

• WINTER CARNIVAL 2020 • THE BEST IN FRESH • WINTER CARNIVAL 2020 • THE BEST IN FRESH • WINTER CARNIVAL 2020 • THE BEST IN FRESH



AS SEEN ON TV BULK COMBO

1 x Potato Pocket 7 kg,
1 x Butternut Pocket
1 x Onion Bag 3 kg,
1 x Carrot Bag 3 kg &
1 x Sweet Potato
Carry Pocket

R149



FRUIT COMBO

1 x Banana Thriftpack,
1 x Orange Thriftpack 1 kg,
1 x Apple Thriftpack 1 kg,
1 x Blueberry Tub &
1 x Strawberry
Punnet 250 g

R59



THRIFTPACK COMBO

1 x Tomato Thriftpack 1 kg,
1 x Green Pepper Thriftpack
1 x Sweet Potato
Thriftpack 1 kg &
1 x Beetroot Thriftpack 1 kg

Any2forR30



SALAD COMBO

1 x Lettuce Prepack,
1 x English Cucumber,
1 x Green Pepper
Prepack 2's &
1 x Spanish Santé Cocktail
Tomato Punnet

R50



NEW SOUP MIXES

Sweet Potato &
Carrot; Carrot &
Coriander; Minestrone
or Butternut Mix

2forR30



POTJIE COMBO

1 x Baby Potato Thriftpack,
1 x Pickling Onion Thriftpack,
1 x Garlic Prepack &
1 x Carrot Thriftpack 1 kg

R50



Avocados
3forR25



FILL A BAG: Grapefruit,
Lemons, Oranges or Naartjies

R30 per bag



Sweet C Naartjies
19.99 per kg



IMMUNE BOOSTERS

1 x Naartjie Thriftpack 1 kg,
1 x Orange Thriftpack 1 kg,
1 x Lemon Thriftpack 1 kg &
1 x Minneola Thriftpack 1 kg

R50



Orange Pockets
39.99 each



Bakery

BIG DEAL

Red Velvet Sponge
Cakes

79.99 each

NEW

BIG DEAL

Vanilla & Caramel,
Chocolate or Black
Forest Sponge
Cakes

69.99 each



Milk Tart & Malva
Pudding

BothforR50



Nuts

Almonds: Raw,
Roasted & Salted,
Unsalted or Plain
Roasted

19.99 per 100 g

Cashews, Mixed
Nuts or Walnuts

29.99 per 100 g

Pecans, Brazils or
Pistachios Jumbo

34.99 per 100 g



Hot Foods

Food Lover's Butter
Brined Whole Chicken

2forR129.99

Seafood

Food Lover's
Signature Braai
Snoek 1 kg

69.99 each

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 QUALITY

Not satisfied with any of our fresh products?
We'll replace it and give you another one absolutely free!

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 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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