



# WINTER CARNIVAL

BIGGEST DEALS OF THE SEASON

## FOOD LOVER'S MARKET

MONDAY 25 TO SUNDAY 31 JULY 2022

Access Park, Tel: 021 671 4414 • Brackenfell, Tel: 021 981 8747 • Eikestad 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

THE BEST  
IN FRESH  
GUARANTEED!







**Avo 101**  
**SCAN ME**

FOR A QUICK GUIDE ON HOW TO PICK YOUR AVOS

QR Code

**AS SEEN ON TV**  
Avocados  
**FOR R29**



**BIG DEAL**  
**BULK VEG COMBO**  
1 x Potato Pocket 7 kg  
1 x Onion Bag 3 kg  
1 x Carrot Bag 3 kg  
1 x Sweet Potato Bag 2 kg  
**R119**



**AS SEEN ON TV**  
Bananas  
**9.99** per kg



**AS SEEN ON TV**  
Blueberry Tubs 125 g  
**FOR R49**



**SOUP VEG**  
Dhanya Bunches, Turnip Bunches, Parsley Bunches, Soup Celery Bunches or Spinach Bunches  
**ANY 2 FOR R20**

Broccoli, Caulibroc or Cauliflower Punnets  
**2 FOR R30**

Carrot Thriftpacks  
**3 FOR R25**

Red, White or Orange Sweet Potatoes  
**9.99** per kg

Cocktail Tomato Punnets Assorted 200 g  
**2 FOR R30**

White Button Mushroom Punnets 250 g  
**2 FOR R35**

Chinese Cabbages  
**2 FOR R30**

Ginger  
**49.99** per kg

Tomato Thriftpacks 1 kg  
**2 FOR R35**

All Purpose Potato Bags 2 kg  
**2 FOR R50**

Mixed Pepper Thriftpacks  
**2 FOR R50**

Potjie Potato Thriftpacks 1 kg  
**2 FOR R20**

True Roots Cooked Baby Beetroot Vacuum Pack 500 g  
**24.99** each

Grated Soup Packs  
**2 FOR R50**

True Roots Whole Baby Beetroot Pouch 280 g  
**16.99** each

Baby Spinach, Summer Salad or Chopped Spinach Pillow Packs  
**ANY 3 FOR R50**



Orange or Naartjie Thriftpacks  
**3 FOR R25**

3 x Pineapples  
2 x Banana Thriftpacks  
**R50**

Orange Pockets  
**2 FOR R39**

Paw Paws  
**2 FOR R25**

Naartjie Trays  
**2 FOR R50**

Strawberry Punnets 250 g  
**2 FOR R50**

Top Red, Cripps Pink, Kanzi or Granny Smith Apple Econopacks 1.5 kg  
**2 FOR R30**

Lemon Thriftpacks  
**3 FOR R20**

Ripe 'n Ready Avocados 2's  
**19.99** each

Sweet C Naartjies  
**12.99** per kg

Imported Nectarine & Plum Punnets  
**3 FOR R99**

Imported White Grape Punnets  
**3 FOR R99**

Kiwifruit  
**5 FOR R30**

**Heat, eat & enjoy!**



Ready-to-Eat Soups: Butternut, Chunky Veg or Tuscan Style Minestrone Soup 500 g  
**ANY 2 FOR R50**

Cauliflower or Cauliflower & Broccoli Florets Microwave Bags 500 g  
**29.99** each

Sliced Sweet Potato Microwave Bags 500 g  
**14.99** each

Pickled Red Onions 70 g, Tangy Kimchi or Spicy Kimchi 100 g  
**19.99** each

Shortcups Diced Onion 180 g, Carrot Rounds 150 g, Cut Green Beans 170 g, Sliced Peppers 150 g, Diced Carrots 180 g, Diced Pepper 180 g, Onion Rings 130 g, Carrot Spirals 130 g  
**2 FOR R25**

Food Lover's Creamy Butternut Bake 1 kg or Creamy Potato Bake 900 g  
**49.99** each

Food Lover's Kitchen: Broccoli & Cauliflower in White Sauce 250 g, Creamed Spinach 400 g, Butternut, Broccoli, Green Bean & Red Onion in White Sauce 300 g or Cauliflower, Baby Marrow, Carrot & Corn in White Sauce 300 g  
**ANY 2 FOR R50**



**MARVEL**  
HEROES ON THE GO

COLLECT YOUR MARVEL HEROES ON THE GO PLUSH TOYS:

Spider-Man, Thor, Black Widow & Black Panther

SHOP: Spend R100 to collect a sticker T's & C's apply

STICK: Paste your sticker on the collector card and collect 10 stickers

SAVE: Up to 70% off your favourite Marvel item



# BUTCHERY

Bulk Beef Stir Fry  
**109<sup>99</sup>**  
per kg

Chicken Braai  
Pack 16-Piece  
**49<sup>99</sup>**  
per kg

Beef Roast  
**109<sup>99</sup>**  
per kg

AS SEEN  
ON TV  
Beef Oxtail  
**79<sup>99</sup>**  
per kg

AS SEEN  
ON TV  
Class A Bulk Stewing  
Beef & Potjiekos  
**79<sup>99</sup>**  
per kg

Bulk Beef  
Tenderised Steaks  
**109<sup>99</sup>**  
per kg

1/2 Spatchcock  
Chicken 600 g  
**39<sup>99</sup>**  
per pack

Whole Chicken  
5 in a bag  
**46<sup>99</sup>**  
per kg

Bulk Beef Goulash  
**109<sup>99</sup>**  
per kg

Bulk Beef Texan Steak  
**99<sup>99</sup>**  
per kg

Class A Beef Steak  
Packs (T-bone,  
Club & Rump)  
**109<sup>99</sup>**  
per kg

## EXCEPTIONAL HINDQUARTER VALUE

DID YOU KNOW THE  
HINDQUARTER OFFER CAN INCLUDE?

RUMP STEAK  
SIRLOIN STEAK  
T-BONE STEAK  
FILLET STEAK  
TENDERISED STEAK

LEAN MINCE  
TOPSIDE MINCE  
BEEF ROAST  
BOEREWORS

ASK YOUR BUTCHER ABOUT THE  
BEST VALUE DEAL IN BEEF.

Class A Beef Hindquarter **89<sup>99</sup>**  
per kg

AS SEEN  
ON TV  
Food Lover's Precooked  
Pork Belly Spare Ribs 1 kg  
or Loin Ribs 750 g  
**99<sup>99</sup>**  
per pack

Bulk Pork Rashers  
Spiced or Plain  
**79<sup>99</sup>**  
per kg

Bulk Pork Rib &  
Loin Chops  
**69<sup>99</sup>**  
per kg

Bulk Pork Braai Chops  
**49<sup>99</sup>**  
per kg

Pork Belly Espetada 500 g  
**R50**  
each

Smoked Pork Hocks  
**59<sup>99</sup>**  
per kg

Lamb Tails  
**129<sup>99</sup>**  
per kg

Bulk Lamb Braai Chops  
**149<sup>99</sup>**  
per kg

Pork Belly Roast  
(Bone-In)  
**79<sup>99</sup>**  
per kg

Jan Braai  
Boerewors  
Original 500 g  
**49<sup>99</sup>**  
per pack

Gourmet Biltong  
Burger Patties or  
Cannabis & Lime Burger  
Patties 4 x 100 g  
**49<sup>99</sup>**  
per pack

Gourmet Wagyu Burger  
Patties 4 x 100 g  
**59<sup>99</sup>**  
per pack

Extra Lean Beef  
Mince 2 x 500 g  
**109<sup>99</sup>**  
per pack



AS SEEN  
ON TV  
Food Lover's Chicken, Smoked  
or Red Viennas 1 kg  
**39<sup>99</sup>**  
per pack



Beef Biltong 350 g or  
Beef Droewors 400 g  
**R99**  
per pack



Smoked Cherry  
Braaiwors 300 g  
**2 FOR R50**



Deli-Co Salami Sticks 500 g  
**109<sup>99</sup>**  
per pack



Food Lover's Mini  
Polony Assorted 500 g  
ANY **2 FOR R55**



Food Lover's Gourmet  
Smoked Sausages:  
• American Style Hot Dog  
• Cheese Griller  
• Bockwurst  
• Bratwurst  
• German Wiener  
• Knackwurst  
ANY **2 FOR R100**



Eskort Rindless  
Back Bacon 200 g  
**39<sup>99</sup>**  
per pack



Food Lover's Diced  
Bacon 200 g  
**3 FOR R50**



Eskort Sausage Bacon  
Grillers 500 g  
**2 FOR R110**



Food Lover's Prime Cut  
Bacon 200 g  
**3 FOR R55**



Eskort Wood Smoked  
Cheese Grillers 500 g  
**2 FOR R110**



Eskort Country Style  
Grillers 500 g  
**2 FOR R110**

## CHRISTMAS IN JULY

Festive Box (Boneless  
Gammon, Pickled Pork,  
Corned Beef & Pickled Tongue)  
**89<sup>99</sup>**  
per kg

THE BEST  
IN FRESH  
FOOD

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NO PORK PRODUCTS AVAILABLE AT ACCESS PARK BUTCHERY.



# SEAFOOD

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

Whole Angelfish Head  
Off (Previously Frozen)  
**69<sup>99</sup>**  
per kg

Food Lover's Catering  
Prawn Meat 800 g  
**129<sup>99</sup>**  
each

Chapman's Butterfly  
Vannamei Prawns 31/40 700 g  
**189<sup>99</sup>**  
each

Food Lover's Vannamei  
Prawns 26/30 700 g  
**149<sup>99</sup>**  
each

Food Lover's Cut & Deveined  
Pink Prawns 350 g  
**89<sup>99</sup>**  
each

Pescanova Battered  
Mini Squid Rings 250 g  
**29<sup>99</sup>**  
each

Pereira Baby  
Hake 800 g  
**49<sup>99</sup>**  
each

Pacific West Seafood  
Basket 230 g  
**3<sup>00</sup> R100**

Pescanova Blanched  
Prawn Meat 450 g  
**79<sup>99</sup>**  
each

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

Food Lover's Whole  
Cooked Mussels 454 g  
**29<sup>99</sup>**  
each

Whole Norwegian Salmon  
(Previously Frozen)  
**229<sup>99</sup>**  
per kg

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

Breco Salt & Pepper  
Squid Rings or Salt &  
Pepper Strips 800 g  
**99<sup>99</sup>**  
each

Pacific West Southern Style  
Prawns or Salt & Pepper  
Squid 360 g  
**2<sup>00</sup> R150**

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

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

# BAKERY

Bagels  
**5<sup>00</sup> R30**

Garlic French Loaf Halves  
**2<sup>00</sup> R15**

Herb Infused Soup Bread  
or Turmeric & Sunflower  
Seed Bread  
**2<sup>00</sup> R30**

Mini Tartlets Assorted  
**4<sup>00</sup> R35**

Puffs Assorted  
**6<sup>00</sup> R25**

BREAD COMBO:  
1 x San Francisco Sourdough Bread  
1 x German Landbrot  
**both<sup>00</sup> R40**

PIEMAN'S Pies Assorted  
**2<sup>00</sup> R35**

DESSERT COMBO:  
1 x Banana Bread  
1 x Malva Pudding  
**both<sup>00</sup> R50**

Half & Half Cake  
**69<sup>99</sup>**  
each

Catering Sausage Rolls  
**8<sup>00</sup> R30**

Big Daddy Muffins  
**ANY<sup>00</sup> 2<sup>00</sup> R30**



Crunch 'n Munch Biscuits  
Assorted 400 g/500 g  
**3<sup>00</sup> R80**



Comessa Tortilla Wraps  
Assorted 8's  
**2<sup>00</sup> R60**



Oh, So Tasty Rusks Assorted  
**ANY<sup>00</sup> 2<sup>00</sup> R75**



Sliders Assorted  
**2<sup>00</sup> R30**



Kitchen Meister Double  
Garlic Baguette  
**39<sup>99</sup>**  
each



# HOT FOODS

Golden Pockets  
3 FOR R25

2 x Selected Soups  
350 ml & 2 x Rolls  
R35 COMBO

Corn Dogs Assorted  
4 FOR R50

Mini Beef or Chicken  
Burgers 6's  
2 FOR R100

Mini Quiches Assorted  
2 FOR R25

Rotisserie Chickens  
(BBQ, Peri-Peri or Mediterranean)  
2 FOR R130

Selected Take-  
Home Pizzas 28 cm  
3 FOR R120

Subs Assorted  
2 FOR R60

Thai Green or  
Red Curry  
99<sup>99</sup> per kg

Chicken Breyani  
99<sup>99</sup> per kg

Butter Chicken Curry  
99<sup>99</sup> per kg

Family Pies Assorted  
2 FOR R120

OUR LIGHTS ARE ON! BEAT THE LOADSHEDDING BLUES WITH OUR HOT FOODS, IT'S NOT ONLY CONVENIENT BUT TASTY TOO.

# CONVENIENCE MEALS

AVAILABLE AT SELECTED STORES ONLY



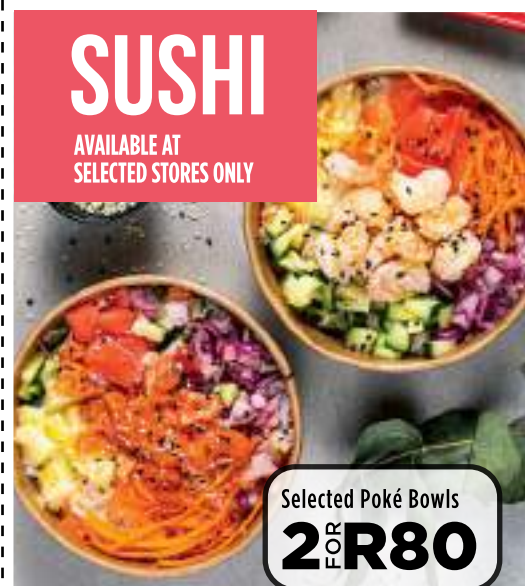
COMBO:  
1 x Food Lover's Oxtail 1 kg  
1 x Selected Mash 350 g  
both 199<sup>99</sup>



COMBO:  
1 x Food Lover's Butter Chicken 900 g  
1 x Rice Steamer 300 g  
both 174<sup>99</sup>

# SUSHI

AVAILABLE AT  
SELECTED STORES ONLY



Selected Poké Bowls  
2 FOR R80



20-Piece  
Sushi Combo  
89<sup>99</sup> each

# OUR CHEESE SELECTION



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



# Cheese Board

# SCAN ME

FOR A QUICK  
GUIDE ON  
HOW TO  
CREATE THE  
PERFECT  
BOARD



Ladismith Cheese  
Assorted 800 g  
89<sup>99</sup> each



Food Lover's  
Traditional Feta 300 g  
2 FOR R50



Melrose Wedges  
Assorted 200 g  
2 FOR R65



Fairview Brie or  
Camembert 125 g  
26<sup>99</sup> each



White Rock  
Rock Assorted 100 g  
26<sup>99</sup> each



Parmalat Slices  
Assorted 400 g  
44<sup>99</sup> each



Food Lover's Real  
Cheese Slices 150 g  
29<sup>99</sup> each



Lancewood Cream  
Cheese Assorted 230 g  
36<sup>99</sup> each



Food Lover's  
Dutch Gouda  
139<sup>99</sup> per kg



Kerrygold Irish Cheese  
Assorted 200 g  
49<sup>99</sup> each



Italian Grana Padano  
199<sup>99</sup> per kg



Laughing Cow Wedges  
Assorted 120 g  
2 FOR R45



Zandam Mozzarella  
Di Bufala 120 g  
49<sup>99</sup> each



Zandam  
Bocconcini 120 g  
32<sup>99</sup> each



Zandam Pecorino  
Assorted 200 g  
44<sup>99</sup> each



Indezil Cheese  
Affair Platter 430 g  
84<sup>99</sup> each



Old Amsterdam Mature  
Gouda Wedge 150 g  
79<sup>99</sup> each

# WINE



Van Loveren Colombar  
or Blanc de Noir Red  
Muscadel 750 ml  
3 FOR R100

Douglas Green Saints  
Wine Assorted 750 ml  
2 FOR R70

Smith & Co Wine  
Range 750 ml  
3 FOR R90

Unbelievable Wine  
Range 750 ml  
3 FOR R90

The Wolftrap Red, White or  
Rosé 750 ml  
ANY 2 FOR R100

Thomp & Scott Skinny DOC  
Prosecco 750 ml  
2 FOR R150

Coral Reef Wine  
Range 750 ml  
2 FOR R70

Protea Wine Range 750 ml  
2 FOR R120

Franschoek Cellar  
Assorted 750 ml  
2 FOR R120

Nederburg Baronne 750 ml  
2 FOR R120

AVAILABLE AT SELECTED STORES ONLY

NOT FOR SALE TO PERSONS UNDER THE AGE OF 18



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# PERISHABLES



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



Food Lover's 100% Fruit Juice Blend Assorted 1.5 L  
**2<sup>00</sup> R40**

Albany Superior Sliced or Thick Sliced Brown Bread 700 g  
**13<sup>99</sup>** each

Sasko White Sandwich Bread 700 g  
**14<sup>99</sup>** each

Blue Ribbon Duo High Fibre White Bread 700 g  
**16<sup>99</sup>** each

Food Lover's Large Eggs 18's  
**29<sup>99</sup>** each

Flaminklei Free Range Large Eggs 18's  
**34<sup>99</sup>** each

Darling Full Cream or Medium Fat Milk 2 L  
**2<sup>00</sup> R50**

Parmalat Low Fat Yoghurt Assorted 1 kg  
**26<sup>99</sup>** each

Darling Yoghurt Assorted 6 x 100 g  
**2<sup>00</sup> R30**

Stork Spread Round Tubs 1 kg  
**42<sup>99</sup>** each

Flora Light or Regular Tubs 500 g  
**2<sup>00</sup> R70**

Clover Fresh Cream or Sour Cream Cups 250 ml  
**23<sup>99</sup>** each

Stork Country Spread

First Choice Salted Butter or Food Lover's Salted Butter 500 g  
**59<sup>99</sup>** each

Super M Full Cream Milk Assorted 300 ml  
**2<sup>00</sup> R25**

Food Lover's Pesto Assorted 130 g  
**49<sup>99</sup>** each

I Love Spice Crushed Garlic Original Squeeze 375 ml  
**2<sup>00</sup> R50**

Tinkies Assorted 6 x 45 g  
**2<sup>00</sup> R70**

Sir Fruit Shots Assorted 100 ml  
**3<sup>00</sup> R50**

# HEALTHY SNACKS



Cashews, Almonds or Mixed Nuts  
**19<sup>99</sup>** per 100 g

Walnuts or Pistachios  
**29<sup>99</sup>** per 100 g

Macadamias, Pecans or Brazil Nuts  
**34<sup>99</sup>** per 100 g

Nuggles Tumbles: Chocolate Coated Peanuts, Raisins or Shortcake  
**19<sup>99</sup>** per 100 g

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

Food Lover's Unpitted Prunes 500 g  
**2<sup>00</sup> R100**

Food Lover's Mixed Dried Fruit 500 g  
**2<sup>00</sup> R100**

Food Lover's Pitted Dates 400 g  
**3<sup>00</sup> R50**

Food Lover's Raisins Jumbo Seedless or Raisins Jumbo Mixed 1 kg  
**3<sup>00</sup> R100**

Food Lover's Peanuts in Shell 500 g  
**39<sup>99</sup>** each

Food Lover's Sugared Fruit Dainties or Lollies 500 g  
**39<sup>99</sup>** each

Food Lover's Roasted & Salted Peanuts or Peanuts & Raisins 400 g  
**2<sup>00</sup> R60**

Food Lover's Cereal Bars Assorted 28 g  
**6<sup>00</sup> R25**

## YOU FIRST NON-IRRADIATED Raw Honey!

**BIG DEAL**

You First Raw Honey Assorted 500 g  
**79<sup>99</sup>** each

**BIG DEAL**

You First Raw Honey Assorted 1 kg  
**149<sup>99</sup>** each

**BIG DEAL**

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

You First Odourless Coconut Oil 1 L  
**2<sup>00</sup> R110**

You First Flaxseed 500 g, Chia Seeds 150 g or Sunflower Seeds 500 g  
**ANY 3<sup>00</sup> R100**

You First Erythritol Powder 500 g  
**2<sup>00</sup> R100**

You First Quinoa or Red & White Quinoa 500 g  
**69<sup>99</sup>** each

You First Fine or Coarse Himalayan Salt 700 g  
**29<sup>99</sup>** each

You First Xylitol 500 g  
**69<sup>99</sup>** each

## BE A FORCE OF NATURE

Rugani 100% Juice Assorted 750 ml  
**2<sup>00</sup> R40**

Coco Aqua Coconut Water or Aloe Aqua Aloe Water Assorted 330 ml  
**ANY 2<sup>00</sup> R25**

# FROZEN

Penny Lane Frozen Corn or Peas 1 kg  
**3<sup>00</sup> R100**

Penny Lane Frozen Blueberries or Strawberries 1 kg  
**2<sup>00</sup> R100**

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

Penny Lane Frozen Straight Cut Chips 1 kg  
**3<sup>00</sup> R100**

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

Dairymaid Country Fresh Ice Cream Assorted 2 L  
**54<sup>99</sup>** each

Blue Diamond Almond Breeze Milk Assorted 1 L (Excl. Barista)  
**3<sup>00</sup> R100**

Blue Diamond Almond Breeze Milk Assorted 1 L  
**34<sup>99</sup>** each

Good Hope Regular or Unsweetened Soy Milk 1 L  
**2<sup>00</sup> R50**

**EXCLUSIVELY LAUNCHED WITH FOOD LOVER'S MARKET**

Heba Assorted 200 g  
**3<sup>00</sup> R100**

Carbsmart Soups Assorted 68 g  
**3<sup>00</sup> R90**

**EXCLUSIVELY LAUNCHED WITH FOOD LOVER'S MARKET**

Carbsmart Chocolates Assorted 30 g  
**2<sup>00</sup> R25**

Endurade Sugar Free Sports Drinks 630 ml  
**8<sup>00</sup> R50**



# SNACKS, CEREAL AND BEVERAGES



Balocco Wafers Assorted 250 g  
**2 FOR R50**



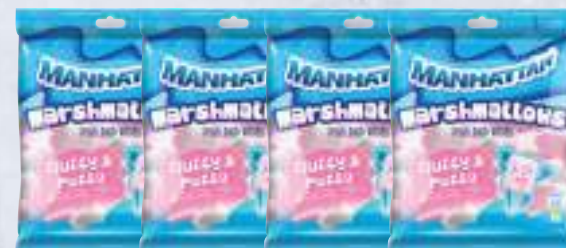
Cadbury Slabs Assorted 80 g/88 g  
**3 FOR R36**



Beacon Liquorice Allsorts 150 g or Maynards Assorted 125 g  
**2 FOR R35**



Nestlé Kit Kat 4 Finger/Chunky, Bar One 52 g, Smarties, Tex 40 g, Aero 40 g or Milkybar 40 g  
**6 FOR R50**



Manhattan Pink & White Marshmallows 150 g  
**4 FOR R50**



Pringles Chips Assorted 100 g  
**3 FOR R60**



Big Korn Bites Assorted 120 g  
**4 FOR R50**



Five Roses Tagless Teabags 100's  
**39<sup>99</sup> each**



Freshpak Rooibos Teabags 80's  
**34<sup>99</sup> each**



Nestlé Cremora 750 g  
**2 FOR R90**



Appletiser or Red/White Grapetiser 1.25 L  
**23<sup>99</sup> each**



Nescafé Ricoffy Instant Coffee 750 g  
**84<sup>99</sup> each**



Jacobs Krönung or Gold 200 g or Pouch 230 g  
**94<sup>99</sup> each**



Jacobs Cappuccino 8's/10's  
**2 FOR R90**



Horlicks 500 g  
**79<sup>99</sup> each**



Fair Cape Juice Assorted 1 L  
**3 FOR R45**



Reboost Energy Drinks 500 ml  
**4 FOR R30**



Monster Energy 500 ml  
**3 FOR R40**



Coke Original Less Sugar 1.5 L  
**4 FOR R48**



Coke Range Buddy Bottle 440 ml/500 ml  
**3 FOR R30**



Pepsi Max, Lite or 7 Up Sugar Free 2 L  
**3 FOR R36**



Food Lover's Carbonated Soft Drinks 2 L  
**5 FOR R55**



Bonaqua Still 1.5 L  
**3 FOR R30**



aQuellé Water 5 L  
**2 FOR R40**

# PANTRY ESSENTIALS



Goldcrest Honey Squeeze 375 g  
**2 FOR R80**



Clover Condensed Milk 385 g  
**2 FOR R40**



Food Lover's Light Brown Sugar 2 kg  
**2 FOR R60**



Food Lover's White Sugar 2 kg  
**32<sup>99</sup> each**



Parmalat Vanilla Custard 1 kg or Parmalat EasyGest Vanilla Custard 1 kg  
**ANY 2 FOR R40**



Ace SAMP 2.5 kg & Lion Red Speckled Sugar Beans 500 g  
**Both 45<sup>99</sup>**



Lion 4-in-1 Soup Mix 500 g  
**2 FOR R25**



Food Lover's 100% Lemon Juice 350 ml  
**2 FOR R25**



Tastic Manhattan Range 2 kg (Long Grain Brown, Long Grain White & Parboiled)  
**ANY 2 FOR R50**



Tastic Rices of the World Basmati Rice 1 kg  
**39<sup>99</sup> each**



Aromat Canisters 70 g/75 g or Refill 75 g Assorted  
**ANY 2 FOR R20**



Ina Paarman's Spices 200 ml (Excl. Cheese Sprinkle)  
**27<sup>99</sup> each**



Snowflake Premixes Assorted 500 g  
**16<sup>99</sup> each**



Kellogg's Granola Muesli Assorted 700 g  
**ANY 2 FOR R100**



Kellogg's Corn Flakes 1 kg  
**59<sup>99</sup> each**



Jungle Oats 1 kg or Jungle Instant Oats Assorted 750 g  
**ANY 2 FOR R56**



Ace Instant Porridge Assorted 1 kg  
**ANY 2 FOR R30**

THE BEST IN FRESH

FOOD LOVER'S MARKET

SPECIALS VALID FROM MONDAY 25 - SUNDAY 31 JULY 2022. • 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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Fatti's & Moni's Spaghetti or Macaroni 500 g  
**5 FOR R60**



Food Lover's Canola Oil 750 ml  
**3 FOR R100**



Food Lover's Egg Noodles 500 g  
**2 FOR R60**



La Molisana Gnocchi Di Patate 500 g  
**2 FOR R45**



Campagna Sauces Assorted 720 ml  
**2 FOR R100**



La Belinda Chopped or Peeled Tomatoes 400 g  
**5 FOR R60**



Campagna Four Bean Mix 400 g  
**3 FOR R40**



Food Lover's Tomato Paste 50 g  
**5 FOR R20**



Frescoliva Extra Virgin Olive Oil 750 ml  
**89<sup>99</sup> each**



La Belinda Borlotti Beans, Butter Beans, Cannellini Beans, Red Kidney Beans or Chick Peas 400 g  
**4 FOR R50**



Rhodes Chakalaka Hot, Mild, Cream Style Sweetcorn, Curry Mix Veg, Whole Kernel Corn or Mixed Veg 410 g  
**3 FOR R50**



Koo Baked Beans in Tomato Sauce 410 g  
**5 FOR R60**



Ficcaci Black, Green or Pimento Olive Jars 140 g  
**2 FOR R45**



Moccagatta Pasta Assorted 500 g  
**3 FOR R50**



Food Lover's Shredded Tuna in Brine 170 g  
**3 FOR R40**



Koo Pilchards in Tomato Sauce or in Chilli 400 g  
**19<sup>99</sup> each**



Food Lover's Squeeze Sweet Chilli Sauce 750 ml  
**2 FOR R50**



Food Lover's Squeeze Chutney 850 g  
**2 FOR R60**



Food Lover's Spirit Vinegar 750 ml  
**2 FOR R20**



Ina Paarman's Ready to Serve Sauces Assorted 200 ml  
**2 FOR R50**



Maggi Lazenby Worcestershire Sauce 250 ml  
**2 FOR R40**



Steers Sauces or Salad Dressings Assorted 375 ml  
**2 FOR R50**



All Gold Tomato Sauce 700 ml  
**2 FOR R55**



Knorr Packet Soups Assorted 50 g  
**5 FOR R20**



Denny Cook-In Sauces 415 g or Denny Pasta Sauces 400 g/415 g  
**2 FOR R55**

## BEAUTY ESSENTIALS



Lux Soap Assorted 175 g  
**4 FOR R48**



Dettol Soap Assorted 175 g  
**5 FOR R50**



Sensodyne Multi Care Toothpaste 75 ml  
**28<sup>99</sup> each**



Aquafresh Toothpaste Assorted 100 ml  
**2 FOR R24**



Nivea Body Cream or Lotion 400 ml  
**42<sup>99</sup> each**



Ingram's Cream 450 ml  
**39<sup>99</sup> each**



Nature Collection Handwash 400 ml  
**25<sup>99</sup> each**



Nature Collection Foam Bath 1 L  
**22<sup>99</sup> each**



Lil-Lets Tampons Assorted 16's  
**2 FOR R50**



Lil-Lets Essential Pantyliners Assorted 25's  
**13<sup>99</sup> each**



Kotex Maxi Designer, Young or All Night Pads 8's/10's  
**2 FOR R25**



Yardley Male or Female Deodorant 90 ml/125 ml  
**2 FOR R55**



Dove Earbuds Bag 100's  
**2 FOR R20**



Purity Pouch Assorted 110 ml or Purity 2nd Foods Jar 125 ml  
**5 FOR R55**



Johnson & Johnson Gentle All Over Wipes 288's  
**2 FOR R130**



Johnson & Johnson Baby Soap 175 g  
**5 FOR R50**

## HOUSEHOLD ESSENTIALS



Food Lover's Dishwashing Liquid 750 ml  
**19<sup>99</sup> each**



Food Lover's Serviettes 50's  
**2 FOR R15**



Chef's Kitchen Measuring Jugs 3's  
**49<sup>99</sup> each**



Chef's Kitchen Measuring Cups & Spoons  
**59<sup>99</sup> each**



Tuffy Budget Interleaved Black Bags 20's  
**2 FOR R50**



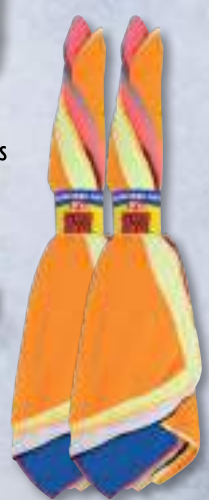
Finish All In One Tablets 42's  
**149<sup>99</sup> each**



Omo Auto 2 kg, Liquid 1.5 L or Capsules 17's  
**64<sup>99</sup> each**



Food Lover's Kitchen Towels 2's  
**3 FOR R50**



Gr8 Save Microfibre Cloths 4's  
**2 FOR R80**



Food Lover's Namibian Hardwood 7 kg  
**2 FOR R60**



Food Lover's Charcoal or Briquettes 4 kg  
**2 FOR R75**



# AS SEEN ON TV



3 x Pineapples  
2 x Banana Thriftpacks  
**R50**



Avocados  
**4 FOR R29**



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



Blueberry Tubs 125 g  
**4 FOR R49**



Class A Bulk Stewing  
Beef & Potjiekos  
**79<sup>99</sup>**  
per kg



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



Lancewood Double Cream  
Yoghurt Assorted 1 kg  
**29<sup>99</sup>**  
each

NEW EXCITING  
FLAVOURS  
LAUNCHED FIRST  
AT FOOD LOVER'S  
MARKET.  
CHOCOLATE, LEMON  
CHEESECAKE &  
TURKISH DELIGHT



Food Lover's Blended Seed  
& Extra Virgin Olive Oil 1 L  
**2 FOR R120**



Food Lover's Precooked  
Pork Belly Spare Ribs 1 kg  
or Loin Ribs 750 g  
**99<sup>99</sup>**  
per pack



You First Raw Almonds 1 kg  
**129<sup>99</sup>**  
each

**YOU  
FIRST**



Food Lover's UHT Long Life  
Milk 6 x 1 L (Full Cream or  
Low Fat)  
**74<sup>99</sup>**  
each



Food Lover's 2-Ply Toilet  
Paper 18's  
**2 FOR R160**

# FOOD LOVER'S MARKET

MONDAY 25 TO SUNDAY 31 JULY 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

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