



**PRICELIST FRESH PRODUCE 06.04.2025 - 12.04.2025**  
**Prices may change without prior notice**

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Product	Quantity	Price	Description			
<b>OTHER</b>						
Eggs (Jumbo)	30	R 100.00	<b>Free Range</b>			
Raw Fresh Farm Jersey Milk	2L	R 36.00	5L	R 90.00		
Hash Brown (Gold Seal)	6 Per Pack	R 35.00				
Frozen Chips	1kg Shoe String	R 61.00	1kg choice grade	R 61.00	Shoe Sting = 7mm / Choice Grade = 10mm	
<b>DAIRY</b>						
<b>FARM BUTTER</b>						
Farm Butter Salted	250g	R 50.00	Brick			
Farm Butter Original	500g	R 70.00	Tub			
<b>YOGURT &amp; DRINKING YOGHURT</b>						
Plain Yoghurt	1kg	R 50.00	Full Cream, Pure, NO Preservatives			
<b>CREAM CHEESE</b>						
Cream Cheese	250g	R 32.00	500g	R 55.00	1kg	R 100.00
<b>DANISH FETA</b>						
Danish Feta	400g	R 70.00	3.2kg	R 495.00	Black Pepper / Chilli / Garlic & Herb / Plain	
<b>CHEESE</b>						
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

<b>FRESH &amp; FROZEN FRUIT FOR SMOOTHY</b>			
Frozen Kale	1kg	R	88.00
Frozen Banana	1kg	R	84.00
Frozen Blueberry	1kg	R	80.00
Fresh Blueberry	1kg	R	65.00
Frozen Gooseberry	1kg	R	90.00
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
<b>OSTRICH MEAT</b>			
Ostrich Wors	500g	R	90.00
Ostrich Cheese Wors	500g	R	95.00
Ostrich Cherry Wors	500g	R	95.00
Ostrich Stir-Fry	500g	R	85.00
Ostrich Goulash	500g	R	85.00
Ostrich Lean Mince	500g	R	90.00
Ostrich Burger Patties	4 x 125g	R	85.00
Ostrich Steak	2 x 250g	R	85.00
Ostrich Fillet	2 x 200g	R	90.00
<b>RED MEAT</b> <i>(Grass Fed / Free from Hormones &amp; Antibiotics)</i>			
Lean Mince	Per kg	R	138.00
Boerewors (Soy Free) Thick	Per kg	R	136.00
Kalahari Boerewors (Soy Free) Thin	Per kg	R	145.00
Meat Balls	Per kg	R	135.00
Pure Beef Burger Patties	Per kg	R	133.00
Pure Beef Strips	Per kg	R	158.00
Beef Tenderised Steak	Per kg	R	158.00
Rump	Per kg	R	230.00
T-Bone	Per kg	R	220.00
Goulash	Per kg	R	153.00
Short Rib	Per kg	R	130.00
Chuck	Per kg	R	155.00
Brisket	Per kg	R	144.00
Beef Stew	Per kg	R	138.00
Oxtail	Per kg	R	205.00
<b>BEEF BILTONG</b>			
Biltong (Wet)	Per kg	R	175.00
Biltong (Dry)	500g	R	180.00
Droe Wors	500g	R	180.00

**FRESH MEAT COMBOS**

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All in 1 Combo	.	R 1.100.00	eggs (30), Frozen Chips 1kg, Frozen Mixed Veggies 1kg, Cheddar 500g, Beef Lasagne 1kg, Chicken Fillets Free Range 1kg, Lean Mince 1kg, Tenderised Steak 1kg, Dishwash Lemon 2L, Handy Clean 2L
DIY Salty Platter	.	R 580.00	Cocktail Cheese Grillers 1kg, Meatballs 1kg, Chicken Cheesy Bites 1kg, Beef Samosas 20, Gourmet Cheese Wedges 4
Carnivore Combo	1	R 590.00	2 x Lean Mince 500g, 1 x Rump 500g, 1 x Shortrib 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Chicken Star Pack
Carnivore Combo	2	R 700.00	2x Lean Mince 500g, 2 x Boerewors Thick 500g, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Tenderised Steak 1kg
Carnivore Combo	3	R 750.00	2 x Lean Mince 500g, 1 x Rump 500g, 1 x Pork Loin Chops 1kg, 1 x Meatballs 1kg, 1 x Beef Stew 1kg, 1 x Chicken Flattie (BBQ or Lemon & Herb)
Carnivore Combo	4	R 690.00	2 x Lean Mince 500g, 2 x Boerewors Thick 500g, 1 x Tenderised Steak 1kg, 1 x Beef Stew 1kg, 2 x Chicken Star Packs

ALL OUT OF STOCK TILL FURTHER NOTICE

**PORK**

Bacon Bits	1kg	R 125.00	Sliced in 500g
Pork Sparerib	2kg	R 260.00	
Sandwich Ham	500g	R 70.00	
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 125.00	

**FISH ( I & J or Sea Harvest )**

Fish Fingers	1kg	R 150.00	20 Pieces - S/H or I & J 40 Pieces - S/H or I & J Per Bag - I & J
Fish Portions	2kg	R 330.00	
Fish Cakes	2kg	R 245.00	
Fish Smackaroos	1kg	R 145.00	

**FREE RANGE CHICKEN (A-GRADE QUALITY)  
Free from Hormones & Antibiotics**

Chicken Fillets	1kg	R 110.00	between 1.2kg - 1.6kg
Whole Chicken Small	Per kg	R 90.00	

**CHICKEN - NOT FREE RANGE**

Thighs	Per kg	R 75.00	Drumstick & Thighs
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	

<b>CHICKEN VARIETIES - NOT FREE RANGE</b>			
Chicken Stirfry	Per kg	R 100.00	Not Marinated
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 80.00	BBQ / Lemon & Herb
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
<b>CHICKEN COMBOS</b>			
Chicken Hamper	1	R 380.00	1 x Chicken Flattie, 1 x Mr Magic, 1 x Sosaties, 1 x Skinless Boneless Thighs 500g, 1 x Star Pack (Choose between BBQ or Lemon & Herb only)
Chicken Hamper	2	R 480.00	2 x Skinless Boneless Thighs Packs, 2 x Star Packs, 1 x Chicken Star Pack, 1 x Free Range Chicken Fillets 1kg
<b>CRUMBED CHICKEN</b>			
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	
<b>CRUMBED CHICKEN COMBOS</b>			
Crumbed Chicken 4kg	Combo	R 455.00	Schintzel, Patties, Strips, Nuggets
Crumbed Chicken Cheesy 4kg	Combo	R 380.00	Schnitzel, Patties, Strips, Bites
<b>CHEESY CRUMBED CHICKEN</b>			
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	
<b>PIZZERIA</b>			
Mini Pizzas	70g	R 65.00	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 )
<b>QUICHE</b>			
Quiche	Each	R 85.00	Chicken & Mushroom / Ham & Cheese / Spinach & feta

<b>FROZEN READY MEALS (Heat and Eat)</b>						
<b>PASTA DISHES</b>						
Beef Lasagne	400g	R 65.00	1kg	R 122.00	2kg	R 235.00
Chicken Lasagne	400g	R 65.00	1kg	R 122.00	2kg	R 235.00
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				
<b>HEAT AND EAT COMBOS</b>						
Heat and Eat Combo	400g	R 300.00	Beef Lasagne; Chicken Lasagne; Fettuccini Alfredo; Chicken Romana; Mac & Cheese			
Family of 4 Ready to Eat Combo	1kg	R 660.00	Beef Lasagne; Chicken Lasagne; Mac & Cheese; Chicken Romana; Spaghetti Bolognese; Mini Pizza (8)			
Heat to Eat 1kg Combo	.	R 490.00	Beef Lasagne; Chicken Lasagne; Mac & Cheese; Spaghetti Bolognese			
Home Alone Combo	400g	R 350.00	Beef Lasagne; Chicken Romana; Mac & Cheese; Spaghetti Bolognese; Cheese & Garlic Braai Pie; Mini Pizza (8)			
<b>BRAAI PIES</b>						
Biltong Garlic Braai Pie	365g	R 45.00				
Cheese Garlic Braai Pie	365g	R 40.00				
Olive Rosemary Braai Pie	365g	R 45.00				
<b>SAMOOSAS</b>						
Samoosas	10 each	R 53.00	Beef, Chicken, Cheese & Corn			
Combo Pack	Combo	R 150.00	Combo - 10 of each flavor only			
<b>BAKERY</b>						
Koeksisters (Large)	Dozen	R 58.00	LARGE			
Koeksisters (Cocktail)	Dozen	R 38.00	COCKTAIL			
<b>FRESH PRODUCE: CLEANING PRODUCTS</b>						
Bleach (Jik)	2L	R 35.00	5L	R 66.00		
Thick Bleach	2L	R 40.00	5L	R 81.00		
Handy Clean	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)			
Dishwash Lemon	2L	R 45.00	5L	R 88.00		
Combo 2 (Thick Bleach, Dishwash Lemon, Handy Clean)	3 x 5L	R 241.00	Golden Product - (Quality)			

<b>FROZEN VEGGIES</b>			
Cut Corn	1kg	R	70.00
Carrot Julienne	1kg	R	55.00
Broccoli	1kg	R	58.00
Mixed Veggies	1kg	R	55.00
Peas	1kg	R	70.00
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	65.00
Baby Marrow	1kg	R	57.00
Stir Fry Hawain	700g	R	90.00
Butternut	1kg	R	55.00
Sweet Potato	1kg	R	59.00
Frozen Veggie Combo	.	R	300.00
<b>FRESH CUT VEGGIES</b>			
Baby Marrow Wheels	500g	R	53.00
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	46.00
Carrot Diced	500g	R	32.00
Carrot Julienne Slices	500g	R	22.00
Carrot Grated	500g	R	30.00
Carrot Wheels	500g	R	32.00
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	60.00
Green Bean Mix (Beans, Onion, Potato)	500g	R	55.00
Green Pepper Diced	500g	R	82.00
Green Pepper Julienne	500g	R	65.00
Mixed Veggies	500g	R	40.00
Onion Diced	500g	R	38.00
Onion Sliced	500g	R	35.00
Baby Onions	500g	R	30.00
Potjie Mix	500g	R	32.00
Pumpkin Cut	500g	R	25.00
Soup Mix Diced	500g	R	30.00
Soup Mix Grated	500g	R	30.00
Spinach	500g	R	35.00
Spinach Mix (Spinach, Onion, Potato)	500g	R	40.00
Stirfry	500g	R	35.00
Stirfry Hawain	500g	R	38.00
Sweet Potato Cut	500g	R	35.00
Fresh Cut Variety Combo	.	R	190.00
Fresh Cut Weekly Combo	.	R	170.00
Fresh Cut Veggies Combo	.	R	140.00

FRESH CUT FROZEN VEGGIES

Beans; Butternut; Mixed Veggies; Broccoli, Frozen Chips

FRESH CUT VEGGIES

Butternut Cut; Cabbage Sliced; Baby Carrots; Green Beans (Long Cut); Onion Diced; Roast Veggies; Stirfry Mix; Sweet Potato Cut

Butternut Cut; Mixed Veggies; Stirfry Mix; Carrot Diced; Green Beans (Short Cut); Sweet Potato Cut; Roast Veggies

Mixed Veggies; Green Beans (Long Cut); Butternut Cut; Carrot Wheels; Sweet Potato Cut; Stirfry Mix

<b>NUTS</b>						
Product	Size	Price	Size	Price	Size	Price
Almond Natural / Roasted & Salted	200g	R 55.00	400g	R 110.00	1kg	R 275.00
Cashews Natural / R/S / Peri Peri	200g	R 55.00	400g	R 105.00	1kg	R 265.00
Mixed Nuts Natural / Roasted & Salted	200g	R 58.00	400g	R 110.00	1kg	R 280.00
Walnuts Pieces	200g	R 60.00	400g	R 120.00	1kg	R 270.00
Walnuts Halves	200g	R 65.00	400g	R 125.00	1kg	R 300.00
<b>MIXES</b>						
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 38.00	400g	R 85.00	1kg	R 165.00
Forest Mix R/S & N	200g	R 48.00	400g	R 90.00	1kg	R 190.00
Peanuts & Raisins			400g	R 35.00	1kg	R 90.00
<b>DRIED FRUITS</b>						
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 75.00
Fruit Salad	200g	R 38.00	400g	R 75.00	1kg	R 150.00
Fruit Snack Mix	200g	R 45.00	400g	R 80.00	1kg	R 190.00
Ginger Cubes	200g	R 40.00	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 75.00	1kg	R 180.00
Peaches Peeled	200g	R 48.00	400g	R 95.00	1kg	R 240.00
Peaches	200g	R 45.00	400g	R 80.00	1kg	R 220.00
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 75.00
<b>SPECIALTIES</b>						
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 40.00	400g	R 75.00	1kg	R 175.00
Choc Shortbread	200g	R 50.00	400g	R 85.00	1kg	R 215.00
Mini Fruit Cubes (Sugar Tots)	200g	R 29.00	400g	R 56.00	1kg	R 120.00
Pink/White Almonds	200g	R 45.00	400g	R 80.00	1kg	R 190.00
Pink/White Peanuts	200g	R 30.00	400g	R 55.00	1kg	R 120.00
Yogurt Dates	200g	R 45.00	400g	R 75.00	1kg	R 175.00
<b>SEEDS</b>						
Product	Size	Price	Size	Price	Size	Price
Chia Seed	200g	R 35.00	400g	R 65.00	1kg	R 145.00
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
<b>SWEETIES</b>						
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 115.00
JuJubes	200g	R 28.00	400g	R 55.00	1kg	R 110.00