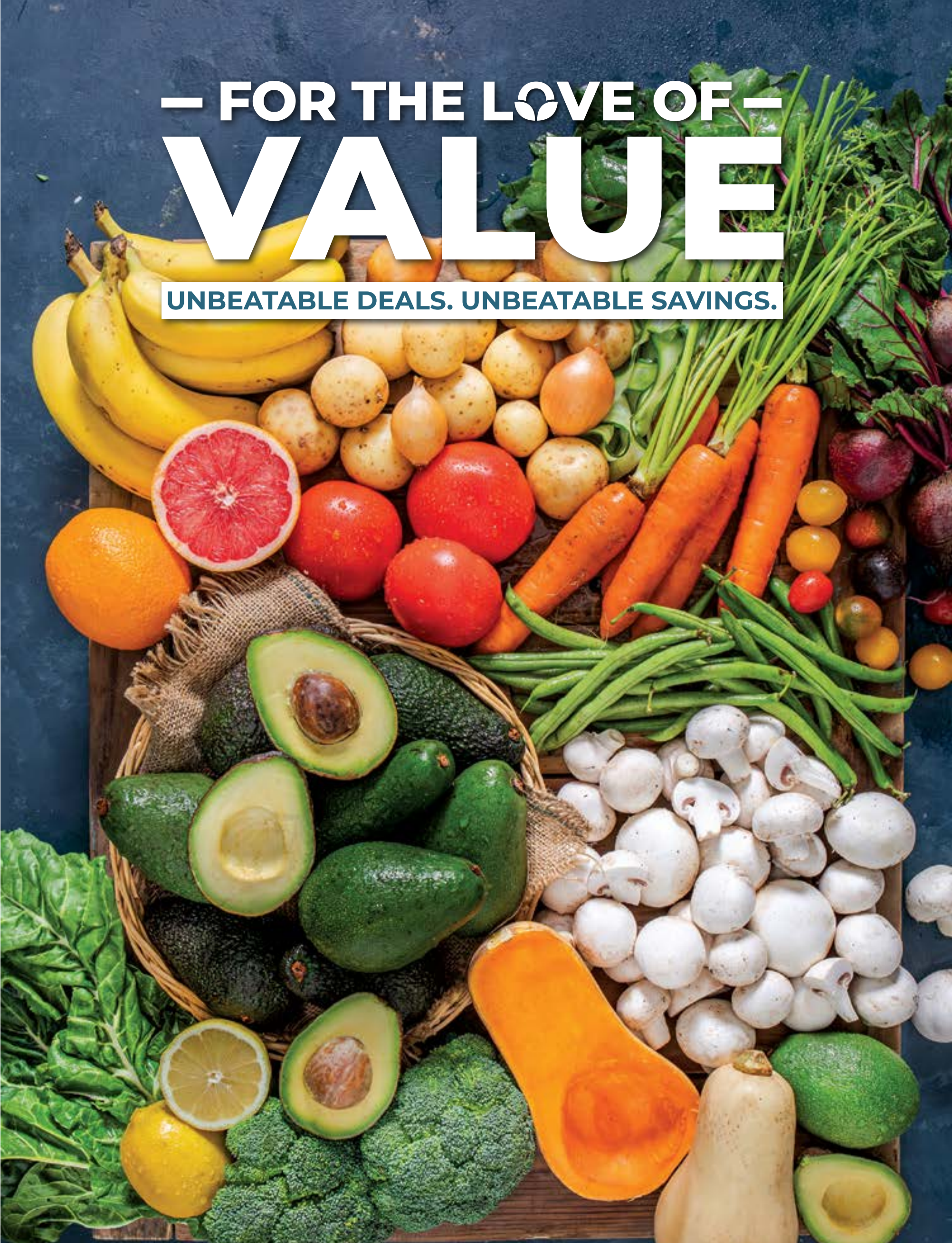


— FOR THE LOVE OF —
VALUE

UNBEATABLE DEALS. UNBEATABLE SAVINGS.



VALID WEDNESDAY 23 APRIL - SUNDAY 4 MAY 2025

FOOD LOVER'S MARKET

DOWNLOADED FROM

specialsona



SUPPORT LOCAL BUY NAMIBIAN PRODUCE

TSUMEB, OSHIVELO AND STAMPRIET



Avocados
4 FOR
N\$50



Namibian Gem Squash,
Butternut, White or Blue
Pumpkin
12⁹⁹
per kg



Basil, Rocket or Chive
Punnets
2 FOR
N\$30



Namibian Red or
Borrie Sweet Potato
29⁹⁹
per kg



Okra Prepacks
16⁹⁹
each



Sweetcorn
Prepacks 4s
32⁹⁹
each



White Button Mushroom
Punnets 200 g
29⁹⁹
each



Shallot
Thriftpacks
34⁹⁹
each



Green Pepper
Thriftpacks
24⁹⁹
each



Red or Yellow Pepper
Thriftpacks
2 FOR
N\$50



Namibian
Mixed Pepper
Thriftpacks
24⁹⁹
each

BULK DEAL!



1 x Namibian Butternut Bag 3 kg,
1 x Namibian Carrot Bag 3 kg,
1 x Onion Bag 3 kg,
1 x Apple Bag 3 kg,
1 x Potato Pocket 7 kg

N\$299



Food Lover's Salad
Dressing Assorted
335 ml/350 ml/365 ml

26⁹⁹
each



Buffet Olives
Assorted 80 g

18⁹⁹
each



Fairview Salada
Blanc Modified
White Cheese 100 g

18⁹⁹
each



On The Go Salad-Days
Chili & Seeds Sprinkles
100 g

21⁹⁹
each

for the LOVE of CITRUS

We only partner with the best local farmers, which is why the journey from farm to your home is made with care and every step has your satisfaction in mind. So, add a little zest to the season with our lekker, local citrus.



Limes
49⁹⁹ per kg



Lemon Thriftpacks 1 kg
19⁹⁹ each



Ruby Grapefruit Thriftpacks 4s
24⁹⁹ each



Naartjie Thriftpacks 1 kg
39⁹⁹ each



Orange Thriftpacks 1 kg
24⁹⁹ each

sweet, juicy & **BURSTING** with **FLAVOUR!**



Ruby Grapefruit
19⁹⁹ per kg



Red Plum Punnets
39⁹⁹ each



Queen Pineapples
24⁹⁹ each

HARBOURSIDE



Food Lover's Half Shell Mussels 450 g
89⁹⁹ each

Food Lover's Prawn Meat 20/40 400 g
99⁹⁹ each



Food Lover's Shrimp 240 g
39⁹⁹ each



Food Lover's Braai Snoek 1 kg
114⁹⁹ each



Atlantis Salmon Portions 200 g
109⁹⁹ each



Food Lover's Fish Fingers 600 g
64⁹⁹ each



Food Lover's Seafood Mix 700 g
79⁹⁹ each



Food Lover's 100% Lemon Juice 350 ml
2 FOR N\$35

SUSHI BAR

FOR ILLUSTRATIVE PURPOSES ONLY!



Prawn or Salmon Poke Bowls
2 FOR N\$170

ONLY AVAILABLE AT SELECTED STORES



FOR ILLUSTRATIVE PURPOSES ONLY!

16-Piece Deluxe Sushi Platter
N\$399

ONLY AVAILABLE AT SELECTED STORES

BAKERY



Traditional, Chocolate or Fruit Free Hot Cross Buns
ANY 2 FOR N\$40



Doughnuts Assorted 9s
39⁹⁹ each



Artisan Bread Assorted
29⁹⁹ each



Half French Loaves
9⁹⁹ each



Cocktail Sausage Rolls
3 FOR N\$9⁹⁹

HOT FOODS



COMBO
2 x Soup Assorted
2 x Mini Paninis
N\$30



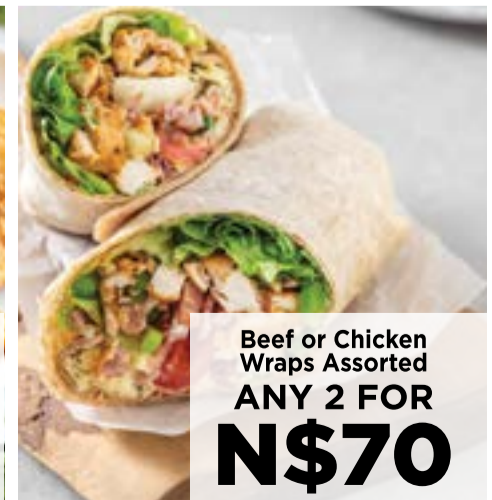
Crispy Chicken
Freshly Fried Chicken

ONLY AVAILABLE AT HILLTOP & WERNHILL EATERY

2-Piece Crispy Chicken & Chips
39⁹⁹ each



Golden Pockets Assorted
ANY 2 FOR N\$25



Beef or Chicken Wraps Assorted
ANY 2 FOR N\$70

BUTCHERY

Namibian Chicken Sosaties
109⁹⁹ per kg

Namibian Mixed Frozen Chicken Portions
79⁹⁹ per kg

Namibian Frozen Chicken Fillets
99⁹⁹ per kg

Namibian Chicken Flatties
79⁹⁹ per kg

Namibian Oxtail
139⁹⁹ per kg

Scan for Robbie's Oxtail Recipe



When it comes to Oxtail, there's only one clear winner - and it's only available at our Butchery.

Namibian Beef Burger Patties Assorted
119⁹⁹ per kg



Namibian Frozen Whole Chicken
69⁹⁹ per kg



Namibian Lamb Ribs
159⁹⁹ per kg



Econo Pork Ribs
69⁹⁹ per kg



Namibian Smoked Russians
129⁹⁹ per kg



Namibian Lamb Bulk Packs
149⁹⁹ per kg



Namibian Pickled Beef Tongue
99⁹⁹ per kg



Namibian Meatballs
119⁹⁹ per kg



Namibian Stewing Beef Neck 2.5 kg
149⁹⁹ per pack



Namibian Amaboerie Pork Sausages
119⁹⁹ per kg



Namibian Jan Braai Boerewors
139⁹⁹ per kg

our PERISHABLES



Clover Butro Butter Spread 500 g
74⁹⁹ each



Food Lover's Crushed Garlic Assorted 250 g
ANY 2 FOR N\$35



Wooden Spoon White or Yellow Margarine 500 g
ANY 2 FOR N\$50



Clover Sour Cream 250 ml
2 FOR N\$40



Nammilk Fresh Cream 250 ml
2 FOR N\$60



Clover Tropika Dairy Snack Assorted 250 g
ANY 3 FOR N\$35



Clover Classic Yoghurt Assorted 6 x 100 g
ANY 2 FOR N\$45



1 x Everyday Yoghurt 1 kg, 1 x DailyFix Granola 350 g
BOTH FOR N\$69⁹⁹



Nammilk Full Cream Milk 2 L
37⁹⁹ each



Lancewood Full Cream Buttermilk 500 ml
2 FOR N\$35



I Love Spice Garlic Squeeze Assorted 375 ml
ANY 2 FOR N\$60



Food Lover's Nectar Fruit Juice Assorted 1.5 L
ANY 2 FOR N\$50

CHEESE EMPORIUM



Food Lover's Cheddar, Gouda or White Cheddar 800 g - 3 Months Matured
119⁹⁹ each



Parmalat Processed Cheese Slices Assorted 200 g
29⁹⁹ each



Président Feta Cheese Assorted 200 g
39⁹⁹ each



Briette Cheese Assorted 125 g
64⁹⁹ each



Lancewood Cream Cheese Assorted 230 g
44⁹⁹ each



Lancewood Dips Assorted 175 g
2 FOR N\$60



Emborg Cheese Strips 84 g
29⁹⁹ each

our FREEZER DEALS



Penny Lane Diced Mixed Veg or Country Veg 1 kg
44⁹⁹ each



Penny Lane Frozen Blueberries or Raspberries 1 kg
94⁹⁹ each



Cadbury Ice Cream Assorted 480 ml
84⁹⁹ each



Ola Gino Ginelli Gelateria Ice Cream Assorted 1.4 L
89⁹⁹ each



Dr. Oetker Ital Pizza Familia Assorted 380 g/424 g/514 g
74⁹⁹ each



Fatima's Samoosas Assorted 12s
49⁹⁹ each



Fatima's Puff Pastry 400 g
2 FOR N\$50

HEALTH & HAPPINESS



Blue Diamond Almond Breeze Assorted 1 L (Excl. Barista Blend)
ANY 3 FOR N\$110



Coco Aqua Coconut Water or Aloe Aqua Aloe Water Assorted 330 ml
ANY 2 FOR N\$28



Food Lover's Dried Mango 350 g
89⁹⁹ each



Food Lover's Peeled Yellow Cling Peaches 400 g
79⁹⁹ each



Food Lover's Dried Cranberries 500 g
99⁹⁹ each



Food Lover's Fruit Munch, Trail Crunch or Fruit & Nut Crunch 500 g
89⁹⁹ each



YOU FIRST range



You First Raw Almonds 1 kg
169⁹⁹ each



Food Lover's Mixed Fruit Salad or Unpitted Prunes 500 g
64⁹⁹ each



Food Lover's Mixed Nuts with Peanuts Plain or Mixed Nuts with Peanuts Roasted & Salted 500 g
79⁹⁹ each



Food Lover's Jumbo Mixed Raisins or Jumbo Seedless Raisins 500 g
ANY 2 FOR N\$50



Food Lover's Jumbo Mixed Raisins or Jumbo Seedless Raisins 500 g
ANY 2 FOR N\$80



You First Quinoa or Red & White Quinoa 500 g
74⁹⁹ each



Food Lover's Peanuts Roasted, Salted, Peri-Peri, Raw Redskin or Peanuts & Raisins 400 g
ANY 2 FOR N\$70



King Candy Bulk Sweets Assorted
12⁹⁹ per 100 g



Skinny Shots Assorted 100 ml
ANY 2 FOR N\$40



Rugani 100% Juice Assorted 750 ml
ANY 2 FOR N\$60



You First Odourless Coconut Oil 1 L
79⁹⁹ each



Visit our health & happiness department!

Nuggles Chocolate Coated Peanuts, Raisins or Shortcake
36⁹⁹ per 100 g

Bulk Almonds, Cashews, Mixed Nuts or Walnuts
26⁹⁹ per 100 g

Nuggles Chocolate Coated Hazelnuts, Almonds, Brazil Nuts, Fudge, Honeycomb, Turkish Rose, Choc O Crunch or Mallows
44⁹⁹ per 100 g

Bulk Macadamias, Brazil Nuts, Pecan Nuts or Jumbo Pistachios
39⁹⁹ per 100 g

our SNACKS & BEVERAGES



Oreo Original, Chocolate Crème, Golden or Coca-Cola Cookies
119 g/128 g
ANY 2 FOR N\$28



Score Energy Drinks Assorted 500 ml
5 FOR N\$50



Cadbury 5Star, Astros, Crunchie, Lunch Bar, Lunch Bar Dream, P.S. Caramilk or P.S. Dairy Milk 40 g - 48.5 g
ANY 3 FOR N\$35



Nestlé Milkybar, Rolo or Aero Slabs Assorted 135 g/150 g
31⁹⁹ each



Cadbury Shortcake or Raisin Tumbles 200 g
49⁹⁹ each



Trigz Crunchy Popped Corn Chips Assorted 85 g
ANY 3 FOR N\$35



Simba Potato Chips Assorted 120 g
ANY 3 FOR N\$50



NikNaks Maize Snack Assorted 135 g
ANY 2 FOR N\$25



Beacon mmmMallows Pink & White Mallows 135 g
2 FOR N\$30



Bakers Salticrax Assorted 200 g
ANY 2 FOR N\$55



Bakers Blue Label Original or Caramel Marie Biscuits 200 g
ANY 2 FOR N\$35



Bakers Tennis Biscuits Assorted 200 g
ANY 2 FOR N\$50



Douwe Egberts Instant Coffee Assorted 200 g
169⁹⁹ each



Jacobs Cappuccino Sachets Assorted 8s/10s
59⁹⁹ each



Nescafé Ricoffy Instant Coffee Refill 800 g
136⁹⁹ each



Rhodes 100% Fruit Juice Assorted 6 x 200 ml
46⁹⁹ each



Coca-Cola, Sprite or Fanta Assorted 6 x 300 ml
N\$50 each



Brookes Oros RTD Assorted 300 ml
ANY 5 FOR N\$40



Fruitree Fruit Nectar Blend Assorted 1 L
ANY 2 FOR N\$38



Sprite or Fanta Assorted 1.25 L
ANY 2 FOR N\$28

our PANTRY ESSENTIALS



Food Lover's UHT
Full Cream or Low Fat
Long Life Milk 6 x 1 L
119⁹⁹
each



Food Lover's Sunflower
Oil 2 L
2 FOR
N\$120



Goldcrest Smoked
Mussels 85 g
2 FOR
N\$50



Koo Baked Beans In
Tomato Sauce 410 g
15⁹⁹
each



Bull Brand Original
or Chili Corned
Meat 280 g
29⁹⁹
each



Food Lover's Herbs
Assorted 25 g - 50 g
ANY 2 FOR
N\$25



Ina Paarman's
Seasoning or Spice
Assorted 200 ml (Excl.
Cheese Sprinkle)
36⁹⁹
each



Aromat Canisters
Assorted 70 g/75 g
ANY 2 FOR
N\$25



Robertson's Barbecue,
Chicken or Steak & Chops
Spice Refill 128 g/160 g/168 g
ANY 2 FOR
N\$45



Ina Paarman's
Marinades
Assorted 500 ml
54⁹⁹
each



Wellington's Sweet
Chilli Sauce 700 ml
42⁹⁹
each



Wellington's Tomato
Sauce 700 ml
2 FOR
N\$55



Nando's Perinaise or
Sauce Assorted
265 g/250 ml
39⁹⁹
each



Jan Braai Potjie Sauce
Assorted 400 g
39⁹⁹
each



Thokoman Smooth
or Crunchy Peanut
Butter 480 g
39⁹⁹
each



Rhodes Mixed Fruit or
Smooth Apricot Jam
600 g
28⁹⁹
each



Goldcrest Honey
Squeeze 500 g
79⁹⁹
each



Nestlé or Gold Cross
Condensed Milk 385 g
29⁹⁹
each



Parmalat Vanilla
Custard 1 kg
29⁹⁹
each



Bokomo Traditional
Rolled Oats 1 kg
32⁹⁹
each



Kellogg's Kids' Cereal
Assorted 340 g/350 g
49⁹⁹
each



Marathon Light
Brown Sugar 2 kg
37⁹⁹
each



Bakpro Cake
Wheat Flour 2.5 kg
49⁹⁹
each



Bakpro Vetkoek
Wheat Flour 2.5 kg
44⁹⁹
each



B-well Blended
Canola & Extra Virgin
Olive Oil 1 L
59⁹⁹
each



Santagata Extra Virgin
Olive Oil 750 ml
169⁹⁹
each



Maggi Beef, Chicken or
Durban Curry 2 Minute
Noodles 5 x 68 g
29⁹⁹
each



La Molisana Lasagna
500 g
2 FOR
\$55



La Molisana Cous Cous or
Gnocchi di Patate 500 g
ANY 2 FOR
N\$50



La Belinda Tomato
Passata 690 g
2 FOR
N\$70



La Belinda Chick Peas
400 g
3 FOR
N\$55



1 x Moccagatta Pasta
Assorted 500 g,
1 x Miami Mexican, Indian
or Italian Style Diced
Tomatoes 410 g
BOTH FOR
N\$40

HOUSEHOLD



Food Lover's 2 Ply Toilet Paper 18s
119⁹⁹ each



Omo Auto Washing Powder 2 kg, Auto Liquid 1.5 L or Capsules 16s
89⁹⁹ each



Food Lover's Kitchen Towelling 2s
2 FOR N\$40



Sta-Soft Fabric Softener Assorted 2 L
ANY 2 FOR N\$100



Sunlight Dishwashing Tablets 56s
169⁹⁹ each



Handy Andy Household Cleaning Promo Basket
74⁹⁹ each



Tuffy Budget Interleaved Black Bags 20s
36⁹⁹ each

PERSONAL CARE



Colgate Active Salt or Triple Action Toothpaste 75 ml/100 ml
ANY 2 FOR N\$40



Sanex Roll On Assorted 50 ml
ANY 2 FOR N\$50



Dove Men's Body Wash Assorted 400 ml
59⁹⁹ each



TRESemmé Shampoo or Conditioner Assorted 900 ml
99⁹⁹ each

lekka BRAAI



Namibian Kameelhout 8 kg
ANY 2 FOR N\$60



NFPM Briquettes or Charcoal 4 kg
ANY 2 FOR N\$70

PET RANGE

ONLY AVAILABLE AT SELECTED STORES



Husky Wet Dog Food Assorted 775 g
32⁹⁹ each



Pamper Wet Cat Food Assorted 85 g
5 FOR N\$50

SPARKLING & WINE

WERNHILL
SWAKOPMUND
HILLTOP VILLAGE



La Motte Sauvignon Blanc 750 ml
119⁹⁹ each



De Wetshof Limestone Hill Chardonnay 750 ml
99⁹⁹ each



Diemersdal Sauvignon Blanc 750 ml
99⁹⁹ each



Diemersdal Private Collection 750 ml
199⁹⁹ each



Alto Rouge 750 ml
109⁹⁹ each



La Motte Millenium 750 ml
139⁹⁹ each



Stellenbosch Reserve Cabernet Sauvignon 750 ml
159⁹⁹ each



Beyerskloof Pinotage 750 ml
109⁹⁹ each



Cape Fynbos Wine Assorted 3 L
139⁹⁹ each

MARKET LIQUORS

FOOD LOVER'S MARKET

beers & CIDERS



Carling Black Label NRB 6 x 330 ml
62⁹⁹ each



Flying Fish Pressed Lemon NRB 6 x 330 ml
69⁹⁹ each



Castle Lite Cans 6 x 500 ml
79⁹⁹ each



Windhoek Draught Cans 6 x 500 ml
79⁹⁹ each



Savanna Dry or Angry Lemon 6 x 500 ml
129⁹⁹ each

MARKET LIQUORS

FOOD LOVER'S MARKET



whisky WONDERLAND



Chivas Regal 12 Year Old Blended Scotch Whisky 750 ml

419⁹⁹ each



Jameson Irish Whiskey 750 ml

389⁹⁹ each



Ballantine's Finest Scotch Whisky 750 ml

274⁹⁹ each

rum



Bacardi Spiced Rum 750 ml

219⁹⁹ each



Malibu Rum Liqueur 750 ml

209⁹⁹ each

gin GARDEN



Cape Fynbos Classic or Citrus Edition Gin 500 ml

299⁹⁹ each



Tanqueray Gin Range 750 ml

294⁹⁹ each



Gordon's London Dry Gin 750 ml

172⁹⁹ each

vodka VAULT



Absolut Vodka 750 ml

289⁹⁹ each



Smirnoff Vodka 750 ml

159⁹⁹ each

BRANDY & LIQUEUR



Jägermeister 750 ml

329⁹⁹ each



KWV 5 Year Old Brandy 750 ml

319⁹⁹ each



El Bravo Original or Strawberry Spirit Cooler 750 ml

139⁹⁹ each



Wild African Cream or Chocolate Cream Liqueur 750 ml

134⁹⁹ each

FOOD LOVER'S MARKET

VALID WEDNESDAY 23 APRIL - SATURDAY 3 MAY 2025

Food Lover's Market Centre, 50 Moses Garoëb St, Swakopmund, Tel: 414 400 • Food Lover's Market, Hilltop Village, Corner Ombika & Grove St, Kleine Kuppe, Windhoek (Next to Grove Mall)
• Fresh Produce Market, 69 Moses Garoëb St, Walvis Bay, Tel: 207 152 • Wernhill Shopping Centre, Corner Fidel Castro & Mandume Ndemufayo Ave, Windhoek, Tel: 401 702 • FREE PARKING
• Visit www.foodloversmarket.co.za/namibia to see all our super specials.

ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY • HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE

THE BEST
IN FRESH
GUARANTEED!



DRINK RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18.

ALL BOTTLES 750ML UNLESS OTHERWISE STATED • HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE • WHILE STOCKS LAST