

	PRICELIST FRESH PRODUCE 29.06.2025 - 05.07.2025 Prices may change without prior notice
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Product	Quantity	Price	Description				
OTHER							
Eggs (Jumbo)	30	R 100.00	Free Range				
Raw Fresh Farm Jersey Milk	2L	R 36.00	5L	R 90.00			
Hash Brown (Gold Seal)	6 Per Pack	R 37.00					
Frozen Chips	1kg Shoe String	R 61.00	1kg choice grade	R 61.00	Shoe Sting = 7mm / Choice Grade = 10mm		
DAIRY							
FARM BUTTER							
Farm Butter Salted	250g	R 50.00	Brick	OUT OF STOCK			
Farm Butter Original	500g	R 70.00	Tub				
YOGURT & DRINKING YOGHURT							
Plain Yoghurt	1kg	R 55.00	Full Cream, Pure, NO Preservatives				
CREAM CHEESE							
Cream Cheese	250g	R 35.00	500g	R 60.00	1kg	R 100.00	
DANISH FETA							
Danish Feta	400g	R 75.00	3.2kg	R 500.00	Black Pepper / Chilli / Garlic & Herb / Plain		
CHEESE							
Cheese Pack	5	R 320.00	500g of each Gouda, Cheddar, White Cheddar, Mozzarella & 100g Parmesan				
Cheddar	500g	R 80.00	1kg	R 150.00			
Cheddar Grated	1kg	R 155.00					
Matured Cheddar	Per kg	R 120.00	Per kg				
White Cheddar	500g	R 80.00	1kg	R 150.00			
White Cheddar Grated	1kg	R 155.00					
Gouda	500g	R 80.00	1kg	R 150.00			
Gouda Grated	1kg	R 155.00					
Mozzarella	500g	R 80.00	1kg	R 150.00			
Mozzarella Grated	1kg	R 155.00					
Pizza Mix	1kg	R 160.00	Grated Mixture: Cheddar, Gouda, White Cheddar, Mozzarella				
Haloumi	p/kg	R 120.00	Pack Size +- 300g				
Parmesan Grated	100g	R 35.00	200g	R 55.00	1kg	R 215.00	

FRESH & FROZEN FRUIT FOR SMOOTHY			
Frozen Kale	1kg	R 88.00	
Frozen Banana	1kg	R 84.00	
Frozen Blueberry	1kg	R 80.00	
Frozen Gooseberry	1kg	R 90.00	
Frozen Mango Pieces	1kg	R 110.00	
Frozen Mixed Berry	1kg	R 90.00	
Frozen Papaya	1kg	R 95.00	
Frozen Passionfruit	1kg	R 90.00	
Frozen Peach	1kg	R 105.00	
Frozen Pineapple	1kg	R 85.00	
Frozen Raspberry	1kg	R 115.00	
Frozen Strawberry	1kg	R 65.00	
SMOOTHIES			
Halie Berry	350ml	R 40.00	Blueberries, Raspberries, Low-Fat Yoghurt, Nuts & Honey
Green Mamba	350ml	R 40.00	Kiwi, Apple, Pineapple, Mint & Banana
Strawberry Burst	350ml	R 40.00	Strawberry, Apple Juice, Banana & Yoghurt
Peanut Butter Delight	350ml	R 45.00	Peanut Butter, Banana, Lindt Chocolate & Yoghurt
Tropic Glo	350ml	R 40.00	Mango, Pineapple, Passion Fruit & Orange Juice,
Klap Gym	350ml	R 40.00	Peanut Butter, Banana, Yoghurt, Whey Protein, Cinnamon, Honey, Chia Seeds & Almonds
Blueberry Protein Power	350ml	R 45.00	Blueberries, Peanut Butter, Dates, Banana & Vanilla Whey Protein
OSTRICH MEAT			
Ostrich Wors	500g	R 90.00	
Ostrich Cheese Wors	500g	R 100.00	
Ostrich Cherry Wors	500g	R 95.00	
Ostrich Stir-Fry	500g	R 90.00	
Ostrich Goulash	500g	R 90.00	
Ostrich Lean Mince	500g	R 90.00	
Ostrich Burger Patties	4 x 125g	R 90.00	
Ostrich Steak	2 x 250g	R 90.00	
Ostrich Fillet	2 x 200g	R 90.00	
RED MEAT (Grass Fed / Free from Hormones & Antibiotics)			
Lean Mince	Per kg	R 182.00	100 % Beef (+500g pack size) 90% Meat/10% Fat
Boerewors (Soy Free) Thick	Per kg	R 165.00	Thick (+500g pack size)
Kalahari Boerewors (Soy Free) Thin	Per kg	R 171.00	Thin (+500g pack size)
Meat Balls	Per kg	R 171.00	100% Beef (+- 1kg pack size)
Pure Beef Burger Patties	Per kg	R 164.00	100% Beef (+- 1kg pack size) 250g Patties
Pure Beef Strips	Per kg	R 193.00	1kg pack size
Beef Tenderised Steak	Per kg	R 165.00	1kg pack size
Rump	Per kg	R 292.00	(+500g pack size) (Matured 28-36 days)
T-Bone	Per kg	R 248.00	500g pack size
Goulash	Per kg	R 200.00	1kg pack size
Short Rib	Per kg	R 188.00	1kg pack size
Chuck	Per kg	R 195.00	1kg pack size
Brisket	Per kg	R 181.00	1kg pack size
Beef Stew	Per kg	R 161.00	1kg pack size
Oxtail	Per kg	R 217.00	Per Tail
BEEF BILTONG			
Biltong (Wet)	Per kg	R 225.00	Vacuum Packed, (WET, SELF DRY) +- 2kg Pack Size (price p/kg) Spiced or Unspiced
Biltong (Dry)	500g	R 215.00	
Droe Wors	500g	R 215.00	

FRESH MEAT COMBOS			
Carnivore Combo	1	R 790.00	2 x Lean Mince 500g, 1 x Rump 500g, 1 x Shortrib 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Chicken Star Pack
Carnivore Combo	2	R 850.00	2x Lean Mince 500g, 2 x Boerewors Thick 500g, 1 x Pork Loin Chops 1kg, 1 x Pure Beef Burger Patties 1kg, 1 x Tenderised Steak 1kg
Carnivore Combo	3	R 930.00	2 x Lean Mince 500g, 1 x Rump 500g, 1 x Pork Loin Chops 1kg, 1 x Meatballs 1kg, 1 x Beef Stew 1kg, 1 x Chicken Flattie (BBQ or Lemon & Herb)
Carnivore Combo	4	R 860.00	2 x Lean Mince 500g, 2 x Boerewors Thick 500g, 1 x Tenderised Steak 1kg, 1 x Beef Stew 1kg, 2 x Chicken Star Packs
PORK			
Bacon Bits	1kg	R 130.00	
Shoulder Bacon	1kg	R 130.00	
Pork Sparerib	2kg	R 275.00	
Sandwich Ham	500g	R 70.00	Sliced in 500g
Cheese Grillers Standard	Per kg	R 135.00	
Cocktail Cheese Griller	Per kg	R 140.00	
Pork Loin Chops	Per kg	R 126.00	
Gammon Deboned	Per kg	R 125.00	
FISH (I&J or Sea Harvest)			
Fish Fingers	1kg	R 150.00	20 Pieces - S/H or I & J
Fish Portions	2kg	R 330.00	
Fish Cakes	2kg	R 245.00	40 Pieces - S/H or I & J
Fish Smackaroos	1kg	R 171.00	Per Bag - I & J
FREE RANGE CHICKEN (A-GRADE QUALITY) Free from Hormones & Antibiotics			
Chicken Fillets	1kg	R 110.00	
Free Range Chicken Thighs	per kg	R 90.00	
Free Range Chicken Wings	per kg	R 90.00	
Free Range Chicken Drumsticks	per kg	R 90.00	
Free Range Whole Chicken	Per kg	R 90.00	between 2kg - 2.6kg
CHICKEN - NOT FREE RANGE			
Thighs	Per kg	R 77.00	
Skinless Boneless Thighs	Per kg	R 113.00	
Drumsticks	Per kg	R 80.00	
Wings	Per kg	R 85.00	
Filletted Breasts	Per kg	R 98.00	
Summer Surprice Braaipack	Per kg	R 80.00	
Chicken Star-Pack With Skin	Per kg	R 80.00	Drumstick & Thighs

CHICKEN VARIETIES - NOT FREE RANGE				PAGE 4
Chicken Stirfry	Per kg	R 100.00	Not Marinated	
Marinated Chicken Sosaties	Per kg	R 108.00	4 pieces - BBQ / Honey & Mustard / Lemon & Herb / Sweet & Sour / Sweet Chilli / Peri-Peri	
Chicken Espetada Combo	Per kg	R 100.00	1 x of each - BBQ / Lemon & Herb / Peri - Peri	
Marinated Chicken Flatties	Per kg	R 80.00	BBQ / Lemon & Herb	
Macon: Deboned Thighs Wrapped in Beef Bacon	Per kg	R 108.00	Deboned Thighs wrapped in Beef Back (4 per pack)	
Chicken Livers	1kg	R 58.00	1kg	
CHICKEN COMBOS				
Chicken Hamper	1	R 410.00	1 x Chicken Flattie, 1 x Mr Magic, 1 x Sosaties, 1 x Skinless Boneless Thighs 500g, 1 x Star Pack (Choose between BBQ or Lemon & Herb only)	
Chicken Hamper	2	R 500.00	2 x Skinless Boneless Thighs Packs, 2 x Star Packs, 1 x Chicken Star Pack, 1 x Free Range Chicken Fillets 1kg	
CRUMBED CHICKEN				
Chicken Nuggets	1kg	R 125.00		
Chicken Strips	1kg	R 125.00		
Chicken Schnitzel	1kg	R 130.00		
Chicken Patties	1kg	R 125.00		
Breaded Onion Rings	1kg	R 105.00		
Crumbed Buffalo Wings	1kg	R 135.00	OUT OF STOCK	
Chicken Cordon Bleu	2kg	R 280.00		
Crumbed Chicken Fillet	1kg	R 120.00		
CRUMBED CHICKEN COMBOS				
Crumbed Chicken 4kg	Combo	R 455.00	Schintzel, Patties, Strips, Nuggets	
Crumbed Chicken Cheesy 4kg	Combo	R 410.00	Schnitzel, Patties, Strips, Bites	
CHEESY CRUMBED CHICKEN				
Chicken Cheesy Bites	1kg	R 125.00	OUT OF STOCK	
Chicken Cheesy Strips	1kg	R 125.00		
Chicken Cheesy Schnitzel	1kg	R 125.00	OUT OF STOCK	
Chicken Cheesy Patties	1kg	R 125.00		
PIZZERIA				
Mini Pizzas	70g	R 70.00	8 mini pizzas (Cheese Topping)	
Pizza Bases 32cm	5 Pack	R 110.00		
Pizza Special	New	R 255.00	1 x Pizza Bases Pack (5), 1 x Pizza Mix 1kg	
Pizza Special	Combo	R 365.00	5 x Pizza Bases, 500g Mozzarella, 500g Cheddar (Choose any 1 of the following toppings: Bacon Bits 1kg / Marinated Chicken Stirfry 1kg)	
QUICHE				
Quiche	Each	R 85.00	Chicken & Mushroom / Ham & Cheese / Spinach & feta	

FROZEN READY MEALS (Heat and Eat)									
PASTA DISHES									
Beef Lasagne	400g	R	70.00	1kg	R	135.00	2kg	R	260.00
Chicken Lasagne	400g	R	70.00	1kg	R	135.00	2kg	R	260.00
Chicken Romana	400g	R	70.00	1kg	R	135.00			
Mac Cheese	400g	R	70.00	1kg	R	135.00			
Spaghetti Bolognese	400g	R	70.00						
Fettuccine Alfredo	400g	R	70.00						
Vegetable Lasagne	400g	R	70.00						
HEAT AND EAT COMBOS									
Heat and Eat Combo	400g	R	330.00	Beef Lasagne; Chicken Lasagne; Fettuccini Alfredo; Chicken Romana; Mac & Cheese					
Family of 4 Ready to Eat Combo	1kg	R	725.00	Beef Lasagne; Chicken Lasagne; Mac & Cheese; Chicken Romana; Spaghetti Bolognaise; Mini Pizza (8)					
Heat to Eat 1kg Combo	.	R	540.00	Beef Lasagne; Chicken Lasagne; Mac & Cheese; Spaghetti Bolognaise					
Home Alone Combo	400g	R	380.00	Beef Lasagne; Chicken Romana; Mac & Cheese; Spaghettyi Bolognaise; Cheese & Garlic Braai Pie; Mini Pizza (8)					
BRAAI PIES									
Biltong Garlic Braai Pie	365g	R	48.00						
Cheese Garlic Braai Pie	365g	R	45.00						
Olive Rosemary Braai Pie	365g	R	48.00						
SAMOOSAS									
Samoosas	10 each	R	55.00	Beef, Chicken, Cheese & Corn					
Combo Pack	Combo	R	150.00	Combo - 10 of each flavor only					
BAKERY									
Koeksisters (Large)	Dozen	R	60.00	LARGE					
Koeksisters (Cocktail)	Dozen	R	40.00	COCKTAIL					
FRESH PRODUCE: CLEANING PRODUCTS									
Bleach (Jik)	2L	R	35.00	5L	R	66.00			
Thick Bleach	2L	R	40.00	5L	R	81.00			
Handy Clean	2L	R	45.00	5L	R	86.00			
Pine Cleaner (Germatol)	5L	R	96.00	(Germatol) Disinfect all services (dissolve 500ml in a bucket of water)					
Pine Gel	5L	R	135.00	Golden Product - (Quality)					
Dishwash Lemon	2L	R	45.00	5L	R	88.00			
Combo 2 (Thick Bleach, Dishwash Lemon, Handy Clean)	3 x 5L	R	241.00	Golden Product - (Quality)					

FROZEN VEGGIES					FRESH CUT FROZEN VEGGIES
Cut Corn	1kg	R	70.00		
Carrot Julienne	1kg	R	55.00		
Broccoli	1kg	R	58.00		
Mixed Veggies	1kg	R	55.00		
Peas	1kg	R	70.00		
Spinach	1kg	R	54.00		
Country Mix	900g	R	55.00		
Beans	1kg	R	55.00		
Cauliflower	1kg	R	55.00		
Baby Carrots	1kg	R	65.00		
Baby Marrow	1kg	R	57.00		
Stir Fry Hawain	700g	R	90.00		
Butternut	1kg	R	55.00		
Sweet Potato	1kg	R	59.00		
Frozen Veggie Combo	.	R	300.00	Beans; Butternut; Mixed Veggies; Broccoli, Frozen Chips	
FRESH CUT VEGGIES					OUT OF STOCK
Baby Marrow Wheels	500g	R	53.00		
Butternut Grated	500g	R	22.00		
Butternut Cut	500g	R	22.00		
Cabbage Sliced	500g	R	22.00		
Cabbage Grated	500g	R	20.00		
Cabbage Mix (Cabbage, Onion, Potato)	500g	R	20.00		
Carrot Baby	500g	R	46.00		
Carrot Diced	500g	R	32.00		
Carrot Julienne Slices	500g	R	22.00		
Carrot Grated	500g	R	30.00		
Carrot Wheels	500g	R	32.00		
Carrot Mix	500g	R	28.00		
Coleslaw Bag Mayo	500g	R	22.00		
Coleslaw Bag No Mayo	500g	R	22.00		
Gems Halved	500g	R	35.00		
Green Beans Cut Short	500g	R	50.00		
Green Beans Long Cut	500g	R	60.00		
Green Bean Mix (Beans, Onion, Potato)	500g	R	55.00		
Green Pepper Diced	500g	R	82.00		
Green Pepper Julienne	500g	R	65.00		
Mixed Veggies	500g	R	40.00		
Onion Diced	500g	R	38.00		
Onion Sliced	500g	R	35.00		
Baby Onions	500g	R	30.00		
Potjie Mix	500g	R	32.00		
Pumpkin Cut	500g	R	25.00		
Soup Mix Diced	500g	R	30.00		
Soup Mix Grated	500g	R	30.00		
Spinach	500g	R	35.00		
Spinach Mix (Spinach, Onion, Potato)	500g	R	40.00		
Stirfry	500g	R	35.00		
Stirfry Hawain	500g	R	38.00		
Sweet Potato Cut	500g	R	35.00		
Fresh Cut Variety Combo	.	R	190.00	Butternut Cut; Cabbage Sliced; Baby Carrots; Green Beans (Long Cut); Onion Diced; Roast Veggies; Stirfry Mix; Sweet Potato Cut	OUT OF STOCK
Fresh Cut Weekly Combo	.	R	170.00	Butternut Cut; Mixed Veggies; Stirfry Mix; Carrot Diced; Green Beans (Short Cut); Sweet Potato Cut; Roast Veggies	
Fresh Cut Veggies Combo	.	R	140.00	Mixed Veggies; Green Beans (Long Cut); Butternut Cut; Carrot Wheels; Sweet Potato Cut; Stirfry Mix	

NUTS						
Product	Size	Price	Size	Price	Size	Price
Almond Natural / Roasted & Salted	200g	R 60.00	400g	R 118.00	1kg	R 291.00
Cashews Natural / R/S / Peri Peri	200g	R 55.00	400g	R 105.00	1kg	R 265.00
Mixed Nuts Natural / Roasted & Salted	200g	R 60.00	400g	R 115.00	1kg	R 295.00
Walnuts Pieces	200g	R 60.00	400g	R 120.00	1kg	R 270.00
Walnuts Halves	200g	R 68.00	400g	R 130.00	1kg	R 310.00
MIXES						
Product	Size	Price	Size	Price	Size	Price
Anti Oxidant Mix (Goji Berrie, Cranberry, Raisins)	200g	R 35.00	400g	R 57.00	1kg	R 130.00
Granola (Natural)	1kg	R 70.00				
Granola/Nut/Fruit/Seed Mix	1kg	R 80.00				
Rolled Oats	1kg	R 60.00				
Breakfast Mix	200g	R 40.00	400g	R 88.00	1kg	R 172.00
Forest Mix R/S & N	200g	R 48.00	400g	R 90.00	1kg	R 190.00
Peanuts & Raisins					1kg	R 95.00
DRIED FRUITS						
Product	Size	Price	Size	Price	Size	Price
Banana Chips	200g	R 35.00	400g	R 60.00	1kg	R 130.00
Cranberry	200g	R 45.00	400g	R 85.00	1kg	R 180.00
Dates	200g	R 25.00	400g	R 40.00	1kg	R 75.00
Fruit Salad					1kg	R 150.00
Fruit Snack Mix	200g	R 48.00	400g	R 85.00	1kg	R 200.00
Ginger Cubes	200g	R 40.00	400g	R 70.00	1kg	R 165.00
Ginger Slices	200g	R 40.00	400g	R 70.00	1kg	R 165.00
Mango	200g	R 45.00	400g	R 80.00	1kg	R 190.00
Pears	200g	R 55.00	400g	R 75.00	1kg	R 180.00
Peaches Peeled	200g	R 48.00	400g	R 95.00	1kg	R 240.00
Peaches	200g	R 45.00	400g	R 80.00	1kg	R 220.00
Prunes with PiP	200g	R 38.00	400g	R 70.00	1kg	R 155.00
Prunes Without PiP	200g	R 50.00	400g	R 90.00	1kg	R 200.00
Raisins Seedless	200g	R 25.00	400g	R 40.00	1kg	R 75.00
SPECIALTIES						
Product	Size	Price	Size	Price	Size	Price
Choc Peanuts	200g	R 45.00	400g	R 78.00	1kg	R 180.00
Choc Raisins	200g	R 40.00	400g	R 75.00	1kg	R 175.00
Choc Shortbread	200g	R 52.00	400g	R 90.00	1kg	R 222.00
Mini Fruit Cubes (Sugar Tots)	200g	R 29.00	400g	R 56.00	1kg	R 120.00
Pink/White Almonds	200g	R 50.00	400g	R 90.00	1kg	R 218.00
Pink/White Peanuts	200g	R 30.00	400g	R 58.00	1kg	R 125.00
Yogurt Dates	200g	R 45.00	400g	R 75.00	1kg	R 175.00
SEEDS						
Product	Size	Price	Size	Price	Size	Price
Chia Seed	200g	R 35.00	400g	R 60.00	1kg	R 135.00
Pumpkin Seed	200g	R 50.00	400g	R 80.00	1kg	R 185.00
Sunflower Seed	200g	R 25.00	400g	R 40.00	1kg	R 80.00
Seed Mix	200g	R 30.00	400g	R 50.00	1kg	R 110.00
SWEETIES						
Product	Size	Price	Size	Price	Size	Price
Angel Kisses	200g	R 26.00	400g	R 50.00	1kg	R 95.00
Caramel Popcorn	200g	R 28.00	400g	R 50.00	1kg	R 110.00
Messages	200g	R 28.00	400g	R 55.00	1kg	R 120.00
Corn Chutney	200g	R 26.00	400g	R 50.00	1kg	R 100.00
Corn BBQ	200g	R 26.00	400g	R 50.00	1kg	R 100.00
Jelly Beans	200g	R 32.00	400g	R 65.00	1kg	R 155.00
Jelly Tots	200g	R 28.00	400g	R 55.00	1kg	R 115.00
JuJubes	200g	R 28.00	400g	R 55.00	1kg	R 110.00

OUT OF STOCK