



ALBANY SUPERIOR LOW GI BREAD SEED 700GR
ALBANY SUPERIOR W/W BRWN BRD LOW GI 800G
ALBANY SUPERIOR WHITE LOW GI BREAD 700GR
ALBANY ULTIM BROWN BREAD KJ CONT 500GR
ALBANY ULTIMA BROWN BRD ROOIBOS&RYE 700G
ALBANY ULTIMA BROWN BREAD M GRAIN 700GR
ALPRO ALMOND MILK UNSWEETE 1L
ALPRO SOYA DRINK ORIGINAL 1L
CLOVER CHEDDAR VP 400GR
CLOVER GOUDA CHEESE VP 400GR
CLOVER NOLAC LACTOSE FREE MAAS 500GR
CLOVER TUSSERS CHEESE VP 400GR
CLOVER WHITE CHEDDAR VP 400GR
DANONE YOGISIP MED FAT COCOPINE 500GR
DANONE YOGISIP MIXED BERRY 500GR
DANONE YOGISIP YOG DRNK GRANADILLA 500GR
DANONE YOGISIP YOGH DRINK APRICOT 500GR
DANONE YOGISIP YOGH DRINK ST/BERRY 500GR
DANONE YOGISIP YOGH DRINK VANILLA 500GR
ESKORT BACON GRILLERS 500G
ESKORT CHEESE GRILLERS 500G
ESKORT CHICKEN POLONY SLICED 180GR
ESKORT CHOPPED HAM ROLL SLICE 180GR
ESKORT CHOPPED HAM ROLL SLICE 180GR
ESKORT FRENCH POLONY SLICED 180GR
ESKORT SLICED BACON LOAF 180GR
ESKORT SLICED CURRY BRAWN 180GR
ESKORT SLICED HAM & TONGUE 180GR
ESKORT SLICED SANDWICH HAM 180GR
FAIRVIEW CHEVIN BLACK PEPP PAPRIKA 100GR
FAIRVIEW CHEVIN PLAIN 100GR
FRY'S BUTTERNUT BALLS 240GR
FRY'S GLUTEN FREE NUGGETS 240GR
FRY'S MEAT FREE SAUSAGE ROLLS 400GR
GOODHOPE SOY MILK REGULAR 1L
GOODHOPE UNSWEETENED SOY MILK 1L
I&J BITE & DELIGHT 500GR
KIRI CREAM CHEESE 12 PORT 216GR
LANCEWOOD CREME FRAICHE 250GR
MAGEU NO1 MONATI MABELE 1L
MCCAIN BABY CARROTS 500GR
MCCAIN BABY PEAS 500GR
MCCAIN BROCCOLI 750GR
MCCAIN BRUSSEL SPROUTS 750GR

These Instant Savings are valid from 10 March – 13 April 2021. E&OE



MCCAIN BUTTERNUT & SWEET POTATO 750GR
MCCAIN CARROTS JULIENNE 750GR
MCCAIN CAULIFLOWER 750GR
MCCAIN GREEN BEANS 750GR
MCCAIN PUMPKIN CHUNKS 750GR
MCCAIN SPINACH 750GR
MCCAIN SWEET POTATO 750GR
PNP SPRINGROLLS BEEF 12EA
PNP SPRINGROLLS CHICKEN 12EA
PNP SPRINGROLLS VEG 12EA
RAINBOW IQF CHEESE RUSSIAN 850GR
RAINBOW IQF SMK RUSSIANS CHILLI FLAV 1KG
RAINBOW IQF SMOKED RUSSIAN ORIGINAL 1KG
RENOWN FROZEN PORK OR CHEESE BANGERS 375G
RENOWN FROZEN PORK OR CHEESE BANGERS 375G
SASKO WHITE LOW GI ALL IN ONE 700GR
SEA HARVEST PETIT HADDOCK FILLETS 400GR

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