

WEDNESDAY'S
PENSIONERS DISCOUNT
LESS 5% ON DELIVERIES ALL DAY

FREE DELIVERY FOR
ORDERS OVER R500



PROMO

2 UNITS SALTED BUTTER 500G – R140
CREAM CHEESE SMOOTH 1KG – R100
OLIVES KALAMATA 1KG – R90

CHICKEN BUFFALO WINGS (ORIGINAL/HOT) 1KG – R98
CHICKEN SCHNITZELS (ORIGINAL/CHEESY) 1KG – R90

MILK & CREAM

Amasi 2lt
Buttermilk 2lt
Cream Fresh (Douglasdale) 1lt
Cream Long Life (Meadowlands) 1lt
Milk Sachet FC 1lt
Milk Jug FC 2lt (Douglasdale)
Milk Long Life Full Cream 1L (6 x 1lt)
Sour Cream 1kg

POPULAR CHEESES

Cheddar Grated 800g
Cheddar Loaf per kg
White Cheddar Grated 800g
Cheddar White Loaf per kg
Cheddar/Mozzarella Slices 500g
Cheddar Slices Processed 900g
Cheddar Board Mini 90g **NEW**
Cottage Cheese Smooth 1kg
Cream Cheese Smooth 1kg PROMO
Emmental Loaf per kg
Feta Danish 1kg
Feta Danish 3.2kg
Feta Traditional Fingers 400g
Gouda Grated 800g
Gouda Loaf per kg
Grana Padano Imported Wedge per kg
Halloumi Fingers 400g
Halloumi Vacuum Packed per kg
Mascarpone 1kg
Mozzarella Grated 800g
Mozzarella Loaf per kg
Parmesan Grated 200g
Parmesan Grated 1kg
Pizza Mix 800g (GRATED CHEDDAR + GRATED MOZZ)

BUTTERS, MARGARINES & SPREADS

Butter Salted 500g **GREAT VALUE**
Margarine Full Fat (Marvello) 500g
Margarine Med Fat (Marvello) 500g
Mini Butter (First Choice) 180x8g
Peanut Butter Smooth 2.7kg

YOGHURTS

R37 *Flavours: Fruit Cocktail, Peach Granadilla, Strawberry*
R37 Yoghurt Fruit/Plain 1kg
R80 Yoghurt Fruit 2kg
R80 Yoghurt Fruit/Plain 5kg
R14 Yoghurt Greek Authentic 1kg
R36 Yoghurt Double Cream Plain 1kg
R105 Yoghurt Double Cream Plain 5kg
R121

PANTRY

Dolmades 280g (8's) **NEW**
R95 Garlic Crushed 1kg
R119 Honey Squeeze 500g
R95 Honey Squeeze Raw 500g (100%) **NEW**
R119 Jalapenos Pickled Sliced 1kg
R75 **Olives Kalamata 1kg PROMO**
R140 Olives Kalamata 2.5kg
R50 Olive Oil Imported (100%) 1lt
R115 Olive Oil Spray (100%) 200ml
R100 Sundried Tomatoes 1kg **NEW**

PIZZA BASES

R75 5 Pizza Bases Tomato 31cm (Large)
R253 8 Mini Cheese & Tomato 70g
R80
R95
PIES (UNBAKED FROZEN)
R119 Cheeseburger Pie Beef 190g (4 Pack)
R391 Cheesy Griller Pie 190g (4 Pack)
R75 Chicken & Mushroom 190g (4 Pack)
R177 Pepper Steak 190g (4 Pack)
R161 Sausage Roll Beef 190g (4 Pack)
R95 Spinach & Feta 190g (4 Pack)
R119 Steak & Kidney 190 (4 pack)

BAKERY (FROZEN)

R48
R170 Bagels – Cheese Lovers 4 Pack
R95 Bagels – Variety 6 Pack
Pita Bread Large (6 Pack)
Samoosas 12's – Cheese & Onion |
R74 Mince Spicy | Potato Spicy | Salami
R35 & Cheese
R30 Spanakopita – 8's
R280

EGGS

R210 Eggs (Extra Large) – Tray of 30 **GREAT VALUE** R75

PREPARED MEALS (FROZEN)

Beef Lasagne 400g/1kg R68/R129
R39 Chicken Pie 1kg R148
R57 Chicken Lasagne 400g/1kg R68/R129
R138 Spinach & Feta Lasagne 400g/1kg R68/R129
R88 Fettuccini Alfredo 400g R68
R44 Spaghetti Bolognese 400g R68

VEGETABLES (FROZEN)

Potato Chips (McCain) 2.5kg R95

CHICKEN (FROZEN)

R90 **Chicken Buffalo Wings 1kg PROMO** R98
R75 **Chicken Breasts 5kg GREAT VALUE** R316
R70 **Chicken Burgers Crumbed 2.5kg** R210
R85 **Chicken Fillets 1kg** R68
R68 **Chicken Livers 1kg** R40
R90 **Chicken Drumsticks 5kg** R350
R200 **Chicken Leg Quarters 5kg** R295
R253 **Chicken Nuggets 2.5kg** R210
R69 **Chicken Pops 1kg** R98
R190 **Chicken Schnitzels 1kg PROMO** R90
Chicken Schnitzels Cheesy 1kg PROMO R90
R100 **Chicken Schnitzels 2.5kg** R240
R75 **Chicken Strips (Original/Hot) 1kg** R98
Chicken Whole Birds (Large) per kg R56
R115 **Chicken Wings 5kg** R355

MEATS

R111 **Bacon – Back 200g** R37
R111 **Bacon – Back 1kg** R115
R111 **Bacon – Bits 1kg** R98
R111 **Bacon – Streaky 1kg** R138
R111 **Cheese Grillers 1kg** R127
Cheese Grillers Cocktail (ESKORT) 1kg R127
R60 **Hickory Ham Sliced 500g** R90
R90 **Pastrami Sliced 500g** R144
R65 **Pork Bangers (ESKORT) 1kg** R92
R65 **Russians 1kg** R115
Salami Sliced 500g R138
Ribs Pork Loin Marinated 1kg R127

TO PLACE YOUR ORDER

HUNGER STOPS HERE!

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PRICES VALID FROM 1ST SEPTEMBER TO 30TH SEPTEMBER 2026

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