

# 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

**BIG DEAL WEDNESDAY**  
Buy ONE Naartjie Punnet & Get ONE ABSOLUTELY FREE!  
**R10**  
VALID WED 10 JUNE 2026 ONLY!

**BIG DEAL WEDNESDAY**  
Orange Pockets  
2 for  
**R50**  
VALID WED 10 JUNE 2026 ONLY!



**FREE!**



**R10**  
PER KG  
Grapefruit



**R10**  
PER KG  
Lemons



**R10**  
PER KG  
Oranges



**R10**  
EACH  
Pumpkin Halves



**R10**  
EACH  
Whole Wrapped Cabbages



**R10**  
PER KG  
Butternuts



**R10**  
EACH  
Red Sweet Potato Thriftpacks 1 kg

## GROCERIES



**R10**  
EACH

Darling Yogi Flavoured Drinking Yoghurt Assorted 250 g



**R10**  
EACH

Clover Bliss or Tropika Drinking Yoghurt Assorted 250 g



**R10**  
EACH

Penny Lane Frozen Vegetables 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



**AS SEEN ON TV**  
**R10**  
EACH

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



# FOOD LOVER'S MARKET

**MENLYN**

SHOP G197, MENLYN MALL, ATTERBURY ROAD PRETORIA 0063  
VISIT [WWW.FOODLOVERSMARKET.CO.ZA](http://WWW.FOODLOVERSMARKET.CO.ZA) TO SEE ALL OUR SUPER SPECIALS.

THE BEST IN FRESH GUARANTEED!

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

SCAN FOR MORE DEALS!



# 10 BUCK DEALS ALL WEEK LONG!

SPECIALS VALID MON 8 - SUN 14 JUNE 2026

TRADING HOURS: MON-THUR: 08:00 - 20:00 FRI & SAT: 08:00 - 21:00 SUN: 08:00 - 18:00

## BAKERY



**R10**  
EACH  
Mini Milk Tarts



**2 FOR R10**  
Cinnamon Doughnuts



**ANY 2 FOR R10**  
Continental or Panini Rolls



**R10**  
EACH  
Garlic Baguette Halves

## BUTCHERY



**AS SEEN ON TV**  
**R10**  
PER DEAL  
Oukraal Sizzler  
2 x 100 g



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



**R10**  
PER DEAL  
Pork Prego Steak  
1 x 100 g



**R10**  
PER DEAL  
Pork Rib & Loin Chop  
1 x 120 g



**R10**  
PER 100 G  
Pork Goulash, Stir-Fry or Tenderised Steaks



**BIG DEAL WEDNESDAY**  
16-Piece Chicken Braai Packs  
**54.99** per kg  
VALID WED 10 JUNE 2026 ONLY!



**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



**R10**  
PER 100 g  
Ground Beef



**R10**  
PER PACK  
Chicken Liver Tub  
250 g



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

WEDNESDAY 5% PENSIONER DISCOUNT

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