  
**59<sup>99</sup>**  
each

Rugani or ZZ2 100% Juice Assorted 330 ml  
**3 FOR R30**

Footy's Assorted 450 g  
**129<sup>99</sup>**  
each

You First Organic Virgin Coconut Oil 1 L  
**119<sup>99</sup>**  
each

Health Connection Wholefoods Xylitol 1 kg  
**149<sup>99</sup>**  
each

Good Hope Soy Milk Regular or Unsweetened 1 L  
**22<sup>99</sup>**  
each

**YOU FIRST** NON IRRADIATED RAW HONEY!

You First Macadamia or Orange Blossom Raw Honey 1 kg  
**149<sup>99</sup>**  
each

**BIG DEAL**



# OUR CHEESE SELECTION



Lancewood Cheddar, Gouda, White Cheddar or White Gouda 900 g  
**96<sup>99</sup>**  
each

Food Lover's 12 Months Matured Cheese  
**149<sup>99</sup>**  
per kg

Food Lover's Traditional Feta 300 g  
**3 FOR R100**

Food Lover's 18 Months Matured Cheese  
**154<sup>99</sup>**  
per kg

**BIG DEAL**

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

Président Cream Cheese Assorted 230 g  
**32<sup>99</sup>**  
each

Lancewood Dips Assorted 175 g  
**2 FOR R45**

Lancewood Cream Cheese Assorted 230 g  
**2 FOR R70**

Dairy Princess Slices Assorted 150 g  
**32<sup>99</sup>**  
each

# PERISHABLES

Clover Snack Pack Assorted 6 x 50 g  
**2 FOR R20**

Blue Ribbon Classic White Bread 700 g  
**13<sup>99</sup>**  
each

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

Food Lover's Crushed Garlic or Crushed Garlic & Ginger 1 kg  
**29<sup>99</sup>**  
each

Parmalat Double Cream Yoghurt Assorted 1 kg  
**28<sup>99</sup>**  
each

Meadows Low Fat Yoghurt Assorted 2 kg  
**39<sup>99</sup>**  
each

Sir Fruit Juice Assorted 1.5 L  
**2 FOR R60**

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

Food Lover's Juice Assorted 3 L  
**39<sup>99</sup>**  
each

Eggsper Extra Large Eggs 48's  
**79<sup>99</sup>**  
each

# WINE

NOT FOR SALE TO PERSONS UNDER THE AGE OF 18



Cape Auction Classic Red or White 750 ml  
ANY **2 FOR R70**



Leipoldt Sauvignon Blanc or Leipoldt Cab Sauv/Merlot 750 ml  
ANY **3 FOR R100**



Jan Braai White or Red Blend 750 ml  
ANY **2 FOR R120**



Diemersdal Sauvignon Blanc or Sauvignon Rosé 750 ml  
**69<sup>99</sup>**  
each



Anthonij Rupert Optima 750 ml  
**169<sup>99</sup>**  
each

# FROZEN

Ola Rich 'n Creamy Ice Cream Assorted 1.8 L  
**44<sup>99</sup>**  
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  
**69<sup>99</sup>**  
each

Penny Lane Frozen Country Veg 1 kg  
**29<sup>99</sup>**  
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

**39<sup>99</sup> each**



Thokoman Smooth or Crunchy Peanut Butter 500 g

**28<sup>99</sup> each**

Food Lover's Honey Squeeze 375 ml

**2 FOR R90**



Tastic Rice Manhattan Range 2 kg

**23<sup>99</sup> 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 R17<sup>99</sup>**



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

**10<sup>99</sup> each**



Nivea Body Cream or Lotion 400 ml

**39<sup>99</sup> each**



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

**79<sup>99</sup> each**



Food Lover's Briquettes or Charcoal 4 kg

**2 FOR R75**



Snappy Tritan Bottle Assorted 1.2 L

**89<sup>99</sup> each**



Lux Bodywash Assorted 400 ml

**31<sup>99</sup> each**



Omo Auto Liquid 1.5 L or Capsules 17's

**2 FOR R120**



Tuffy Budget Interleaved Bags 20's

**25<sup>99</sup> 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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 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

**79<sup>99</sup> per kg**



**BIG DEAL**

Cashews or  
 Mixed Nuts

**19<sup>99</sup> per 100 g**



**BIG DEAL**

Jumbo Croissants

**5 FOR R25**



**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**

Van Loveren Colombar  
 or Blanc De Noir Red  
 Muscadel 750 ml

**ANY 3 FOR R100**

**NOT FOR SALE TO PERSONS UNDER THE AGE OF 18**



**BIG DEAL**

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

**ANY 2 FOR R50**

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