



PRICELIST FRESH PRODUCE

02.03.2025 - 08.03.2025

Prices may change without prior notice

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www.freshproduceza.co.za

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				
Melkkos Mix	each	R 40.00				
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	
SOFT SERVE MILK LOLLY RANGE						
Soft Serve	5 Pack	R 28.00	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 54.00	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 88.00	
Frozen Banana	1kg	R 84.00	
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 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 <i>(Grass Fed / Free from Hormones & Antibiotics)</i>			
Lean Mince	Per kg	R 128.00	100 % Beef (+500g pack size) 90% Meat/10% Fat
Boerewors (Soy Free) Thick	Per kg	R 128.00	Thick (+500g pack size)
Kalahari Boerewors (Soy Free) Thin	Per kg	R 131.00	Thin (+500g pack size)
Meat Balls	Per kg	R 128.00	100% Beef (+ 1kg pack size)
Pure Beef Burger Patties	Per kg	R 128.00	100% Beef (+- 1kg pack size) 250g Patties
Pure Beef Strips	Per kg	R 145.00	1kg pack size
Beef Tenderised Steak	Per kg	R 140.00	1kg pack size
Rump	Per kg	R 200.00	(+500g pack size) (Matured 28-36 days)
Sirloin	Per kg	R 215.00	(+500g pack size) (Matured 28-36 days)
T-Bone	Per kg	R 215.00	500g pack size
Fillet Whole	Per kg	R 350.00	1Kg - 1.8Kg pack size
Goulash	Per kg	R 138.00	1kg pack size
Short Rib	Per kg	R 115.00	1kg pack size
Chuck	Per kg	R 130.00	1kg pack size
Brisket	Per kg	R 124.00	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

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

PORK

Bacon Bits	1kg	R 125.00	Sliced in 500g
Shoulder Bacon	1kg	R 130.00	
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	

CHICKEN VARIETIES - NOT FREE RANGE			
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 (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 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)			
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)	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)			
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		
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			
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			
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
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	36.00
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	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	25.00
Spinach Mix (Spinach, Onion, Potato)	500g	R	35.00
Stirfry	500g	R	35.00
Stirfry Hawain	500g	R	38.00
Sweet Potato Cut	500g	R	35.00
Fresh Cut Variety Combo	.	R	180.00
Fresh Cut Weekly Combo	.	R	160.00
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

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 53.00	400g	R 100.00	1kg	R 225.00
Walnuts Halves	200g	R 62.00	400g	R 120.00	1kg	R 290.00
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 42.00	400g	R 75.00	1kg	R 170.00
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 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 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 40.00	400g	R 70.00	1kg	R 165.00
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