

MID-MONTH SAVINGS



Bakers Tennis Biscuits 200 g

21⁹⁹ each
SAVE R6



Food Lover's UHT Full Cream or Low Fat Long Life Milk 6 x 1 L

89⁹⁹ each
SAVE R5



Food Lover's Blended Seed & Extra Virgin Olive Oil 1 L

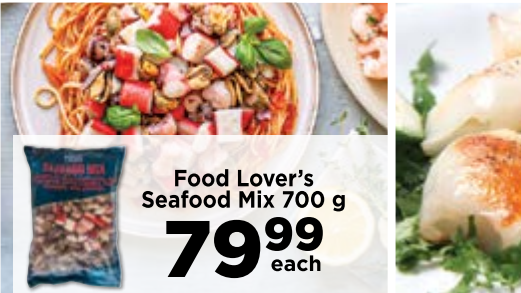
64⁹⁹ each
SAVE R10



ButtaNutt Milk Alternatives Assorted 1 L

ANY 4 FOR R100
SAVE R40

 BIG DEAL Olé Bread Spread 25% Fat Spread 1 kg 2 FOR R50	 Lurpak Salted or Unsalted Butter or Butter Spread 250 g 79⁹⁹ each	 Clover Cheddar or Gouda 550 g 76⁹⁹ each	 Lancewood Cream Cheese Assorted 230 g R50 each	 Bakers Kips Assorted 200 g 29⁹⁹ each	 Bokomo Traditional Oats 1 kg 32⁹⁹ each	 Jungle Instant Oats Assorted 750 g 39⁹⁹ each
 Food Lover's Medium Fat Yoghurt Assorted 1 kg 26⁹⁹ each	 Food Lover's 40% Fat Spread 500 g 4 FOR R50	 BIG DEAL Clover Mooiriver Salted Butter or Springbok Unsalted Butter 500 g 69⁹⁹ each SAVE R20	 Albany Superior White Bread 700 g ANY 2 FOR R32	 B-well Mayonnaise Assorted 740 g/750 g 34⁹⁹ each	 Wellington's Tomato Sauce 700 ml 32⁹⁹ each	 Purity Baby Food Assorted 200 ml ANY 2 FOR R30
 BIG DEAL I Love Spice Crushed Garlic 500 g 2 FOR R50 SAVE R20	 Willards Monster Munch Original or Cheese Maize Snack 100 g ANY 3 FOR R35	 Jungle Energy Bars Assorted 40 g ANY 3 FOR R35	 Knorr Soup Assorted 50 g ANY 4 FOR R20	 Marltons Veggie Bites or Semi-Moist Dog Treats Assorted 100g/120 g ANY 3 FOR R50	 Lux Soap Assorted 175 g ANY 2 FOR R26	 Penny Lane Battered French or Steakhouse Fries 1 kg 59⁹⁹ each

 Food Lover's Braai Snoek 1 kg 119⁹⁹ each	 Food Lover's Catering Prawn Meat 800 g 179⁹⁹ each	 Food Lover's Half Shell Mussels 450 g 79⁹⁹ each	 COMBO 1 x Sourdough Sandwich Loaf, 1 x Herb Infused Bread R50
 Whole Yellowtail 69⁹⁹ per kg	 Food Lover's Shrimp 240 g 49⁹⁹ each	 Whole Salmon 219⁹⁹ per kg	 HOT FOODS
 Food Lover's Seafood Mix 700 g 79⁹⁹ each	 Chapman's Calamari Strips 700 g 149⁹⁹ each	 Chapman's Vannamei Prawns 31/40 700 g 149⁹⁹ each	 Food Lover's Crab Sticks 500 g 39⁹⁹ each
			 COMBO 2 x Soup Assorted, 2 x Hamburger Bun R45

SPECIALS VALID MONDAY 12 - SUNDAY 17 MAY 2025

AVAILABLE AT ALL WESTERN CAPE STORES, INCLUDING FOOD LOVER'S MARKET MOSSEL BAY, GEORGE, KNYSNA & OUDTSHOORN. EXCLUDING FOOD LOVER'S EATERY NEWSPAPER HOUSE, TOWERS & ICON. • VISIT WWW.FOODLOVERSMARKET.CO.ZA TO SEE ALL OUR SUPER SPECIALS.

HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE • WHILE STOCKS LAST • ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY. • NO PORK PRODUCTS AVAILABLE AT ACCESS PARK BUTCHERY

**THE BEST
IN FRESH
GUARANTEED!**



MID-MONTH SAVINGS

AS SEEN ON TV



Orange, Lemon
or Naartjie 1 kg
or Grapefruit
Thriftpacks 4s
**ANY 2 FOR
R25**



Avocados
**5 FOR
R50**



Naartjie Trays
**2 FOR
R50**



Food Lover's
Ground Beef
2 x 500 g
79⁹⁹
per pack



Oukraal Sizzler
800 g
49⁹⁹
per pack



Pumpkin
Quarters
9⁹⁹
each



Gold Kiwifruit
Punnets
19⁹⁹
each



Blackberry
Punnets 90 g
**2 FOR
R25**



Pomegranate
Prepacks
**2 FOR
R50**



Winter Melons
**2 FOR
R50**



Green Bean
Bags 350 g
**2 FOR
R35**



Mahana, Kanzi, Fuji
or Braeburn Apple
Econopacks 1.5 kg
**ANY 2 FOR
R50**



Tomato
Thriftpacks 1 kg
**2 FOR
R39**



Potjie Potato
Thriftpacks 1 kg
**2 FOR
R25**



Green Pepper
Thriftpacks
**2 FOR
R50**



Carrot Thriftpacks
750 g
**2 FOR
R30**



Orange Pockets
R59
each

BUTCHERY



Food Lover's
Everyday Beef Burger
Patties 2 x 400 g
89⁹⁹
per deal



16-Piece Chicken
Braai Packs
59⁹⁹
per kg



Chicken Fillets
79⁹⁹
per kg



Food Lover's Red,
Smoked or Chicken
Viennas 2 x 1 kg
R110
per deal



Food Lover's Prime
Cut or Shoulder
Bacon 2 x 200 g
R55
per deal



**BILTONG
MONDAY**
Beef Biltong or
Droëwors
249⁹⁹
per kg
SPECIAL VALID MONDAYS ONLY!



RIB EYE FRIDAY
Rib Eye Steak
199⁹⁹
per kg
SPECIAL VALID FRIDAYS ONLY!

H.E.Y.
Hunger Ends with YOU!

this **Hunger Month**, let's raise
8 MILLION
meals together!

DURING THE MONTH OF MAY
donate a meal for only 50c
and make a **DIFFERENCE**

**FOOD
FORWARD SA**
Securing quality food. Nourishing lives.
EARTH LOVERS
PARTNERS FOR A BETTER TOMORROW

FOOD LOVER'S MARKET

AVAILABLE AT ALL WESTERN CAPE STORES, INCLUDING FOOD LOVER'S MARKET MOSSEL BAY, GEORGE, KNYSNA & OUDTSHOORN. EXCLUDING FOOD LOVER'S EATERY NEWSPAPER HOUSE, TOWERS & ICON. • VISIT WWW.FOODLOVERSMARKET.CO.ZA TO SEE ALL OUR SUPER SPECIALS.

HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE • WHILE STOCKS LAST • ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY. • NO PORK PRODUCTS AVAILABLE AT ACCESS PARK BUTCHERY