



Sasko
Premium Bread
700gr

Brown
12⁹⁹
White
13⁹⁹



Melda
Fresh Milk
Sachet
1lt

10⁹⁹



Bonle
Fresh Milk
Jug
2lt

24⁹⁹



Morning Crunch
La Italiana
Cereal
320/ 400gr

19⁹⁹



Nestle
Tex/Bar One/
Kit Kat 4 Finger/
Kit Kat Chunky/
Smarties
40/41.5/52gr

9⁹⁹



Oreo
Cookies
128gr

13⁹⁹



Willards
Cheese Curls/
Flings
150gr

17⁹⁹



Boston
Cappuccino
Sachets
10x18gr

29⁹⁹



Pasta Grande
Macaroni/
Spaghetti
500gr

12⁹⁹



Mr Orange
Squash
2lt

23⁹⁹



Frys
Sausage
Braai/ Spicy
380gr

32⁹⁹



Liquifruit
100%
Fruit Juice

1lt
22⁹⁹
6x200ml
44⁹⁹



Bakerite
Cake Wheat
Flour
10kg

94⁹⁹



White Star
Super Maize
10kg

99⁹⁹



Allsome
Long Grain
Parboiled Rice
10kg

109⁹⁹

Meatless Promotion Available Instore



Scan QR Code for
full catalogue

Superb
Hyper

**BUNDLE &
SAVE**



COMBO 1



Golden Prestige Rice 10kg+
KO Super Maize 10kg+
Pro Cake Flour 10kg+
Goldenglo Oil 5lt

410

COMBO 2



Aunt Caroline Rice 10kg+
Nyala Super Maize 10kg+
Azam Cake Flour 10kg+
Helios Oil 5lt

481

COMBO 3



Golden Prestige Rice 10kg+
KO Super Maize 10kg+
Pro Cake Flour 10kg+
Goldenglo Oil 5lt+
Selati Brown Sugar 5kg+
Festive Sugar Beans 5kg

645

Always Superb

Superb
Hyper

Mix, Bake, Enjoy



Clover
Condensed
Milk
385gr

31.99



Clover
Caramel Cream
360gr

31.99



Golden Cloud
Cake Mix
500/ 700/ 800gr

39.99



Super Gold
Cocoa Powder
500gr

39.99



Golden Ribbon
Almonds
Whole
1kg

159.99



Klim
Pouch
500gr

72.99



Robertsons
Essence/
Colouring
40ml

10.99



Rhodes
Granadilla
Pulp
240gr

21.99



La Italiana
Duo Spread
350gr

34.99



Danica
Sweetwhip
1lt

54.99



Thokoman
Peanut Butter
400gr

29.99



Hugos
Mix Fruit Jam
900gr

34.99



Melrose
Spread
150gr

24.99



Albany
Superior
Bread 700gr

Brown
14.99

White
16.99



Panbake
Melting
Moments
5x1

13.99



Fresh
Mini Scones
6x1

21.99

Always Superb

Superb
Hyper

Brew, Sip, Sweeten



Glen
Teabags
100's



26.99



Enrista
Cappuccino
10x18gr

34.99



Frisco
Coffee
Original
250gr

59.99



Nescafe
Classic Coffee
200gr

119.99



Clover
Creamel Cream
750gr

44.99

Always Superb

Superb
Hyper

Crunch Anytime



Morvite
Porridge
1kg

29.99



Kellogg's
Cornflakes
750gr

57.99



La Italiana
White Oats
1kg

26.99



Pringles
40gr

19.99



Simba
Chipniks
100gr

16.99



Frimax
Snappers
125gr

8.99



Choc Chip/ Choc
Mint/ Choc Oats/
Crunchies/
Ginger/ Milk
Drops/ Salted
Caramel

Henro
Cookies
160/ 175gr

11.99



Bakers
Choc O Break/
Tennis Doubles/
Zoo Zoos
125gr

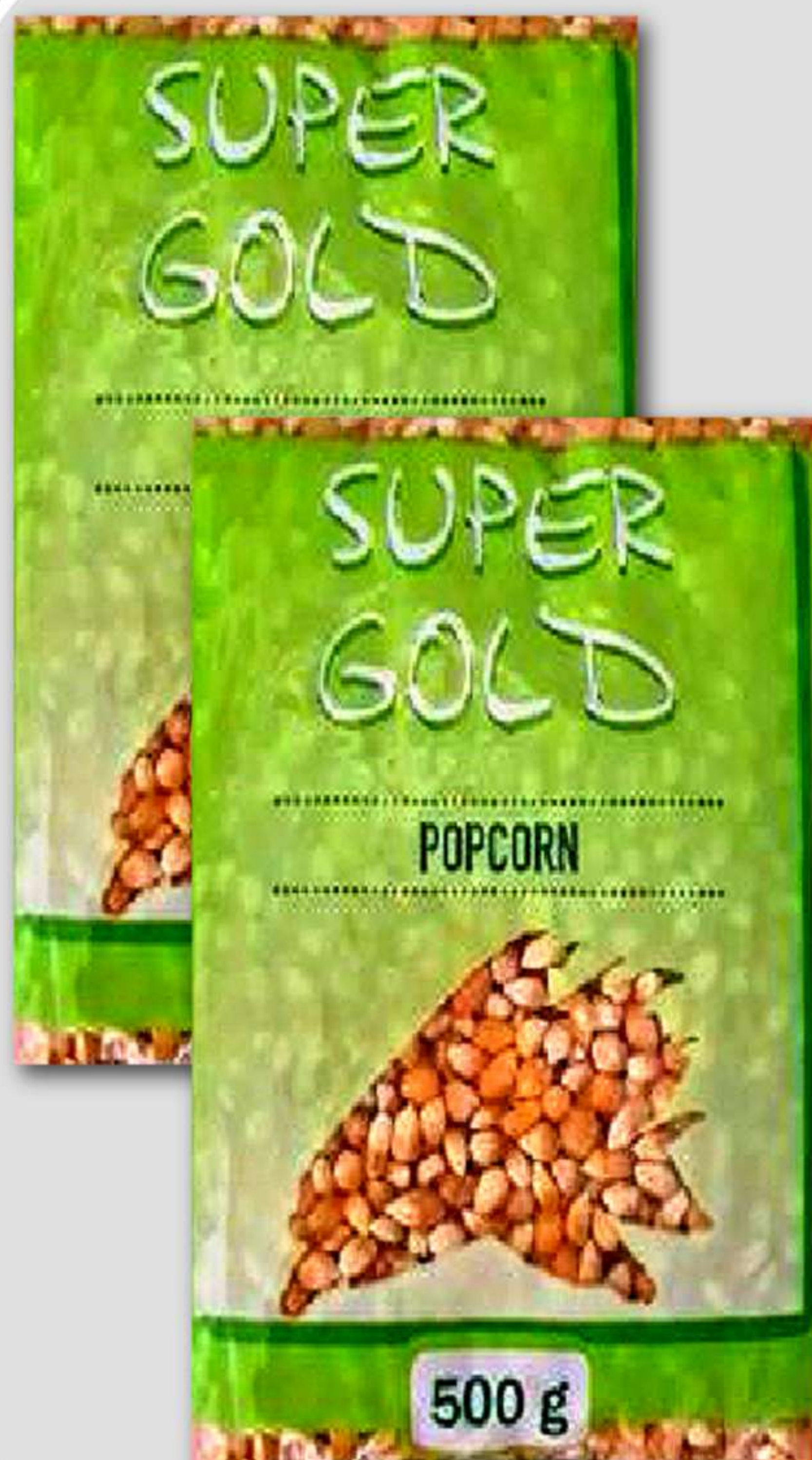
13.99



Risi
Marie Biscuit
3x150gr

21.99

Always Superb



Supergold
Popcorn Seed
500gr

9.99



Supergold
Sugar Beans

500gr
14.99
1kg
29.99



Supergold
Masoor
1kg

18.99



Supergold
Yellow Split
Peas

1kg
11.99
2kg
23.99



Tomco
Baked Beans
410gr

8.49



Koo
Baked Beans
400gr

14.99



La Italiana
Butter Beans
400gr

12.99



Everyday
Sweetcorn
410gr

14.99



Pakco
Chilli Bite Mix
250gr

14.99



Migoreng
Noodles
5's

17.99



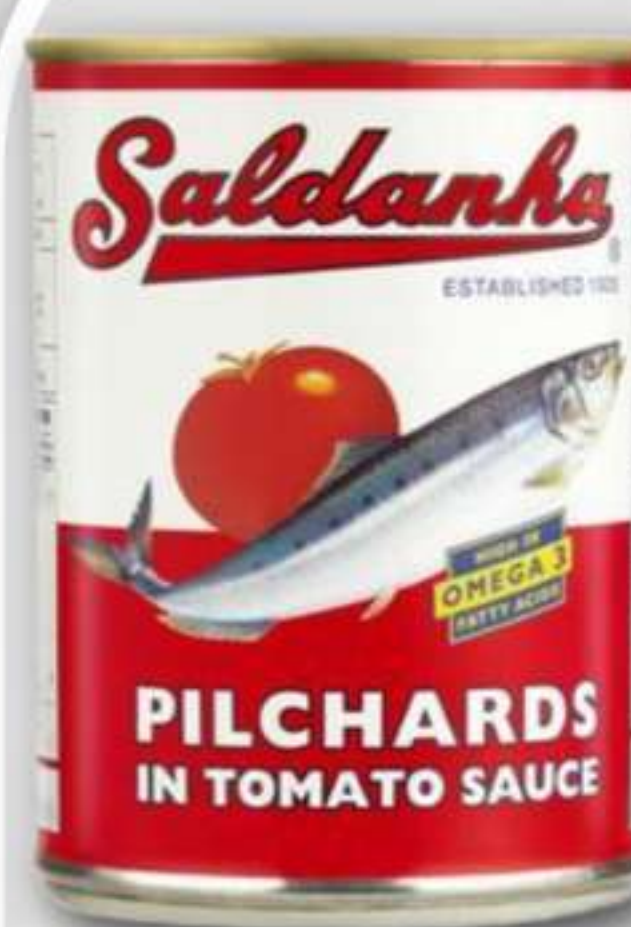
Lucky Star
Corned Meat
300gr

27.99



Saldanha
Middlecut
400gr

29.99



Saldanha
Pilchards
400gr

22.99



Sailors
Middlecut
425gr

24.99

Creamy Perfection



Mamas
Peri
Mayonnaise
750ml

24.99



Minnies
Sauce
250ml

27.99



Wellington
Ketchup
700ml

27.99



Clover
Mayonnaise
750gr

32.99



Imana
Sauce
38gr

8.99



Knorr
Soup
50gr
Take Any 3 For

20



Knorrox
Soup
750gr

27.99



Knorrox
Soya
400gr

24.99



Jaba
Spice
10's

10.99



Knorrox
Cubes
48's

39.99



Sunspice
Beef Stock
Crumble
1kg

49.99



Delite
Bombay
Mix Masala
500gr

49.99

Superb
Hyper

Tender, Tasty, Ready



Rainbow
Mix Portions

2kg
79.99

4kg
159.99

5kg
199.99



Natures Garden
Sweetcorn
750gr

29.99



McCains
Stir Fry Mix
700gr

34.99



McCains
Skinny/ Slap Chip
1kg

47.99



Frys
Burger Traditional
/ Spiced
320gr

44.99



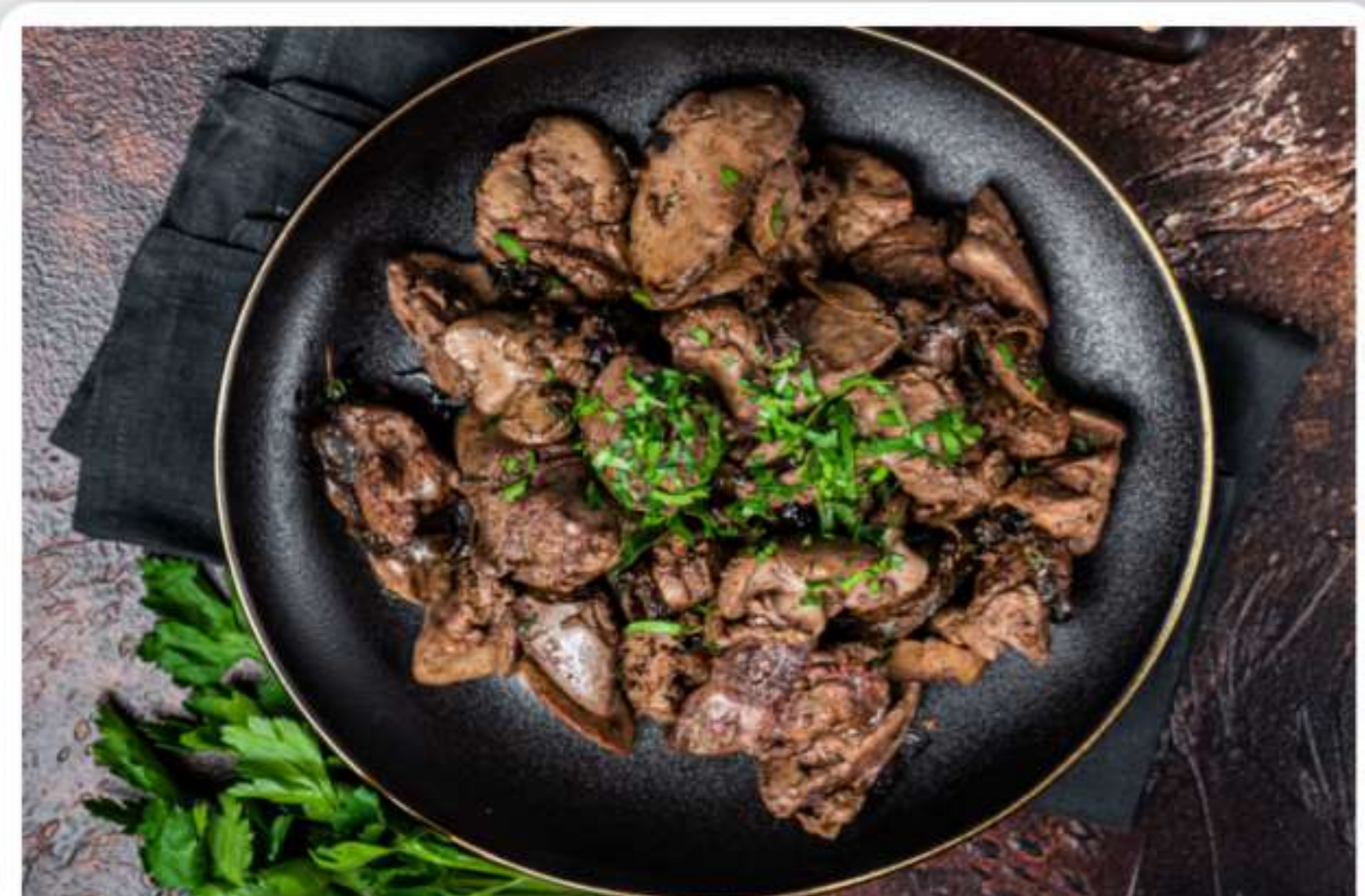
Vejoy
Soya Prawns/
Chico Julienne
300/ 220gr

37.99

Always Superb

Superb
Hyper

Premium Quality *Butchery*



Ox Liver
Uncooked
Per Kg

69⁹⁹



Fresh Chicken
Breast Fillet
Uncooked
Per Kg

69⁹⁹



A Grade Bulk
Stewing Beef
Uncooked
Per Kg

89⁹⁹



A Grade Beef
Chuck/Brisket/ Blade
Uncooked
Per Kg

94⁹⁹



A Grade Beef
Mince
Uncooked
Per Kg

99⁹⁹



A Grade Beef
Short/ Prime Rib
Uncooked
Per Kg

99⁹⁹



Bushcamp/
Chakalaka Wors
Uncooked
Per Kg

109⁹⁹



A Grade Beef
Topside/ Silverside
Uncooked
Per Kg

114⁹⁹



Choice Wors
Uncooked
Per Kg

114⁹⁹



Fresh
Whole Birds
Uncooked
5x1

319⁹⁹

Always Superb

Offers Valid Till 16th September 2025



Pizza News
Thick Base Pizza
(Excl. Meat Lovers)
1x1

59.99



Simply Chicken
Polony
1kg

69.99



Goldi
Crumbed Chicken
Burger
960gr

64.99



Chicken Tizer
Chesy Bites
1kg

79.99



Parmalat
Cheese Slices
200gr



31.99



I & J
Tasty Fishers
300gr



37.99



I & J
Beefers
500gr



69.99

Superb
Hyper

Cool, Creamy, Perfect



Steri Stumpie
Milkshake
350ml

14.99



Tropika
Drinking
Yoghurt
450gr

16.99



Dalys
Premium
1.5lt

31.99



Delicious
Concentrate

1lt
11.99
5lt
52.99



Brookes
Oros
1lt

23.99



Everfresh
Uht Milk
6x1lt

89.99



Spring Meadow
Low Fat/ Fruit
Yoghurt
1kg

28.99



Spring Meadow
Dairy Blend
2lt

23.99



Krush
Fruit Juice
1.5lt

19.99



Danone
Danup
950gr

21.99



Underberg
Maas
2lt

22.99



Parmalat
Smooth/ Kids
Yoghurt
6x100gr

18.99



Flora
Tub
1kg

56.99



D'lite
Margarine
Tub
500gr

19.99



Rama
Spread For
Bread Brick
500gr

18.99



Dairyline
Pure Butter
Ghee

400gr
59.99
1.5kg
169.99

Always Superb



Super Gold
Brown Sugar

5kg
94.99

10kg
189.99



Selati
White Sugar

2.5kg
54.99

5kg
104.99

10kg
209.99



Selati
Brown Sugar

2kg
41.99

5kg
99.99

10kg
194.99



Huletts
White Sugar

2.5kg
55.99

10kg
214.99

Superb
Hyper

Bake With The Best



Pro
Cake Wheat Flour
10kg

94.99



Bakerite
Cake Wheat
Flour
10kg

94.99



Sasko
Cake Wheat
Flour

2.5kg
33.99

5kg
67.99

10kg
112.99



Azam
Cake Wheat Flour

2.5kg
28.99

5kg
57.99

10kg
97.99



Snowflake
Cake Wheat
Flour

2.5kg
34.99

5kg
69.99

10kg
119.99

Always Superb

Superb
Hyper

Simple Satisfaction



Ko
Super Maize

5kg
39.99
10kg
74.99
25kg
189.99



Ingonyama
Super Maize

5kg
44.99
10kg
79.99
25kg
199.99



Nyala
Super Maize

5kg
59.99
10kg
89.99
25kg
234.99



White Star
Super Maize

5kg
59.99
10kg
99.99
25kg
268.99

Always Superb



Wholesome Grains



Tri Star
Long Grain
Parboiled Rice

5kg
46.99
10kg
92.99
25kg
231.99



Festive
Long Grain
Parboiled Rice

5kg
49.99
10kg
94.99
25kg
237.99



Golden Prestige
Long Grain Parboiled Rice

2kg
23.99
5kg
53.99
10kg
99.99
20kg
204.99
25kg
254.99



Thokoza Long
Grain Parboiled Rice

5kg
53.99
10kg
101.99
20kg
207.99
25kg
255.99



Allsome Long
Grain Parboiled Rice

2kg
26.99
5kg
66.99
10kg
109.99
25kg
294.99



Golden Delight
Long Grain
Parboiled Rice

2kg
29.99
5kg
63.99
10kg
118.99



Golden Delight
Long Grain
Parboiled Rice

20kg
248.99
25kg
298.99



Spekko Blue Long
Grain Parboiled Rice

2kg
29.99
5kg
74.99
10kg
129.99
25kg
359.99



Aunt Caroline
Long Grain
Parboiled Rice
10kg

137.99



Aakifah/ Super Gold
Sella Premium
Basmati Rice
5kg

114.99



La Jawab
Sella Premium
Basmati Rice
5kg

124.99



Mehboob
White
Basmati Rice
5kg

109.99



Golden Delight
Premium
Basmati Rice
5kg

129.99



India Gate
Sella Basmati
Rice
2kg

132.99

Always Superb

Superb
Hyper

Purely Delicious



Sunola
Cooking Oil

2lt
56.99
4lt
116.99
5lt
136.99



Eco-Friendly
Pure Canola
Cooking Oil

2lt
63.99
4lt
119.99



D'Lite
Pure Cooking Oil

2lt
57.99
5lt
137.99



Goldenglo
Pure Sunflower
Oil

2lt
59.99
5lt
139.99



Sunseed
Sunflower Oil

2lt
61.99
5lt
144.99



Helios
Pure Sunflower Oil

2lt
64.99
4lt
129.99
5lt
154.99



Sunfoil
Pure Sunflower Oil

2lt
64.99
4lt
129.99
5lt
154.99



**Golden
Crisp**
Palm Oil
20lt

559.99



Sunfoil
Palm Oil
20lt

564.99

Always Superb

Superb
Hyper

Fresh & Radiant



Colgate
Regular
100ml

19.99



Flodent
Toothpaste
Charcoal
100ml

26.99



Colgate
Charcoal
Toothbrush
1x1

34.99



Lifebuoy
Soap
(Excl Coal & Mint/
Honey & Tumeric)
175gr

13.99



Lux
Soap
175gr

12.99



Belux
Handwash
500ml

19.99



Revlon
Flex 2 in 1
Shampoo
250ml

39.99



Amla
Hair Oil
100ml

27.99



Gentle Magic
Lotion
125ml

9.99



Even & Lovely
Face Tone
Cream
50ml

19.99



Ponds
Oil Control
Facewash
100ml

37.99



Shield
Roll On
50ml

21.99



Playboy/
Playgirl
Deodrant
90ml/ 150ml

29.99



Germol
Antiseptic
500ml

59.99



Eversun
Family Lotion
SPF30
100ml

89.99



Vaseline
Lotion/ Cream
400ml

49.99



Ingrams
Creams
450ml

49.99



Clere
Radiance 5
Oils Lotion/
Cream
400ml

27.99



Dawn
Cream
400ml

23.99



Vaseline
Petroleum Jelly
250ml

36.99



Dolly Varden
Glycerine
100ml

15.99

Always Superb



Confident Care

Always
Maxi Pads
Airy Soft
8s

19.99

Always
Pantyliners
40's

34.99

Gynaguard
Wipes
12's

21.99

Loving Touch
Go Twins
5's

14.99

No Hair
Lotion
125ml

59.99

Black Chic
Mega Hair
Colour Black
28ml

17.99

Darling
Naturi Braids
Value Pack
#1

27.99

Dark & Lovely
Relaxer
Regular/Super
125ml

34.99

Dark & Lovely
Anti Breakage
Kit
1x1

69.99

Panado
Blister Box
24's

32.99

Calpol
Paediatric
Syrup
50ml

42.99

Med Lemon
8's

74.99

Slowmag
Tablets
30's

119.99



Superb
Hyper

Happy & Healthy Pets



Marltons
Original
Dog Shampoo
500ml

64.99



Qualipet
Parrot Seeds
1kg

37.99



Qualipet
Award Animal
Shampoo
1lt

69.99

Always Superb

Superb
Hyper

Cuddles & Comfort



Purity
Jar
125ml

13.99



Nestum
200gr

26.99



**Johnson's &
Johnsons**
Wash Top -To -Toe
500ml

79.99



Gentle Care
Baby Powder
400gr

27.99



Just For Baby
Baby Oil
200ml

27.99



Cherubs
Baby
Wipes
3x64's

54.99



Pampers
Jumbo Pack
Nappies
1x1

199.99

Always Superb

Superb
Hyper

Long Lasting Freshness



Rave
Laundry Bar
500gr

9.99



**Personal
Touch**
Fabric
Softener
500ml

21.99



Maq
Washing
Powder
2kg

57.99



Sunlight
Auto Washing
Powder
2kg

67.99



Mr Sheen
Oxi Wash
Liquid
1lt

39.99



Jik
Bleach
1.5lt

34.99



Goldenglo
Dishwashing
Liquid
750ml

17.99



**Domestos +
Handy Andy**
Combo
750ml

54.99



Mr Muscle
Kitchen Trigger
500ml

44.99



Plush
All Purpose
Cleaner
1lt

29.99



Finish
Dishwasher
Rinse Aid
400ml

74.99



Mr Sheen
Tile Cleaner
1lt

29.99



Plush
Pine Gel
500ml

17.99



Pledge
Multi Surface
Cleaner
Banded
2x300ml

54.99



Krisp Air
Air Freshener
225ml

13.99



Chemico
Drain Cleaner
Granules
60gr

24.99

Always Superb



Newden
Madubula
Disinfectant
500ml

23.99



Dawnlight
Candle
450gr

21.99



Daisy Soft
350 Sheet
2 Ply Virgin
18's

79.99



Lion
Shoe Polish
200ml

39.99



Broom
Whisk Medium
Flagged
1x1

24.99



Foam
Cup
25x250ml

9.99



Paper
Plate
50's

19.99



Mop
Jumbo
1x1

31.99



Foam
Container
20/25/30/31
75's

45.99



Mug
Glazed
14oz

11.99



Otima
Helmet Bin
25lt

59.99



Nu Ware
Cake Storer
Round/
Rectangular
1x1

79.99



Springtide
Container Set
3pce

27.99



Hendler & Hart
J7 Pot Set
4pce

389.99



Illumin8
Led Emergency
Backup Bulb
12W

69.99



Elektron
Bulk Head+ 9W
Bulb Interior Light
1x1

79.99



Illumin8
Flood Light
100w

239



Goldair
Fan Heater
GFH2000B
1x1

249



Goldair
Heater Quartz
GHQ100G
1x1

219



Defy
Bar Fridge
Metallic
DBF90

2299