



Sasko
Premium Bread
700gr

Brown
12⁹⁹
White
13⁹⁹



D'Lite
Margarine Tub
1kg

32⁹⁹



Melda
Fresh Milk
Sachet
1lt

10⁹⁹



Bonle
Fresh Milk
Jug
2lt

24⁹⁹



Cadbury
Lunch Bar/
Ps/ Crunchie/
Astros
Large Bars
40/48gr

Take Any 3 For
30



Six Gun
Grill Seasoning
Pouch
200gr

14⁹⁹



Doritos
Corn Chips
145gr

17⁹⁹



Nola
Mayonnaise
750gr

32⁹⁹



De Vries
Choco Rings/
White Choco
Rings
150gr

16⁹⁹



Arooba
Concentrate
Juice

1lt
8⁹⁹
5lt
34⁹⁹



Pure Joy
100%
Fruit Juice

1lt
19⁹⁹
6x200ml
29⁹⁹



Coke
Original
2lt

19⁹⁹



Vejoy
Soya
Chico Julienne/
Cashew Nut Balls
220/ 300gr

34⁹⁹



Rhodes
Baked Beans
6x410gr

57⁹⁹



Eco Friendly
Pure Canola Oil
4lt

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

413

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+
Sheraz Sugar Beans 5kg

648

Always Superb

Superb
Hyper

Mix, Bake, Enjoy



La Italiana
Condensed
Milk
390gr

19.99



Nestle
Caramel Treat
360gr

36.99



Golden Cloud
Muffin Mix
500gr

17.99



Super Gold
Gram Flour
500gr

12.99



Golden Ribbon
100's & 1000's
125gr

14.99



Nespray
Sachets
400gr

54.99



Hulley & Rice
Bicarb Of Soda
500gr

19.99



Rhodes
Fruit
Cocoktail
410gr

27.99



Dew Choc
Baking
Chocolate
500gr

37.99



Al Barakah
Dates Sugar
500gr

57.99



Thokoman
Peanut Butter
400gr

29.99



Hazeldene
Mix Fruit Jam
900gr

32.99



Melrose
Bottle Spread
250gr

39.99



Albany
Superior
Bread 700gr

Brown

14.99

White

16.99



Panbake
Choc Chip
Muffins
4's

19.99



Fresh
Mini Fruit
Scones
6's

18.99

Always Superb

Superb
Hyper

Brew, Sip, Sweeten



Freshpak
Rooibos
160's



94.99



Nestle
Milo Pouch
500gr

69.99



Five Roses
African Blend
200's



79.99



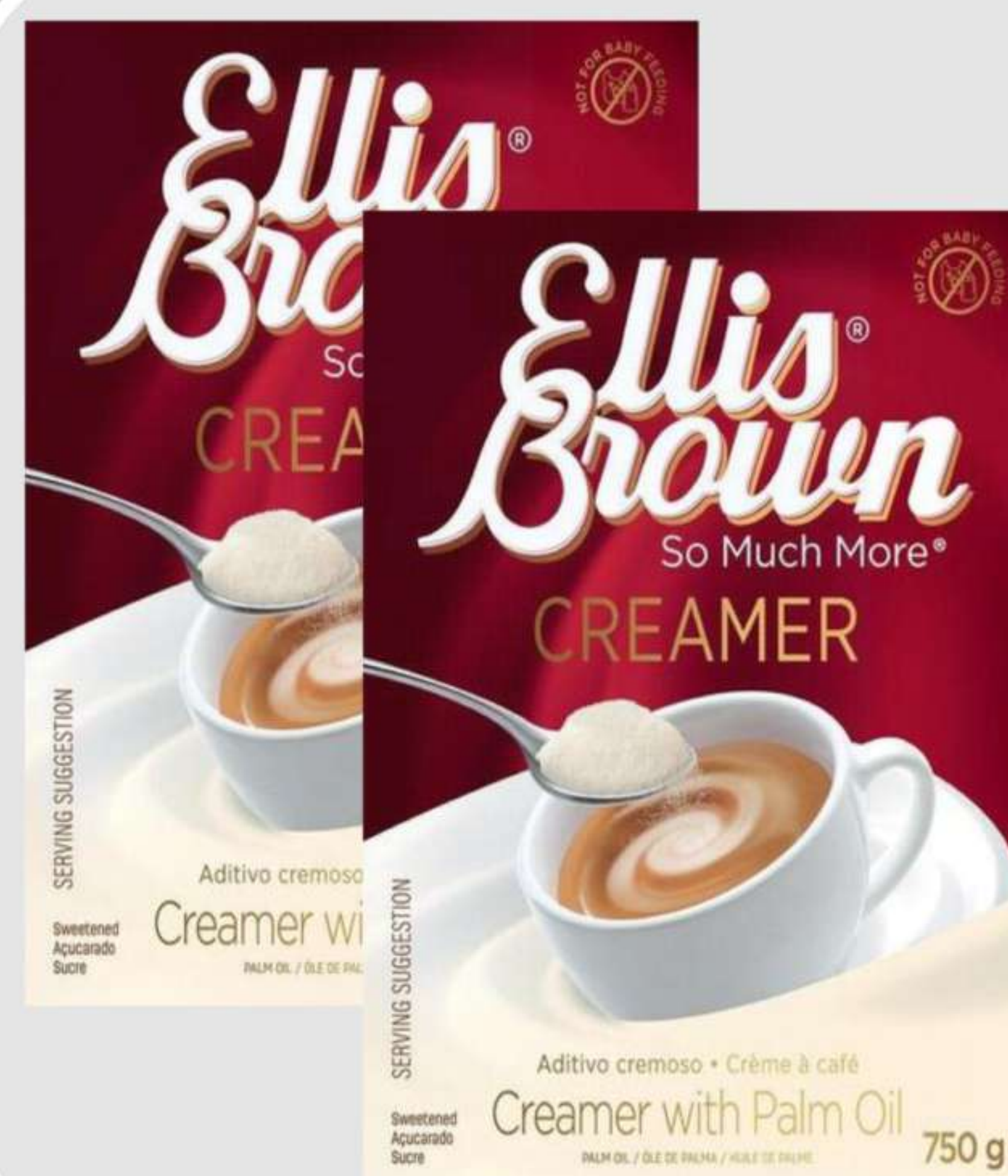
Ricoffy
Pouch
800gr

119.99



Nescafe
Gold Sachet
Original
10x18gr

64.99



Ellis Brown
Creamer
750gr

57.99

Always Superb

Superb
Hyper

Crunch Anytime



Ace
Porridge
1kg

24.99



La Italiana
White Oats
1kg

26.99



Kelloggs
Allbran Flakes
750gr

59.99



Lays
Potato Chips
120gr

18.99



Simba
Ghost Pops
100gr

10.99



Willards
Cheas Naks
135gr

12.99



Bakers
Eet Sum Mor
200gr

27.99



Bakers
Tennis Biscuit
200gr

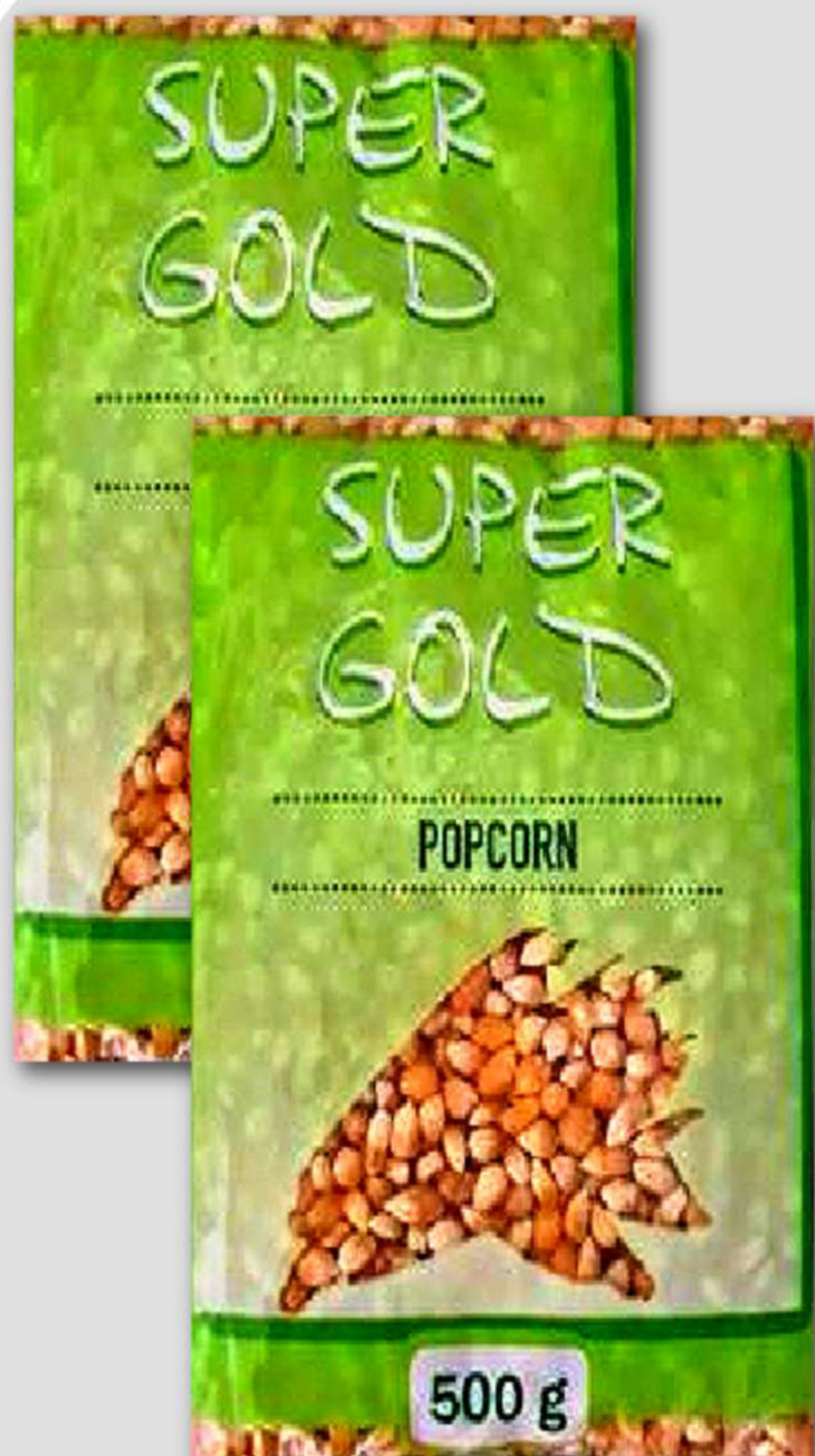
21.99



Britannia
Milk Rusk
310gr

19.99

Always Superb



Supergold
Popcorn Seed
500gr

9.99



Supergold
Sugar Beans

500gr
13.99
1kg
27.99



Supergold
Masoor
1kg

18.99



Supergold
Yellow Split
Peas

1kg
11.99
2kg
23.99



Tomco/ Everyday
Baked Beans
410gr

8.49



Koo
Baked Beans
400gr

14.99



Rhodes
Butter Beans
400gr

17.99



Rhodes
Chakalaka
410gr

15.99



Rhodes
Beetroot
780gr

21.99



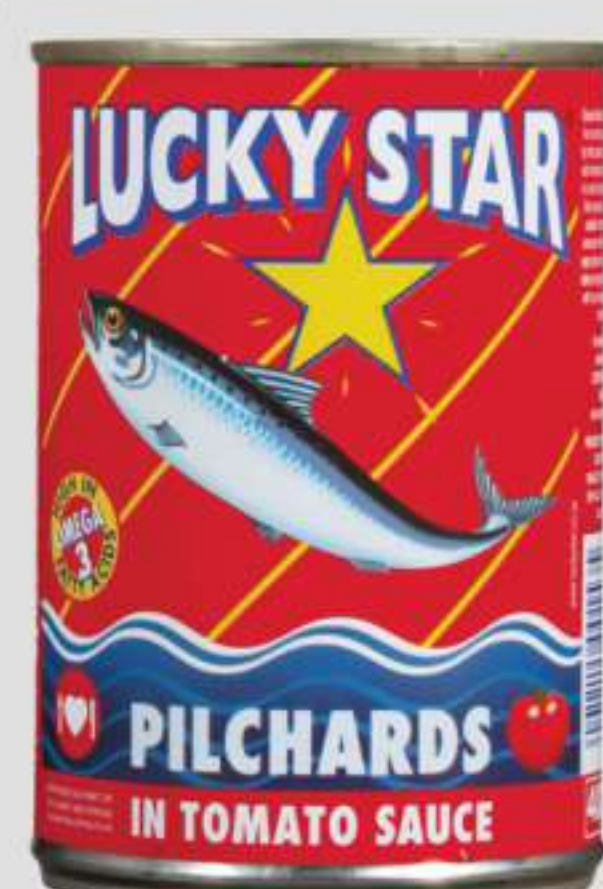
Eezee
Migoreng
Noodles
5's

27.99



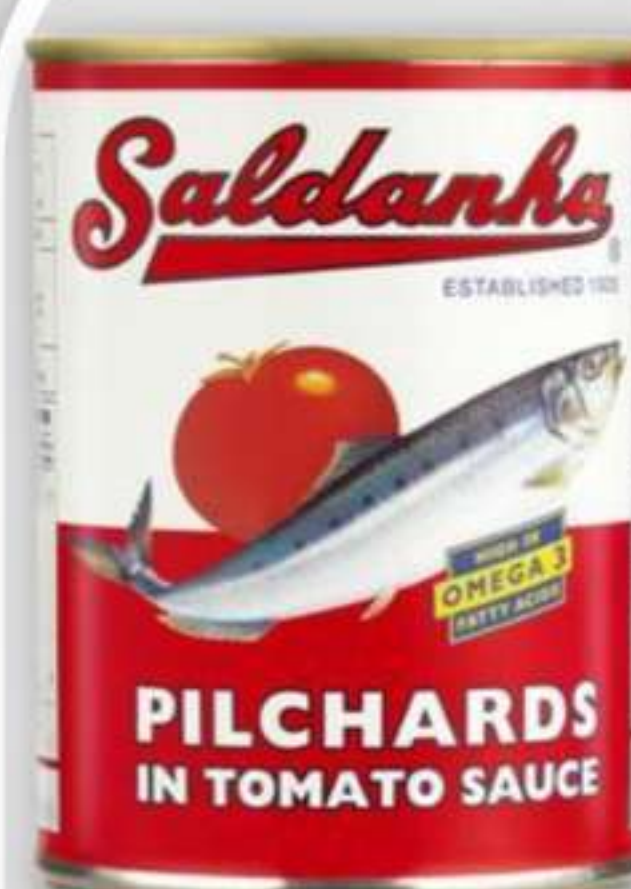
Bull Brands
Corned Meat
300gr

24.99



Lucky Star
Pilchards
400gr

24.99



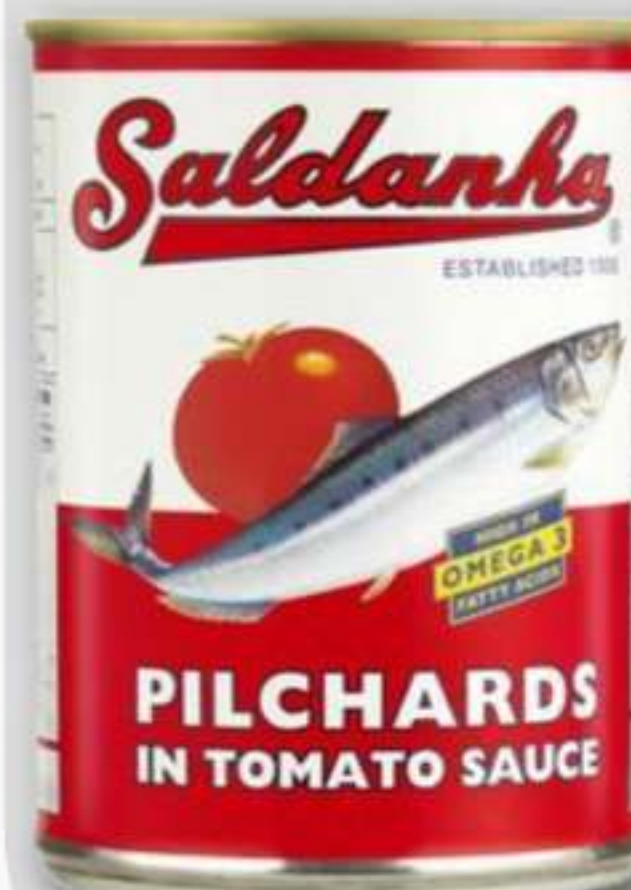
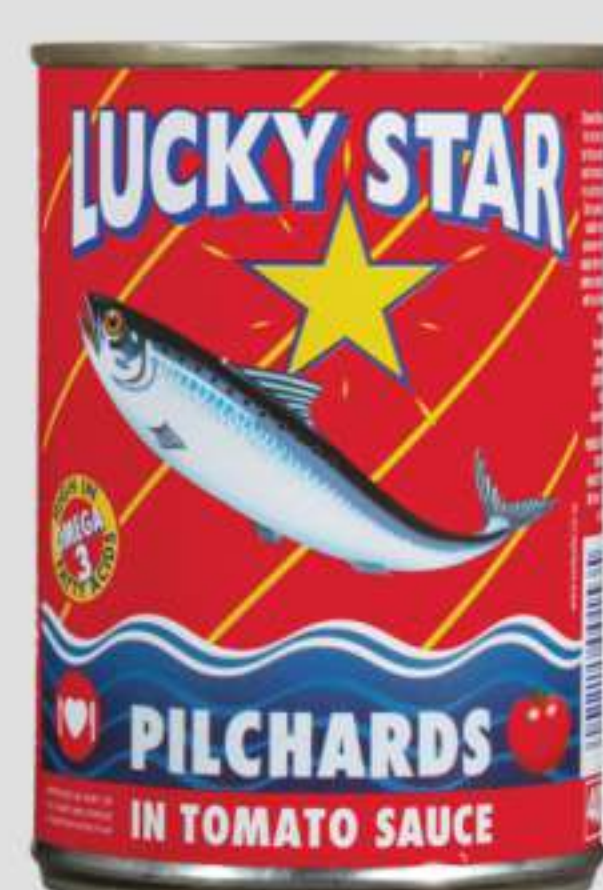
Saldanha
Pilchards
400gr

22.99



Lucky Star
Middlecut
425gr

34.99



Creamy Perfection



Chip Dip/
Peri Mayo/
Mustard/
Peri Peri

Mamas
Sauce
750ml

24.99



Nandos
Sauce
250ml

37.99



Wellington
Tomato Sauce
700ml

31.99



Mamas
Mayonnaise
Mzansi
750gr

21.99



Imana
Sauce
38gr

8.99



Knorr
Soup
50gr
Take Any 3 For

20



Knorrox
Soup Bag
400gr

14.99



Knorrox
Soya
400gr

24.99



Nandos
Seasonke
200gr

17.99



Knorrox
Cubes
24's

22.99



Osmans
A1 Mix Masala
1kg

64.99



Sunsprite
Rombo Rossi
Masala
200gr

24.99

Superb
Hyper

Tender, Tasty, Ready



Rainbow
Mix Portions

2kg
79.99

4kg
159.99

5kg
199.99



Harvest Time
All- In- One
Pot Mix
600gr

22.99



McCains
(Mixed Veg/
Country Crop/ Stew
Mix/ Sweetcorn/
Peas/ Stir Fry)
250gr

14.99



McCains
Straight Cut Fry
Chips
900gr

39.99



Frys
Burger Original
320gr

54.99



Vejoy
Vegetarian Fish
250gr

37.99

Always Superb

Superb
Hyper

Premium Quality *Butchery*



Beef
Meaty Bones
Uncooked
Per Kg

34⁹⁹



A Grade Bulk
Stewing Beef
Uncooked
Per Kg

84⁹⁹



A Grade Beef
Chuck/Brisket/ Blade
Uncooked
Per Kg

89⁹⁹



A Grade Beef
Mince
Uncooked
Per Kg

89⁹⁹



A Grade Beef
Short/ Prime Rib
Uncooked
Per Kg

94⁹⁹



Bushcamp/
Chakalaka Wors
Uncooked
Per Kg

99⁹⁹



Choice Wors
Uncooked
Per Kg

104⁹⁹



A Grade Beef
Topside
Uncooked
Per Kg

109⁹⁹



A Grade Beef
Silverside
Uncooked
Per Kg

109⁹⁹



Fresh
Whole Birds
Uncooked
3x1

199⁹⁹

Always Superb

Offers Valid Till 21st September 2025



Fatima's
Samoosa Pur
500gr

42.99



Rainbow
Chicken Polony
1kg

54.99



Goldi
Crumbed Chicken
Burger
960gr

64.99



Chicken Tizer
Pops
1kg

69.99



Parmalat
Cheese Slices
400gr

44.99



I & J
Fish Fingers
400gr

64.99



I & J
Range
280gr

46.99

Superb
Hyper

Cool, Creamy, Perfect



Spring Meadow
Meadow
Fresh Cream
250ml

21.99



Yogi Sip
250gr

11.99



Halls
Squash
1.25lt

27.99



Wild Island
Concentrate
1lt

18.99



Brookes
Oros
2lt

37.99



Parmalat
Fruit/ Low Fat
Yoghurt
1kg

34.99



Bashews
Cooldrink
300ml

8.99



Krush
Nectar
1.5lt

32.99



Danone
Danup
900gr

21.99



Jabulani
Amasi
2kg

24.99



Parmalat
Smooth/ Kids
Yoghurt
6x100gr

17.99



Rama
Original Brick
500gr

26.99



Stork
Spread Tub
500gr

32.99



Bonnita
Choice Butter
500gr

69.99



Mums
Ghee
1.5kg

99.99



Farmgate
Uht Milk
6x1lt

84.99

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

97.99



Bakerite
Cake Wheat
Flour
10kg

97.99



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
43.99
10kg
77.99
25kg
197.99



Nyala
Super Maize

5kg
59.99
10kg
89.99
25kg
234.99



White Star
Super Maize

5kg
59.99
10kg
99.99
25kg
249.99

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
93.99
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
114.99
25kg
294.99



Golden Delight
Long Grain
Parboiled Rice

2kg
28.99
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



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



Maseeha
Sella
Basmati Rice
5kg

124.99



Golden Delight
Premium
Basmati Rice
5kg

129.99



Dunar
Gourmet Sella
Basmati
Rice
5kg

134.99

Always Superb

Superb
Hyper

Purely Delicious



Sunola
Cooking Oil

2lt
56.99
4lt
116.99
5lt
137.99



Eco-Friendly
Pure Canola
Cooking Oil

2lt
63.99
4lt
109.99



D'Lite
Pure Cooking Oil

2lt
57.99
5lt
136.99



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



Flodent
Toothpaste
Original
100ml

12.99



Aquafresh
Fresh & Minty/
Herbal
100ml

16.99



Aquafresh
Family Med
Toothbrush
1x1

16.99



Germol
Soap
175gr

10.99



Santoor
Soap
90gr

9.99



Satiskin
Shower Gel
500ml

49.99



Palmolive
Shampoo/
Conditioner
350ml

29.99



Gentle Magic
Serum Tube
50ml

19.99



Cuticura
Ointment
20gr

29.99



Cuticura
Face Wash
150ml

49.99



Ead
Tissue Oil
Spray
100ml

39.99



Garnier
Roll On
50ml

26.99



**Exclamation/
Gravity**
Deodorant
90ml/ 120ml

29.99



Germol
Antiseptic
Liquid
250ml

39.99



Nivea
Soft Tub
Creme
100ml

39.99



Vaseline
Lotion/ Cream
400ml

49.99



Skin Clinic
Tissue Oil
Cream
450ml

31.99



Clere
Hand And
Body Lotion
400ml

26.99



Ingrams
Cream
300ml

34.99



Clere
Petroleum Jelly
450ml

47.99



Clere
Pure Glycerine
100ml

14.99

Always Superb

Superb
Hyper

Confident Care



Stayfree
Maxi Pads
10's

14.99



Comfitex
Pantyliners
Extra Long
16's

19.99



Gynaguard
Wipes
2x12's

37.99



Lion
Razor Metal
1x1

29.99



No Hair
Lotion
125ml

59.99



Be Beautiful
Yaki Braid
#1/ #27
1x1

9.99



Black Series
Super Black
30ml

14.99



Easy Waves
Hair Food
125ml

17.99



Restore
Relaxer
Regular/ Super
125ml

37.99



Compral
Powder
10's

27.99



Woods
Great
Peppermint
Cure
100ml

46.99



Panado
Syrup
50ml

32.99



Koflet
Lozenges
Menthol
20's

24.99

Always Superb

Superb
Hyper

Happy & Healthy Pets



Marltons
Dewormer
50ml

39.99



Marltons
Tick & Flea
Powder
100gr

44.99



Qualipet
Award Animal
Shampoo
1lt

69.99

Always Superb

Superb
Hyper

Cuddles & Comfort



Purity
Jar
200ml

15.99



Nestum
500gr

49.99



Purity
Petroleum Jelly
450ml

44.99



Johnsons & Johnsons
Baby Powder
400gr

59.99



Purity
Baby Oil
125ml

36.99



Johnsons & Johnsons
Baby Wipes
56's/ 72's

24.99



Huggies
Dry Comfort
Value Pack
1x1

164.99

Always Superb

Superb
Hyper

Long Lasting Freshness



Maq
Fabric Softener
Refill
500ml

23.99



Daily
Laundry
Soap
500gr

10.99



Sunlight
Washing
Powder
3kg

84.99



Maq
Auto Washing
Powder
2kg

59.99



Mr Sheen
Oxi Wash
Tub
500gr

59.99



Albex
Bleach
750ml

11.99



Maq
Dishwashing
Liquid
750ml

26.99



Harpic
Gel
750ml

29.99



Chemico
Liqui-Clean
750ml

34.99



Kiwi Kleen
All Purpose
Cleaner
1lt

24.99



Mr Sheen
Clear View
1lt

37.99



Kiwi Kleen
Tile Cleaner
750ml

34.99



Sunlight
Pine Gel
1lt

39.99



Plush
Multi Surface
Cleaner
275ml

27.99



Tango
Aerosol
300ml

14.99



Doom
Rattex
Powder
100gr

24.99

Always Superb



Jeyes Fluid
250ml

21.99



Britelite
Candle
450gr

19.99



Daisy Soft
Premium
350 Sheets 2 Ply
24's

99.99



Plush
Shoe Polish
100ml



24.99



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



Dinner Plate
Ethnic
10.5"

13.99



Otima
Snack 'N Go
Lunch Box
750ml

10.99



Otima
Daisy Laundry
Basket
50lt

99.99



Regent
Chef Knife
320x45x13mm

49.99



Bon Voyage
Pot Set LW3
6pce

129.99



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