



**SAVE 20%**  
WHEN YOU BUY ANY PRODUCT FROM THE NUTRIPHASE HEALTHCARE RANGE  
Ts & Cs apply.

## Happy & healthy pets



**R150**  
Pedigree Dry Dog Food Assorted 5.5/6kg Each



**ALL FOR R200**  
1 x Nutriphase Scientifically Formulated Dry Dog Food 6kg and 8 x Dog Food 100g Pouches Assorted



**ALL FOR R100**  
1 x Nutriphase Scientifically Formulated Dry Cat Food 2kg and 3 x Cat Food 85g Pouches Assorted



**R55**  
Nutriphase Booster Treats 750g



**R29<sup>99</sup>**  
Nutriphase Adult Dog Food in Puree Assorted 380g

## Great home deals



**WAS R1499**  
**R999**  
SAVE R500  
Philips PerfectCare PowerLife Steam Iron  
• Model: GC3920/20  
• 2500W



**WAS R299**  
**R259**  
SAVE R40  
Rotatrim A4 White Multi-Purpose Office Photocopy Paper Box  
• 5 Reams Per Box  
• 500 Sheets Per Ream  
• 80gsm



**FROM R59<sup>99</sup>**  
Vanish Power O<sub>2</sub> Fabric Stain Remover Liquid 2 Litre, Value Pack Refill 650g or Powder 400g Each



**BUY 2 R90**  
OMO Active Clean Power Capsules 24s



**R39<sup>99</sup>**  
PnP Green Laundry Liquid 1 Litre



**ANY 4 R100**  
Comfort Concentrated Fabric Conditioner Refill Assorted 800ml



**R18<sup>99</sup>**  
Handy Andy All Purpose Cleaner Assorted 750ml Each



**GREAT VALUE**  
**R129<sup>99</sup>**  
Finish Powerball All in 1 Max Regular Tabs 56s



**R33<sup>99</sup>**  
Sunlight Dishwashing Liquid 1.5 Litre



**R19<sup>99</sup>**  
Domestos Multi Purpose Thick Bleach Assorted 750ml Each



**R79<sup>99</sup>**  
Baby Soft 2 Ply Toilet Tissue 18s



**WAS R999**  
**R699**  
SAVE R300  
Salton 6 Litre Electric Digital Pressure Cooker  
• Model: SEPC01



**WAS R569**  
**R399**  
SAVE R170  
Tefal Jamie Oliver Roaster



**WAS R1099**  
**R699**  
SAVE R400  
Vileda Smart Ironing Board

Promotion valid at Pick n Pay On Nicol only. Promotional stocks are limited. Prices include VAT, where applicable. Smart Shopper terms and conditions apply. No traders. E&OE. Selected products may not be available at all stores. Selected products have been styled for photography. Visit [www.picknpay.co.za](http://www.picknpay.co.za), or call 0800 1122 88. Cellphone rates apply.

ADDRESS: Corner of William Nicol Drive & Republic Road, Sandton, Gauteng | OPERATING HOURS: Monday to Friday: 07:00 - 20:00, Saturday: 07:00 - 18:00, Sunday: 7:00 - 17:00, Public holidays: 07:00-16:00

Beat the queues and shop online at [www.picknpay.co.za](http://www.picknpay.co.za). Some deals may not be available online.

PRICES VALID 17 - 27 OCTOBER 2019

LOAD YOUR DISCOUNTS VIA THE APP OR KIOSK



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# Pick n Pay ON NICOL\*

New and improved

Prices valid 17 - 27 OCTOBER 2019

## BIGGER RANGE - BETTER EXPERIENCE

- ✓ GREAT QUALITY
- ✓ INNOVATIVE OFFERS
- ✓ WIDEST RANGE
- ✓ BEST PRICES

\* Why shop anywhere else?



**R160**  
SAVE R35  
PnP Lazy-Age Rump, Porterhouse or Rib-Eye Steak 750ml

Alcohol Not for Sale to Persons Under the Age of 18. Drink Responsibly.

**3 FOR 2**  
CHEAPEST FREE

PnP Lazy-Age Rump, Porterhouse or Rib-Eye Steak Per kg

Selected Products Styled for Photography

Prices valid 17 - 27 OCTOBER 2019



# Welcome

Summer is here and I can't wait for you to see our relaunched Pick n Pay On Nicol store.

What's new in-store? A brand-new orchid and large plant range, our eco-conscious 'Nude Food' fresh produce section, plus a superb premium range of products at our refurbished butchery, bakery, deli and cheese counters – all expertly picked and competitively priced. Our new organic coffee station serves delicious cuppas, so you can sip while you shop – or relax a while longer at our freshly revamped Thyme restaurant.

For those looking for even more convenience, try our Click and Collect service – shop online at [www.pnp.co.za](http://www.pnp.co.za), then simply collect your groceries in-store, packed and ready to go. We have dedicated parking bays and collection counters for our Click n Collect customers.

Lastly, do yourself a favour and pop past our newly launched chocolate 'boutique', which will lead you into temptation again and again.

We think you're going to find Pick n Pay On Nicol is better than ever. But don't take our word for it. Come on over and see for yourself...

All the best  
**Godfrey Mosoeu**  
Store Manager



## LUSCIOUS LOVELIES

What's a summer spread without loads of fabulous flowers? Whether you're entertaining guests or simply want to spruce up your home, blooms can add a lot of boom!



**R399<sup>99</sup>**  
PnP Orchid Bowl



## Nude Fruit and Veg

Pick n Pay dares to go bare! We know that, like us, you're seriously concerned about plastic waste, so to support you we've stripped a portion of our fresh produce of all packaging. Our Nude Food Wall, one of the first of its kind in the country, is bursting with seasonal loose fruit and vegetables. From mushrooms and chillies to tomatoes, peppers and broccoli, you can handpick to your heart's content. Just pop them into our new reusable netted fresh-produce bags, or bring your own. What's more, we've also reduced the thickness of our value-added vegetable bags from 40 to 30 microns, making them the lightest on the market, and mitigating the manufacture of tons of plastic as a result. We've also removed fruit and veg stickers and replaced them with laser printing. Let's aim to reduce plastic usage to zero together.



## IN THE BAG

Pop your plastic-free produce into a paper bag or purchase one of our new reusable netted pouches for future sustainable foraging.

## Ravishing in red

Nothing smacks of summer quite like juicy tomatoes. Now's the time to relish just-off-the-vine, plump, classic, plum, cherry, yellow and green varieties.



**R19<sup>99</sup>**  
PnP Roasting Vine  
Tomatoes 200g



**R19<sup>99</sup>**  
PnP Coeur De Boeuf  
Tomatoes Per kg



**R19<sup>99</sup>**  
PnP Medley or Mini  
Plum Tomatoes 350g  
Each



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# Beef up!

As the mercury rises, the promise of a sizzling steak looms deliciously large. What better way to celebrate the first blush of the season than to enjoy a gourmet-style braai? We have loads of mouthwatering cuts to choose from.

## MEAT THERMOMETER

A great tool for a novice that ensures perfectly cooked steak every time.

- ✓ Bleu = 50°C
- ✓ Rare = 55°C
- ✓ Medium = 60°C
- ✓ Well done = 65°C and above

## Dry-aged cuts

The dry-ageing process is a slow maturing process that tenderises the meat and intensifies the flavour. This is rib-eye steak still on the bone. Cooking meat on the bone keeps it juicy and adds extra flavour. The abundance of fat on the outside and the inner marbling keeps the meat moist, too.



**R159<sup>99</sup>**  
**SAVE R70**  
**PnP Beef Fillet**  
**Untrimmed Per kg**



## Rib-Eye Steak

Prepared from the eye of the rib, this prime cut is marbled with even more fat than a regular rib-eye. It keeps the meat deliciously moist and flavourful.

**R499<sup>99</sup>**  
**Wagyu Rib-Eye Steak**  
**Per kg**



**"My favourite cuts are rump and porterhouse. They're matured for longer, which makes them lovely and tender. Ask me for your favourite cut"**

— MARIA STILL, BUTCHERY

## WHAT IS WAGYU?

- Wagyu cattle originate from Japan.
- Revered for their strength and endurance, they were originally used as draught animals in agriculture.
- It is also called Kobe beef but, as with the rule that demotes Champagne to Cap Classique if it's not from that exact region, it's not Kobe unless it's from Kobe.
- The secret to its superior taste lies in its marbling – small flecks of fat in the muscle tissue that have a low melting point and dissolve into the meat, creating a rich, juicy flavour and a silky texture.

## Rump

Cut from the rear of the animal, this muscle has worked hard to make this steak super flavourful. The dry-ageing process has also helped to intensify the taste in this cut, as well as tenderise it. Serve medium rare for the juiciest result.

## Tomahawk steak

Also a prime rib cut; the difference is that the rib bone is left longer, and French-trimmed, and a bit of the chine bone (vertebra bone) is left intact to create the appearance of a Native American tomahawk.

**R89<sup>99</sup>**  
**PnP Tomahawk**  
**Steak Per kg**



# Seafood made easy

PnP's ready-to-eat seafood selection makes creating a seafood snack platter a breeze – just add a loaf of crusty bread.

Thread hot smoked salmon bites onto skewers with cucumber ribbons

R39<sup>99</sup>  
SAVER8  
PnP Fishmonger's White Bait 500g



R89<sup>99</sup>  
SAVER20  
PnP Fishmonger's Norwegian Salmon Ribbons 100g  
PnP Fishmonger's Norwegian Salmon Fillet Per kg  
R299.99 - SAVER200

Flake hot smoked Norwegian salmon over cream cheese and serve as a deconstructed pâté

R79<sup>99</sup>  
SAVER10  
PnP Fishmonger's Smoked Salmon Bites 120g



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# Super sushi

Try our Sushi made fresh daily by our skilled sushi chefs. Offering a solution for every need, ranging from dining in-store at our sushi belt bar, to *Made to Order* in store and pre-packed sushi made daily. If you're entertaining, we also offer sushi platters made while you wait! With salmon delivered fresh to our stores, who can resist.

Half-price sushi Wednesday!  
Don't miss out on our 50% off sushi offer every Wednesday.  
Ts and Cs apply.



R463<sup>99</sup>  
PnP Sushi Umi Platter 64-Piece



R204<sup>99</sup>  
PnP Salmon Lovers Platter 20-Piece



R106<sup>99</sup>  
PnP Sushi Rainbow Supreme Roll Pack 8-Piece



R49<sup>99</sup>  
PnP Sushi Salmon Rose Pack 4-Piece

PnP Sushi Avo Roses 4-Piece - R26.99  
PnP Sushi Tuna Roses 4-Piece - R48.99  
PnP Sushi Bento Box 6-Piece - R53.99  
PnP Sushi Kosher Salmon Poke Bowl - R59.99



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# Perfect pizza

Our pizza range has been completely upgraded to offer an Italian inspired pizza which includes a new range of flavours. The pizza bases are handmade and stone baked using an Italian stone baked oven. Our base tomato sauce is made using ripe Italian tomatoes.



**3 FOR 2**  
CHEAPEST FREE

FROM  
**R39<sup>99</sup>**  
PnP Fresh Large Pizza  
Assorted or Bases

# Marvellous mezze

Inspired by Mediterranean and middle eastern flavours our mezze range now offers new products such as Jalapeño Hummus and Calamata Style Olives. We have upgraded our entire range, offering you the best selection for summer picnics or entertaining. Don't miss out on our variety of vegan options!

FROM  
**R29<sup>99</sup>**

PnP Olive and Cheese Medley, Sour Cream and Chives, Tricolore Dip, Marinated Green Olives, Calamata Style Olives, Mackerel Pate, Stuffed Pepperdews, Lemon Olive Mix or Marinated Sundried Tomatoes Pesto 120g Each



FROM  
**R54<sup>99</sup>**  
PnP Chicken or Cheese and Corn Samosa 13s Per Pack



FROM  
**R24<sup>99</sup>**  
PnP Basil Pesto, Plain or Spicy Guacamole, Traditional, Reduced Fat Hummus, Smoked Snook Pate, Chicken Liver Pate, Avo Hummus, Duluxe Hummus or Red Pepper Hummus 120-200g Each



**R29<sup>99</sup>**  
PnP Vegan Chickpea and Corn Bites 250g

Sesame Seed Rye Bread

Gluten-Free White Bread

100% Rye Bread

Pumpkin Seed Rye Bread

50% Rye Bread



**PnP**  
**VEGAN**  
LIVEWELL

**R17<sup>99</sup>**  
SAVE R17  
PnP 100% Rye Bread 400g



**R23<sup>99</sup>**  
SAVE R6  
PnP Olive Ciabatta Bread 400g



**R39<sup>99</sup>**  
SAVE R8  
PnP Pesto or Beetroot Tortillas 5s Per Pack

# Speciality breads

MADE WITH QUALITY INGREDIENTS

Pick.n Pay's new range of healthy bread is made with high-quality ingredients suited to your Low-GI, gluten-free or banting diet.



**R14<sup>99</sup>**  
SAVE R5  
PnP Brioche Hotdog, Hamburger or Knotted Rolls 4-6s Per Pack



**R36<sup>99</sup>**  
SAVE R10  
PnP Mini Caramel Swissroll 5s



**R7<sup>99</sup>**  
PnP Almond Chocolate Doughnut Each

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# Whey cool!

Cheese aficionados go weak at the knees when they see our unbelievable range – from pecorino and Emmental to Gorgonzola and comté. Whether it's aged Parmesan for pasta, ricotta for a bake and an endless array of oozy deliciousness for a cheese platter, we've got what you need.

R9<sup>99</sup>  
PnP Finest  
Parmigiano-  
Reggiano Per 100g

R17<sup>55</sup>  
PnP German  
Emmental Per 100g

R49<sup>90</sup>  
Klein Rivier  
Parmesan Per 100g

R9<sup>99</sup>  
Beemster XO  
(26- Month Matured)  
Per 100g

R26<sup>70</sup>  
PnP Boerden  
Cheese Cumin  
Per 100g

R73  
PnP French Comté  
Per 100g

R27  
PnP Bavarian  
Gorgonzola Per 100g

Looking for lactose-free or  
vegan cheese? We've got  
those too.



WAS R70  
R55  
SAVE R15  
Pierre Jourdan  
Tranquille 750ml



WAS R90  
R70  
SAVE R20  
La Motte Sauvignon  
Blanc 750ml



WAS R85  
R75  
SAVE R10  
Warwick The First Lady  
Rosé, Sauvignon Blanc or  
Chardonnay 750ml Each



WAS R100  
R85  
SAVE R15  
Haute Cabrière  
Chardonnay Pinot Noir  
750ml



WAS R135  
R110  
SAVE R25  
Springfield Estate  
Special Cuvée  
Sauvignon Blanc 750ml



WAS R70  
R60  
SAVE R10  
Leopard's Leap Natura  
De-alcoholised Red or  
White 750ml Each



WAS R75  
R60  
SAVE R15  
Nederburg Baronne  
750ml



WAS R120  
R85  
SAVE R35  
Kadette Cape Blend  
750ml



WAS R165  
R140  
SAVE R25  
Beterskloof  
Pinotage Reserve  
750ml



WAS R225  
R185  
SAVE R40  
The Chocolate Block  
750ml



WAS R440  
R390  
SAVE R50  
Meerlust Rubicon  
750ml



WAS R95  
R80  
SAVE R15  
Durbanville Hills Sparkling  
Sauvignon Blanc or Rosé  
750ml Each



WAS R175  
R135  
SAVE R40  
Graham Beck Brut or  
Brut Rosé 750ml



WAS R200  
R170  
SAVE R30  
Valdo Marco Oro Prosecco  
DOCG 750ml



WAS R625  
R500  
SAVE R125  
Veuve Clicquot Brut  
Champagne 750ml

Groot Constantia Lady of Abundance 750ml WAS R200 NOW R180 SAVER20  
Le Lude Brut or Brut Rosé 750ml WAS R265 NOW R250 SAVER15 Each  
Martini Zero Sparkling 750ml WAS R85 NOW R80 SAVER5

## Tasting notes

Sip and savour our vast range of vino, from rich reds and refreshing whites to bubbles and alcohol-free options too. Click click!

### TIPS FOR STORAGE

- Attics, hot garages, the top of your fridge or anywhere close to the dishwasher are out of bounds for wine storage – heat, sunlight and vibrations can age wine before its time.
- Store bottles on their sides, this will keep the wine in contact with the cork and prevent the cork from drying out. A drier cork will leach air and result in oxidation, which has a souring effect on wine.

Alcohol Not for Sale to Persons Under the Age of 18. Drink Responsibly.



## Fancy a coffee?

We're delighted to share our latest coffee triumph: a brand-new coffee station with expertly skilled baristas to boot.

Aisle browsing will be a whole lot more blissful, too, because we've designed a delectable brew just for you.

### BEAN BASICS

We searched the world to find the perfect coffee profile for our customers. Happily we've discovered a blend that ticks lots of terrific taste boxes. Combining 60/40 Ugandan and Honduras beans, it's 100% Arabica, organic and completely unique to PnP. Palatability drove our choice; the blend balances aroma and strength and is utterly delicious, enticing everyday coffee drinkers and more serious coffee connoisseurs.



**R 45<sup>99</sup>**  
Sally Williams Nougat  
Assorted 125-170g Each



**R 59<sup>99</sup>**  
Godiva Masterpieces  
Chocolate Assorted  
117-119g Each



**R 72<sup>99</sup>**  
Lindt Lindor  
Chocolate Assorted  
200g Each



**ANY 3  
R 90**  
Lindt or Lindt  
Excellence Slab  
Assorted 100g



**R 129<sup>99</sup>**  
Ferrero Rocher Chocolate  
Hazelnut Truffles 300g



**R 69<sup>99</sup>**  
Ferrero Rocher  
Chocolate Hazelnut  
Truffles 200g



**R 45<sup>99</sup>**  
Beyers Amarula Milk  
Chocolates 220g

## Into temptation...

Here's something we're really tickled about. Our very own, unreservedly divine chocolate destination that offers a heavenly range of handcrafted decadence. From bespoke chocolate bars and exquisite pralines to dark cocoa truffles and gorgeous gift boxes, it's impossible not to be seduced...



**WAS R1999  
R 1699**  
SAVER300  
Nescafé Dolce Gusto Genio  
Capsule Black Coffee Machine  
• Model: Genio 2  
• Automatic  
• Ultra-compact Capsules Coffee Machine  
• 15-Bar Pressure  
• A-Rating in Energy Consumption  
• Excludes Contents



**WAS R119  
R 99**  
SAVER20  
Noritake Arctic White  
Coffee Mug



**R 44<sup>99</sup>**  
PnP Coffee Beans  
Assorted 250g Each



**R 49<sup>99</sup>**  
L'OR Ristretto Espresso  
Aluminium Capsules  
Assorted 10s Per Pack



**ANY 2  
R 100**  
PnP Coffee Syrup  
Vanilla, Irish or Caramel  
Flavour 250ml

PnP Ground or Bean Coffee Assorted 500g - **R89.99** Each  
PnP Espresso Beans 1kg - **R169.99**

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Passion fruit  
truffles

Coffee cups

Rose and litchi  
truffles

Pistachio  
truffles

Mint truffles

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LIVEWELL

Pick  
one small thing

## BREAK THE FAST

Our new Live Well range of healthy products will help you to pick one small thing to make a big difference to your health. Pick well to Live Well.

Kick-start your day the right way with a balance of do-good carbs, healthy fats and protein power

Avo on seeded bread

Spinach and egg on high fibre toast

Pick  
one small thing

Choose fibre-rich options like seeded bread and brown muffins over white refined ones as often as you can. Their fibre content aids digestion and helps keep you fuller for longer.

### GOOD IDEA

Save time with PnP's all-new range of freshly pressed fruit and veggie juices that are deliciously refreshing and provide a source of vitamins

*Fresh at its best*

DIABETES FRIENDLY

Brown English muffins topped with peanut butter and blueberries

NEW & EXCLUSIVE



R 49<sup>99</sup>  
PnP Live Well Gluten Free Seeded Bread 400g



R 46<sup>99</sup>  
PnP Live Well Gluten Free White Bread 400g



BUY 2 SAVE R10  
R 69<sup>99</sup>  
PnP Blueberries 360g



R 20<sup>99</sup>  
PnP Brown English Muffins 4s



FROM R 79<sup>99</sup>  
Kauai Smoothie Assorted 640/720g Each



R 23<sup>99</sup>  
PnP Live Well Smooth Peanut Butter 400g

LIVEWELL

## DINNER TIME

Cutting down on meat? Serve a balanced dinner with high-fibre carbs, think brown rice, vegetables and plant-based protein like tofu.

Quinoa bowl with grilled corn, peas and kale

PLANT BASED

Pasta bowl with crumbled feta, tomato and olives

### RICE BUDDHA BOWL

Heat 1 tbsp (15ml) olive oil in a non-stick pan. Add ½ packet (300g) PnP stir-fry vegetables, 1 sliced chilli, 2 crushed garlic cloves and 1 tbsp (15ml) grated ginger and fry for 2-3 minutes or until cooked through. Heat a little oil in a pan and add 1 packet (400g) curried tofu, cook for 2-3 minutes per side and slice. Divide 2 cups (500ml) cooked brown rice between bowls with stir-fry, tofu and chopped coriander. SERVES 2

### GOOD IDEA

For sustained energy, opt for wholewheat pasta. Don't fret, we've got gluten-free options too



ANY 3  
R 45  
SAVE R5  
PnP Green, Black or Calamata Olives 200g



R 45<sup>99</sup>  
PnP Live Well Extra Firm Tofu Coconut Curry 200g



R 17<sup>99</sup>  
PnP Kale Mix 300g



**LIVEWELL**

## Carb Sharp

**R 49<sup>99</sup>**

PnP Carb Sharp Sponge  
Cake Pre-Mix 230g



**R 75<sup>99</sup>**

PnP Carb Sharp Chocolate  
Brownies Pre-Mix 320g



**R 89<sup>99</sup>**

PnP Carb Sharp Almond  
Cake Pre-Mix 320g



**R 72<sup>99</sup>**

PnP Carb Sharp Carrot Cake  
Pre-Mix 275g



**R 19<sup>99</sup>**

PnP Live Well Bulgur Wheat  
500g



**R 29<sup>99</sup>**

PnP Live Well Mediterranean Wholewheat  
Couscous or Couscous  
Durum Wheat Semolina  
250/500g Each



**R 49<sup>99</sup>**

PnP Live Well Pearl  
Couscous 350g



**R 159<sup>99</sup>**

Health Connection  
Xylitol 1kg



**R 29<sup>99</sup>**

PnP Live Well Raw  
Almonds Assorted  
100g Each

**R 89<sup>99</sup>**

Freesweet Sugar  
Replacement Granules  
500g



**R 24<sup>99</sup>**

PnP Live Well Chickpea  
Flour 350g



**R 29<sup>99</sup>**

Kauai Dark Protein Bar  
Assorted 65/72g Each



**R 49<sup>99</sup>**

Nature's Choice GMO  
Free Deodorized  
Coconut Oil 1 Litre



**R 229<sup>99</sup>**

Kauai Grass-Fed Whey  
Protein Original, Cocoa or  
Vanilla 500g Each



**R 19<sup>99</sup>**

PnP Live Well Tea  
Assorted 20s Each

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## Stock up your pantry



**R 34<sup>99</sup>**

Tastic Basmati Aromatic  
Indian Rice 1kg



**R 25<sup>99</sup>**

PnP Plain or Spiced  
Poppadums 118g Each



**ANY 2 R 17<sup>99</sup>**

Serena Italian Whole  
Peeled or Chopped  
Tomatoes 400g



**R 89<sup>99</sup>**

PnP Extra Virgin Olive Oil  
1 Litre



**R 14<sup>99</sup>**

Cape Herb & Spice Exotic  
Spices Assorted 50g Each



**ANY 2 R 70<sup>99</sup>**

PnP Paste Assorted  
120/130g



**R 34<sup>99</sup>**

PnP Harissa Paste  
130g



**ANY 2 R 19<sup>99</sup>**

Serena Chick Peas,  
Butter or Kidney Beans  
in Brine 400g



**R 32<sup>99</sup>**

PnP Cook in Sauce  
Assorted 400g Each



**R 39<sup>99</sup>**

Patak's Sauce Assorted  
450g Each



**R 65<sup>99</sup>**

PnP Curry Sauce Assorted  
400g Each



**BUY 2 R 28<sup>99</sup>**

no name™ Light Meat  
Shredded Tuna in Salt  
Water 170g



**R 67<sup>99</sup>**

Jacobs Krönung Instant  
Coffee 200g Assorted  
(Excluding Decaf) Each



**ANY 2 R 38<sup>99</sup>**

Cadbury Slab  
Assorted 150g



**R 64<sup>99</sup>**

PnP Thai Massaman,  
Green or Red Curry Cook Kit  
243-251g Each



**ANY 2 R 40<sup>99</sup>**

John West Light Meat  
Chunky Tuna in Water,  
Brine or Oil 170g



**R 119<sup>99</sup>**

Davidoff Rich Aroma  
Instant Coffee 100g



**R 53<sup>99</sup>**

Nescafé Classic  
Instant Coffee  
Assorted 200g  
Each



**R 36<sup>99</sup>**

Nescafé Cappuccino  
Assorted 10s Each



**R 69<sup>99</sup>**

Nestlé Quality Street 500g



**R 19<sup>99</sup>**

PnP Edible Flowers

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**R44<sup>99</sup>**  
SAVE R35  
Ola Gino Ginelli Assorted  
1.4 Litre Each



**R34<sup>99</sup>**  
SAVE R15  
PnP Ice Cream Assorted  
2 Litre Each

## Sweet summer

With PnP's decadent range of chilled desserts, farm fresh fruit and the juiciest berries, life couldn't get any sweeter...

### DID YOU KNOW?

PnP now stocks a range of vegan ice cream at selected stores.

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ANY 2  
**R200**  
Sadia Crumbed Chicken  
Assorted 1kg

## Tender, crispy & delicious!

Try our Exclusive Frozen Chicken Range. Enjoy it as a snack or a side dish.

Range consists of:

- Roasted chicken wings
- Coated, crumbed chicken wings
- Coated, crumbed chicken drumsticks
- Coated, crumbed, crispy chicken cuts
- Coated southern-fried chicken strips



**R55<sup>99</sup>**  
no name™ Frozen Chicken  
Breast Fillets with  
Brine-Based Mixture 1.5kg



**R19<sup>99</sup>**  
SAVE R15  
PnP Live Well Frozen Country Crisp Mix,  
Broccoli Florets or Cauliflower 1kg Each



ANY 2  
**R19<sup>99</sup>**  
McCain Oven Chips  
750g or Stir Fry 700g  
Assorted



**R29<sup>99</sup>**  
SAVE R30  
Dr. Oetker Ristorante  
Pizza Assorted  
330-390g Each



**R34<sup>99</sup>**  
SAVE R20  
Flora Medium Fat Spread 1kg  
Tub (Excluding Gold)

PRICES VALID 17 - 27 OCTOBER 2019





## Wellness zone

VISIT OUR IN-STORE PHARMACY AND MyLife CLINIC

You'll find everything you need to maintain a healthy lifestyle at our in-store pharmacy. Go to the dispensary for prescription or self-medication and get any tests you may need done by our qualified sisters at the MyLife clinic.



**R379**  
Solal Healthy Ageing  
Vitamin C Serum 30ml Each  
Buy Vitamin C Serum and Receive  
Collagen Plus Caps 30s FREE



**R14<sup>99</sup>**  
Colgate Maximum Cavity  
Protection Toothpaste  
Value Pack 150ml



**R299<sup>99</sup>**  
USN Blue Label Premium  
Whey Protein Assorted  
908g Each



**R19<sup>99</sup>**  
Panado Tablets  
Assorted 24s Each



**R138<sup>99</sup>**  
Cal-C-Vita Vitamin C Plus  
Orange Effervescent  
Tablets 30s

Listerine Green Tea, Tartar Control,  
Teeth & Gum Defence, Total Care,  
Sensitive or Whitening Mouthwash  
500ml Each



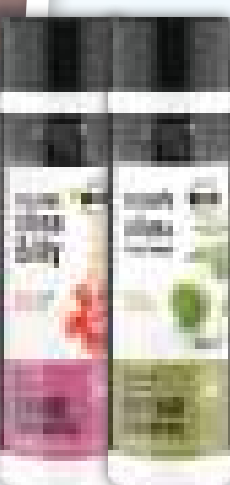
**R52<sup>99</sup>**



**R30**  
Dove Beauty  
Cream Bar 4 x 100g



**R149<sup>99</sup>**  
L'Oréal Revitalift Cream  
Assorted 15/50ml Each



**FROM R59<sup>99</sup>**

Organic Shop Hand  
Soap, Bath Salt or  
Scrub 250/500ml  
Each



**FROM R59<sup>99</sup>**

Organic Shop  
Shampoo Assorted  
280ml Each



**FREE**

**R720**  
Viper3med CBD 150mg  
Oil 30ml



**+**

**R565**  
Viper3med Hemp Seed  
Oil 500ml  
Buy Hemp Seed Oil 500ml and  
Receive Hemp Cream 100ml  
FREE



Always Ultra Pads Singles 7-10s - **R19.99** Per Pack

**R33<sup>99</sup>**  
Always Ultra Pads  
Value Pack 12-20s  
Per Pack



**R36<sup>99</sup>**  
Pantene Pro-V Shampoo or  
Conditioner Assorted 400ml Each



**R45<sup>99</sup>**  
Mixa Body Cream  
Assorted 450ml Each



**R184<sup>99</sup>**  
ProbiFlora Adult Intensive  
Rescue Probiotic 9 Strain  
60 Capsules



**R78<sup>99</sup>**  
Linctagon-C Effervescent  
Tablets Orange or Cherry Flavour  
12s Per Pack



**ANY2 R110**  
Sanex Dermo Shower  
Gel Assorted 750ml

## Baby care



**PRICE PER NAPPY**  
Size 1 88s - **R2.15**  
Size 2 80s - **R2.36**  
Size 3 60s - **R3.15**  
Size 4 52s - **R3.63**  
Size 5 44s - **R4.30**



**R189**  
Pampers Premium Care  
Value Pack Disposable  
Nappies Assorted  
Per Pack



**ANY2 R140**  
Johnson's Cotton  
Touch or Gentle All Over  
Wipes 288s Value Pack



**R39<sup>99</sup>**  
Calpol Strawberry  
Paediatric Syrup 100ml



**R59<sup>95</sup>**  
Epi-Max Junior Cream  
400g



**R199<sup>95</sup>**  
Bepanthen Nappy Care  
Ointment 100g



**R80**  
Nestlé Cerelac  
Regular Baby Cereal  
with Milk 1kg



**WAS R119<sup>99</sup>**  
**R89**  
SAVE R30  
Angelcare Single Pack  
Nappy Bin Refill Per Pack

### KEEP BABY HEALTHY

- Wash your and baby's hands with soap and water to combat germs.
- Also, remember to keep baby hydrated as this keeps the respiratory system intact.



# Cheers!

Goodbye cold winter blues, hello warm summer hues. What are you doing to celebrate the season? Our liquor section has been upgraded to include an even wider variety of superior sippers such as first-class wine and bubbly, an impressive gin collection, a quaffable craft-beer range and an innovative non-alcoholic selection. What's more you can buy premium whisky and Cognac in store, too. Bottoms up!



WAS R2599  
**R1999**  
 SAVE R600  
 Johnnie Walker Blue Label  
 Blended Scotch Whisky 750ml



WAS R359  
**R295**  
 SAVE R64  
 Johnnie Walker Black  
 Label Blended Scotch  
 Whisky 750ml



WAS R399  
**R299**  
 SAVE R100  
 Johnnie Walker White  
 Walker Blended Scotch  
 Whisky 750ml



WAS R679  
**R549**  
 SAVE R130  
 Hennessy Very  
 Special Cognac  
 750ml

## Tasting note

The "finish" is the length of time the flavour of whisky remains in your mouth once it's been swallowed. The longer the finish, the older, richer and smokier the whisky. A short finish is associated with a crisp, young whisky.

## Gin



WAS R259  
**R199**  
 SAVE R60  
 Tanqueray London  
 Dry Gin 750ml

WAS R399  
**R329**  
 SAVE R70  
 Inverroche Classic,  
 Verdant, Amber or Coco  
 L'Orange Gin 750ml Each

## Beer & cider



WAS R249  
**R199**  
 SAVE R50  
 Castle Lite 24 x 340ml  
 Non-returnable Bottles or  
 24 x 500ml Cans Per Case

WAS R279  
**R239**  
 SAVE R40  
 Heineken Lager  
 24 x 340ml Non-  
 returnable Bottles or  
 24 x 330ml Cans  
 Per Case

NOW  
**R44**  
 The Redrock Brewing Co.  
 Assorted 4 x 340ml  
 Non-returnable Bottles  
 Per Pack

WAS R99  
**R69**  
 SAVE R30  
 Smirnoff Double Black Ice  
 Guaraná 6 x 250ml Cans

WAS R329  
**R269**  
 SAVE R60  
 Savanna Dry, Light or Loco Alcoholic or  
 Lemon Non-Alcoholic Premium Cider  
 24 x 330ml Non-returnable Bottles  
 Per Case

## Mixers



NOW  
**R14<sup>99</sup>**  
 Franklin & Sons LTD  
 Assorted 200ml Each

NOW  
**R59<sup>99</sup>**  
 Toni Glass Tonic Water  
 Assorted 4 x 250ml Per Pack

**R64<sup>99</sup>**  
 Fever-Tree Tonic Water  
 Assorted 4 x 200ml Per Pack

**R69<sup>99</sup>**  
 Double Dutch Premium  
 Mixer Assorted  
 4 x 200ml Per Pack

NOW  
**R25<sup>99</sup>**  
 Fitch & Leedes Tonic  
 Water Assorted 750ml  
 Non-returnable  
 Bottle Each

NOW  
**R9<sup>99</sup>**  
 PnP Soda Water  
 Assorted 1 Litre Each

NOW  
**R29<sup>99</sup>**  
 Evian Natural Still  
 Mineral Water 1 Litre

Alcohol Not for Sale to Persons Under the Age of 18. Drink Responsibly.

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