



**PRICELIST FRESH FARM DELI**

**14.06.2026 - 20.06.2026**

Prices may change without prior notice

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Product	Quantity	Price	Description				
<b>OTHER</b>							
Eggs (Mixed Size)	30	R 85.00	<b>Free Range</b>				
Hash Brown (Gold Seal)	6 Per Pack	R 40.00					
Frozen Chips	1kg Shoe String	R 65.00	1kg choice grade	R 61.00	Shoe Sting = 7mm / Choice Grade = 10mm		
<b>DAIRY</b>							
<b>YOGURT &amp; DRINKING YOGHURT</b>							
Plain Yoghurt	1kg	R 60.00	Full Cream, Pure, NO Preservatives				
<b>CREAM CHEESE</b>							
Cream Cheese	250g	R 40.00	500g	R 60.00	1kg	R 110.00	
<b>DANISH FETA</b>							
Danish Feta	400g	R 85.00	Plain, Garlic & Herb, Black Pepper				
<b>CHEESE</b>							
Cheddar	Per kg	R 134.00					
Cheddar Grated	500g	R 75.00	1kg	R 150.00			
White Cheddar	Per kg	R 134.00					
White Cheddar Grated	500g	R 75.00	1kg	R 150.00			
Gouda	Per kg	R 135.00					
Gouda Grated	500g	R 76.00	1kg	R 151.00			
Mozzarella	Per kg	R 134.00					
Mozzarella Grated	500g	R 75.00	1kg	R 150.00			
Pizza Mix	500g	R 75.00	1kg	R 145.00			
Parmesan Grated	100g	R 35.00	200g	R 60.00	1kg	R 215.00	
<b>FRESH &amp; FROZEN FRUIT FOR SMOOTHY</b>							
Frozen Blueberry 1kg	1kg	R 80.00					
Frozen Mango 1kg	1kg	R 110.00					
Frozen Mixed Berry 1kg	1kg	R 90.00					
Frozen Pineapple 1kg	1kg	R 85.00					
Frozen Strawberry 1kg	1kg	R 75.00					
Frozen Fruit Special		R 310.00	Blueberry, Mixed Berry, Pineapple, Strawberry				
Smoothie Fruit Combo		R 340.00	Mango, Strawberry, Mixed Berry, Blueberry				

<b>OSTRICH MEAT</b>				PAGE 2
Ostrich Wors 500g	500g	R 105.00		
Ostrich Cheese Wors 500g	500g	R 110.00		
Ostrich Cherry Wors 500g	500g	R 105.00		
Ostrich Sosatie 600g	600g	R 105.00		
Ostrich Stir-Fry 500g	500g	R 95.00		
Ostrich Goulash 500g	500g	R 95.00		
Ostrich Lean Mince 500g	500g	R 100.00		
Ostrich Burger Patties 4 x 125g	4 x 125g	R 90.00		
Ostrich Steak 2 x 250g	600g	R 90.00		
Ostrich Fillet 2 x 200g	2 x 250g	R 100.00		
Ostrich Combo 1		R 350.00	Stirfry, Mince, Patties, Steak	
Ostrich Combo 2		R 355.00	Wors, Sosatie, Mince, Steak	
<b>RED MEAT (Grass Fed / Free from Hormones &amp; Antibiotics)</b>				
Lean Mince	Per kg	R 162.00	100 % Beef (+-500g pack size) 90% Meat/10% Fat	
Boerewors (Soy Free) Thick	Per kg	R 150.00	(+-500g pack size)	
Kalahari Boerewors (Soy Free) Thin	Per kg	R 160.00	(+-500g pack size)	
Meat Balls	Per kg	R 155.00		
Rump	Per kg	R 260.00		
Pure Beef Burger Patties	Per kg	R 148.00	(+-1kg pack size)	
<b>PORK</b>				
Bacon Bits	Per kg	R 120.00	Pack Size +-1kg	
Shoulder Bacon	500g	R 66.00		
Sandwich Ham	Each	R 70.00	Sliced in 500g	
Cheese Grillers Standard	500g	R 75.00	500g	
Cocktail Cheese Griller	500g	R 80.00	500g	
Pork Loin Chops	Per kg	R 143.00	Pack Size +-1kg	
<b>FREE RANGE CHICKEN (A-GRADE QUALITY) Free from Hormones &amp; Antibiotics</b>				
Free Range Whole Chicken	Per kg	R 85.00		
Free Range Flattie	Per kg	R 85.00		
Free Range Braai Pack	Per kg	R 85.00		
Free Range Marinated Flattie	Per kg	R 85.00		
Free Range Chicken Fillets	Per kg	R 115.00	Pack Size +-1kg	
Free Range Chicken Thighs	Per kg	R 105.00	Pack Size +-600g	
Free Range Chicken Wings	Per kg	R 120.00	Pack Size +-500g	
Free Range Chicken Drumsticks	Per kg	R 120.00	Pack Size +-500g	
<b>CHICKEN - NOT FREE RANGE</b>				
Skinless Boneless Thighs	Per kg	R 130.00	Pack Size +-500g	
Chicken Star-Pack With Skin	Per kg	R 80.00	Drumstick & Thighs	
<b>CHICKEN VARIETIES - NOT FREE RANGE</b>				
Chicken Stirfry	Per kg	R 100.00	Not Marinated	
Chicken Espetada Combo	Per kg	R 95.00		
Marinated Chicken Flatties	Per kg	R 85.00	BBQ / Lemon & Herb	
Macon: Deboned Thighs Wrapped in Beef Bacon	Per kg	R 100.00	Deboned Thighs wrapped in Beef Back (4 per pack)	
<b>CHICKEN COMBOS</b>				
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	

<b>CRUMBED CHICKEN</b>					<b>PAGE 3</b>
Chicken Nuggets	1kg	R	125.00		
Chicken Strips	1kg	R	125.00		
Chicken Schnitzel	1kg	R	130.00		
Chicken Patties	1kg	R	125.00		
Chicken Cordon Bleu	1kg	R	140.00		
<b>CRUMBED CHICKEN COMBOS</b>					
Crumbed Chicken 4kg	Combo	R	470.00	Schintzel, Patties, Strips, Nuggets	
Crumbed Chicken Cheesy 4kg	Combo	R	420.00	Schnitzel, Patties, Strips, Bites	
<b>CHEESY CRUMBED CHICKEN</b>					
Chicken Cheesy Bites	1kg	R	115.00		
Chicken Cheesy Strips	1kg	R	115.00		
Chicken Cheesy Schnitzel	1kg	R	115.00		
Chicken Cheesy Patties	1kg	R	115.00		
<b>PIZZERIA</b>					
Mini Pizzas	70g	R	70.00	8 mini pizzas (Cheese Topping)	
Pizza Bases 32cm	5 Pack	R	120.00	5 Tomato Paste Pizza per Pack	
Pizza Special	New	R	250.00	1 x Pizza Bases Pack (5), 1 x Pizza Mix 1kg	
<b>FROZEN READY MEALS (Heat and Eat)</b>					
<b>PASTA DISHES</b>					
Beef Lasagne	400g	R	70.00	1kg	R 135.00
Chicken Lasagne	400g	R	70.00	1kg	R 135.00
Mac Cheese	400g	R	70.00		
Spaghetti Bolognese	400g	R	70.00		
<b>HEAT AND EAT COMBOS</b>					
Heat and Eat Combo	400g	R	330.00	Any 5 x 400g Heat and Eat Meals	
Home Alone Combo	400g	R	380.00	Beef Lasagne; Mac & Cheese; Spaghetti Bolognese; Chicken Lasagne; Cheese & Garlic Braai Pie; Mini Pizza (8)	
<b>BRAAI PIES</b>					
Cheese Garlic Braai Pie	365g	R	45.00		
<b>BAKERY</b>					
Koeksisters (Large)	Dozen	R	60.00	LARGE	
Koeksisters (Cocktail)	Dozen	R	42.00	COCKTAIL	
Traditional Sourdough Bread		R	65.00		
Blueberry Sourdough Bread		R	75.00		
Plain Sourdough Bread		R	65.00		

<b>NUTS</b>							<b>PAGE 4</b>
<b>Product</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	
Almond Natural / Roasted & Salted	<b>250g</b>	R 65.00	<b>500g</b>	R 130.00	<b>1kg</b>	R 280.00	
Cashews Natural / R.S	<b>250g</b>	R 65.00	<b>500g</b>	R 125.00	<b>1kg</b>	R 265.00	
Mixed Nuts Natural / Roasted & Salted	<b>250g</b>	R 75.00	<b>500g</b>	R 140.00	<b>1kg</b>	R 300.00	
<b>MIXES</b>							
<b>Product</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	
Granola (Natural)	<b>1kg</b>	R 70.00					
Granola/Nut/Fruit/Seed Mix	<b>1kg</b>	R 90.00					
Rolled Oats	<b>1kg</b>	R 50.00					
<b>DRIED FRUITS</b>							
<b>Product</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	
Cranberry	<b>250g</b>	R 50.00	<b>500g</b>	R 85.00	<b>1kg</b>	R 180.00	
Dates	<b>250g</b>	R 30.00	<b>500g</b>	R 50.00	<b>1kg</b>	R 80.00	
Ginger Cubes	<b>250g</b>	R 48.00	<b>500g</b>	R 80.00	<b>1kg</b>	R 150.00	
Ginger Slices	<b>250g</b>	R 48.00	<b>500g</b>	R 80.00	<b>1kg</b>	R 150.00	
Raisins Seedless	<b>250g</b>	R 35.00	<b>500g</b>	R 50.00	<b>1kg</b>	R 80.00	
<b>SPECIALTIES</b>							
<b>Product</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	
Pink/White Peanuts	<b>250g</b>	R 40.00	<b>500g</b>	R 58.00	<b>1kg</b>	R 125.00	
Yogurt Dates	<b>250g</b>	R 55.00	<b>500g</b>	R 100.00	<b>1kg</b>	R 180.00	
<b>SEEDS</b>							
<b>Product</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	
Chia Seed	<b>250g</b>	R 45.00	<b>500g</b>	R 80.00	<b>1kg</b>	R 130.00	
Pumpkin Seed	<b>250g</b>	R 50.00	<b>500g</b>	R 90.00	<b>1kg</b>	R 155.00	
<b>SWEETIES</b>							
<b>Product</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	<b>Size</b>	<b>Price</b>	
Jelly Beans	<b>250g</b>	R 48.00	<b>500g</b>	R 85.00	<b>1kg</b>	R 160.00	
Jelly Tots	<b>250g</b>	R 40.00	<b>500g</b>	R 70.00	<b>1kg</b>	R 125.00	
JuJubes	<b>250g</b>	R 40.00	<b>500g</b>	R 70.00	<b>1kg</b>	R 125.00	