



PRICELIST FRESH PRODUCE

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Prices may change without prior notice

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Product	Quantity	Price	Description			
OTHER						
Eggs (Jumbo)	30	R 100.00	Free Range			
Raw Fresh Farm Jersey Milk	2L	R 36.00	5L	R 90.00		
Raw Fresh Farm Jersey Milk 2L	Re-Fill	R 35.00				
Raw Fresh Farm Jersey Milk 5L	Re-Fill	R 85.00				
Olives (Kalamata)	250g	R 65.00	1kg	R 180.00		
Melkkos Mix	each	R 36.00				
Hash Brown (Gold Seal)	6 Per Pack	R 35.00				
Braai Briquettes	4kg	R 45.00				
Insta-Braai Firelighters	Pack	R 20.00				
Frozen Chips	1kg Shoe String	R 61.00	1kg choice grade	R 61.00	Shoe Sting = 7mm / Choice Grade = 10mm	
DAIRY						
FARM BUTTER						
Farm Butter Satted	250g	R 45.00	Brick			
Farm Butter Original	500g	R 70.00	Tub			
YOGURT & DRINKING YOGHURT						
Plain Yoghurt	1kg	R 45.00	Full Cream, Pure, NO Preservatives			
CREAM CHEESE						
Cream Cheese	250g	R 32.00	500g	R 55.00	1kg	R 100.00
DANISH FETA						
Danish Feta	400g	R 68.00	3.2kg	R 450.00	Black Pepper / Chilli / Garlic & Herb / Plain	
SOFT SERVE MILK LOLLY RANGE						
Soft Serve	5 Pack	R 26.00	Condensed Milk/Cherry/Strawberry/Chocolate/Bubblegum/Cream Soda/Blueberry/Caramel/Grape/Passion fruit/Banana/English Toffee/Vanilla/Lime/Litchi/Fruits of the Forest			
Soft Serve Mixed Pack	10	R 51.00	Mixed			
FROZEN YOGURT						
Frozen Yogurt	200ml	R 28.00	English Toffee, Amarula, Cheesecake, Litchi, Mango, Mixed Berry, Strawberry, Blackcurrent			
Frozen Yogurt	1Lt	R 90.00				
CHEESE						
Cheese Pack	5	R 315.00	500g of each Gouda, Cheddar, White Cheddar, Mozzarella & 100g Parmesan			
Cheddar	500g	R 75.00	1kg	R 145.00		
Cheddar Grated	1kg	R 150.00				
Matured Cheddar	Per kg	R 118.00	Per kg			
White Cheddar	500g	R 75.00	1kg	R 145.00		
White Cheddar Grated	1kg	R 150.00				
Gouda	500g	R 75.00	1kg	R 145.00		
Gouda Grated	1kg	R 150.00				
Mozzarella	500g	R 75.00	1kg	R 145.00		
Mozzarella Grated	1kg	R 150.00				
Pizza Mix	1kg	R 150.00	Grated Mixture: Cheddar, Gouda, White Cheddar, Mozzarella			
Haloumi	p/kg	R 118.00	Pack Size +- 300g			
Parmesan Grated	100g	R 28.00	200g	R 48.00	1kg	R 210.00

FRESH & FROZEN FRUIT FOR SMOOTHY

Frozen Kale	1kg	R	82.00	
Frozen Apricot	1kg	R	110.00	
Frozen Banana	1kg	R	84.00	
Frozen Blackberry	1kg	R	110.00	
Frozen Black Currant	1kg	R	140.00	
Frozen Blueberry	1kg	R	80.00	
Fresh Blueberry	1kg	R	65.00	Out of Season
Fresh Grapes	1.5kg	R	68.00	Out of Season
Frozen Cranberry	1kg	R	135.00	
Frozen Fig	1kg	R	85.00	
Frozen Gooseberry	1kg	R	90.00	
Frozen Guava	1kg	R	80.00	
Frozen Mango Pieces	1kg	R	110.00	
Frozen Mixed Berry	1kg	R	90.00	
Frozen Papaya	1kg	R	95.00	
Frozen Passionfruit	1kg	R	90.00	
Frozen Peach	1kg	R	105.00	
Frozen Pineapple	1kg	R	85.00	
Frozen Raspberry	1kg	R	115.00	
Frozen Strawberry	1kg	R	65.00	
Fresh Strawberries	1kg	R	70.00	Out of Season
Frozen Sweet Black Cherry	1kg	R	142.00	

RED MEAT

(Grass Fed / Free from Hormones & Antibiotics)

Lean Mince	Per kg	R	123.00	100 % Beef (+500g pack size) 90% Meat/10% Fat
Boerewors (Soy Free) Thick	Per kg	R	122.00	Thick (+500g pack size)
Kalahari Boerewors (Soy Free) Thin	Per kg	R	122.00	Thin (+500g pack size)
Meat Balls	Per kg	R	122.00	100% Beef (+- 1kg pack size)
Pure Beef Burger Patties	Per kg	R	121.00	100% Beef (+- 1kg pack size) 250g Patties
Pure Beef Strips	Per kg	R	135.00	1kg pack size
Beef Tenderised Steak	Per kg	R	135.00	1kg pack size
Rump	Per kg	R	185.00	(+500g pack size) (Matured 28-36 days)
Sirloin	Per kg	R	192.00	(+500g pack size) (Matured 28-36 days)
T-Bone	Per kg	R	215.00	500g pack size
Fillet Whole	Per kg	R	310.00	1Kg - 1.8Kg pack size
Goulash	Per kg	R	135.00	1kg pack size
Short Rib	Per kg	R	110.00	1kg pack size
Chuck	Per kg	R	120.00	1kg pack size
Brisket	Per kg	R	120.00	1kg pack size
Beef Stew	Per kg	R	120.00	1kg pack size
Oxtail	Per kg	R	180.00	Per Tail

BEEF BILTONG

Biltong (Wet)	Per kg	R	150.00	Vacuum Packed, (WET, SELF DRY) +- 2kg Pack Size (price p/kg) Spiced or Unspiced
Biltong (Dry)	500g	R	175.00	
Droe Wors	500g	R	175.00	

FRESH MEAT COMBOS

Budget Meat	Combo	R	650.00	1kg Mince 80/20, 1kg Boerewors (Soy Free), 2 x Chicken Star-Packs, 1kg Pork Loin Chops, 1kg Beef Stew
Carnivore Combo	.	R	1.880.00	4 x Lean Mince 500g, 4 x Boerewors 500g, 1 x Beef Strips 1kg, 1 x Beef Stew 1kg, 2 x Rump 500g, 1 x Riblets 2kg, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Chicken Stirfry 1kg, 2 x Chicken Starpacks, 1 x Crumbed Chicken Schnitzel
Canivore Variety Combo	1kg	R	820.00	2 x Lean Mince 500g, 2 x Boerewors 500g, 1 x Short Rib 1kg, 1 x Tenderised Steak 1kg, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg,
Ultimate Canivore Combo	1kg	R	2.200.00	6 x Lean Mince 500g, 4 x Boerewors 500g, 1 x Pure Beef Burger Patties 1kg, 1 x Goulash 1kg, 2 x T-Bone 500g, 1 x Riblets 2kg, 1 x Meat Balls 1kg, 1 x Beef Strips 1kg, 1 x Pork Loin Chops 1kg, 2 x Chicken Starpacks, 1 x Chicken Fillets Free Range 1kg, 1 x Crumbed Chicken Schnitzel 1kg
Budget Family Meat	Combo	R	1.150.00	2kg Mince 80/20, 2kg Boerewors (Soy Free), 2 x Chicken Star-Packs, 2kg Beef Stew, 2kg Pork Loin Chops
Family Meat Combo	1kg	R	1.600.00	1kg Rump, 2kg Lean Mince, 1kg Beef Stew, 1kg Boerewors (Soy Free), 1kg Crumbed Chicken Schnitzel, 1kg Crumbed Chicken Nuggets, 1 x 1kg Fish Fingers, 2 x Chicken Star-Packs, 1kg Chicken Fillets, 1kg Pork Loin Chops, Marinated Chicken Sosaties, 1 x 500g Sandwich Ham

PORK			
Bacon Bits	1kg	R 115.00	
Shoulder Bacon	1kg	R 130.00	
Pork Sparerib	2kg	R 260.00	
Sandwich Ham	500g	R 59.00	Sliced in 500g
Cheese Grillers Standard	Per kg	R 135.00	
Cocktail Cheese Griller	Per kg	R 140.00	
Pork Loin Chops	Per kg	R 120.00	
Gammon Deboned	Per kg	R 110.00	
FISH (I&J or Sea Harvest)			
Fish Fingers	1kg	R 145.00	
Fish Portions	2kg	R 330.00	20 Pieces - S/H or I & J
Fish Cakes	2kg	R 245.00	40 Pieces - S/H or I & J
Fish Smackaroos	1kg	R 145.00	Per Bag - I & J
FREE RANGE CHICKEN (A-GRADE QUALITY) Free from Hormones & Antibiotics			
Chicken Fillets	1kg	R 110.00	
Whole Chicken Small	Per kg	R 90.00	between 1.2kg - 1.6kg
CHICKEN - NOT FREE RANGE			
Thighs	Per kg	R 75.00	
Skinless Boneless Thighs	Per kg	R 110.00	
Drumsticks	Per kg	R 77.00	
Wings	Per kg	R 83.00	
Filletted Breasts	Per kg	R 95.00	
Summer Surprice Braaipack	Per kg	R 77.00	
Chicken Star-Pack With Skin	Per kg	R 78.00	Drumstick & Thighs
CHICKEN VARIETIES - NOT FREE RANGE			
Chicken Stirfry	Per kg	R 100.00	Not Marinated
Marinated Chicken Stirfry	Per kg	R 106.00	BBQ Marinated Chicken Strip
Marinated Chicken Sosaties	Per kg	R 105.00	4 pieces - BBQ / Honey & Mustard / Lemon & Herb / Sweet & Sour / Sweet Chilli / Peri-Peri
Chicken Espetada Combo	Per kg	R 98.00	1 x of each - BBQ / Lemon & Herb / Peri - Peri
Marinated Chicken Flatties	Per kg	R 75.00	BBQ / Lemon & Herb
Spinach & Feta Pockets	Per kg	R 105.00	Chicken Fillet filled with Feta Cheese & Spinash
Macon: Deboned Thighs Wrapped in Beef Bacon	Per kg	R 105.00	Deboned Thighs wrapped in Beef Back (4 per pack)
Chicken Livers	1kg	R 49.00	1kg
CHICKEN COMBOS			
Variety Chicken Hamper	.	R 630.00	1 Boneless Thighs 500g, 1 Starpack, 1 Free Range Fillets 1kg, 1 Chicken Stirfry 1kg, 1 Marinated Sosatie BBQ, 1 Schnitzel 1kg, 1 x Cheesy Strips 1kg
Chicken Hamper	Combo	R 390.00	1 Flattie, 1 Marinated Fillet 500g, Sosaties 500g, Cocktail Sausage 500g, Spinach & Feta Pocket 500g Available in Lemon & Herb or BBQ

CRUMBED CHICKEN						
Chicken Nuggets	1kg	R	125.00			
Chicken Strips	1kg	R	125.00			
Chicken Schnitzel	1kg	R	130.00			
Chicken Patties	1kg	R	125.00			
Breaded Onion Rings	1kg	R	105.00			
Crumbed Buffalo Wings	1kg	R	125.00			
Chicken Cordon Bleu	2kg	R	280.00			
Crumbed Chicken Fillet	1kg	R	120.00			
CRUMBED CHICKEN COMBOS						
Crumbed Chicken 4kg	Combo	R	430.00	Schintzel, Patties, Strips, Nuggets		
Crumbed Chicken Cheesy 4kg	Combo	R	380.00	Schnitzel, Patties, Strips, Bites		
CHEESY CRUMBED CHICKEN						
Chicken Cheesy Bites	1kg	R	105.00			
Chicken Cheesy Strips	1kg	R	105.00			
Chicken Cheesy Schnitzel	1kg	R	105.00			
Chicken Cheesy Patties	1kg	R	105.00			
PIZZERIA						
Mini Pizzas	70g	R	62.00	8 mini pizzas (Cheese Topping)		
Pizza Bases 32cm	5 Pack	R	105.00			
Pizza Special	New	R	245.00	1 x Pizza Bases Pack (5), 1 x Pizza Mix 1kg		
Pizza Special	Combo	R	355.00	5 x Pizza Bases, 500g Mozzarella, 500g Cheddar (Choose any 1 of the following toppings: Bacon Bits 1kg / Marinated Chicken Stirfry 1kg)		
QUICHE						
Quiche	Each	R	85.00	Chicken & Mushroom / Ham & Cheese / Spinach & feta		
FROZEN READY MEALS (Heat and Eat)						
PASTA DISHES						
Beef Lasagne	400g	R	65.00	1kg	R	122.00
Chicken Lasagne	400g	R	65.00	1kg	R	122.00
Chicken Romana	400g	R	65.00	1kg	R	122.00
Mac Cheese	400g	R	65.00	1kg	R	122.00
Spaghetti Bolognese	400g	R	64.00			
Fettuccine Alfredo	400g	R	64.00			
Vegetable Lasagne	400g	R	65.00			
HEAT AND EAT COMBOS						
Heat and eat Combo	400g	R	300.00	Beef Lasagne; Chicken Lasagne; Vegetable Lasagne; Fettuccini Alfredo; Chicken Romana		
Family of 4 Ready to Eat Combo	1kg	R	708.00	Beef Lasagne; Chicken Romana; Macaroni & Cheese; Spaghetti Bolognese; 4 x Cheesy Pizza Pockets; 4 x Chocolate Dessert Pockets		
Home Alone Combo	400g	R	350.00	Beef Lasagne; Chicken Romana; Macaroni & Cheese; Spaghetti Bolognese; Olive & Rosemary Braai Pie; Cheesy Pizza Pocket; Chocolate Dessert Pocket		
PIZZA POCKETS						
Dessert Pocket - Chocolate	155g	R	30.00			
Pizza Pockets - Cheezy	220g	R	30.00			
BRAAI PIES						
Biltong Garlic Braai Pie	365g	R	45.00			
Cheese Garlic Braai Pie	365g	R	40.00			
Olive Rosemary Braai Pie	365g	R	45.00			
SAMOOSAS						
Samoosas	10 each	R	53.00	Beef, Chicken, Cheese & Corn		
Combo Pack	Combo	R	150.00	Combo - 10 of each flavor only		
BAKERY						
Koeksisters (Large)	Dozen	R	58.00	LARGE		
Koeksisters (Cocktail)	Dozen	R	38.00	COCKTAIL		

FRESH PRODUCE: CLEANING PRODUCTS

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Bleach (Jik)	1L	R 26.00	2L	R 35.00	5L	R 66.00
Thick Bleach	1L	R 26.00	2L	R 40.00	5L	R 81.00
Handy Clean	1L	R 26.00	2L	R 45.00	5L	R 86.00
Pine Cleaner (Germatol)	5L	R 96.00	(Germatol) Disinfect all services (dissolve 500ml in a bucket of water)			
Pine Gel	5L	R 135.00	Golden Product - (Quality)			
Tile Cleaner	1L	R 26.00	2L	R 45.00	5L	R 86.00
Dishwash Lemon	1L	R 26.00	2L	R 45.00	5L	R 88.00
Germ Kill Hand Wash	5L	R 106.00	Golden Product - (Quality)			
All Purpose Cleaner	5L	R 101.00	Golden Product - (Quality)			
Fabric Softener	5L	R 86.00	2L	R 45.00		
Laundry Liquid	2L	R 60.00	5L	R 121.00		
Oven Cleaner	1L	R 26.00	5L	R 81.00		
Toilet Cleaner	5L	R 96.00	Golden Product - (Quality)			
Window Cleaner	1L	R 26.00	5L	R 96.00		
Bubble Bath (De Luxe)	5L	R 106.00	Golden Product - (Quality) Red Cherry, Pink English Rose, Marine, Lavender			
Showergel	5L	R 106.00	Golden Product - (Quality) Marine, English Rose			
Pet Shampoo	5L	R 106.00	Golden Product - (Quality)			
Hand Sanitizer 70%	5L	R 231.00				
Combo 1 (Thick Bleach, Dishwash Lemon, Handy Clean, Jik)	4 x 1L	R 91.00	Golden Product - (Quality)			
Combo 2 (Thick Bleach, Dishwash Lemon, Handy Clean)	3 x 5L	R 241.00	Golden Product - (Quality)			

FROZEN VEGGIES			FRESH CUT FROZEN VEGGIES
Cut Corn	1kg	R 57.00	
Carrot Julienne	1kg	R 55.00	
Broccoli	1kg	R 57.00	
Mixed Veggies	1kg	R 48.00	
Peas	750g	R 63.00	
Spinach	1kg	R 54.00	
Country Mix	900g	R 55.00	
Beans	1kg	R 55.00	
Cauliflower	1kg	R 55.00	
Baby Carrots	1kg	R 58.00	
Baby Marrow	1kg	R 57.00	
Stir Fry Hawain	700g	R 90.00	
Butternut	1kg	R 55.00	
Sweet Potato	1kg	R 59.00	
FRESH CUT VEGGIES			FRESH CUT VEGGIES
Baby Marrow Wheels	500g	R 43.00	
Butternut Grated	500g	R 22.00	
Butternut Cut	500g	R 22.00	
Cabbage Sliced	500g	R 22.00	
Cabbaged Grated	500g	R 20.00	
Cabbage Mix (Cabbage, Onion, Potato)	500g	R 20.00	
Carrot Baby	500g	R 24.00	
Carrot Diced	500g	R 22.00	
Carrot Julienne Slices	500g	R 22.00	
Carrot Grated	500g	R 20.00	
Carrot Wheels	500g	R 22.00	
Carrot Mix	500g	R 28.00	
Coleslaw Bag Mayo	500g	R 22.00	
Coleslaw Bag No Mayo	500g	R 22.00	
Gems Halved	500g	R 35.00	
Green Beans Cut Short	500g	R 50.00	
Green Beans Long Cut	500g	R 50.00	
Green Bean Mix (Beans, Onion, Potato)	500g	R 40.00	
Green Pepper Diced	500g	R 82.00	
Green Pepper Julienne	500g	R 52.00	
Hubbard Pumpkin	500g	#N/A	
Mixed Veggies	500g	R 32.00	
Onion Diced	500g	R 22.00	
Onion Sliced	500g	R 25.00	
Baby Onions	500g	R 20.00	
Potjie Mix	500g	R 32.00	
Pumpkin Cut	500g	R 18.00	
Soup Mix Diced	500g	R 20.00	
Soup Mix Grated	500g	R 20.00	
Spinach	500g	R 25.00	
Spinach Mix (Spinach, Onion, Potato)	500g	R 24.00	
Stirfry	500g	R 30.00	
Stirfry Hawain	500g	R 33.00	
Sweet Potato Cut	500g	R 22.00	
FRESH SALADS			FRESH CUT
Carrot & Pine Salad Bucket	500g	R 30.00	
Coleslaw Salad Bucket	500g	R 40.00	
Potato Salad Bucket	500g	R 45.00	
Butternut Salad Bucket	500g	R 35.00	
Fruit Salad Bucket	500g	R 55.00	

NUTS						
Product	Size	Price	Size	Price	Size	Price
Almond Natural / Roasted & Salted	200g	R 50.00	400g	R 95.00	1kg	R 230.00
Cashews Natural / R/S / Peri Peri	200g	R 55.00	400g	R 100.00	1kg	R 255.00
Mixed Nuts Natural / Roasted & Salted	200g	R 55.00	400g	R 95.00	1kg	R 245.00
Walnuts Pieces	200g	R 50.00	400g	R 95.00	1kg	R 200.00
Walnuts Halves	200g	R 60.00	400g	R 115.00	1kg	R 280.00
MIXES						
Product	Size	Price	Size	Price	Size	Price
Anti Oxidant Mix (Goji Berrie, Cranberry, Raisins)	200g	R 35.00	400g	R 57.00	1kg	R 130.00
Muesli	Granola, Mixed Nuts, Cranberries, Pumpkin Seed, Sunflower Seed		500g	R 65.00	1kg	R 120.00
Granola (Natural)	1kg	R 70.00				
Granola/Nut/Fruit/Seed Mix	1kg	R 80.00				
Rolled Oats	1kg	R 60.00				
Breakfast Mix	200g	R 36.00	400g	R 75.00	1kg	R 145.00
Forest Mix R/S & N	200g	R 40.00	400g	R 70.00	1kg	R 160.00
Peanuts & Raisins			400g	R 35.00	1kg	R 90.00
DRIED FRUITS						
Product	Size	Price	Size	Price	Size	Price
Banana Chips	200g	R 35.00	400g	R 60.00	1kg	R 130.00
Cranberry	200g	R 45.00	400g	R 85.00	1kg	R 180.00
Dates	200g	R 25.00	400g	R 40.00	1kg	R 70.00
Fruit Salad	200g	R 38.00	400g	R 75.00	1kg	R 143.00
Fruit Snack Mix	200g	R 45.00	400g	R 80.00	1kg	R 190.00
Ginger Cubes	200g	R 53.00	400g	R 70.00	1kg	R 165.00
Ginger Slices	200g	R 40.00	400g	R 70.00	1kg	R 165.00
Mango	200g	R 45.00	400g	R 80.00	1kg	R 190.00
Pears	200g	R 55.00	400g	R 70.00	1kg	R 170.00
Peaches Peeled	200g	R 48.00	400g	R 90.00	1kg	R 230.00
Peaches	200g	R 40.00	400g	R 78.00	1kg	R 200.00
Prunes with PiP	200g	R 38.00	400g	R 70.00	1kg	R 155.00
Prunes Without PiP	200g	R 50.00	400g	R 90.00	1kg	R 200.00
Raisins Seedless	200g	R 25.00	400g	R 40.00	1kg	R 68.00
SPECIALTIES						
Product	Size	Price	Size	Price	Size	Price
Choc Peanuts	200g	R 40.00	400g	R 70.00	1kg	R 160.00
Choc Raisins	200g	R 38.00	400g	R 66.00	1kg	R 155.00
Choc Shortbread	200g	R 44.00	400g	R 78.00	1kg	R 195.00
Mini Fruit Cubes (Sugar Tots)	200g	R 29.00	400g	R 56.00	1kg	R 116.00
Pink/White Almonds	200g	R 45.00	400g	R 80.00	1kg	R 190.00
Pink/White Peanuts	200g	R 30.00	400g	R 50.00	1kg	R 115.00
Yogurt Dates	200g	R 45.00	400g	R 75.00	1kg	R 175.00
SEEDS						
Product	Size	Price	Size	Price	Size	Price
Chia Seed	200g	R 35.00	400g	R 60.00	1kg	R 130.00
Pumpkin Seed	200g	R 50.00	400g	R 80.00	1kg	R 180.00
Sunflower Seed	200g	R 25.00	400g	R 40.00	1kg	R 80.00
Seed Mix	200g	R 30.00	400g	R 50.00	1kg	R 110.00
SWEETIES						
Product	Size	Price	Size	Price	Size	Price
Angel Kisses	200g	R 26.00	400g	R 50.00	1kg	R 95.00
Caramel Popcorn	200g	R 28.00	400g	R 50.00	1kg	R 110.00
Messages	200g	R 28.00	400g	R 55.00	1kg	R 120.00
Corn Chutney	200g	R 26.00	400g	R 50.00	1kg	R 100.00
Corn BBQ	200g	R 26.00	400g	R 50.00	1kg	R 100.00
Jelly Beans	200g	R 32.00	400g	R 65.00	1kg	R 155.00
Jelly Tots	200g	R 28.00	400g	R 55.00	1kg	R 110.00
JuJubes	200g	R 28.00	400g	R 55.00	1kg	R 110.00