

**Superb**  
Hyper

**MEAT FREE**  
**FLAVOURFUL**  
**DEALS**

**VEG-FRIENDLY DEALS**



Specials Valid From 30th September - 6th October 2026



**Raha**  
Soft Cooking  
Pea Dhall  
1kg

**10.99**



**Raha Red**  
Speckled New  
Season Local  
Sugar Beans  
1kg

**27.99**



**Raha**  
Kidney Beans  
1kg

**32.99**



**Raha**  
Popcorn Seeds  
500gr

**7.99**



**Raha**  
Brown Masoor  
Lentils  
1kg

**17.99**



**Raha**  
Baked Beans  
400gr

**8.99**



**Raha**  
Butter Beans  
400gr

**11.99**



**Raha**  
Tomato Puree  
400gr

**11.99**



**Raha**  
Tomato Onion  
Mix  
400gr

**11.99**



**Raha**  
Samp & Beans  
400gr

**11.99**



**Raha**  
Golden Sella  
1121 Extra Long  
Grain Basmati  
Rice 5kg

**124.99**



**Raha**  
Kitchen Towels  
2 Ply 300  
Sheets Jumbo  
1x1

**24.99**

*Always Superb*



**MORE VEG**  
**FRESHER SAVINGS**

**Best of Ballito**  
READERS' CHOICE AWARDS



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**VEG-FRIENDLY DEALS**



**Loose Pea Dhall Polished Soft Cooking**  
Per Kg

**10.99**



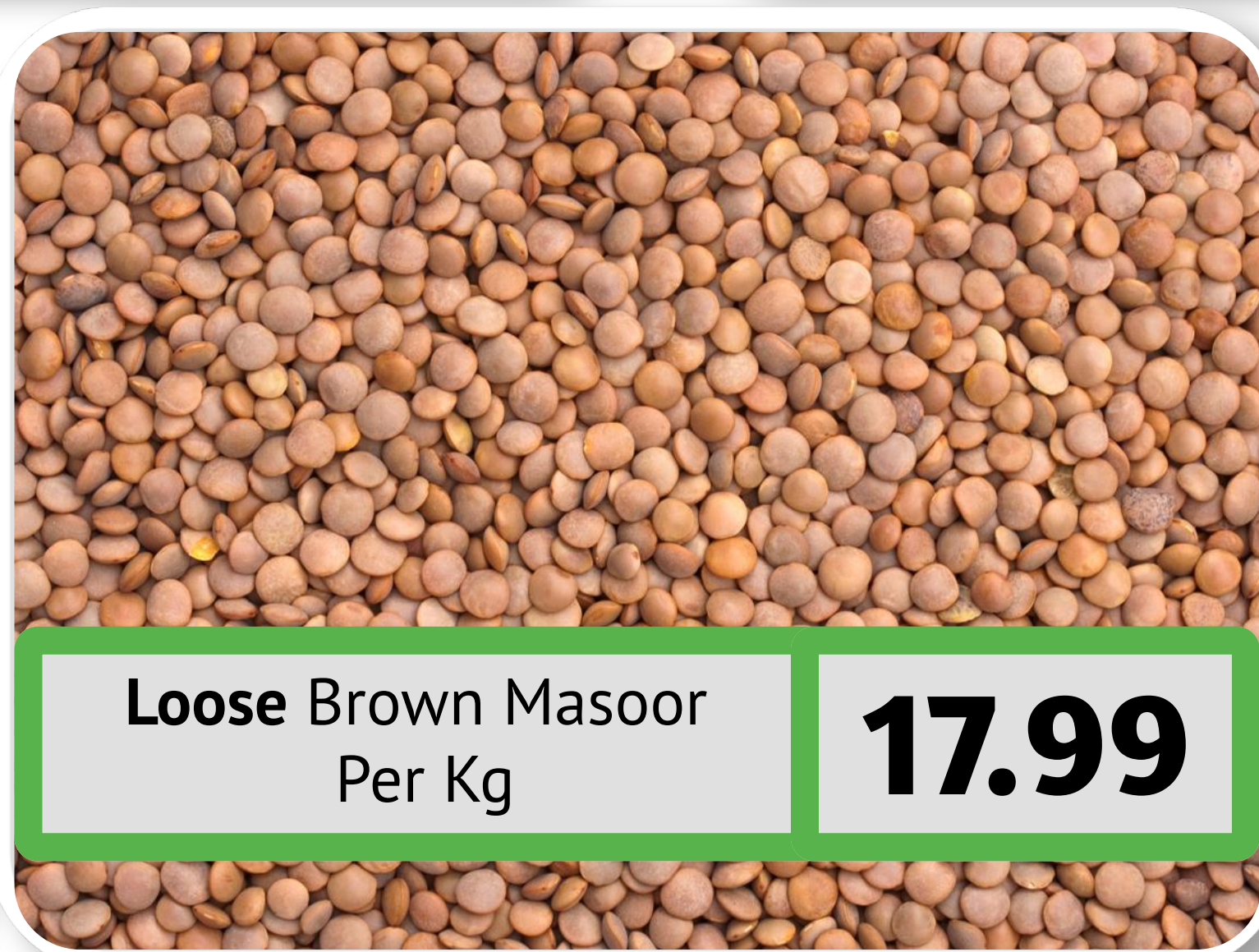
**Loose White Rice Per Kg**

**11.99**



**Loose Samp & Beans**  
Per Kg

**14.99**



**Loose Brown Masoor**  
Per Kg

**17.99**



**Loose Whole Brown Gram**  
Per Kg

**18.99**



**Loose Gram Dhall**  
Per Kg

**19.99**



**Loose Yellow Moong**  
Dhall Per Kg

**29.99**



**Loose Soya Mince**  
Light Per Kg

**27.99**



**Loose Soya Chunks**  
Light Per Kg

**27.99**



**Loose Sugar Beans**  
Per Kg

**28.99**



**Loose Kidney Beans**  
Per Kg

**29.99**

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**VEG-FRIENDLY DEALS**



**Super Gold  
Yellow Split  
Pea Dhall  
1kg**

**10.99**



**Super Gold  
Sugar Beans  
1kg**

**29.99**



**Super Gold  
Kidney Beans  
1kg**

**34.99**



**Super Gold  
Gram Dhall  
1kg**

**21.99**



**Super Gold  
Gram Flour  
1kg**

**21.99**



**Super Gold  
Masoor Brown  
1kg**

**17.99**



**Super Gold  
Oil Dhall  
1kg**

**29.99**



**Super Gold  
Pea Flour  
1kg**

**14.99**



**Super Gold  
Samp & Beans  
1kg**

**15.99**



**Super Gold  
White Rice  
500gr**

**6.99**



**Super Gold  
Whole Brown  
Gram  
500gr**

**11.99**



**Super Gold  
Breyani Mix  
100gr**

**19.99**



**Super Gold  
Soya Mince /  
Chunks  
200gr**

**8.99**

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**VEG-FRIENDLY DEALS**



**Golden Ribbon**  
Fried Onions  
400gr

**34.99**



**Golden Ribbon**  
Gram Dhall  
1kg

**22.99**



**Golden Ribbon**  
Gram Flour  
1kg

**21.99**



**Golden Ribbon**  
Kidney Beans  
1kg

**32.99**



**Golden Ribbon**  
Masoor Brown  
1kg

**21.99**



**Golden Ribbon**  
Pea Flour  
1kg

**14.99**



**Golden Ribbon**  
Sugar Beans  
1kg

**29.99**



**Golden Ribbon**  
White Rice  
500gr

**7.99**



**Golden Ribbon**  
Yellow Split  
Peas  
1kg

**11.99**

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**Thai Gold**  
Fragrant Bimri Rice  
5kg

**99.99**



**Aakifah**  
1121  
Sella Premium  
Basmati Rice  
5kg

**109.99**



**Golden Delight**  
Premium  
Extra Long Grain  
1121 Sella  
Basmati Rice 5kg

**119.99**



**Raha**  
Golden Sella 1121  
Extra Long Grain  
Basmati Rice  
5kg

**124.99**



**Maseeha**  
Golden Extra  
Long Grain 1121 Sella  
Basmati Rice  
5kg

**124.99**



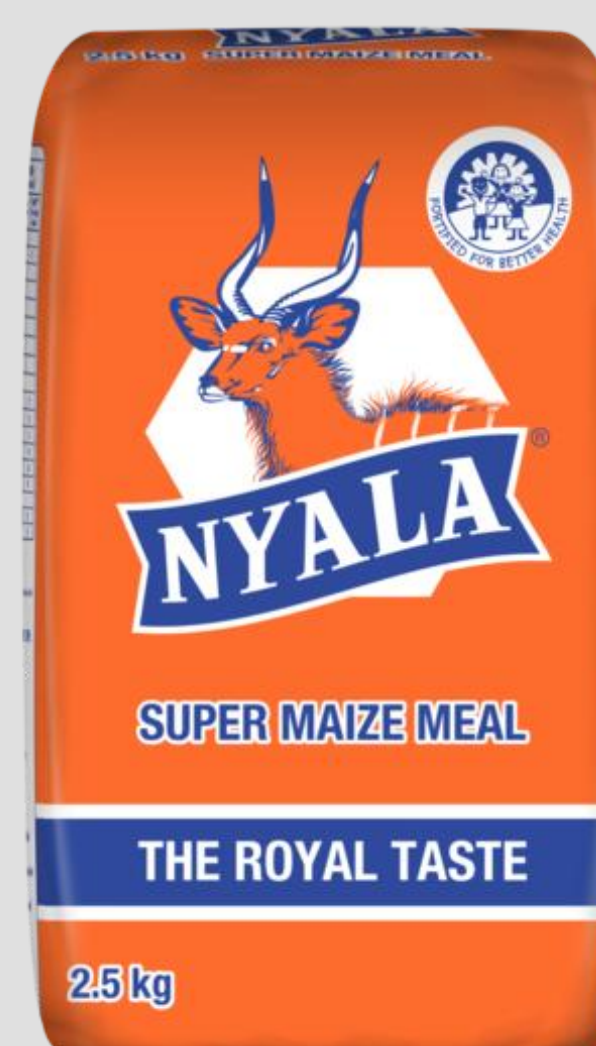
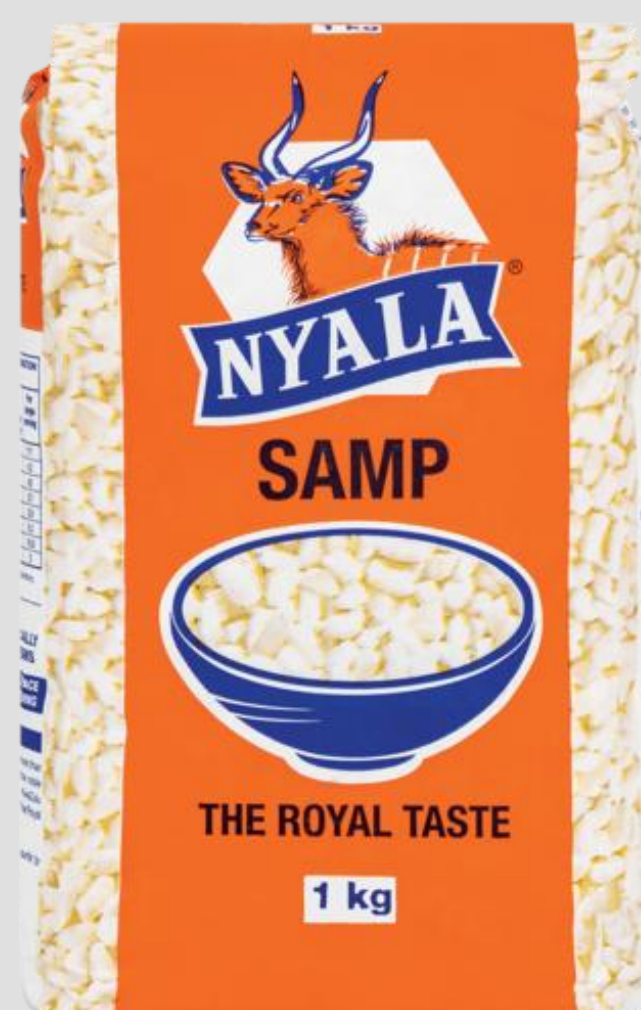
**La Jawab**  
Sella 1121  
Extra Long Grain  
Basmati Rice  
5kg

**129.99**



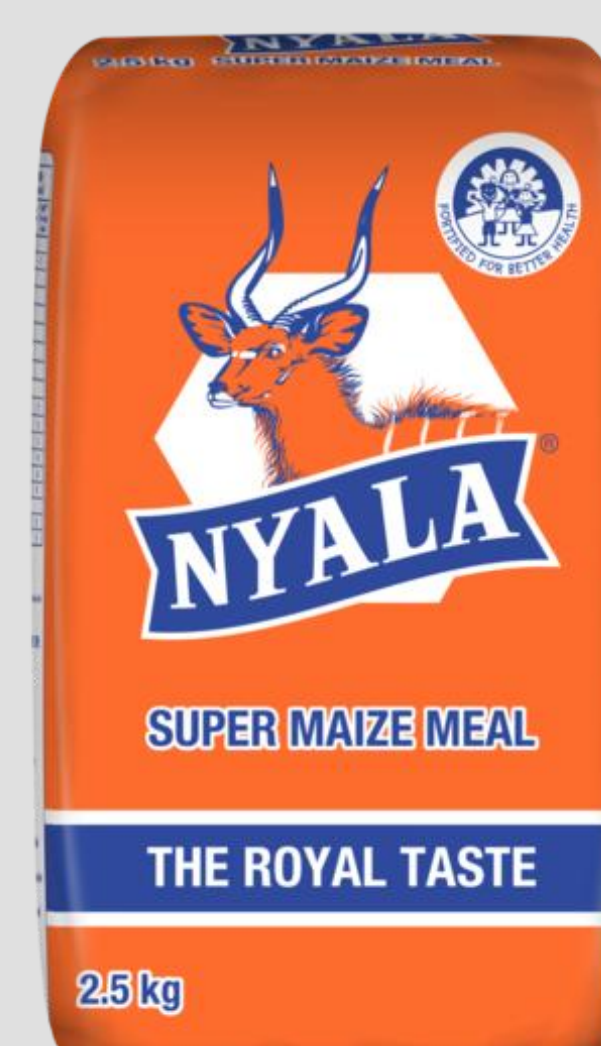
**Nyala**  
Samp  
1kg

**13.99**



**Nyala**  
Super Maize  
2.5kg

**26.99**



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**VEG-FRIENDLY DEALS**



**Tomco /  
Everyday**  
Baked Beans  
400gr / 410gr

**8.49**



**Raha**  
Baked Beans  
400gr

**8.99**



**Rhodes**  
Baked Beans  
410gr

**11.99**



**Rhodes**  
Baked Beans  
6x410gr

**67.99**



**Koo**  
Baked Beans  
400gr

**14.99**



**La Italiana**  
Sugar Beans  
400gr

**12.99**



**Raha**  
Butter Beans  
400gr

**11.99**



**Everyday**  
Butter Beans  
400gr

**11.99**



**La Italiana**  
Butter Beans  
400gr

**12.99**



**Rhodes**  
Butter Beans  
400gr

**17.99**



**Everyday**  
Samp & Beans  
410gr

**11.99**



**Raha**  
Samp & Beans  
400gr

**11.99**

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**DEALS**

**VEG-FRIENDLY DEALS**



**La Italiana**  
Chick Peas  
400gr

**12.99**



**Saikav**  
Split Pea Dhall  
410gr

**19.99**



**Saikav**  
Chick Peas  
410gr

**19.99**



**Saikav**  
Split Pea Dhall  
(Heat & Eat)  
410gr

**19.99**



**Saikav**  
Gram Dhall  
410gr

**19.99**



**Saikav**  
Moongh Dhall  
410gr

**19.99**

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# MEAT FREE FLAVOURFUL DEALS

VEG-FRIENDLY DEALS



Everyday  
Mixed Veg  
400gr

**11.99**



Everyday  
Mix Veg Curry  
400gr

**11.99**



Gold Dish  
Veg Curry  
Regular / Hot  
415gr

**14.99**



Rhodes  
Chakalaka  
Hot & Spicy /  
Mild & Spicy  
410gr

**17.99**



Koo  
(Chakalaka  
(Hot & Spicy /  
Mild & Spicy /  
Extra Hot /  
Beans  
/ Sweetcorn  
410gr

**18.99**



La Italiana  
Creamstyle  
Sweetcorn  
425gr

**14.99**



Rhodes  
Creamstyle  
Sweetcorn  
400gr

**16.99**



Koo  
Creamstyle  
Sweetcorn  
420gr

**17.99**

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**MEAT FREE**  
**FLAVOURFUL**  
**DEALS**

**VEG-FRIENDLY DEALS**



**Raha**  
Tomato &  
Onion Mix  
400gr

**11.99**



**Everyday**  
Tomato &  
Onion Mix  
400gr

**11.99**



**La Italiana**  
Tomato &  
Onion Mix  
410gr

**13.99**



**Raha**  
Tomato Puree  
400gr

**11.99**



**Everyday**  
Tomato Puree  
400gr

**11.99**



**La Italiana**  
Tomato Puree  
400gr

**13.99**



**La Italiana**  
Chopped  
Tomato  
400gr

**15.99**



**Rhodes**  
Chopped &  
Peeled  
Tomatoes  
410gr

**21.99**

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**MEAT FREE**  
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**VEG-FRIENDLY DEALS**



**Eezee**  
Pasta (Spaghetti  
/ Macaroni /  
Penne Rigate /  
Fusilli Screws  
/ Elbows )  
500gr

**9.99**



**Pasta Joy**  
Spaghetti /  
Macaroni  
500gr

**11.99**



**Pasta Grande**  
Spaghetti /  
Macaroni  
500gr

**13.99**



**Fattis &  
Monis**  
Spaghetti /  
Macaroni  
500gr

**15.99**



**Eezee**  
Macaroni  
3kg

**59.99**



**Eezee**  
Noodles  
5x65gr

**17.99**



**Maggi**  
2 Minute  
Noodles  
5x68gr

**27.99**



**Samyang**  
Noodles  
130gr

**24.99**

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# MEAT FREE FLAVOURFUL DEALS

VEG-FRIENDLY DEALS



**Yello**  
Lemon Juice

250ml  
**11.99**

2lt  
**59.99**



**Trulem**  
Lemon Juice

250ml  
**14.99**

500ml  
**21.99**

2lt  
**64.99**



**Mamas**  
Tomato /  
Chilli Econo  
2lt

**17.99**



**Allgold**  
Tomato Sauce  
700ml

**34.99**



**B - Well**  
Mayonnaise  
740 / 750gr

**34.99**



**Minnies**  
Sauce  
250ml

**29.99**



**Steers**  
Sauce  
375ml

**37.99**



**Nandos**  
Sauce  
250ml

**39.99**



**Jaba**  
Sauce Hot /  
Medium /  
Extra Hot

250ml  
**24.99**

750ml  
**39.99**

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**FLAVOURFUL**  
**DEALS**

**VEG-FRIENDLY DEALS**



**Pakco**  
Chilli Bite Mix  
250gr

**13.99**



**Cassim's**  
Dry Vada Mix  
500gr

**17.99**



**Cassim**  
Ready - To -  
Fry Vada Mix  
500gr

**24.99**



**Cassim's**  
Moongh Vada  
Mix 500gr

**19.99**



**Cassim's**  
Pure Vada  
Batter  
1kg

**37.99**



**Southern**  
Coating  
200gr

**14.99**



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

**22.99**



**Pakco**  
Curried  
Chillies  
325gr

**34.99**



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

**42.99**



**Knorr**  
Tasty /  
Packet Soup  
1x1

Take 3 For  
**20**



**Imana**  
Packet Soup  
1x1

Take 4 For  
**20**



**Sunfoil**  
Pro Chef  
Canola Oil  
4lt

**119.99**



**Helios**  
Pure  
Sunflower Oil  
5lt

**162.99**

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**FRESHER SAVINGS**

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Hyper

# MEAT FREE FLAVOURFUL DEALS

VEG-FRIENDLY DEALS



**McCains /  
Harvestime**  
Gourmet  
Country Crop /  
Mixed Veg / Stew  
Mix / Stir Fry /  
Sweetcorn  
250gr

**15.99**



**McCains /  
Harvestime**  
Gourmet Country  
Crop / Garden  
Mix/ Mixed Veg  
1kg

**44.99**



**Harvestime**  
Mixed Veg  
900gr

**32.99**



**Harvestime**  
Country Mix  
900gr

**37.99**



**Harvestime**  
Gourmet Baby  
Peas / Baby  
Carrots  
500gr

**39.99**



**Harvestime**  
Gourmet  
Green  
Beans  
750gr

**44.99**



**Harvestime**  
Gourmet Peas  
/ Carrot /  
Corn  
750gr

**46.99**



**Harvestime**  
Gourmet  
Garden  
Spinach  
750gr

**54.99**



**Harvestime**  
All In One  
Pot Mix  
600gr

**24.99**



**McCains /  
Harvestime**  
Gourmet Stew  
Mix  
600gr

**31.99**



**McCains /  
Harvestime**  
Gourmet Stir  
Fry Africa /  
Asian / French  
/ Hawaiian /  
Mexican  
700gr

**34.99**



**McCains /  
Harvestime**  
Gourmet  
Garden Peas /  
Sweetcorn  
750gr

**37.99**



*Always Superb*

**MORE VEG  
FRESHER  
SAVINGS**

**Best of Ballito**  
READERS' CHOICE AWARDS



**Superb**  
Hyper

# MEAT FREE FLAVOURFUL DEALS

VEG-FRIENDLY DEALS



**McCains**  
Fry Chips  
900gr

**37.99**



**McCains**  
Slap Chips /  
Skinny Fries  
1kg

**44.99**



**McCains**  
Sweet Potato  
Fries  
750gr

**64.99**



**McCains**  
Wedges  
750gr

**64.99**



**Natures Garden**  
Hashbrowns  
1kg

**64.99**



**Natures Garden**  
Straight Cut  
Chips  
1kg

**29.99**



**Natures Garden**  
Straight Cut  
Chips  
2.5kg

**69.99**



**Natures Garden**  
Stir Fry Mix  
250gr

**14.99**



**Natures Garden**  
Stir Fry Mix  
700gr

**31.99**



**Natures Garden**  
Mixed Veg  
1kg

**27.99**



**Natures Garden**  
Sweetcorn  
750gr

**29.99**



**Natures Garden**  
Garden Peas  
750gr

**29.99**

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**MORE VEG  
FRESHER SAVINGS**

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Hyper

# MEAT FREE FLAVOURFUL DEALS

VEG-FRIENDLY DEALS



Frys  
Sausage  
Braai Value  
Pack  
380gr

**37.99**



Frys  
Burger  
Traditional  
320gr

**47.99**



Frys  
Sausage Spicy  
/ Hotdog  
380gr  
Value Pack  
360gr

**39.99**



Frys  
Sausage  
Traditional  
500gr

**54.99**



Frys  
Burger  
Fiery  
320gr

**44.99**



Frys  
Burger  
Crumbed /  
Spiced  
320gr

**49.99**



Frys  
Burger  
Homestyle  
320gr

**54.99**



Frys  
Polony 380gr  
/ Soya Mince  
Value Pack  
300gr

**39.99**



Frys  
Pie Curry  
/ Mushroom  
350gr

**44.99**



Frys  
Popcorn  
300gr /  
Nuggets  
Chicken Style  
380gr

**49.99**



Frys  
Schnitzel  
Crumbed 320gr  
/ Strips Chicken  
Style / Chunky  
Beef Style Vp  
380gr

**49.99**



Frys  
No Chicken  
Pieces /  
Strips  
Southern Fry  
300gr

**54.99**



Frys  
Frikadelle  
240gr  
/ Sausage  
Roll  
400gr

**49.99**



Frys  
Butternut  
Balls  
240gr

**54.99**

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MEAT FREE  
FLAVOURFUL  
DEALS

VEG-FRIENDLY DEALS



Vejoy  
Soya Prawns  
300gr

37.99



Vejoy  
Vegetarian Fish  
250gr

37.99



Vejoy  
Soya Prawns  
Peri Peri  
250gr

39.99



Vejoy  
Soya Cashew Nut  
Balls / Chico  
Julienne  
300 / 320gr

39.99



Vejoy  
Soya Crumbed  
Halloumi / Spicy  
Paneer Poppers  
250gr

41.99



Kara Nicha's  
Soya Burgers  
Patties  
360gr

34.99



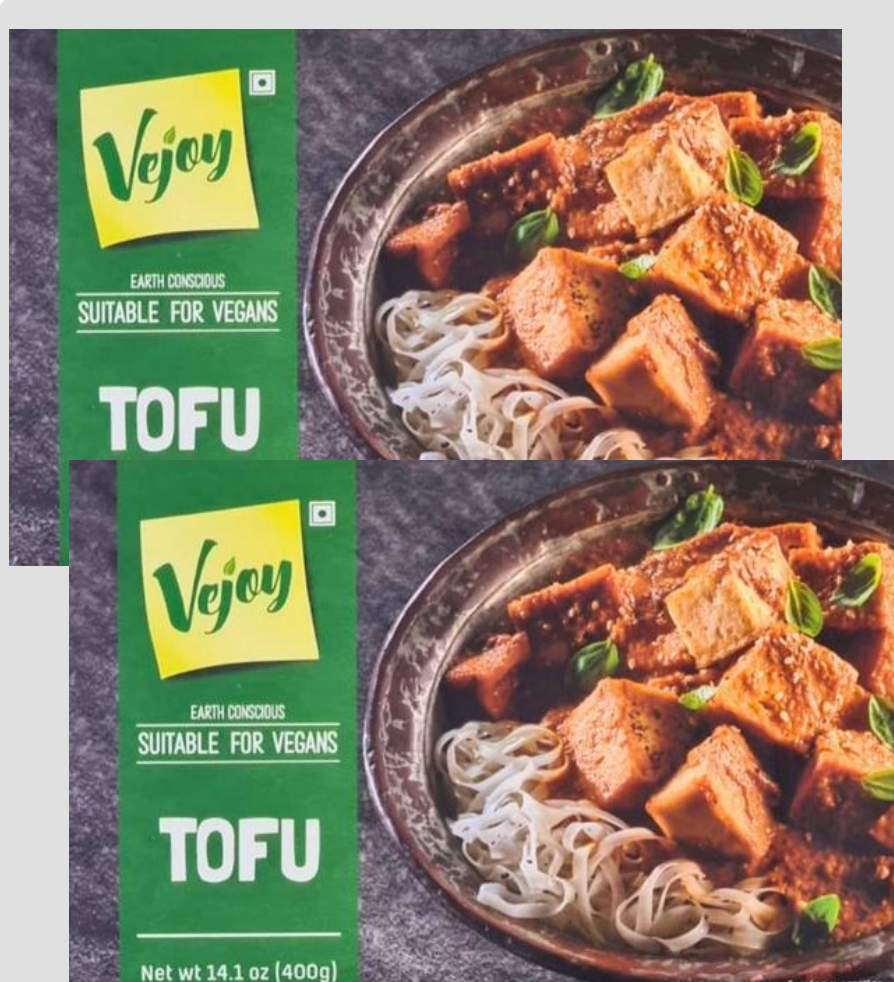
Vejoy  
Nuggets / Chico  
Burger / Crumbed  
Chico Burger / Hotdog /  
Sausages /  
Crumbed Schnitzel  
250 / 280 / 300  
320 / 400gr

44.99



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

54.99



Vejoy  
Soya Tofu  
400gr

41.99



Vejoy  
Malai Paneer  
200gr

24.99



Rozana Paneer

200gr- Cubed  
27.99

400gr- Cubed  
54.99

1kg  
124.99

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FRESHER SAVINGS

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# MEAT FREE FLAVOURFUL DEALS

VEG-FRIENDLY DEALS



**Todays**  
Puff Pastry  
400gr

**24.99**



**Fathimas**  
Puff Pastry



1kg  
**34.99**



3kg  
**89.99**



**The Puff Man**  
Pastry



500gr  
**22.99**



1kg  
**39.99**

3kg  
**94.99**



**Pastry Delight**  
Precut Pie  
Pastry (Mamas  
/ Rectangle /  
Oval / Rounds)  
40's

**139.99**



**Pastry**  
Delight  
Samoosa  
Pur  
600gr

**47.99**



**Switz**  
Mini  
Samoosa  
Pur  
38's

**16.99**



**Switz**  
Samoosa  
Pur Wide  
25's

**21.99**



**Heena**  
Samoosa  
Pur 500gr

**37.99**



**Heena**  
Samoosa  
Pur 1kg

**74.99**



**Switz**  
Springroll  
Pastry

50's  
**54.99**



30's- Large  
**54.99**



**Fathimas**  
Springroll  
Pastry  
50's



**54.99**

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**MEAT FREE  
FLAVOURFUL  
DEALS**

**VEG-FRIENDLY DEALS**



**Fathimas**  
Patha  
650gr

**21.99**



**Roshen**  
Puri Patha  
6's

**59.99**



**Pastry Delight**  
Patha Pies  
12's

**69.99**



**Todays**  
Party Pack  
Cheese  
800gr

**99.99**



**Pennywise**  
Party Pack  
Cheese  
30's

**69.99**



**Rozana**  
Vegetable  
Samosas  
(Potato / Soya  
/ Sweetcorn  
& Cheese )  
12's

**29.99**



**Pastry Delight**  
Sweetcorn &  
Cheese  
Samosa  
36's

**89.99**



**Rozana's**  
Vegetable  
Spring Rolls  
10's

**44.99**



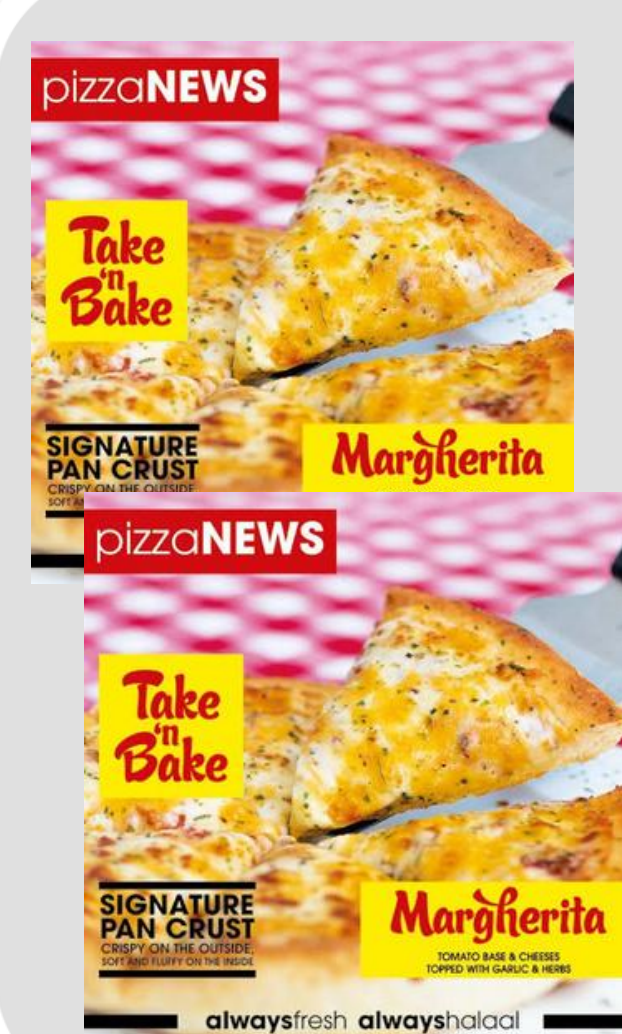
**Rozana's**  
Vegetable  
Pies (Spicy  
Potato /  
Spinach & Feta  
/ Veg Curry )  
6's

**44.99**



**Pizza News**  
Mini Pizza  
Cheese /  
Sweet Chilli  
6's

**64.99**



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

**59.99**



**Pizza News**  
Piezone  
Cheese  
6x55gr

**49.99**



**Just**  
Pie Oval  
Veg Curry /  
Spinach &  
Feta 4's

**77.99**



**Roshen**  
Aloo Paratha  
6's

**49.99**



**Hyfun**  
Burger Patty /  
Chilli Garlic  
Poppers  
360gr

**44.99**



**Hyfun**  
Savoury  
Fries  
400gr

**37.99**

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**MEAT FREE**  
**FLAVOURFUL**  
**DEALS**

**VEG-FRIENDLY DEALS**



**Pronto Pepper**  
Cheesy Tomato  
Pasta  
300gr

**54.99**



**Pronto Pepper**  
Spinach & Feta  
Cannelloni  
300gr

**54.99**



**Pronto Pepper**  
Spinach &  
Butternut  
600gr

**54.99**



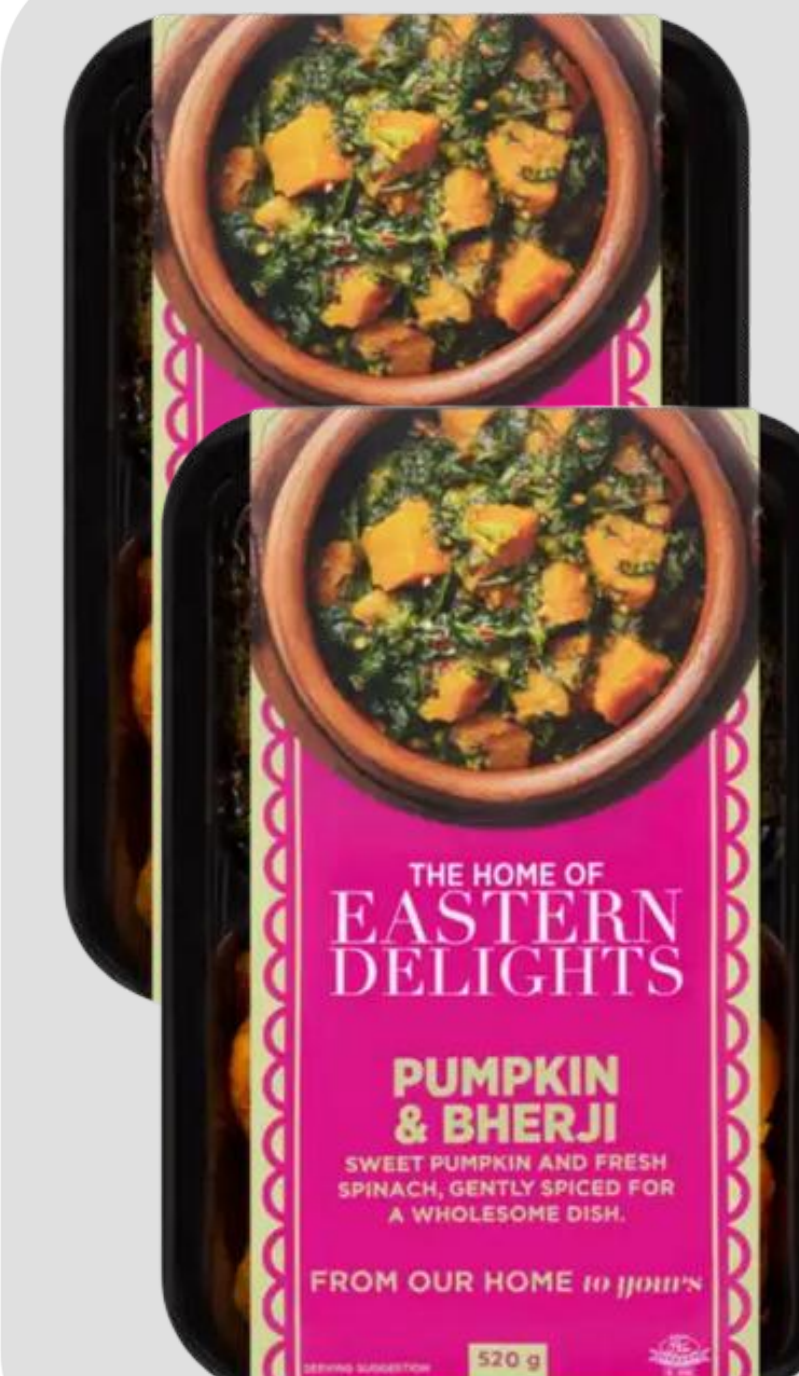
**Pronto Pepper**  
Potato Bake  
1kg

**109.99**



**Eastern  
Delights**  
Aloo Fry  
300gr

**54.99**



**Eastern  
Delights**  
Pumpkin &  
Bherji  
520gr

**54.99**



**Eastern  
Delights**  
Kuri Khitchri  
560gr

**64.99**



**Eastern  
Delights**  
Carrot Soji  
350gr

**94.99**



**Eastern  
Delights**  
Paneer &  
Rice  
600gr

**109.99**

*Always Superb*

**MORE VEG**  
**FRESHER SAVINGS**

**Best of Ballito**  
READERS' CHOICE AWARDS



**Superb**  
Hyper

**MEAT FREE**  
**FLAVOURFUL**  
**DEALS**

**VEG-FRIENDLY DEALS**



**Fresh**  
Home Made  
Roti  
10's

**29.99**



**Rozana**  
Frozen Roti  
12's

**23.99**



**The Puff Man**  
Pita Bread  
6's

**29.99**



**Fathima's**  
Paratha Plain  
400gr

**37.99**



**Bombaywalla**  
Garlic Butter  
Naan /  
Tandoori Naan  
/ Butter Naan  
320gr

**44.99**



**Bombaywalla**  
Methi Paratha  
420gr

**39.99**



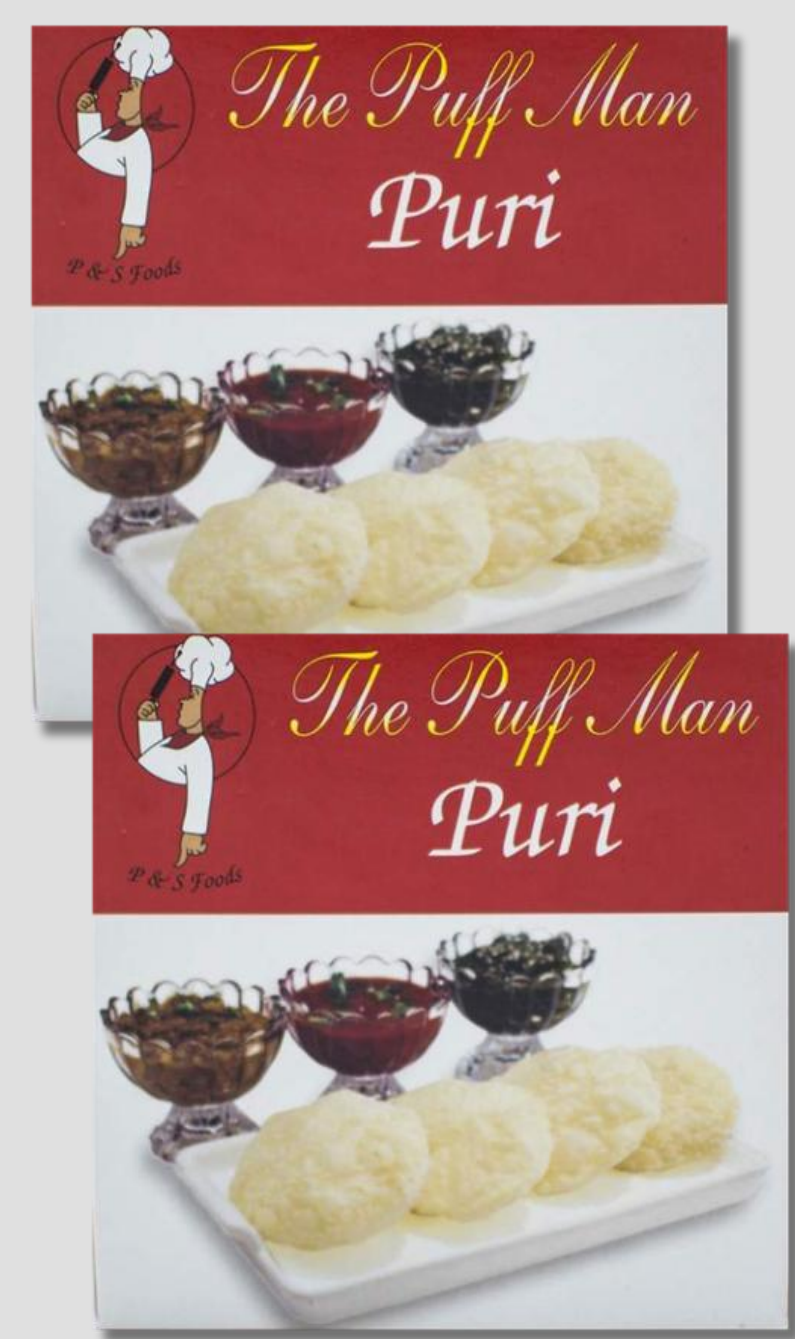
**Pastry Delight**  
Mini Pizza  
Bases  
20's

**39.99**



**The Puff Man**  
Pizza Bases  
Large  
4's

**54.99**



**The Puff Man**  
Puri  
12's

**17.99**

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**MORE VEG**  
**FRESHER SAVINGS**

**Best of Ballito**  
READERS' CHOICE AWARDS



**Superb**  
Hyper

# MEAT FREE FLAVOURFUL DEALS

VEG-FRIENDLY DEALS



**Parmalat**  
Block Cheese



600gr  
**89.99**



850gr  
**119.99**



**Clover**  
Block Cheese



550gr  
**99.99**



800gr  
**119.99**



**Parmalat**  
Grated Cheese



250gr  
**57.99**

750gr  
**139.99**



**Parmalat**  
Slice Cheese



200gr  
**32.99**



400gr  
**59.99**



900gr  
**94.99**



**Clover**  
IWS Cheese  
950gr



**92.99**



**Melrose**  
Cheese Spread

150gr  
**27.99**

250gr  
**46.99**

400gr  
**64.99**



**Melrose**  
Wedges  
100gr

**27.99**



**Kiri**  
Cream Cheese  
100gr



**44.99**



**Clover**  
Happy Cream  
Cheese



Spread - 180ml  
**34.99**



Square - 200gr  
**47.99**

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**MORE VEG  
FRESHER SAVINGS**

Best of Ballito  
READERS' CHOICE AWARDS



**Superb**  
Hyper

**MEAT FREE**  
**FLAVOURFUL**  
**DEALS**

**VEG-FRIENDLY DEALS**



**Bonle**  
Fresh Milk  
2lt

**27.99**



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

**27.99**



**Orange Groove**  
Full Cream Milk  
2lt

**31.99**



**Clover**  
Fresh Milk  
250ml

**9.99**



**Melda**  
Fresh Milk Sachet  
1lt

**11.99**



**Bonle**  
Fresh Milk  
Sachet  
1lt

**13.99**



**Farmgate**  
Uht Milk  
6x1lt

**83.99**



**Everfresh**  
Milk  
6x1lt

**92.99**



**Clover**  
Uht Milk  
6x1lt

**99.99**



*Always Superb*

**MORE VEG**  
**FRESHER SAVINGS**

**Best of Ballito**  
READERS' CHOICE AWARDS



**Superb**  
Hyper

# MEAT FREE FLAVOURFUL DEALS

VEG-FRIENDLY DEALS



**D'Lite**  
Margarine

Brick - 500gr  
**13.99**



Tub - 1kg  
**32.99**



**Rama**  
Original Tub  
1kg



**59.99**



**Stork**  
Spread Tub  
1kg



**47.99**



**Cordon Bleu**  
Butter  
500gr



**19.99**



**Wooden Spoon**  
Yellow / White  
500gr



Take 2 For  
**45.00**



**Stork**  
Brick Bake  
Yellow / White  
500gr



**32.99**



**Bonnita**  
Butter  
500gr



**69.99**



**Mooiriver**  
Butter  
500gr



**72.99**



**Mums**  
Ghee  
1.5kg



**109.99**



**Rozana**  
Pure Butter  
Ghee  
1.5kg



**174.99**



**Clover**  
Ghee  
1.5kg



**224.99**

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**MORE VEG  
FRESHER SAVINGS**

Best of Ballito  
READERS' CHOICE AWARDS



**Superb**  
Hyper

**MEAT FREE**  
**FLAVOURFUL**  
**DEALS**

**VEG-FRIENDLY DEALS**



**G3**  
Aluminium  
Light Foil  
5mt

**12.99**



**Snack Wrap**  
Wax Paper  
10mt

**13.99**



**Raha**  
Kitchen Towels  
2 Ply 300  
Sheets Jumbo  
1x1

**24.99**



**Twinsaver**  
Kitchen Towels  
4's

Take 3 For  
**100**



**Whole**  
Coconut  
1x1

**Instore**  
**Special**



**Camphor**  
Block Deer  
Brand  
1's

**9.99**



**Panda**  
Pot Set

8 Piece  
**299.99**

10 Piece  
**349.99**

*Always Superb*

**MORE VEG**  
**FRESHER SAVINGS**

**Best of Ballito**  
READERS' CHOICE AWARDS