

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Eezee**  
Pasta  
500gr

**9<sup>99</sup>**



**Risi Marie**  
Value Pack  
3x150gr

**21<sup>99</sup>**



**Super Gold**  
Yellow Split  
Peas

1kg  
**11<sup>99</sup>**  
2kg  
**23<sup>99</sup>**



**Super Gold**  
Sugar Beans

500gr  
**14<sup>99</sup>**  
1kg  
**29<sup>99</sup>**



**Harvestime**  
Mixed Veg  
900gr

**29<sup>99</sup>**



**Fry's**  
Braai Sausage  
Value Pack  
380gr

**32<sup>99</sup>**



**Vejoy**  
Soya Chico Julienne 220gr/  
Soya Cashew Nut  
Balls 250gr/ Soya Prawns  
300gr

**37<sup>99</sup>**



**Rhodes**  
Baked Beans  
6x410gr

**59<sup>99</sup>**



**Aakifah**  
Sella/Super Gold  
Premium  
Basmati Rice 5kg

**114<sup>99</sup>**

*Always Superb*

17 Smithers Road, KwaDukuza  
Tel : 032 551 1234  
Offers valid from Wednesday 10th September  
2025 till Tuesday, 16th September 2025

We reserve the right to limit quantities - E & OE  
Prices subject to change without prior notice.  
Pictures may vary from actual product.  
Cash Back & Airtime available at Till Points.

Open 7 Days a week  
Mon - Fri: 7.30 - 18.00 Sat: 7.30 - 16.00  
Sun & Public Holidays: 8.00 - 15.00  
Closed on Fridays from 11.00am - 1.30pm for prayers

GET THE FULL  
CATALOGUE ON:

ONLINE  
superbhyper.co.za

WHATSAPP  
064 923 7879

FACEBOOK  
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Loose Pea Dhall Polished Per Kg **11<sup>99</sup>**



Loose White Rice Per Kg **12<sup>99</sup>**



Loose Samp & Beans Per Kg **15<sup>99</sup>**



Loose Brown Masoor Per Kg **19<sup>99</sup>**



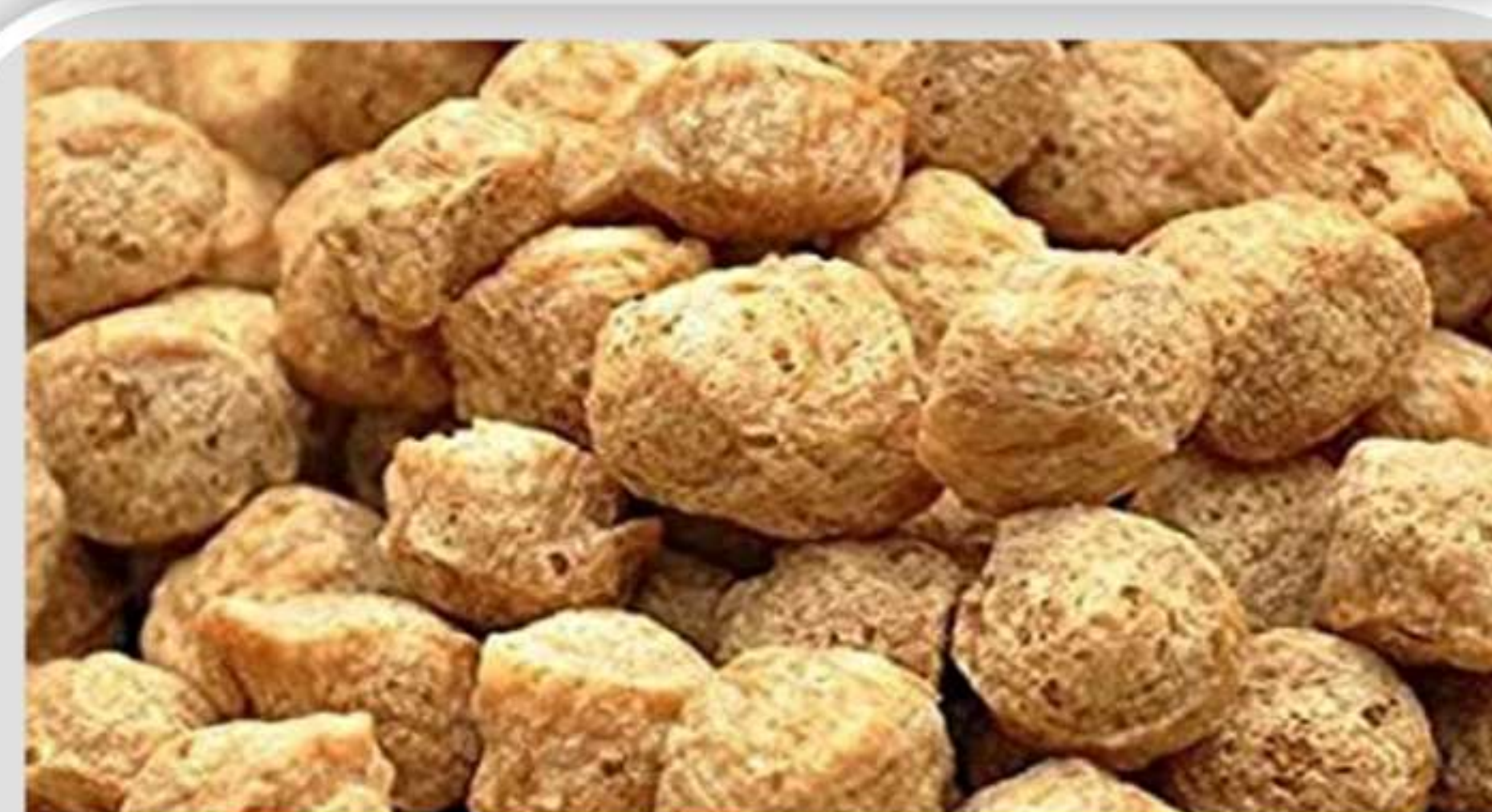
Loose Brown Gram Per Kg **21<sup>99</sup>**



Loose Gram Dhall Per Kg **21<sup>99</sup>**



Loose Yellow Moong Dhall Per Kg **32<sup>99</sup>**



Loose Soya Chunks Light Per Kg **29<sup>99</sup>**



Loose Soya Mince Light Per Kg **29<sup>99</sup>**



Loose Sugar Beans Per Kg **29<sup>99</sup>**



Loose Kidney Beans Per Kg **44<sup>99</sup>**

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DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES

Super Gold  
Yellow Split Peas

1kg  
**11<sup>99</sup>**  
2kg  
**23<sup>99</sup>**

Super Gold  
Sugar Beans

500gr  
**14<sup>99</sup>**  
1kg  
**29<sup>99</sup>**

Super Gold  
Kidney Beans

500gr  
**22<sup>99</sup>**  
1kg  
**44<sup>99</sup>**

Super Gold  
Gram Dhall

500gr  
**11<sup>99</sup>**  
1kg  
**22<sup>99</sup>**

Super Gold  
Gram Flour

500gr  
**12<sup>99</sup>**  
1kg  
**24<sup>99</sup>**

Super Gold  
Masoor Brown

500gr  
**9<sup>99</sup>**  
1kg  
**18<sup>99</sup>**

Super Gold  
Oil Dhall

500gr  
**16<sup>99</sup>**  
1kg  
**32<sup>99</sup>**

Super Gold  
Pea Flour

500gr  
**7<sup>99</sup>**  
1kg  
**14<sup>99</sup>**

Super Gold  
Samp & Beans

500gr  
**8<sup>99</sup>**  
1kg  
**16<sup>99</sup>**

Super Gold  
White Rice

500gr  
**5<sup>99</sup>**  
1kg  
**11<sup>99</sup>**

Super Gold  
Whole Brown Gram

500gr  
**10<sup>99</sup>**  
1kg  
**21<sup>99</sup>**

Super Gold  
Green Moongh

500gr  
**10<sup>99</sup>**  
1kg  
**21<sup>99</sup>**

Super Gold  
Yellow Moongh  
Dhall

500gr  
**16<sup>99</sup>**  
1kg  
**32<sup>99</sup>**

Super Gold  
Jaw  
100gr

**4<sup>99</sup>**

Super Gold  
White Urad Dhall  
500gr

**19<sup>99</sup>**

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DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Golden Ribbon**  
Fried Onions  
400gr

**34<sup>99</sup>**



**Golden Ribbon**  
Gram Dhall

500gr  
**14<sup>99</sup>**  
1kg  
**24<sup>99</sup>**



**Golden Ribbon**  
Gram Flour

500gr  
**14<sup>99</sup>**  
1kg  
**26<sup>99</sup>**



**Golden Ribbon**  
Kidney Beans

500gr  
**25<sup>99</sup>**  
1kg  
**49<sup>99</sup>**



**Golden Ribbon**  
Masoor Brown

500gr  
**10<sup>99</sup>**  
1kg  
**19<sup>99</sup>**



**Golden Ribbon**  
Oats  
1kg

**24<sup>99</sup>**



**Golden Ribbon**  
Pea Flour  
1kg

**15<sup>99</sup>**



**Golden Ribbon**  
White Rice

500gr  
**10<sup>99</sup>**  
1kg  
**14<sup>99</sup>**



**Golden Ribbon**  
Whole Green Moongh

500gr  
**10<sup>99</sup>**  
1kg  
**21<sup>99</sup>**



**Golden Ribbon**  
Yellow Moongh Dhall

500gr  
**17<sup>99</sup>**  
1kg  
**34<sup>99</sup>**



**Golden Ribbon**  
Yellow Split Peas

1kg  
**13<sup>99</sup>**  
2kg  
**27<sup>99</sup>**

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DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



Golden Prestige  
Long Grain  
Parboiled Rice

2kg  
**23<sup>99</sup>**  
5kg  
**53<sup>99</sup>**  
10kg  
**99<sup>99</sup>**



Golden Delight  
Long Grain  
Parboiled Rice

2kg  
**29<sup>99</sup>**  
5kg  
**63<sup>99</sup>**  
10kg  
**118<sup>99</sup>**



Spekko Blue  
Long Grain  
Parboiled Rice

2kg  
**29<sup>99</sup>**  
5kg  
**74<sup>99</sup>**  
10kg  
**129<sup>99</sup>**



Nyala/  
White Star  
Super Maize

1kg  
**13<sup>99</sup>**  
2.5kg  
**32<sup>99</sup>**



Nyala  
Samp

1kg  
**15<sup>99</sup>**  
2.5kg  
**39<sup>99</sup>**



Super Gold  
Thai Jasmine  
Rice 5kg

**109<sup>99</sup>**



Super Gold  
Sella Premium  
Basmati Rice  
5kg

**114<sup>99</sup>**



Aakifah  
Sella  
Basmati Rice  
5kg

**114<sup>99</sup>**



Golden Delight  
Premium  
Basmati Rice  
5kg

**129<sup>99</sup>**



La Jawab  
Sella Premium  
Basmati Rice  
5kg

**124<sup>99</sup>**



India Gate  
Basmati Rice  
5kg

**132<sup>99</sup>**



Az-Zahraa  
Gold Sella  
Basmati Rice  
5kg

**134<sup>99</sup>**



Eco-Friendly  
Pure  
Canola Oil

2lt  
**63<sup>99</sup>**  
4lt  
**119<sup>99</sup>**



Goldenglo  
Pure Sunflower  
Oil

2lt  
**59<sup>99</sup>**  
5lt  
**139<sup>99</sup>**



Helios  
Pure Sunflower  
Oil

2lt  
**64<sup>99</sup>**  
5lt  
**154<sup>99</sup>**

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Vejoy  
Soya Chico  
Julienne 220gr/  
Soya Cashew Nuts  
Balls 250gr/  
Soya Prawn 300gr

37<sup>99</sup>



Vejoy  
Vegetarian Fish  
250gr

39<sup>99</sup>



Vejoy  
Nuggets  
280gr

39<sup>99</sup>



Vejoy  
Chico Burger/  
Crumbed Chico  
Burger  
320gr

39<sup>99</sup>



Vejoy  
Hotdog  
300gr

39<sup>99</sup>



Vejoy  
Traditional  
Sausage  
320gr

39<sup>99</sup>



Vejoy  
Crumbed  
Schnitzel  
320gr

39<sup>99</sup>



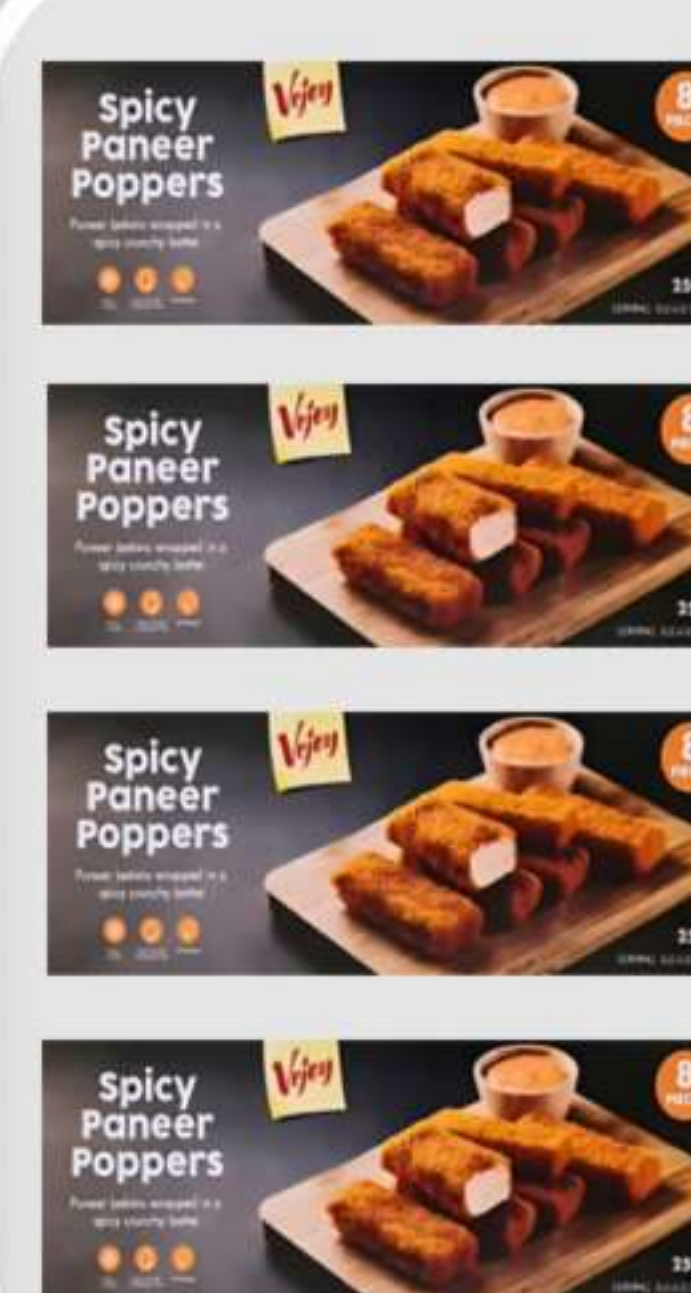
Vejoy  
Tofu  
400gr

39<sup>99</sup>



Vejoy  
Crumbed  
Halloumi  
250gr

49<sup>99</sup>



Rozana  
Spicy Paneer  
Poppers  
250gr

49<sup>99</sup>



Vejoy  
Malai Paneer  
200gr

24<sup>99</sup>



Rozana  
Paneer

Cubed- 200gr  
29<sup>99</sup>  
Cubed- 400gr  
49<sup>99</sup>  
1kg  
119<sup>99</sup>



Kara Niche's  
Soya Burger  
Patties  
360gr

34<sup>99</sup>



Sun C  
Soya Burger Spicy  
320gr/Sausage Spicy  
500gr

47<sup>99</sup>

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DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES

|                                                                                                                                                                                 |                                                                                                                                                                                                          |                                                                                                                                                                               |                                                                                                                                                                                    |                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Fry's</b><br/>Big Fry Boerie<br/>320gr</p> <p><b>56<sup>99</sup></b></p>                |  <p><b>Fry's</b><br/>Burger Chicken Style<br/>320gr</p> <p><b>49<sup>99</sup></b></p>                                  |  <p><b>Fry's</b><br/>Burger Original<br/>320gr</p> <p><b>54<sup>99</sup></b></p>           |  <p><b>Fry's</b><br/>Burger Spiced<br/>320gr</p> <p><b>44<sup>99</sup></b></p>                 |  <p><b>Fry's</b><br/>Burger Traditional<br/>320gr</p> <p><b>44<sup>99</sup></b></p>                                    |
|  <p><b>Fry's</b><br/>Butternut/<br/>Meat Balls<br/>240gr</p> <p><b>59<sup>99</sup></b></p>    |  <p><b>Fry's</b><br/>Nugget Chicken Style<br/>380gr</p> <p><b>52<sup>99</sup></b></p>                                 |  <p><b>Fry's</b><br/>Pie Curry /<br/>Mushroom<br/>350gr</p> <p><b>38<sup>99</sup></b></p> |  <p><b>Fry's</b><br/>Popcorn<br/>360gr</p> <p><b>51<sup>99</sup></b></p>                      |  <p><b>Fry's</b><br/>Polony<br/>380gr</p> <p><b>39<sup>99</sup></b></p>                                               |
|  <p><b>Fry's</b><br/>Sausage Braai<br/>Value Pack<br/>380gr</p> <p><b>32<sup>99</sup></b></p> |  <p><b>Fry's</b><br/>Sausage Hot Dog<br/>Value Pack<br/>360gr</p> <p><b>37<sup>99</sup></b></p>                       |  <p><b>Fry's</b><br/>Sausage Rolls<br/>400gr</p> <p><b>51<sup>99</sup></b></p>            |  <p><b>Fry's</b><br/>Sausage Spicy<br/>Value Pack<br/>380gr</p> <p><b>32<sup>99</sup></b></p> |  <p><b>Fry's</b><br/>Sausage Traditional<br/>500gr/ Schnitzel<br/>Crumbed<br/>320gr</p> <p><b>52<sup>99</sup></b></p> |
|  <p><b>Fry's</b><br/>Soya Mince<br/>Value Pack<br/>300gr</p> <p><b>39<sup>99</sup></b></p>    |  <p><b>Fry's</b><br/>Strips Chicken<br/>Style/ Chunky<br/>Beef Value Pack<br/>380gr</p> <p><b>49<sup>99</sup></b></p> |  <p><b>Fry's</b><br/>No Chicken<br/>Pieces 300gr</p> <p><b>56<sup>99</sup></b></p>        |  <p><b>Fry's</b><br/>No Chicken<br/>Burger 320gr</p> <p><b>56<sup>99</sup></b></p>            |  <p><b>Fry's</b><br/>Strips Southern Fry<br/>300gr</p> <p><b>56<sup>99</sup></b></p>                                  |

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Eezee  
Pasta  
500gr

**9<sup>99</sup>**



Zar  
Fusili Screws/  
Spaghetti/  
Penne Rigate/  
Shells/Macaroni  
Sedano 400gr

**11<sup>99</sup>**



Zar  
Nest  
Fettuccine  
500gr

**21<sup>99</sup>**



Pasta Grande  
Macaroni/  
Spaghetti  
500gr

**13<sup>99</sup>**



Pasta Grande  
Macaroni

1kg  
**29<sup>99</sup>**  
3kg  
**84<sup>99</sup>**



Pasta Grande  
Spaghetti  
1kg

**29<sup>99</sup>**



Pasta Grande  
Tricolor  
500gr

**15<sup>99</sup>**



Pasta Joy  
Macaroni/  
Spaghetti  
500gr

**11<sup>99</sup>**



Fattis & Monis  
Macaroni/  
Spaghetti  
500gr

**15<sup>99</sup>**



Eezee  
Noodles  
5x65gr

**16<sup>99</sup>**



Samyang  
Noodles  
1x410gr

**23<sup>99</sup>**

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**Saikav Gram**  
Dhall/ Lentils/ Moong  
Dhall/ Split Pea Dhall/  
Heat & Eat 410gr

**17<sup>99</sup>**



**Tomco/Everyday**  
Baked Beans  
410gr

**8<sup>49</sup>**



**Rhodes**  
Baked Beans  
410gr

**10<sup>99</sup>**



**Rhodes**  
Baked Beans  
6x410gr

**59<sup>99</sup>**



**Lucky Star**  
Baked Beans  
410gr

**11<sup>99</sup>**



**Koo**  
Baked Beans  
410gr

**14<sup>99</sup>**



**La Italiana**  
Sugar Beans  
400gr

**12<sup>99</sup>**



**Everyday**  
Sugar Beans  
410gr

**14<sup>99</sup>**



**Koo**  
Sugar Beans  
410gr

**22<sup>99</sup>**



**La Italiana**  
Butter Beans  
400gr

**12<sup>99</sup>**



**Everyday**  
Butter Beans  
410gr

**12<sup>99</sup>**



**Rhodes**  
Butter Beans  
400gr

**17<sup>99</sup>**



**Everyday**  
Samp  
& Beans  
410gr

**12<sup>99</sup>**



**Koo**  
Samp  
& Beans  
410gr

**17<sup>99</sup>**

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DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**La Italiana**  
Chick Peas  
400gr

**12<sup>99</sup>**



**Everyday**  
Chick Peas In  
Brine 400gr

**13<sup>99</sup>**



**Saikav**  
Chick Peas  
410gr

**17<sup>99</sup>**



**Rhodes**  
Chick Peas  
410gr

**21<sup>99</sup>**



**Everyday**  
Mix Veg  
410gr

**12<sup>99</sup>**



**Everyday**  
Mix Veg  
Curry 400gr

**12<sup>99</sup>**



**Gold Dish**  
Veg Curry  
Regular 415gr

**15<sup>99</sup>**



**Rhodes**  
Mix Veg Curry  
410gr

**21<sup>99</sup>**



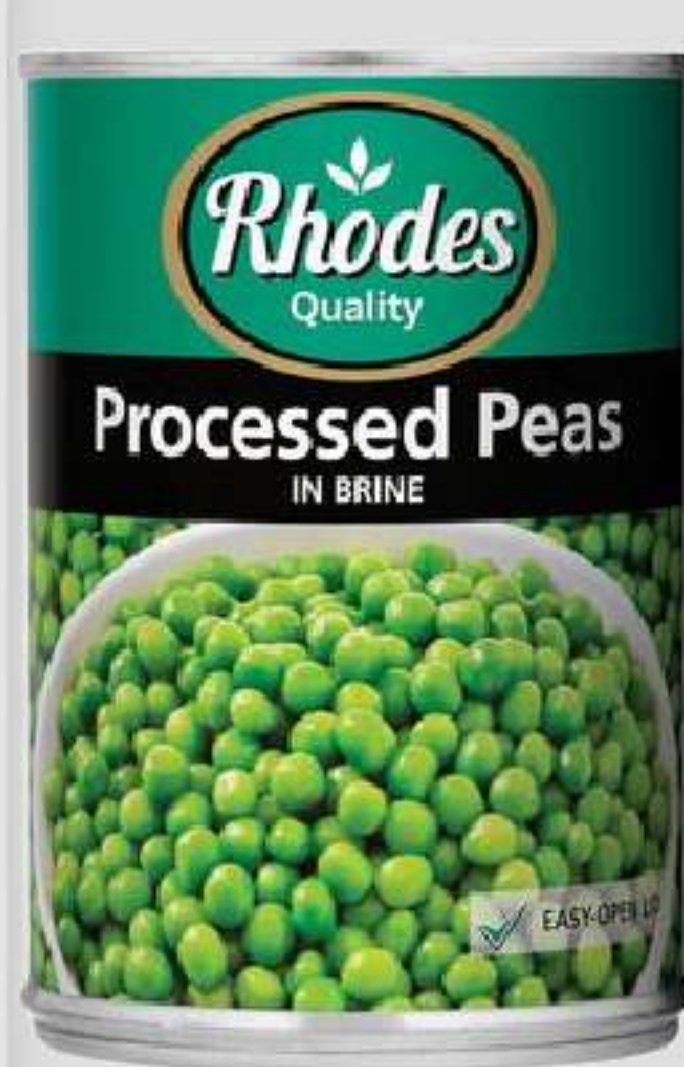
**Everyday**  
Processed  
Peas 400gr

**11<sup>99</sup>**



**La Italiana**  
Processed  
Peas 400gr

**15<sup>99</sup>**



**Rhodes**  
Processed  
Peas 410gr

**15<sup>99</sup>**



**Everyday**  
Creamstyle  
Sweetcorn  
400gr

**14<sup>99</sup>**



**La Italiana**  
Creamstyle  
Sweetcorn  
425gr

**15<sup>99</sup>**



**Rhodes**  
Creamstyle  
Sweetcorn  
400gr

**17<sup>99</sup>**



**Koo**  
Creamstyle  
Sweetcorn  
400gr

**17<sup>99</sup>**



**Koo**  
Chakalaka  
Corn 410gr

**21<sup>99</sup>**

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**MEATLESS  
SPEND LESS**



**Everyday**  
Tomato & Onion  
Mix 400gr

**12<sup>99</sup>**



**La Italiana**  
Tomato Onion  
Mix 410gr

**13<sup>99</sup>**



**Rhodes**  
Tomato & Onion  
Mix 410gr

**19<sup>99</sup>**



**Everyday**  
Tomato Puree  
400gr

**13<sup>99</sup>**



**La Italiana**  
Tomato Puree  
400gr

**13<sup>99</sup>**



**La Italiana**  
Tomato Puree  
680gr

**27<sup>99</sup>**



**La Italiana**  
Chopped Tomato  
400gr

**15<sup>99</sup>**



**Rhodes**  
Chopped &  
Peeled Tomatoes  
410gr

**21<sup>99</sup>**



**Everyday**  
Chakalaka  
Hot /Mild  
400gr

**14<sup>99</sup>**



**Rhodes**  
Chakalaka  
Mild & Spicy/ Hot  
& Spicy 410gr

**15<sup>99</sup>**



**Rhodes**  
Chakalaka Beans  
400gr

**19<sup>99</sup>**



**Koo**  
Chakalaka  
Mild & Spicy/ Hot  
& Spicy 410gr

**19<sup>99</sup>**

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MEATLESS  
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Harvestime  
All In One Pot  
Mix 600gr

22<sup>99</sup>



Harvestime  
Chips Straight  
2kg

79<sup>99</sup>



Harvestime  
Country Mix  
900gr

36<sup>99</sup>



Harvestime  
Mix Veg  
900gr

29<sup>99</sup>



Natures Garden  
Mixed Veg  
900gr

26<sup>99</sup>



Natures Garden  
Sweetcorn  
750gr

29<sup>99</sup>



Natures Garden  
Garden Peas  
750gr

28<sup>99</sup>



Facto  
Sweetcorn  
1kg

29<sup>99</sup>

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**MEATLESS  
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DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES

**McCains**

Country Crop/ Mixed Veg/ Stew Mix/ Stir Fry French/ Stir Fry Hawaiian/ Sweetcorn/ 250gr



**14<sup>99</sup>**

**McCains**  
Slap/Skinny Chips 1kg



**47<sup>99</sup>**

**McCains**  
Fry Chips 900gr



**39<sup>99</sup>**

**McCains**  
Garden Mix/ Country Crop 1kg



**39<sup>99</sup>**

**McCains**  
Mashed Butternut 400gr



**59<sup>99</sup>**

**McCains**  
Mixed Veg 1kg



**39<sup>99</sup>**

**McCains**  
Peas/ Carrots/ Corn 750gr



**39<sup>99</sup>**

**McCains**  
Broccoli/Butter/Sweet Potato/Carrot Julienne/Cauliflower 750gr



**42<sup>99</sup>**

**McCains**  
Garden Spinach 750gr



**54<sup>99</sup>**

**McCains**  
Green Beans/ Pumpkin Chunks 750gr



**42<sup>99</sup>**

**McCains**  
Roast Veg Mediterranean 700gr



**39<sup>99</sup>**

**McCains**  
Stew Mix 600gr



**29<sup>99</sup>**

**McCains**  
Stir Fry African, Asian, French, Hawaiian, Mexican 700gr



**34<sup>99</sup>**

**McCains**  
Sweet Corn 750gr



**34<sup>99</sup>**

**McCains**  
Sweet Potato Fries /Wedges 750gr



**52<sup>99</sup>**

**McCains**  
Baby Peas 500gr



**34<sup>99</sup>**

**McCains**  
Garden Peas 750gr



**34<sup>99</sup>**

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DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



The Puff Man  
Pastry

500gr  
**22<sup>99</sup>**  
1kg  
**41<sup>99</sup>**  
3kg  
**94<sup>99</sup>**



Today's  
Puff Pastry  
400gr

**26<sup>99</sup>**



Fatima's  
Puff Pastry

1kg  
**34<sup>99</sup>**  
3kg  
**79<sup>99</sup>**



My O My  
Puff Pastry  
Square/Round  
50's

**79<sup>99</sup>**



Pastry Delights  
Moon Dough  
50's

**71<sup>99</sup>**



My O My  
Samoosa Pastry  
1kg

**89<sup>99</sup>**



Pastry Delights  
Pie Pastry  
(Mamas/Oval/  
Rectangle/Rounds)  
50's

**139<sup>99</sup>**



Pastry Delights  
Samoosa Pur  
600gr

**44<sup>99</sup>**



Fatima's  
Samoosa Pur

500gr  
**42<sup>99</sup>**  
800gr  
**74<sup>99</sup>**  
1kg  
**84<sup>99</sup>**



Fatima's  
Springroll  
Pastry 50's

**54<sup>99</sup>**



Switz  
Springroll  
Pastry 50's

**54<sup>99</sup>**

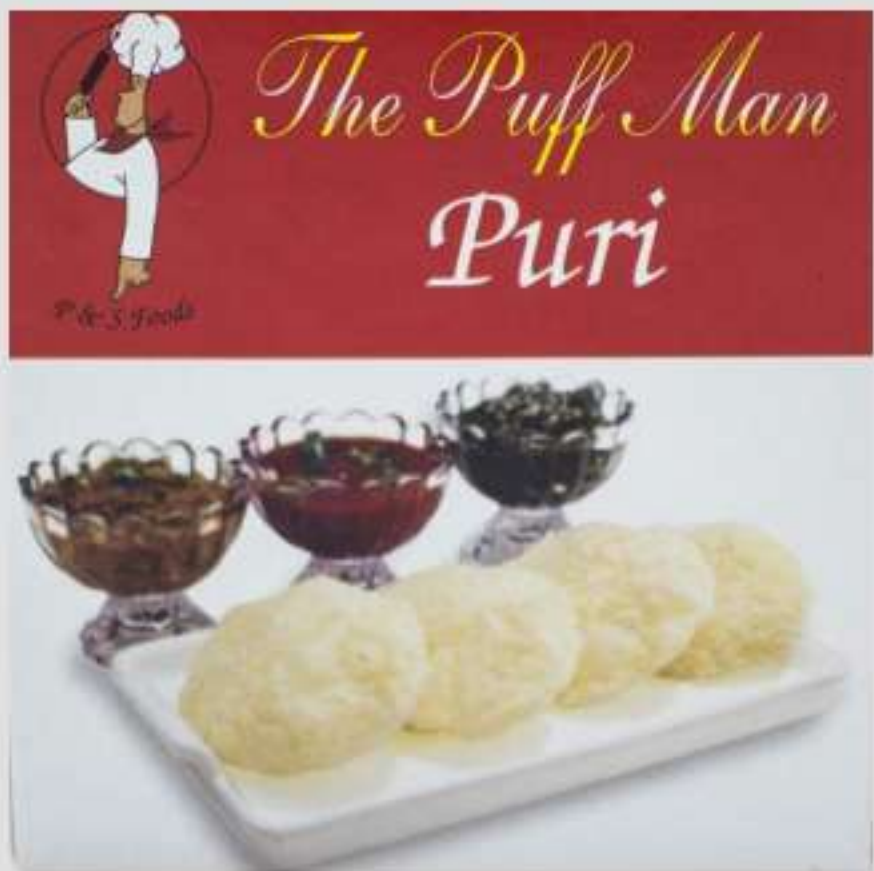
*Always Superb*

Superb  
Hyper

MEATLESS  
SPEND LESS

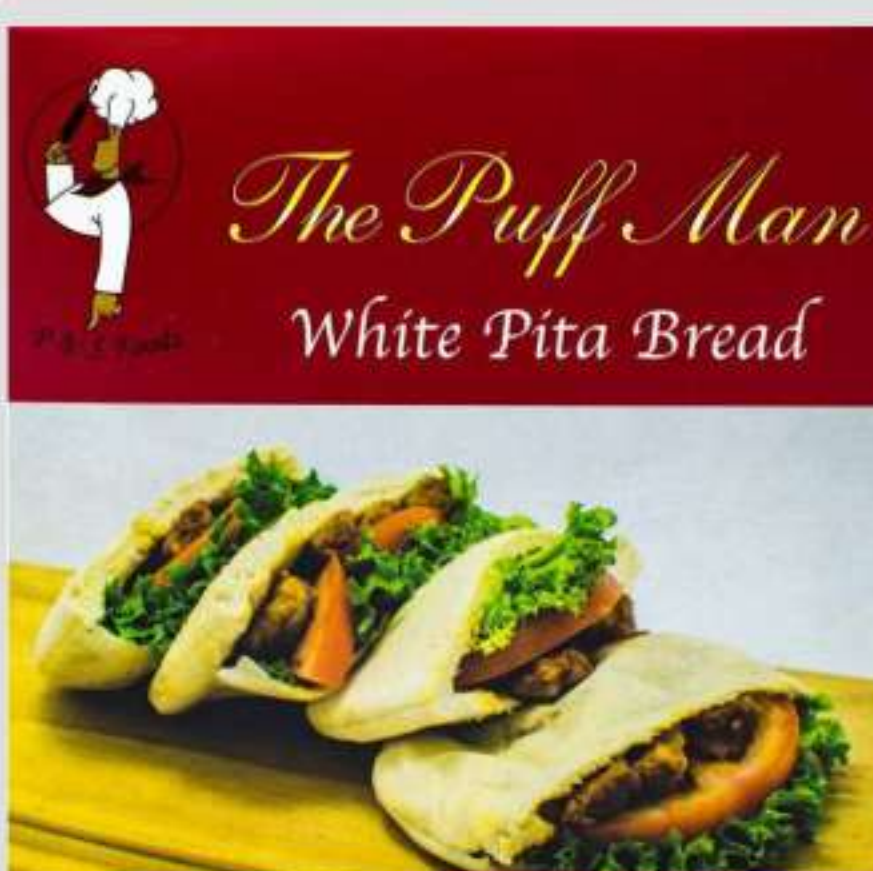


DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



The Puff Man  
Puri  
12's

17<sup>99</sup>



The Puff Man  
Pita Bread  
6's

28<sup>99</sup>



My O My  
Paratha Plain  
5's

28<sup>99</sup>



Fatimas  
Paratha Plain  
400gr

37<sup>99</sup>



My O My  
Paratha Aloo  
2's

49<sup>99</sup>



My O My  
Tortilla Wraps  
5's

28<sup>99</sup>



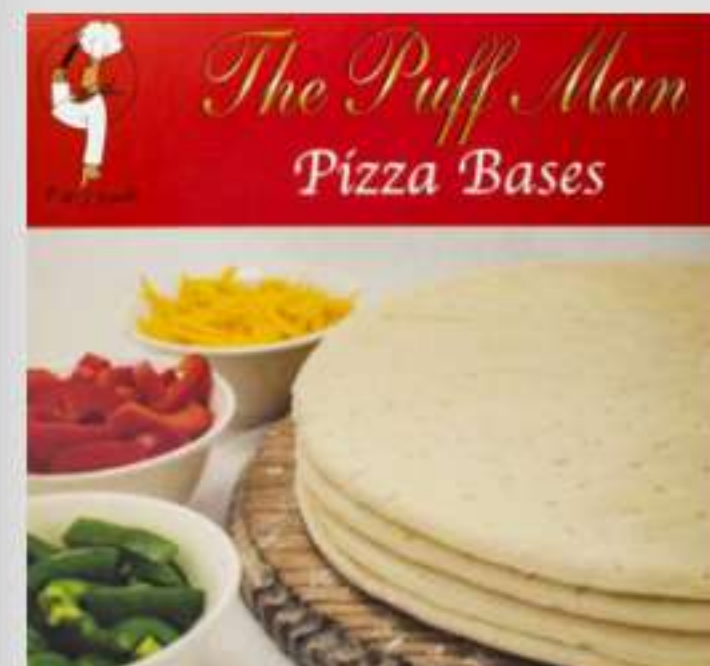
The Puff  
Man Wraps  
6's

31<sup>99</sup>



Pastry  
Delight  
Cocktail  
Pizza  
Bases 20's

34<sup>99</sup>



The Puff Man  
Pizza Bases  
Large 4's

54<sup>99</sup>



Rozana  
Rotis  
12's

22<sup>99</sup>

Always Superb

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Fatimas  
Patha  
650gr**

**21<sup>99</sup>**



**Pizza News  
Thick Base  
Magarita  
Pizza 300gr**

**59<sup>99</sup>**



**My O My  
Magarita  
Pizza 6's**

**64<sup>99</sup>**



**My O My  
Spinach &  
Feta Pies  
6's**

**64<sup>99</sup>**



**Pennywise  
Party Pack  
Cheese  
30s**

**69<sup>99</sup>**



**Just Pie  
OvalVeg/Curry,  
Spinach/Feta  
4's**

**72<sup>99</sup>**



**My O My  
Cheese & Green  
Pepper Rissois  
12's**

**74<sup>99</sup>**



**Todays  
Party Pack  
Cheese  
800gr**

**94<sup>99</sup>**



**Rozana  
Samoosa Potato/  
Soya/Sweetcorn  
& Cheese  
12's**

**27<sup>99</sup>**



*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Cassim's  
Dry Chillies**  
50gr

**8<sup>99</sup>**



**Pakco  
Chilli Bite Mix**  
250gr

**14<sup>99</sup>**



**Southern  
Coating**  
200gr

**15<sup>99</sup>**



**Cassim's  
Vada Mix**  
500gr

**16<sup>99</sup>**



**Cassim's  
Ready To Fry  
Vada Mix**  
500gr

**24<sup>99</sup>**



**Osman's  
Extra Special  
Rajapuri  
Turmeric  
Powder 1kg**

**64<sup>99</sup>**



**Osman's  
Extra Special  
Chilli Powder**  
1kg

**69<sup>99</sup>**



**Delite  
Bombay Mix  
Masala**  
1kg

**89<sup>99</sup>**



**Sun Spice  
Breyani Mix  
Whole**  
100gr

**21<sup>99</sup>**

*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**La Italiana**  
Gherkin Sweet  
Sour/Dil 680gr

**24<sup>99</sup>**



**Pakco**  
Veg Atchar  
Hot/Mild 385gr

**42<sup>99</sup>**



**Pakco**  
Curried Chillies  
325gr

**37<sup>99</sup>**



**Yello** Lemon  
Juice

250ml  
**9<sup>99</sup>**  
500ml  
**17<sup>99</sup>**



**Mums** Lemon  
Juice  
500ml

**13<sup>99</sup>**



**Trulem** Lemon  
Juice

250ml  
**15<sup>99</sup>**  
500ml  
**19<sup>99</sup>**



**Mamas**  
Lemon Juice  
2lt

**54<sup>99</sup>**



**Yello** Lemon  
Juice  
2lt

**57<sup>99</sup>**



**Trulem**  
Lemon Juice  
2lt

**54<sup>99</sup>**



**Knorr**  
Packet/Tasty  
Soup 50gr

**3 For  
20**



**Jaba** Sauce  
Hot/Medium/  
Extra Hot 250ml

**21<sup>99</sup>**



**Minnies**  
Sauce  
250ml

**27<sup>99</sup>**



**All Gold**  
Tomato Sauce  
700ml

**32<sup>99</sup>**



**Mamas**  
Tomato/Chilli  
Sauce  
750ml

**24<sup>99</sup>**



**Mamas**  
Mayonnaise  
Mzansi  
750ml

**24<sup>99</sup>**

*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Clover**  
Block Cheese



550gr  
**89<sup>99</sup>**  
800gr  
**109<sup>99</sup>**



**Clover**  
IWS Cheese  
950gr

**94<sup>99</sup>**



**Parmalat**  
Slice Cheese

200gr  
**31<sup>99</sup>**  
400gr  
**49<sup>99</sup>**  
900gr  
**94<sup>99</sup>**



**Parmalat**  
Block Cheese



600gr  
**99<sup>99</sup>**  
850gr  
**119<sup>99</sup>**



**Parmalat**  
Spread  
150gr

**21<sup>99</sup>**



**Melrose**  
Cheese Spread

150gr  
**26<sup>99</sup>**  
250gr  
**39<sup>99</sup>**  
400gr  
**59<sup>99</sup>**



**Melrose**  
Wedges  
100gr

**23<sup>99</sup>**



**Parmalat**  
Butter  
150gr

**43<sup>99</sup>**



**Parmalat**  
Grated Cheese

250gr  
**49<sup>99</sup>**  
750gr  
**134<sup>99</sup>**



**President**  
Feta Cheese

200gr  
**42<sup>99</sup>**  
400gr  
**59<sup>99</sup>**



**Clover**  
Feta Cheese

200gr  
**39<sup>99</sup>**  
400gr  
**64<sup>99</sup>**



**The Laughing Cow**  
Original 120gr



**29<sup>99</sup>**



**Kiri**  
Cream Cheese  
100gr

**44<sup>99</sup>**

*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Clover**  
Numel Medium  
Fat Milk 6x1lt

**74<sup>99</sup>**



**Clover UHT**  
Full Cream Milk  
6x1lt

**97<sup>99</sup>**



**Everfresh**  
Full Cream Milk  
6x1lt

**89<sup>99</sup>**



**Clover**  
Fresh Milk

250ml  
**9<sup>99</sup>**  
500ml  
**13<sup>99</sup>**  
1lt  
**22<sup>99</sup>**



**Clover**  
Fresh Milk Full  
Cream/Low Fat  
2lt

**31<sup>99</sup>**



**Spring Meadow**  
Full Cream Milk  
2lt

**29<sup>99</sup>**



**Bonle**  
Fresh Milk

500ml  
**9<sup>99</sup>**  
1lt  
**15<sup>99</sup>**  
2lt  
**24<sup>99</sup>**



**Bonle**  
Fresh Milk  
Sachet  
1lt

**11<sup>99</sup>**



**Melda**  
Fresh Milk  
Sachet  
1lt

**10<sup>99</sup>**



**Melda**  
Fresh Milk  
2lt

**27<sup>99</sup>**

*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



Nyala  
Porridge  
1kg

**22<sup>99</sup>**



White Star  
Porridge  
1kg

**24<sup>99</sup>**



Heartlands  
Corn Flakes

500gr  
**27<sup>99</sup>**  
1kg  
**37<sup>99</sup>**  
1.2kg  
**47<sup>99</sup>**



Kellogg's  
Corn Flakes

500gr  
**37<sup>99</sup>**  
1.2kg  
**74<sup>99</sup>**



Super Gold  
Oats  
1kg

**24<sup>99</sup>**



La Italiana  
White Oats  
1kg

**26<sup>99</sup>**



Jungle Oats  
Regular Pouch

500gr  
**26<sup>99</sup>**  
1kg  
**34<sup>99</sup>**



Kellogg's  
Rice Krispies  
Vanilla  
500gr

**57<sup>99</sup>**



Kellogg's  
All Bran Flakes  
1kg

**69<sup>99</sup>**



Bokomo  
Weetbix  
450gr

**27<sup>99</sup>**



Bokomo  
Weetbix

900gr  
**52<sup>99</sup>**  
1.35kg  
**69<sup>99</sup>**

*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Mountain Honey**  
Original, Black Seed,  
Ginger & Lemon,  
Cinnamon, Ginger  
500gr

**29<sup>99</sup>**



**Liberty**  
Honey  
Squeeze  
Bottle 500gr

**54<sup>99</sup>**



**Liberty**  
Coconut Cream  
400ml

**27<sup>99</sup>**



**La Italiana**  
Coconut Milk  
400gr

**21<sup>99</sup>**



**La Italiana**  
Coconut Milk  
Light 400gr

**18<sup>99</sup>**



**La Italiana**  
Condensed  
Milk 390gr

**19<sup>99</sup>**



**Clover**  
Condensed  
Milk 385gr

**31<sup>99</sup>**



**Nestle**  
Condensed Milk  
385gr

**31<sup>99</sup>**



**Nestle**  
Dessert  
Cream  
385gr

**26<sup>99</sup>**



**Azam**  
Cake Wheat  
Flour

2.5kg  
**28<sup>99</sup>**  
5kg  
**57<sup>99</sup>**



**Sasko**  
Cake Wheat  
Flour

2.5kg  
**33<sup>99</sup>**  
5kg  
**67<sup>99</sup>**



**Sasko**  
Self Raising  
Flour

1kg  
**15<sup>99</sup>**  
2.5kg  
**39<sup>99</sup>**



**Golden Cloud**  
Semolina  
500gr

**10<sup>99</sup>**



**Snowflake**  
Easy Mix

500gr  
**18<sup>99</sup>**  
1kg  
**29<sup>99</sup>**



**Snowflake**  
Creations  
1x1

**44<sup>99</sup>**



**Sunshine**  
Vermicelli  
500gr

**29<sup>99</sup>**



**Mallies**  
Vermicelli  
400gr

**11<sup>99</sup>**



**Golden Ribbon**  
Vermicelli  
150gr

**7<sup>99</sup>**

*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Super Gold**  
Almonds Diced  
100gr

**26<sup>99</sup>**



**Golden Ribbon**  
Almonds Powder  
100gr

**26<sup>99</sup>**



**Super Gold**  
Almonds Sliced  
100gr

**26<sup>99</sup>**



**Super Gold**  
Almonds  
Slivered  
100gr

**26<sup>99</sup>**



**Super Gold**  
Almonds Whole

100gr  
**26<sup>99</sup>**  
1kg  
**169<sup>99</sup>**



**Super Gold**  
Bakers Mix  
500gr

**15<sup>99</sup>**



**Super Gold**  
Baking Powder

500gr  
**29<sup>99</sup>**  
1kg  
**59<sup>99</sup>**



**Super Gold**  
Castor Sugar

500gr  
**13<sup>99</sup>**  
1kg  
**24<sup>99</sup>**



**Super Gold**  
Dessicated Coconut

400gr  
**41<sup>99</sup>**  
1kg  
**79<sup>99</sup>**



**Super Gold**  
Icing Sugar

500gr  
**13<sup>99</sup>**  
1kg  
**24<sup>99</sup>**



**Super Gold**  
Saigo Seeds

200gr  
**7<sup>99</sup>**  
500gr  
**13<sup>99</sup>**

*Always Superb*



## Golden Ribbon Almonds Whole



100gr  
**24<sup>99</sup>**

---

500gr  
**89<sup>99</sup>**

---

1kg  
**159<sup>99</sup>**



**Golden Ribbon**  
Bakers Mix  
500gr

**21<sup>99</sup>**



**Golden Ribbon**  
Baking  
Chocolate  
500gr

**34<sup>99</sup>**



## Golden Ribbon Baking Powder

500gr  
**27<sup>99</sup>**

---

1kg  
**49<sup>99</sup>**



## Golden Ribbon Castor Sugar

500gr  
**12<sup>99</sup>**

---

1kg  
**24<sup>99</sup>**



**Golden Ribbon**  
Coconut Cream  
400ml

**24<sup>99</sup>**



**Jussvina**  
Coconut Water  
330ml

13<sup>99</sup>



## Golden Ribbon Corn Flour

500gr  
**11<sup>99</sup>**

---

1kg  
**19<sup>99</sup>**



## Golden Ribbon

### Dessicated Coconut

500gr  
**49<sup>99</sup>**

---

1kg  
**94<sup>99</sup>**



## Golden Ribbon Icing Sugar

500gr  
**13<sup>99</sup>**

---

1kg  
**24<sup>99</sup>**



**Golden Ribbon**  
Saigo Seeds  
200gr

13<sup>99</sup>

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Moorriver**  
Salted Butter  
500gr

**64<sup>99</sup>**

3 PER  
CUSTOMER



**Bonnita**  
Salted Butter  
500gr

**69<sup>99</sup>**



**Flora**  
Fat Spread Tub  
Regular/Light

500gr  
**37<sup>99</sup>**  
1kg  
**56<sup>99</sup>**



**Flora**  
Fat Spread  
Gold

500gr  
**41<sup>99</sup>**  
1kg  
**67<sup>99</sup>**



**Flora**  
Plant Spread  
Tub  
500gr

**41<sup>99</sup>**



**Rama Original**

500gr Brick  
**26<sup>99</sup>**  
500gr Tub  
**37<sup>99</sup>**  
1kg Tub  
**59<sup>99</sup>**



**Rama**  
Spread For Bread  
Tub

500gr  
**27<sup>99</sup>**  
1kg  
**42<sup>99</sup>**



**Rama**  
Spread For Bread  
Brick 500gr

**18<sup>99</sup>**



**Rondo**  
Margarine  
Brick  
500gr

**15<sup>99</sup>**



**Rondo**  
Margarine Tub  
1kg

**32<sup>99</sup>**



**Stork**  
Country Spread  
Brick 500gr

**23<sup>99</sup>**



**Stork**  
Country  
Spread Tub

500gr  
**32<sup>99</sup>**  
1kg  
**47<sup>99</sup>**



**Stork**  
Brick Bake  
500gr

**32<sup>99</sup>**



**Stork**  
Brick Bake White  
500gr

**32<sup>99</sup>**

*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Cordon Bleu**  
Flavoured  
Butter 500gr

**19<sup>99</sup>**



**d'Lite**  
Margarine  
Brick 500gr

**14<sup>99</sup>**



**d'Lite**  
Margarine Tub

500gr  
**19<sup>99</sup>**  
1kg  
**34<sup>99</sup>**



**Romi**  
Margarine  
Brick 500gr

**11<sup>99</sup>**



**Romi**  
Margarine  
Tub 1kg

**26<sup>99</sup>**



**Sunshine D**  
Original Brick  
500gr

**21<sup>99</sup>**



**Sunshine D**  
Original  
Tub 1kg

**39<sup>99</sup>**



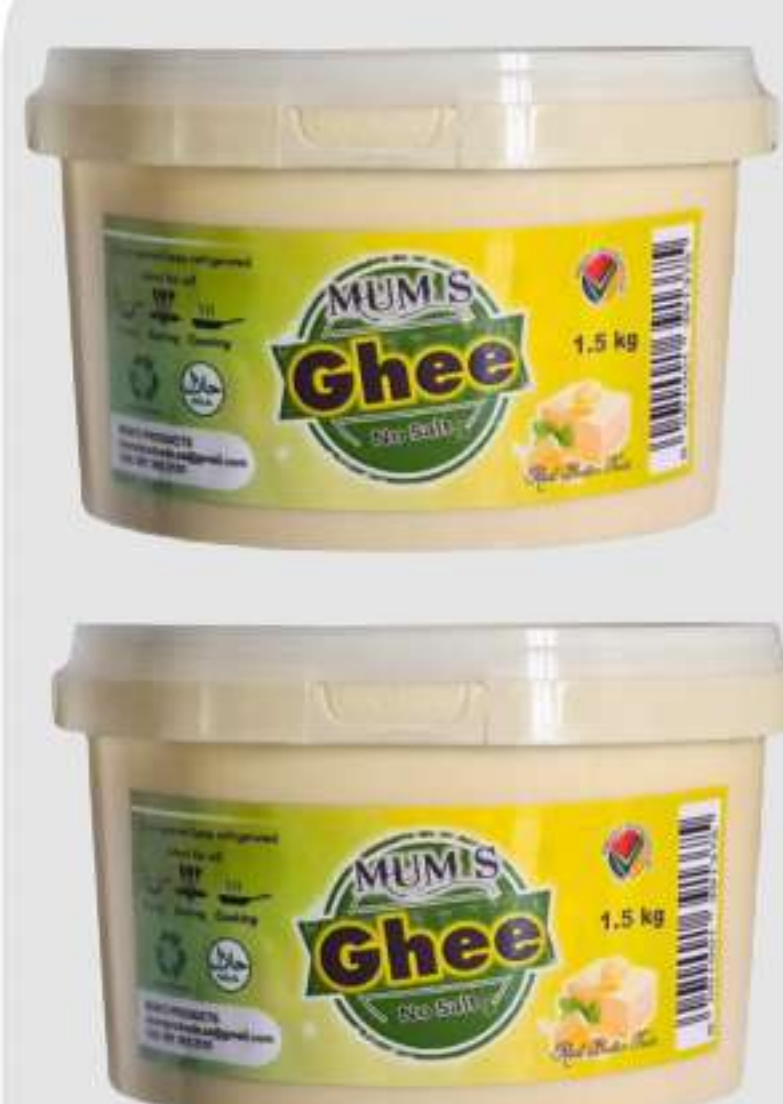
**Wooden Spoon**  
Margarine  
500gr

**21<sup>99</sup>**



**Clover**  
Ghee 1.5kg

**224<sup>99</sup>**



**Mums**  
Ghee 1.5kg

**99<sup>99</sup>**



**Rozana**  
Ghee 1.5kg

**149<sup>99</sup>**



**Dairyline** Ghee

400gr  
**59<sup>99</sup>**  
1.5kg  
**169<sup>99</sup>**



**Farmside** Ghee

400gr  
**49<sup>99</sup>**  
1.5kg  
**139<sup>99</sup>**

*Always Superb*

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES

**La Italiana**  
Peanut Butter



400gr  
**22<sup>99</sup>**  
800gr  
**44<sup>99</sup>**

**Yum Yum**  
Peanut Butter  
400gr



**34<sup>99</sup>**

**Supreme Choice**  
Peanut Spread  
1kg



**44<sup>99</sup>**

**La Italiana**  
Hazelnut/  
Duo Spread  
350gr



**34<sup>99</sup>**

**Lotus Biscoff**  
Spread Smooth  
400gr



**84<sup>99</sup>**

**Nutella**  
Chocolate Spread  
350gr



**94<sup>99</sup>**

**Nestle**  
Dessert Topping  
Bar One/Milky Bar/  
Peppermint Crisp  
500ml



**159<sup>99</sup>**

**Lotus Biscoff**  
Dessert Topping  
1kg



**239<sup>99</sup>**

**Nur**  
Pistachio Sauce  
500ml



**299<sup>99</sup>**

**Mamas**  
Mixed Fruit/Apricot  
Jam 450gr



**18<sup>99</sup>**

**Hazeldene**  
Mix Fruit Jam



450gr  
**22<sup>99</sup>**  
900gr  
**32<sup>99</sup>**

**Melrose**  
Bottle Spread  
400gr



**59<sup>99</sup>**

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DISCOVER OUR WIDE RANGE OF MEAT-FREE CHOICES



**Ovenbake**  
Biscuit Fancy  
A/B Tub  
1kg

**94<sup>99</sup>**



**Ovenbake**  
Biscuit Fancy  
C Tub  
1kg

**109<sup>99</sup>**



**Ovenbake**  
Biscuit Fancy  
E Tub  
1kg

**74<sup>99</sup>**



**Ovenbake**  
Biscuit Fancy  
J Tub  
1kg

**119<sup>99</sup>**



**Ovenbake**  
Biscuit Fancy  
Small Tub  
500gr

**64<sup>99</sup>**



**Golden Ribbon**  
Biscuit Tub  
Large  
1kg

**74<sup>99</sup>**



**Ili Mili**  
Biscuit  
125gr

**5<sup>99</sup>**



**Britannia**  
Milk/Wheat  
Rusk  
310gr

**19<sup>99</sup>**



**De Vries**  
Choco Rings  
White/ Brown  
150gr

**17<sup>99</sup>**



**De Vries**  
Double Velvet  
Chocolate  
185gr

**21<sup>99</sup>**



**De Vries**  
Ginger  
Biscuit  
200gr

**12<sup>99</sup>**



**Nutro**  
Creams  
82.5gr

**4<sup>99</sup>**



**Nutro**  
Crackers  
200gr

**10<sup>99</sup>**



**Nutro**  
Wafer  
75gr

**8<sup>99</sup>**



**Risi**  
Marie Biscuit  
Value Pack  
3x150gr

**21<sup>99</sup>**



**Tasty Treats**  
Wafers  
( Chocolate Nut,  
Strawberry, Vanilla)  
100gr

**7<sup>99</sup>**

**Superb**  
Hyper

**MEATLESS  
SPEND LESS**



**Camphor  
Block  
Deer Brand**

**9<sup>99</sup>**



**G3  
Light Aluminium  
Foil 5mt**

**12<sup>99</sup>**



**Snack Wrap  
Wax Paper  
10mt**

**13<sup>99</sup>**



**Twinsaver  
Kitchen Towel  
4's**

Take 3 For  
**100**



**Bon Voyage  
Pot Set  
LW3 6 Piece**

**129<sup>99</sup>**



**Kango  
Pot Set  
10 Piece**

**399**



**Biscuit Barrel  
1x1**

Small  
**7<sup>99</sup>**  
Medium  
**9<sup>99</sup>**



**Platter Base  
1x1**

Half Set  
**10<sup>99</sup>**  
Square Set  
**17<sup>99</sup>**



**Container  
Black/Clear  
38F 5's**

**14<sup>99</sup>**



**Bon Bon  
Tub+Lid  
2's**

**15<sup>99</sup>**



**Foam Tubs  
250ml  
25's**

**18<sup>99</sup>**



**Foil Tray  
Medium Dome/  
Board Lid  
5's**

**21<sup>99</sup>**

*Always Superb*

**Promo Valid Till 16th September 2025**