

10 BUCK DEALS ALL WEEK LONG!

SPECIALS VALID MON 8 - SUN 14 JUNE 2026

AS SEEN ON TV



R10
EACH
Avocados



R10
PER KG
Sweet C Naartjies



R10
EACH
Banana Thriftpacks 700 g



R10
EACH
Grapefruit 4s, Lemon, Naartjie or Orange Thriftpacks 1 kg



R10
EACH
Potjie Potato Thriftpacks 1 kg



R10
EACH
Whole Wrapped Cabbages



R10
EACH
Naartjie Punnets

GROCERIES



R10
EACH
Darling Yogi Flavoured Drinking Yoghurt Assorted 250 g



R10
EACH
Truda Flyers Puffed Corn or Spookies Puffs Assorted 100 g

AS SEEN ON TV



R10
EACH
Food Lover's Baked Beans in Tomato Sauce 410 g



R10
EACH
Pumpkin Halves



R10
EACH
Red Sweet Potato Thriftpacks 1 kg



R10
EACH
Clover Bliss or Tropika Drinking Yoghurt Assorted 250 g



R10
EACH
Penny Lane Frozen Vegetables Assorted 250 g

AS SEEN ON TV

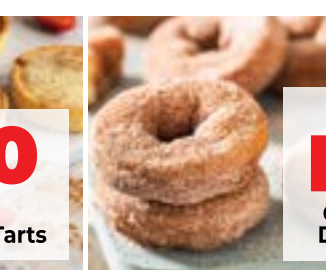


R10
EACH
Pepsi Zero Sugar, Light or 7Up Sugar Free 2 L

BAKERY



R10
EACH
Mini Milk Tarts



2 FOR R10
Cinnamon Doughnuts



ANY 2 FOR R10
Continental or Panini Rolls



R10
EACH
Garlic Baguette Halves

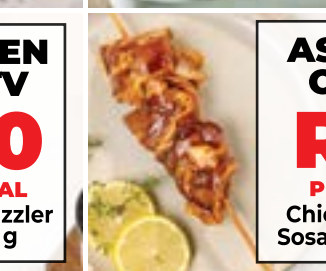


AS SEEN ON TV
R10
PER DEAL
Pork Neck Steak 1 x 100 g

BUTCHERY



AS SEEN ON TV
R10
PER DEAL
Chicken Thigh Sotatie 1 x 100 g



AS SEEN ON TV
R10
PER DEAL
Beef Burger Patty 1 x 100 g



AS SEEN ON TV
R10
PER DEAL
Pork Sotatie 1 x 100 g



R10
PER DEAL
Crumbed Chicken Burger Patties 2 x 75 g



R10
PER DEAL
Grabouw Boerewors 1 x 100 g



R10
PER PACK
Chicken Liver Tub 250 g



R10
PER PACK
Eskort Red, Smoked or Chicken Viennas 125 g



R10
PER DEAL
Pork Neck Steak 1 x 100 g



R10
PER DEAL
Crumbed Chicken Burger Patties 2 x 75 g



R10
PER DEAL
Grabouw Boerewors 1 x 100 g



CASTLE GATE

478 KOEDOESNEK AVE, WATERKLOOF RIDGE, PRETORIA, 0181
VISIT WWW.FOODLOVERSMARKET.CO.ZA TO SEE ALL OUR SUPER SPECIALS



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 • WHILE STOCKS LAST • E&OE

Brighten up your winter

SPECIALS VALID MONDAY 8 - SUNDAY 14 JUNE 2026

DELI



Food Lover's Diced,
Prime Cut or
Shoulder Bacon
2 x 200 g

R60
per deal



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

R110
per deal



Food Lover's Chicken
or Chicken and Cheese
Viennas 2 x 660 g

R110
per deal



Food Lover's Deli
Rolls Assorted
2 x 500 g

R55
per deal

BILTONG MONDAY

VALID EVERY MONDAY

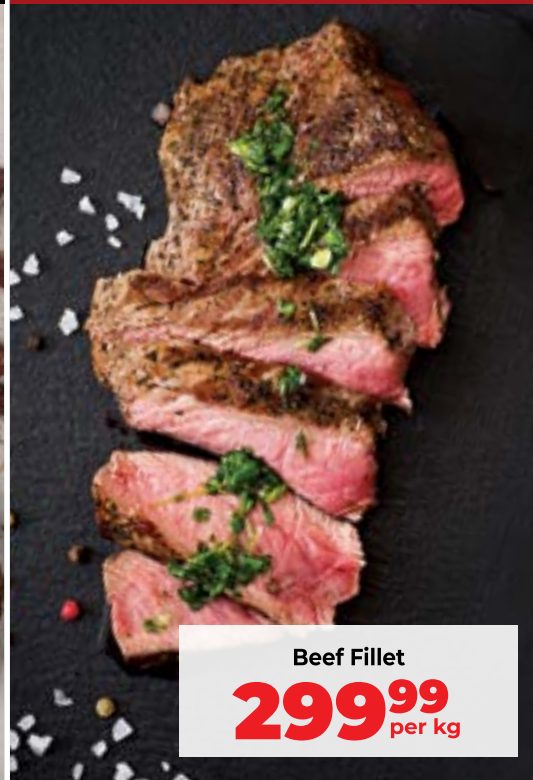


Beef Biltong or Droëwors

299⁹⁹
per kg

FILLET FRIDAYS

VALID EVERY FRIDAY



Beef Fillet

299⁹⁹
per kg



SUNDAY LUNCH MENU

White Rice, Mash, Roasted
Potato or Barley

59⁹⁹
per kg

Roasted Vegetables, Creamed Spinach,
Potato Bake, Caulibroc, Butternut,
Sweet Potato, Steamed Green
Vegetables, Carrot or Green Bean Mash

84⁹⁹
per kg

Beef Roast, Lamb Roast, Gammon,
Chicken Pieces, Pork Belly, Stewing
Beef, Chicken Stew or Oxtail

179⁹⁹
per kg

6 FLAVOURS TO CHOOSE FROM

ONLY R18.99 EACH!

PER CUP / CONE



SIGN UP TO OUR
NEWSLETTER TO
RECEIVE WEEKLY
DEALS!

PENSIONERS' DAY IS EVERY WEDNESDAY

**FOOD
LOVER'S
MARKET**

CASTLE GATE

478 KOEDOESNEK AVE, WATERKLOOF RIDGE, PRETORIA, 0181
VISIT WWW.FOODLOVERSMARKET.CO.ZA TO SEE ALL OUR SUPER SPECIALS

TRADING HOURS: MONDAY - FRIDAY 8AM - 7PM, SATURDAY 8AM - 6PM, SUNDAY 8AM - 5PM

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 • WHILE STOCKS LAST • E&OE

**THE BEST
IN FRESH
GUARANTEED!**

