

Superb
Hyper

MEAT FREE
FLAVOURFUL
DEALS

VEG-FRIENDLY DEALS

Specials Valid From 14th October - 20th October 2026



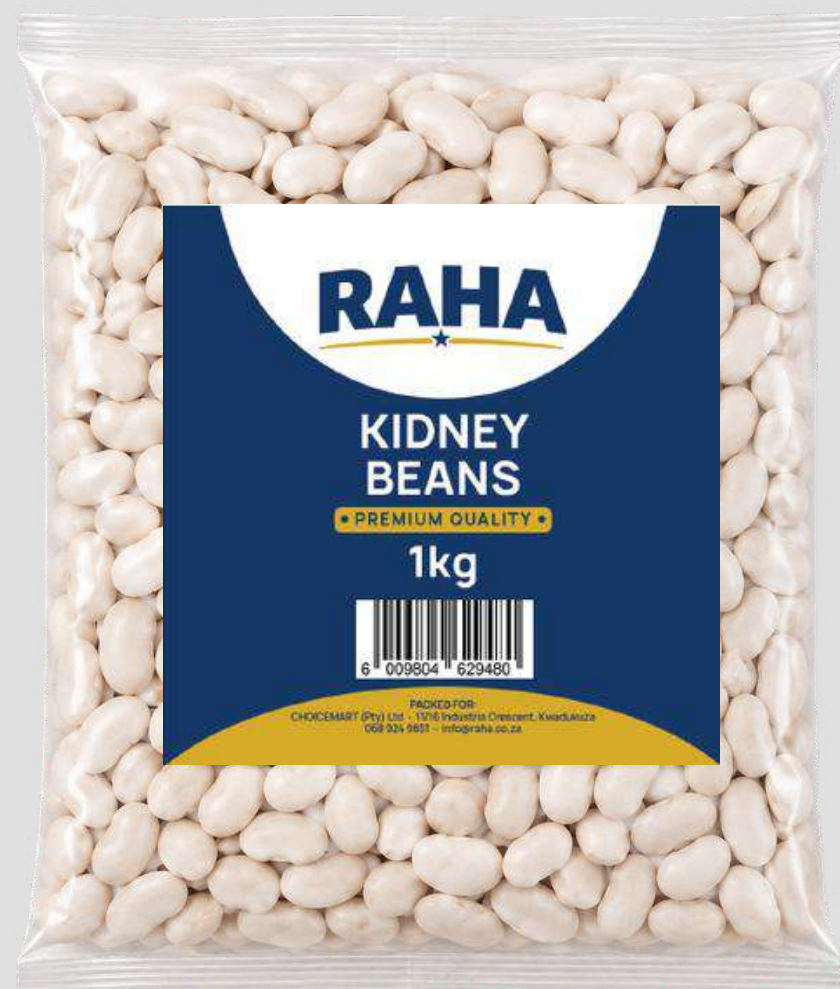
Raha
Soft Cooking
Pea Dhall
1kg

9.99



Raha Red
Speckled New
Season Local
Sugar Beans
1kg

27.99



Raha
Kidney Beans
1kg

33.99



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

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

MEAT FREE
FLAVOURFUL
DEALS

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

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

**MEAT FREE
FLAVOURFUL
DEALS**

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**

18.99



**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

Always Superb

**MORE VEG
FRESHER SAVINGS**

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

MEAT FREE
FLAVOURFUL
DEALS

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

37.99



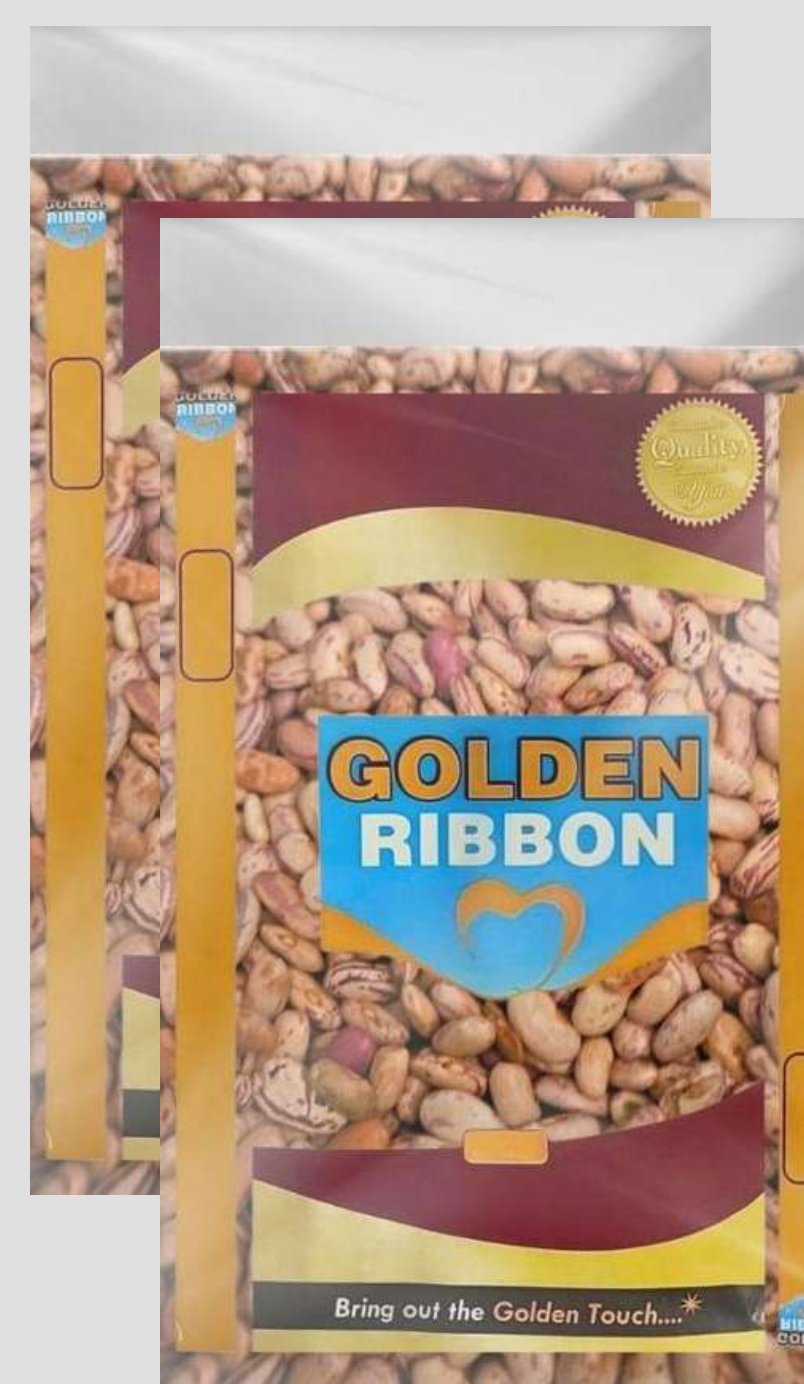
Golden Ribbon
Masoor Brown
1kg

19.99



Golden Ribbon
Pea Flour
1kg

14.99



Golden Ribbon
Sugar Beans
1kg

29.99



Golden Ribbon
Yellow Split
Peas
1kg

11.99

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

MEAT FREE
FLAVOURFUL
DEALS

VEG-FRIENDLY DEALS



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



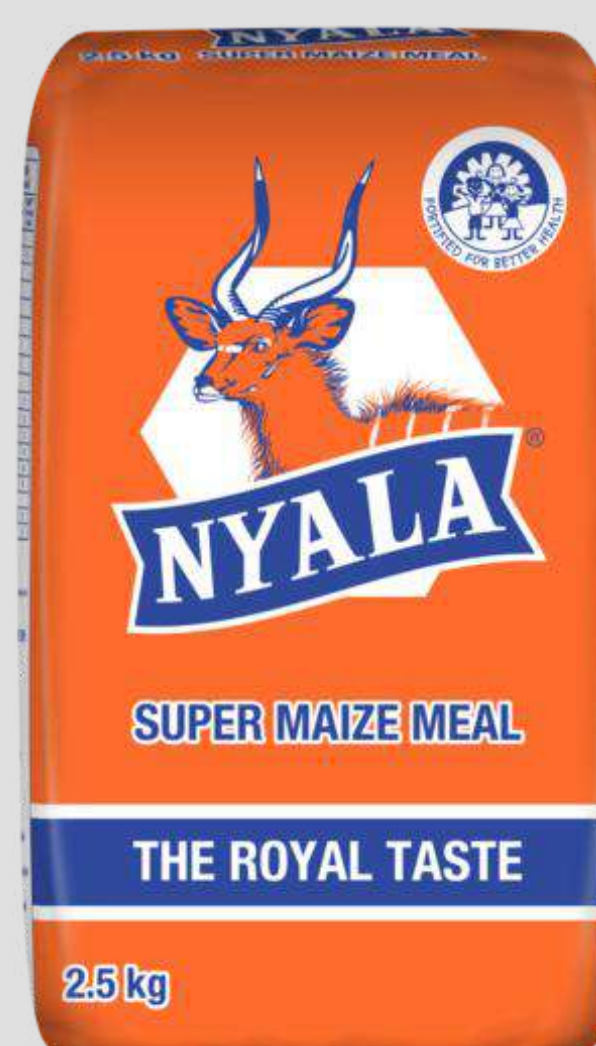
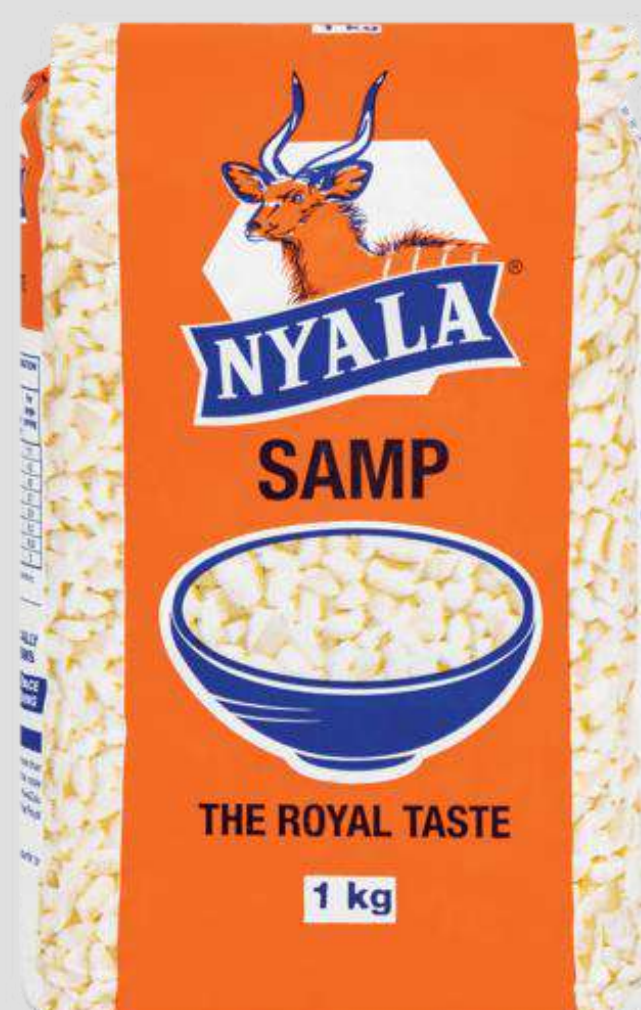
La Jawab
Sella 1121
Extra Long Grain
Basmati Rice
5kg

129.99



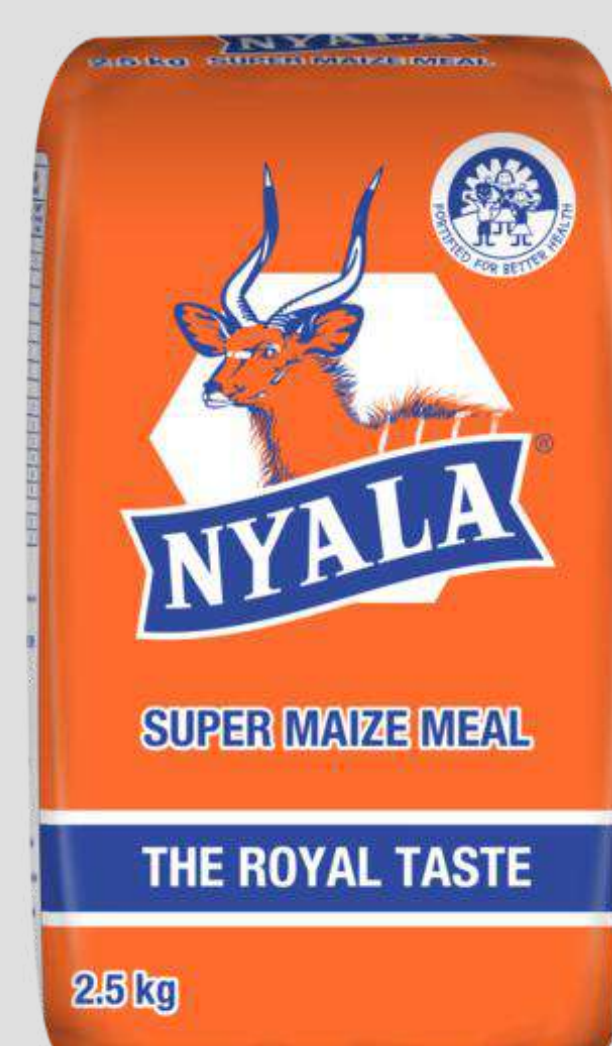
Nyala
Samp
1kg

13.99



Nyala
Super Maize
2.5kg

26.99



Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

MEAT FREE
FLAVOURFUL
DEALS

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
6x400gr

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

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

MEAT FREE
FLAVOURFUL
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

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

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

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

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

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

MEAT FREE
FLAVOURFUL
DEALS

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

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

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
(Vegan
Friendly)

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

Always Superb



**MORE VEG
FRESHER SAVINGS**

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

**MEAT FREE
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

164.99

Always Superb

**MORE VEG
FRESHER SAVINGS**

Best of Ballito
READERS' CHOICE AWARDS



The collage features several food items: a green bag of Eezee noodles (Chicken Flavour), a bag of Golden Ribbon lentils, a can of RAHA Butter Beans, a box of Veejay 4 Tikka Burgers, a bag of Fry's Spicy Sausages, and a carton of La Italiana Coconut Milk. These are arranged on a rustic wooden surface alongside fresh green beans, mushrooms, and tomatoes. The background is dark blue with large, stylized white and green text that reads 'HEALTHY' and 'FUL'.



**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

54.99



McCains
Sweet Potato
Fries
750gr

64.99



McCains
Wedges
750gr

64.99



McCains
Crinkle Cut
Chips
2.5kg

94.99



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

Always Superb

**MORE VEG
FRESHER SAVINGS**

Best of Ballito
READERS' CHOICE AWARDS

Superb
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
400gr

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

Always Superb

**MORE VEG
FRESHER SAVINGS**

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

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

32.99



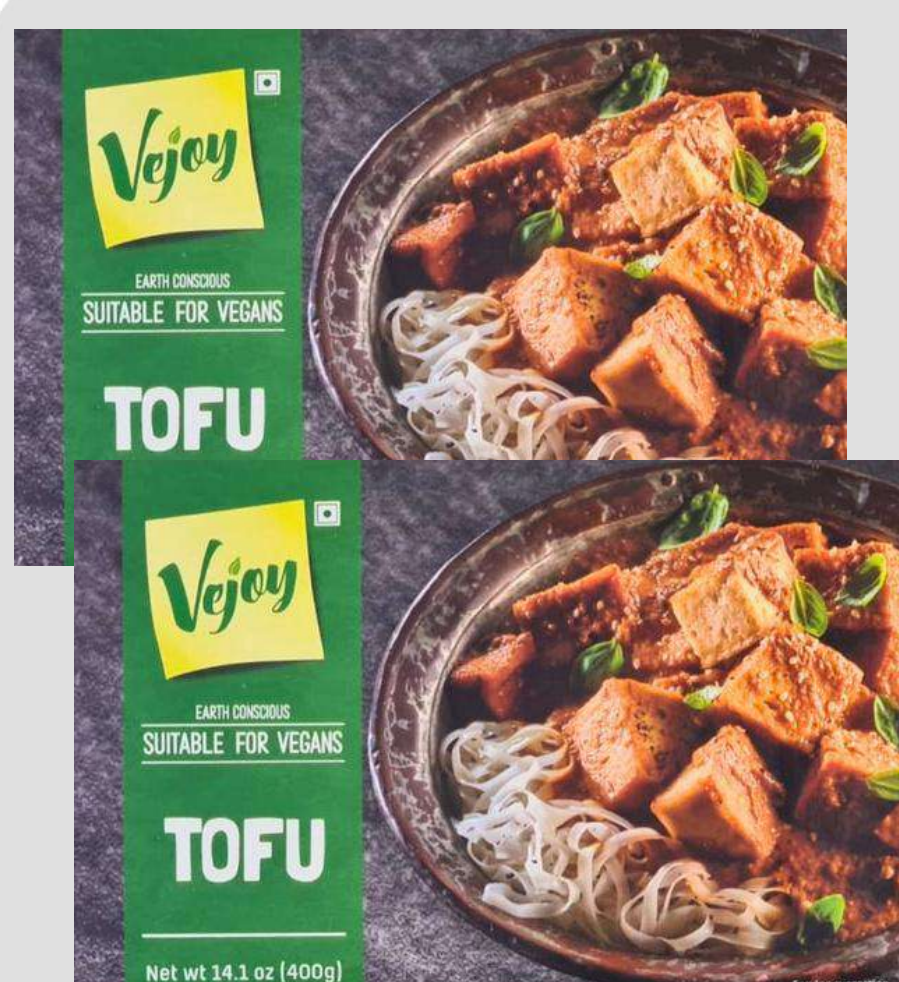
Vejoy
Nuggets / Chico
Burger / Crumbed
Chico Burger / Hotdog /
Sausages /
Crumbed Schnitzel
250 / 280 / 300
320 / 400gr

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

Always Superb

MORE VEG
FRESHER SAVINGS

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

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
Samosa
Pur
600gr

47.99



Switz
Mini
Samosa
Pur
38's

16.99



Switz
Samosa
Pur Wide
25's

21.99



Heena
Samosa
Pur 500gr

37.99



Heena
Samosa
Pur 1kg

74.99



Switz
Springroll
Pastry

50's
54.99



30's- Large
54.99



Fathimas
Springroll
Pastry
50's



54.99

Always Superb

**MORE VEG
FRESHER SAVINGS**

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

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



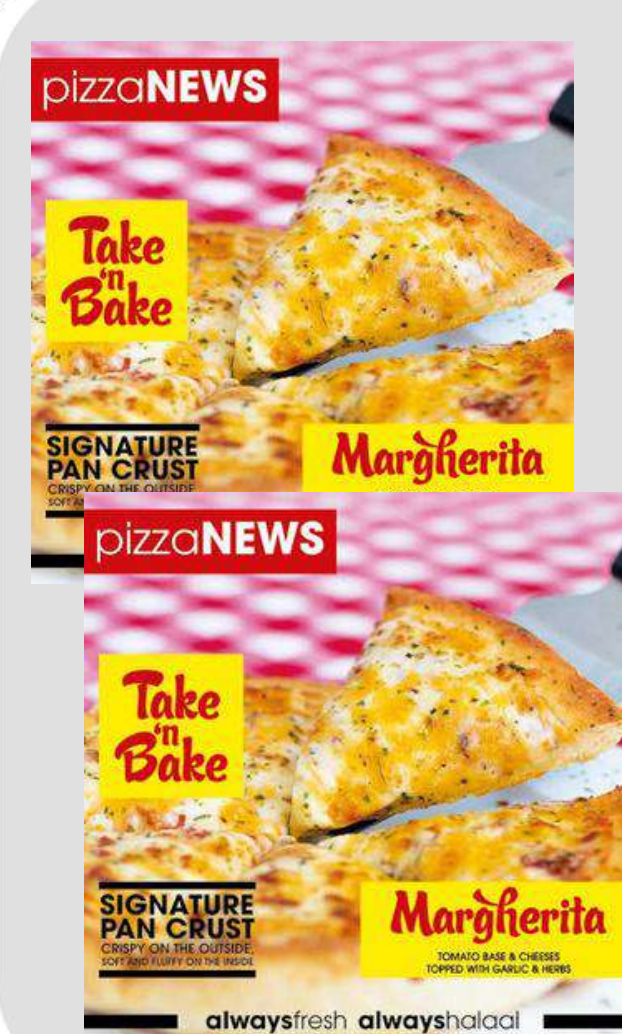
Rozana's
Vegetable
Pies (Spicy
Potato /
Spinach & Feta
/ Veg Curry)
6's

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
/ Aloo Tikki / Potato
Bets / Jalapeno
Cheese Pops /
Veggie Stix
360gr

44.99



Hyfun
Savoury
Fries
400gr

37.99

Always Superb

**MORE VEG
FRESHER SAVINGS**

Best of Ballito
READERS' CHOICE AWARDS

Superb
Hyper

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



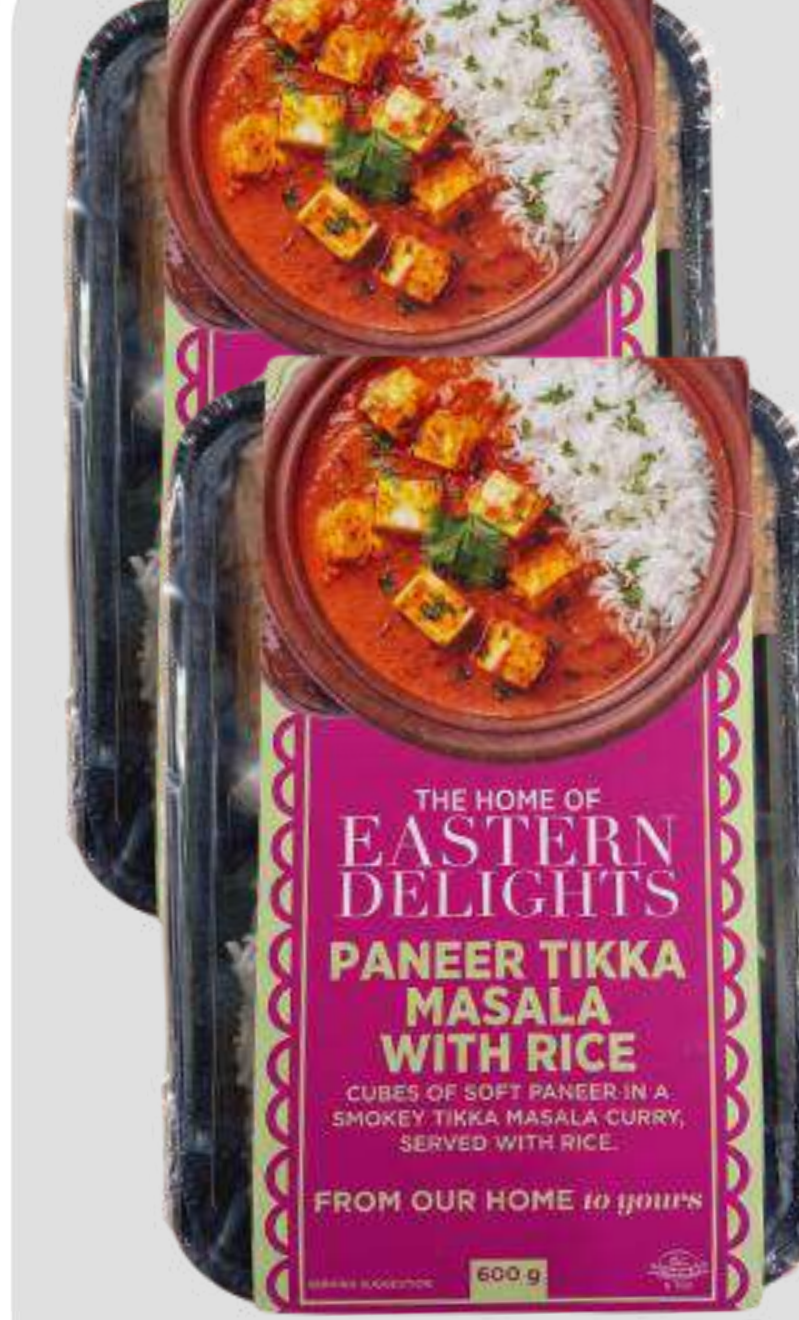
**Eastern
Delights**
Kuri Khitchri
560gr

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 /
Corriander Naan
320gr

44.99



Bombaywalla
Methi Paratha
420gr

39.99



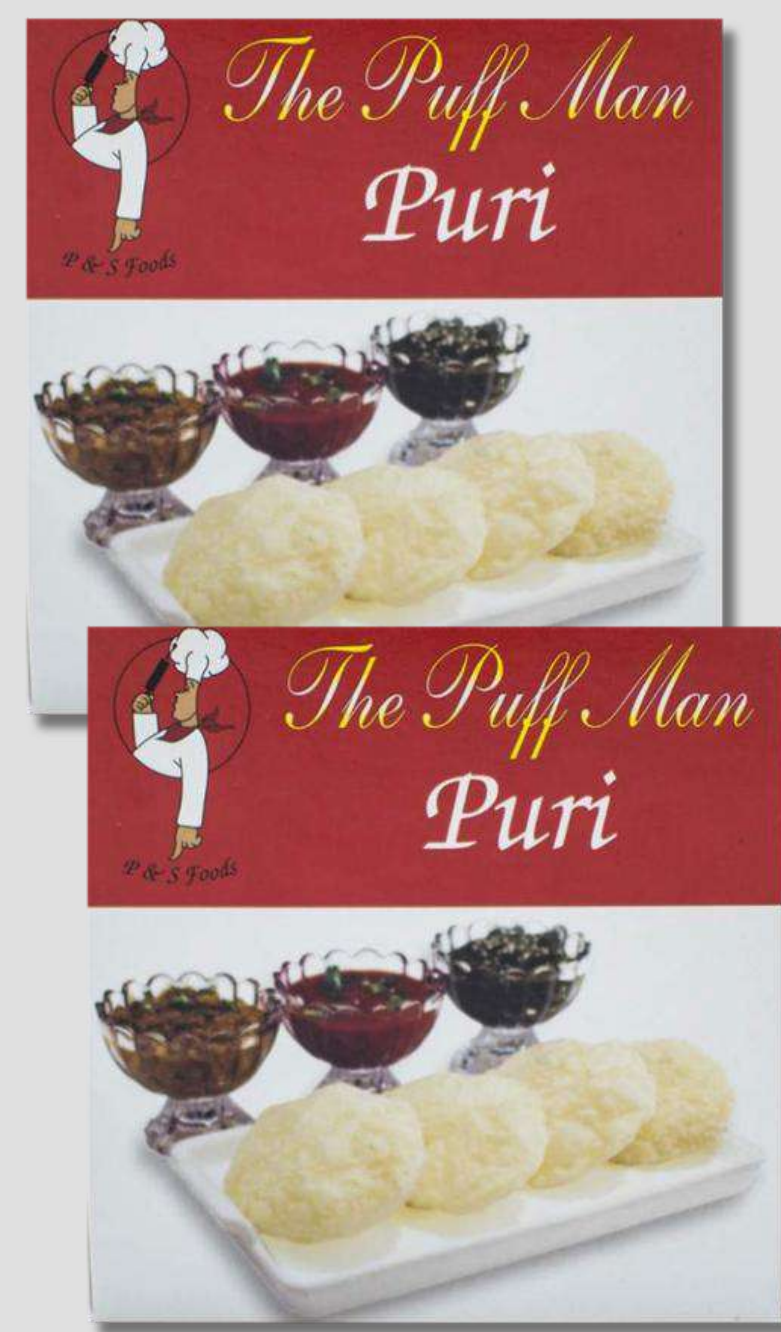
Pastry Delight
Mini Pizza
Bases
20's

39.99



The Puff Man
Pizza Bases
Large
4's

54.99



The Puff Man
Puri
12's

17.99

Always Superb

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

Always Superb



**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

10.99



Bonle
Fresh Milk
Sachet
1lt

13.99



Farmgate
Uht Milk
6x1lt

82.99



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

Always Superb

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



Magic Finesh
Touch
Kitchen Towels
200
Sheets Jumbo
1x1

19.99



Raha
Kitchen Towel
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