



**THE BEST
IN FRESH
GUARANTEED!**

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

FOOD LOVER'S MARKET

MONDAY 28 FEBRUARY TO SUNDAY 6 MARCH 2022

Access Park, Tel: 021 671 4414 • Brackenfell, Tel: 021 981 8747 • Elkestad Mall, Tel: 021 883 2910/12/14 • Hermanus, Tel: 028 312 4475 • Kuilsriver, Tel: 021 903 0197 • Longbeach, Tel: 021 785 7060 • N1 City, Tel: 021 595 4556 • Parow, Tel: 021 911 0778 • Parklands, Tel: 021 250 0007 • Pinehurst, Tel: 021 975 5767 • Roeland Street, Tel: 021 462 0200 • Somerset West, Tel: 021 851 2824 • Tokai, Tel: 021 712 2244 • Tyger Valley, Tel: 021 914 8011 • Weskus Mall, Tel: 022 713 3629 • Knysna, Tel: 044 382 2204 • Oudtshoorn, Tel: 044 272 7378 • Mossel Bay, Tel: 044 693 0545 • George, Tel: 044 8870282 • Paarl, Tel: 021 217 7777 • Worcester, Tel: 021 914 8011/12/14

Excluding Food Lover's Eatery Newspaper House, Towers & Icon

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

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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
3 FOR R50



BIG DEAL
 White Button Mushroom Punnets 250 g
3 FOR R50



BIG DEAL
 Red Plums, Yellow Plums or Yellow Cling Peaches
19⁹⁹ per kg



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



Musket Pumpkins
2 FOR R50



Tomato Thriftpacks 1 kg
2 FOR R30



Beetroot Thriftpacks 750 g
3 FOR R25



Mixed Pepper Thriftpacks
2 FOR R50



Potjie Potato or Pickling Onion Thriftpacks 1 kg
2 FOR R20



Apple or Pear Thriftpacks 1 kg
2 FOR R25



New Season Constantia Hanepoot Grape Mini Box
39⁹⁹ each



Pineapples
2 FOR R25



Banana Thriftpacks
2 FOR R25



English Cucumbers
2 FOR R25



Pumpkin, Butternut or Sweet Potato Microwave Bags 500 g
3 FOR R50



Green Pepper Thriftpacks
2 FOR R30



Chopped Spinach, Seasons Value, Summer or Asian Salad Pillow Packs
3 FOR R50



Carrot or Beetroot Thriftpacks 750 g
3 FOR R20



True Roots Whole Baby Beetroot 280 g
19⁹⁹ each



Royal Gala Apples 1.5 kg
2 FOR R39



Nectarine Punnets
2 FOR R39

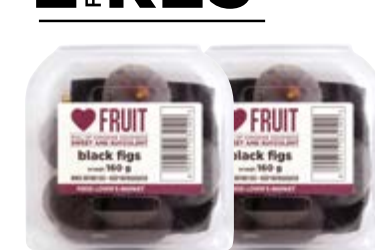
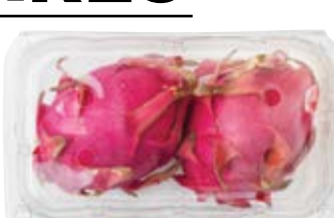


Fig Punnets 160 g
2 FOR R25



Mangoes
2 FOR R25



Dragon Fruit Punnets
19⁹⁹ each



Fruit Cups
24⁹⁹ each



Red or Yellow Plum or Yellow Cling Peach Punnets
3 FOR R50



Lemon Thriftpacks
2 FOR R30



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

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



Pork Belly Espetada (with Texan Sprinkle)

119⁹⁹
per kg

Pork Spare Ribs

89⁹⁹
per kg

Jan Braai Spicy Wors

99⁹⁹
per kg

THE PERFECT MID WEEK MEAL

NO PORK PRODUCTS AVAILABLE AT ACCESS PARK BUTCHERY.

THE BEST IN FRESH GUARANTEED!

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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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

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
36⁹⁹ each

German Landbrot & Sweet Potato Sourdough
BOTH FOR R40

Milk Tart & Banana Bread
BOTH FOR R40

Love to Bake Rusks Assorted 500 g
3 FOR R100

HOT FOODS



Quarter Chicken Leg & Chips
34⁹⁹ each

Whole Grilled Chicken
ANY 2 FOR R130

Corn Dogs Assorted
2 FOR R30

Filled Bagels
34⁹⁹ each

Snack Platter
2 FOR R100

Family Pies
69⁹⁹ 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
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

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

BIG DEAL
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

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 ZZ2 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**

You First Organic Virgin Coconut Oil 1 L
119⁹⁹
each

Health Connection Wholefoods Xylitol 1 kg
149⁹⁹
each

Good Hope Soy Milk Soy Regular or Unsweetened 1 L
22⁹⁹
each

PERISHABLES

Parmalat Double Cream Yoghurt Assorted 1 kg
28⁹⁹
each

Clover Snack Pack Assorted 6 x 50 g
2 FOR R20

Blue Ribbon White Toaster Bread 700 g
13⁴⁹
each

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

Sir Fruit Juice Assorted 1.5 L
2 FOR R60

Henties Lite Juice 3 L
26⁹⁹
each

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

Fair Cape Eco-Fresh Milk 2 L
22⁹⁹
each

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

Golden Yolk or Food Lover's Large Eggs 30's
R50

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
69⁹⁹
each

Anthonij Rupert Optima 750 ml
169⁹⁹
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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 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

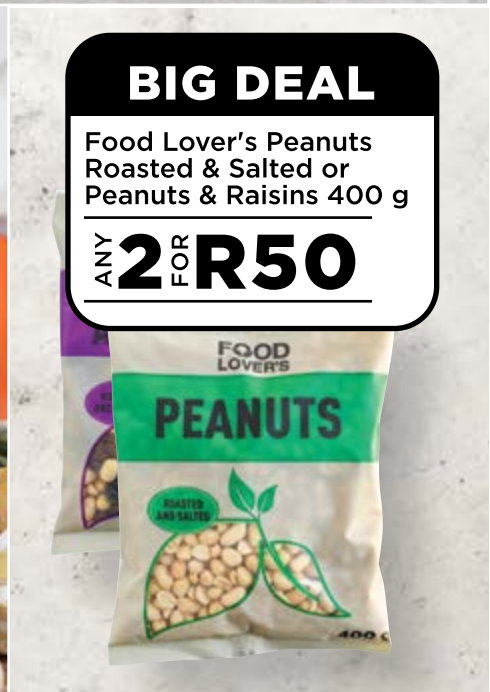


BIG DEAL

Van Loveren Colombar
 or Blanc De Noir Red
 Muscadel 750 ml

ANY 3 FOR R100

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BIG DEAL

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

ANY 2 FOR R50

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