



**THE BEST
IN FRESH
GUARANTEED!**

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

FOOD LOVER'S MARKET

MONDAY 28 FEBRUARY TO SUNDAY 6 MARCH 2022

SPRINGFIELD PARK Shop 2, Illala Avenue, The Home Centre, Springfield Park, Tel: 031 263 0487/ 031 263 0090/ 2731

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
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>R99</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>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>Banana Thriftpacks 2 FOR R30</p>
<p>Green Pepper Thriftpacks 2 FOR R35</p>	<p>Tomato Thriftpacks 1 kg 2 FOR R35</p>	<p>Carrot Thriftpacks 1 kg 4 FOR R35</p>	<p>Nectarine Punnets 2 FOR R45</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>	<p>Banana Thriftpacks 2 FOR R30</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.*
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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.

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A
Fresh Sliced
Karoo Lamb
Leg & Shoulder
R 129⁹⁵
PER KG



A
Fresh Karoo Lamb
Loin & Best End
Chops
R 119⁹⁵
PER KG



A
Fresh Sliced
Karoo Lamb
Curry Pieces
R 109⁹⁵
PER KG



A
Marinated
Karoo Lamb
Chops
R 139⁹⁵
PER KG



Homestyle
Mutton Burgers
R 39⁹⁵
PER PACK

**TAKE
3 FOR
R 100**



A
Honey & Pineapple
Karoo Lamb
Rashers
**AVAILABLE
IN-STORE**



Homestyle
Mutton kebabs
R 59⁹⁵
PER PACK



Bombay/
Garlic Chilli
Mutton Wors
R 99⁹⁵
PER KG



Exclusive
Mutton
Macon
**AVAILABLE
IN-STORE**

Exclusive
Mutton
Sausages
**AVAILABLE
IN-STORE**



A
Fresh Soft
Lamb Lungs
R 19⁹⁵
PER KG

A
Fresh
CLEANED LAMB
TROTTERS
**AVAILABLE
IN-STORE**



A
Fresh Full
Lamb Pluck
R 29⁹⁵
PER KG

Durban Spicy/mutton Plain/ultra Mild/
Durban Dhania/turbo/
Mumbai Mild/mumbai Spicy

NO BEEF OR PORK PRODUCTS AVAILABLE AT SPRINGFIELD PARK. OUR BUTCHERY DEPARTMENT IS PROUDLY OPERATED BY B. NAGIAH'S BUTCHERS.



Fresh
Cornish
Hen Pieces
R 39⁹⁵
PER KG



Fresh
Cornish
Rooster Pieces
R 29⁹⁵
PER KG



Marinated
Chicken Portions
R 44⁹⁵
PER KG



Marinated
Chicken Flatties
R 49⁹⁵
PER KG



Fresh
Chicken
Sausages
R 79⁹⁵
PER KG

Chicken Spicy/Turbo/Plain/
Chillie/Jalapeño



Fresh
Chicken Fillets
R 79⁹⁵
PER KG



Quality
Thick
Chicken Necks
R 29⁹⁵
PER KG



Fresh
Breast &
Leg Quarters
R 44⁹⁵
PER KG



Quality Sliced
Chicken Loaf
R 20⁰⁰
PER PACK



Quality
Fat-Free
Chicken Mince
R 59⁹⁵
PER KG

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SEAFOOD

Food Lover's Braai Snoek 1 kg
79⁹⁹ each

Food Lover's Baby Hake Headed & Guttled 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

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

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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

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

PERISHABLES

Rama Original 70% Fat Spread Brick 500 g
2 OR 3 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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 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



BIG DEAL

Cashews or Mixed Nuts

19⁹⁹ per 100 g



AS SEEN ON TV

African Gold Extra Virgin Olive Oil 500 ml

2 FOR R100



BIG DEAL

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

ANY 2 FOR R50



BIG DEAL

La Belinda Chopped or Peeled Tomatoes 400 g

5 FOR R50