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|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|  | <b>PRICELIST FRESH PRODUCE 06.04.2025 - 12.04.2025</b><br><b>Prices may change without prior notice</b> |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|

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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                  |                                               |          |  |         |       |
| 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        |          |  |         |       |
| DAIRY                       |                 |              |                                                                        |                          |                                               |          |  |         |       |
| FARM BUTTER                 |                 |              |                                                                        |                          |                                               |          |  |         |       |
| Farm Butter Salted          | 250g            |              |                                                                        |                          |                                               |          |  | R 50.00 | Brick |
| Farm Butter Original        | 500g            |              |                                                                        |                          |                                               |          |  | R 70.00 | Tub   |
|                             |                 |              |                                                                        |                          |                                               |          |  |         |       |
| YOGURT & DRINKING YOGHURT   |                 |              |                                                                        |                          |                                               |          |  |         |       |
| Plain Yoghurt               | 1kg             | R 50.00      | 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 70.00      | 3.2kg                                                                  | R 495.00                 | Black Pepper / Chilli / Garlic & Herb / Plain |          |  |         |       |
| 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 88.00  |                                                                                    |
| Frozen Banana                                              | 1kg      | R 84.00  |                                                                                    |
| Frozen Blueberry                                           | 1kg      | R 80.00  |                                                                                    |
| Fresh Blueberry                                            | 1kg      | R 65.00  | Out of Season                                                                      |
| 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  | Out of Season                                                                      |
| OSTRICH MEAT                                               |          |          |                                                                                    |
| 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  |                                                                                    |
| RED MEAT<br>(Grass Fed / Free from Hormones & Antibiotics) |          |          |                                                                                    |
| Lean Mince                                                 | Per kg   | R 138.00 | 100 % Beef (+500g pack size) 90% Meat/10% Fat                                      |
| Boerewors (Soy Free) Thick                                 | Per kg   | R 136.00 | Thick (+500g pack size)                                                            |
| Kalahari Boerewors (Soy Free) Thin                         | Per kg   | R 145.00 | Thin (+500g pack size)                                                             |
| Meat Balls                                                 | Per kg   | R 135.00 | 100% Beef (+- 1kg pack size)                                                       |
| Pure Beef Burger Patties                                   | Per kg   | R 133.00 | 100% Beef (+- 1kg pack size) 250g Patties                                          |
| Pure Beef Strips                                           | Per kg   | R 158.00 | 1kg pack size                                                                      |
| Beef Tenderised Steak                                      | Per kg   | R 158.00 | 1kg pack size                                                                      |
| Rump                                                       | Per kg   | R 230.00 | (+500g pack size) (Matured 28-36 days)                                             |
| T-Bone                                                     | Per kg   | R 220.00 | 500g pack size                                                                     |
| Goulash                                                    | Per kg   | R 153.00 | 1kg pack size                                                                      |
| Short Rib                                                  | Per kg   | R 130.00 | 1kg pack size                                                                      |
| Chuck                                                      | Per kg   | R 155.00 | 1kg pack size                                                                      |
| Brisket                                                    | Per kg   | R 144.00 | 1kg pack size                                                                      |
| Beef Stew                                                  | Per kg   | R 138.00 | 1kg pack size                                                                      |
| Oxtail                                                     | Per kg   | R 205.00 | Per Tail                                                                           |
| BEEF BILTONG                                               |          |          |                                                                                    |
| Biltong (Wet)                                              | Per kg   | R 175.00 | Vacuum Packed, (WET, SELF DRY) +- 2kg Pack Size<br>(price p/kg) Spiced or Unspiced |
| Biltong (Dry)                                              | 500g     | R 180.00 |                                                                                    |
| Droe Wors                                                  | 500g     | R 180.00 |                                                                                    |

| FRESH MEAT COMBOS                                                        |        |            |                                                                                                                                                                                                | PAGE 3                               |
|--------------------------------------------------------------------------|--------|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| 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 | ALL OUT OF STOCK TILL FURTHER NOTICE |
| 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                                                                             |                                      |
| 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<br>40 Pieces - S/H or I & J<br>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)<br>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    |                                                                                                                                                                                                |                                      |
| Filleted Breasts                                                         | Per kg | R 95.00    |                                                                                                                                                                                                |                                      |
| Summer Surprice Braaipack                                                | Per kg | R 77.00    |                                                                                                                                                                                                |                                      |
| Chicken Star-Pack With Skin                                              | Per kg | R 78.00    |                                                                                                                                                                                                |                                      |

| CHICKEN VARIETIES - NOT FREE RANGE          |        |          |                                                                                                                                             | PAGE 4 |
|---------------------------------------------|--------|----------|---------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 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                                                                                                                                         |        |
| CHICKEN COMBOS                              |        |          |                                                                                                                                             |        |
| 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                               |        |
| 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 455.00 | 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 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<br>(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 | 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  |                                                                                                              |   |        |     |   |        |
| HEAT AND EAT COMBOS                                 |         |   |        |                                                                                                              |   |        |     |   |        |
| 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 Bolognaise; Mini Pizza (8)            |   |        |     |   |        |
| Heat to Eat 1kg Combo                               | .       | R | 490.00 | Beef Lasagne; Chicken Lasagne; Mac & Cheese; Spaghetti Bolognaise                                            |   |        |     |   |        |
| Home Alone Combo                                    | 400g    | R | 350.00 | Beef Lasagne; Chicken Romana; Mac & Cheese; Spaghettyi Bolognaise; Cheese & Garlic Braai Pie; Mini Pizza (8) |   |        |     |   |        |
| 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                    |         |   |        |                                                                                                              |   |        |     |   |        |
| 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)                                                                                   |   |        |     |   |        |

| FROZEN VEGGIES                        |      |          |                                                                                                                                |
|---------------------------------------|------|----------|--------------------------------------------------------------------------------------------------------------------------------|
| Cut Corn                              | 1kg  | R 70.00  | FRESH CUT FROZEN VEGGIES                                                                                                       |
| 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 | Beans; Butternut; Mixed Veggies; Broccoli, Frozen Chips                                                                        |
| FRESH CUT VEGGIES                     |      |          |                                                                                                                                |
| Baby Marrow Wheels                    | 500g | R 53.00  | FRESH CUT VEGGIES                                                                                                              |
| 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  | OUT OF STOCK                                                                                                                   |
| 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 | Butternut Cut; Cabbage Sliced; Baby Carrots; Green Beans (Long Cut); Onion Diced; Roast Veggies; Stirfry Mix; Sweet Potato Cut |
| Fresh Cut Weekly Combo                | .    | R 170.00 | Butternut Cut; Mixed Veggies; Stirfry Mix; Carrot Diced; Green Beans (Short Cut); Sweet Potato Cut; Roast Veggies              |
| Fresh Cut Veggies Combo               | .    | R 140.00 | Mixed Veggies; Green Beans (Long Cut); Butternut Cut; Carrot Wheels; Sweet Potato Cut; Stirfry Mix                             |

| NUTS                                               |                                                                |         |      |          |      |          |
|----------------------------------------------------|----------------------------------------------------------------|---------|------|----------|------|----------|
| 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 |
| 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 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  |
| 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 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  |
| 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 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 |
| SEEDS                                              |                                                                |         |      |          |      |          |
| 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 |
| 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 115.00 |
| JuJubes                                            | 200g                                                           | R 28.00 | 400g | R 55.00  | 1kg  | R 110.00 |