

QUALITY. SERVICE. DELIVERY.



WE DELIVER DAILY.

DOWNLOAD OUR APP TODAY!
ORDER NOW WITH JUST A FEW CLICKS. ANYTIME. ANYWHERE.



BEEF

BEEF STEAKS

	Unit	Price (incl)
Beef Fillet Steaks	2 x 250gr	R 89.98
Beef Fillet Whole	1.3kg - 1.4kg	R 239.98
Beef Prego Steaks	4 x 125gr	R 49.98
Beef Ribeye Steaks	2 x 300gr	R 74.98
Beef Rump Steaks	2 x 300gr	R 84.98
Beef Short Rib Sliced	500gr	R 39.98
Beef Sirloin Steaks	2 x 250gr	R 76.98
Beef T Bone Steaks	400 - 450gr	R 64.98
Beef Tenderised Steak	4 x 125gr	R 44.98

BEEF CUTS



	Unit	Price (incl)
Beef Stew Diced	500gr	R 38.98
Beef Goulash	500gr	R 48.98
Beef Kebabs	4 x 125gr	R 68.98
Beef Stroganoff	500gr	R 48.98
Beef Ox Tail Sliced	1kg	R 84.98
Beef Ribs	1kg	R 79.98
Beef Silverside (Roast)	1.4kg - 1.5kg	R 144.98
Beef Brisket	1kg	R 79.98

LOW PRICES

WHY PAY RETAIL PRICES WHEN YOU CAN GET IT FOR WHOLESALE

BEEF BURGER RANGE

	Unit	Price (incl)
Beef Boerewors Burger	4 x 100gr	R 27.98
Beef BBQ Burger	4 x 100gr	R 26.98
100% Pure Steak Burger	4 x 160gr	R 59.98
Beef Burger - Wagyu	4 x 160gr	R 62.98



BEEF MINCE



	Unit	Price (incl)
Beef Steak Mince - 80/20	500gr	R 48.98
Beef Extra Lean Mince - 90/10	500gr	R 52.98

BEEF SAUSAGES

	Unit	Price (incl)
Beef Bangers	500gr	R 39.98
Beef Boerewors	500gr	R 49.98



LAMB

LAMB CHOPS

	Unit	Price (incl)
Lamb Shoulder Chops	900gr - 1kg	R 139.98
Lamb Loin Chops	900gr - 1kg	R 169.98

LAMB CUTS

	Unit	Price (incl)
Lamb Goulash	500gr	R 99.98
Lamb Kebab	4 x 125gr	R 99.98
Lamb Neck - Sliced	450gr - 500gr	R 58.98
Lamb Shanks	450gr - 500gr	R 79.98
Lamb Ribs Whole	700gr - 800gr	R 79.98
Lamb Half	9kg - 10kg	R 1199.00
Lamb Whole	19kg - 20kg	R 2399.00

FREE
DELIVERY



R500 or more

NO NEED TO EXPOSE YOURSELF TO SUPERMARKETS.
WE DELIVER DIRECTLY TO YOUR DOOR. RISK FREE!

FREE RANGE PORK

	Unit	Price (incl)
Pork Shoulder Chops	900gr - 1kg	R 69.98
Pork Loin Chops	900gr - 1kg	R 89.98
Pork Bangers	500gr	R 34.98
Pork Belly - Deboned and Rolled	1.9kg - 2kg	R 169.98
Pork Goulash	500gr	R 48.98
Pork Leg - Deboned and Rolled	2.4kg - 2.5kg	R 186.98
Pork Sliced Rashers	900gr - 1kg	R 94.98
Pork Stroganoff	500gr	R 49.98
Diced Bacon	1kg	R 69.98
Prime Cut / Shoulder Bacon	200gr	R 19.98
Streaky Bacon	200gr	R 28.98
Pork Belly Ribs (Pre-Cooked)	900g - 1kg	R 99.98

ELIM COLD MEATS

	Unit	Price (incl)
Liverspread	100gr	R 9.95
Cooked Sliced Ham	150gr	R 19.98
Italian Salami	150gr	R 29.95
Smoked Vienna's	500gr	R 29.95
Russians	500gr	R 39.95
Cheese Grillers	500gr	R 55.98

Elim
established 1944
Western Cape

CAPE KAROO FREE RANGE OSTRICH MEAT

CKI CAPE KAROO
INTERNATIONAL

	Unit	Price (incl)
Ostrich Kebabs	500gr	R 62.00
Ostrich Goulash	500gr	R 60.00
Ostrich Mince	500gr	R 60.00
Ostrich Fillet Steaks	4 x 125gr	R 74.98
Ostrich Steak Burgers	4 x 125gr	R 62.00

FROZEN CHICKEN



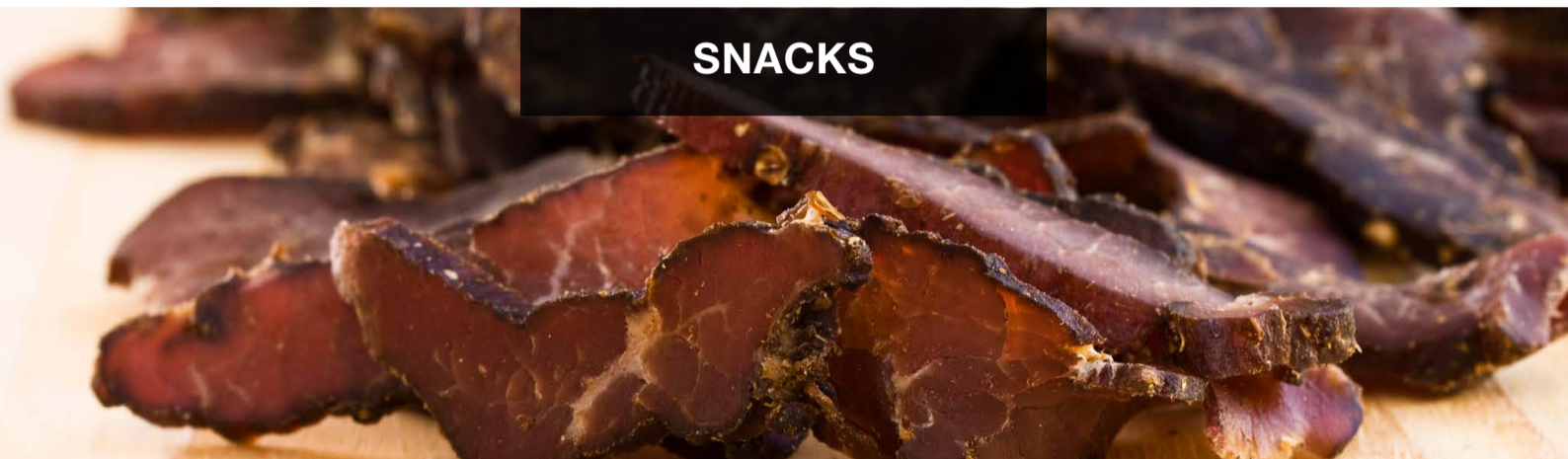
	Unit	Price (incl)
Chicken Fillets	1kg	R 59.98
Chicken Kebabs	4 x 125gr	R 48.98
Chicken Leg 1/4's	2.5kg	R 124.95
Chicken Whole	1.5kg	R 51.98
Chicken Wings	5kg	R 249.98

CRUMBED CHICKEN PRODUCTS

	Unit	Price (incl)
Crumbed Chicken Burger	2.5kg	R 169.98
Crumbed Chicken Nuggets	2.5kg	R 169.98
Crumbed Chicken Schnitzel	2.5kg	R 207.98
Crumbed Chicken Strips	2.5kg	R 207.98



SNACKS



	Unit	Price (incl)
Beef Biltong	100gr	R 39.98
Beef Droewors	100gr	R 29.98
Chicken Biltong	100gr	R 39.98
Chilli Sticks	100gr	R 39.98



MARINADES & SAUCES



	Unit	Price (incl)
Lemon & Herb Marinade	375ml	R 26.98
Peri Peri Marinade	375ml	R 29.98
Sweet Chilli Marinade	375ml	R 29.98
Pepper Sauce	375ml	R 29.98
BBQ Six Gun Grill Sauce	375ml	R 29.98
Jimmys Steak House Sauce	750ml	R 34.98

SPICES



	Unit	Price (incl)
Six Gun Grill Spice Shaker	100gr	R 15.75
Biltong Safari Fynbos Spice	500gr	R 34.98

R139.98
OKTO
BONING
KNIFE



FISH & SEAFOOD



	Unit	Price (incl)
Hake Fillets	5kg	R 485.98
Battered Crispy Hake	2kg	R 159.98
Fish Cakes	2kg	R 124.95
Fish Fingers	2kg	R 148.98
Calamari Strips	800gr	R 110.98
Calamari Tubes	800gr	R 102.00
Seafood Mix	700gr	R 59.98
Mussels 1/2 Shell	800gr	R 88.94
Calamari Steaks	600gr	R 89.98

PACIFIC WEST PRODUCTS



**PACIFIC
WEST**

	Unit	Price (incl)
Seafood Basket	230gr	R 39.98
Chilli Squid	1kg	R 171.98
Prawn Cutlets Crumbed	2kg	R 444.98
Prawn Kuro	800gr	R 199.98
Prawns Panko	1kg	R 262.98
Prawns Red Velvet	800gr	R 199.98
Prawns Tempura	1kg	R 338.90
Salt & Pepper Squid Chunks	1kg	R 195.98
Tempura Barramundi (Fish Fillets)	3.2kg (20 x 160gr portions)	R 468.98
Tempura Squid Rings	1kg	R 172.98



PIZZA

PIZZA

	Unit	Price (incl)
Pizza - Margarita / Garlic	24cm	R 18.98



EGGS & OIL

	Unit	Price (incl)
Fresh Eggs - Large	18 Eggs	R 39.98
Oude Muur Olive Oil	1 Litre	R115.95

DAIRY

	Unit	Price (incl)
Sliced Cheddar (12 Slices)	180gr	R 27.98
Premium Cheddar (Full Cream)	800gr	R 89.98
Premium Cheddar Loaves (Bulk)	2.5kg	R 252.98
Premium Salted Butter	500gr	R 59.95
Dairy Maid Butter Spread	454gr	R49.98



FROZEN HOME UNBAKED PIES



	Unit	Price (incl)
Pepper Steak	24 Units	R 209.98
Chicken & Mushroom	24 Units	R 209.98
Steak & Kidney	24 Units	R 209.98



BREAD, WRAPS & PASTRIES

BREAD & WRAPS

	Unit	Price (incl)
Garlic Baguette	170gr x 3 Baquettes	R54.98
Panini	95gr x 3 Paninis	R 18.98
Wholewheat Wraps	25cm (20 Wraps)	R 82.98
Plain Wraps	25cm (20 Wraps)	R 82.98
Brioche Rolls	15 Rolls	R 104.98
Puff Pastry Roll	400gr	R 13.98
Chocolate Croissants	55gr x 6	R 44.95
Nacho Corn Chips	250gr	R 39.98
Dinner Rolls Mix	42gr x 10	R 59.95
(Kaizer roll, Small ciabatta, 5 Cereal roll, Raisin & Walnut roll)		

Coffee
Time

1KG BEANS
R189.98



ICED DOUGHNUTS
12 x 58gr Donuts / R129.99

CLASSIC COMBOS

ONLY
R344.98
+
FREE
HAND
SANITIZER

PREGO STEAK COMBO

6 x 150g Prego Steaks
1kg Frozen Diced Garlic
750g BBQ Mccains Chips
6 x Paninis
250g Frozen Diced Onions
1 tray Donuts (12 x 58gr)

BEEF BURGER COMBO

ONLY
R309.98
+
FREE
HAND
SANITIZER

6 x 160g Beef Burgers
6 x Burger Rolls
1pk Sliced Cheese
750g BBQ Mccains Chips
1 tray Donuts (12 x 58gr)

PREGO CHICKEN COMBO

6 x 150g Chicken Fillets
6 x Paninis
1kg Frozen Diced Garlic
250g Frozen Diced Onions
750g BBQ Mccains Chips
1 tray Donuts (12 x 58gr)

ONLY
R299.99
+
FREE
HAND
SANITIZER

*NEW

NACHO COMBO

ONLY
R170
+
FREE
HAND
SANITIZER

250gr Nacho Corn Chips
500gr Mince
1kg Mexican Stirfry
250gr Chillies
800gr Cheddar Cheese



McCain Potato Products

	Unit	Price (incl)
Potato McCain Chips - 10mm	1kg	R 21.98
Crumbed Mozzarella Sticks	1kg	R 39.98
Potato Wedges - Skin on	2.5kg	R 42.98



McCain Frozen Vegetables

	Unit	Price (incl)
Vegetables Asian Stir Fry - McCain	Packs of 1kg	R 23.98
Vegetables Cut Beans - McCain	Packs of 1kg	R 28.98
Vegetables Cut Corn - McCain	Packs of 1kg	R 28.98
Vegetables Diced Mix Veg (3 Way Mix) - McCain	Packs of 1kg	R 25.98
Vegetables Hawain Stir Fry - McCain	Packs of 1kg	R 23.98
Vegetables Stirfry Veg - McCain	Packs of 1kg	R 22.98
Vegetables Mexican Stir Fry - McCain	Packs of 1kg	R 28.98
Vegetables French Style - McCain	Packs of 1kg	R 29.98
Vegetables Peas - McCain	Packs of 1kg	R 28.98
Vegetables Baby Carrots - McCain	Packs of 1kg	R 29.98
Vegetables Carrot Roundels	Packs of 1kg	R 24.98
Vegetables Baby Marrow Roundels - McCain	Packs of 1kg	R 28.98
Vegetables Diced Carrots - McCain	Packs of 1kg	R 22.98
Vegetables Julienne Carrots - McCain	Packs of 1kg	R 24.98
Vegetables Broccoli - McCain	Packs of 1kg	R 30.98
Vegetables Cauliflower - McCain	Packs of 1kg	R 27.98
Vegetables Country Crop - McCain	Packs of 1kg	R 26.98
Vegetables Spinach - McCain	Packs of 1kg	R 32.98
Vegetables Pumpkin Cubes - McCain	Packs of 1kg	R 28.98
Vegetables Sweet Potato Chunks - McCain	Packs of 1kg	R 24.98
Vegetables Butternut & Sweet Potato	Packs of 1kg	R 24.98
Vegetables Butternut Chunks - McCain	Packs of 1kg	R 27.98



Frozen Fruit

	Unit	Price (incl)
Fruit Blueberries [Frozen]	1kg	R 79.98
Fruit Cherries [Frozen]	1kg	R 44.98
Fruit Mixed Berries [Frozen]	1kg	R 62.98
Fruit Strawberries [Frozen]	1kg	R 61.98



Frozen Herbs

	Unit	Price (incl)
Vegetables Coriander [Frozen]	250gr	R 24.95
Vegetables Garlic [Frozen]	1kg	R 59.98
Vegetables Ginger [Frozen]	250gr	R 24.95
Vegetables Parsley [Frozen]	250gr	R 22.95
Vegetables Rosemary [Frozen]	250gr	R 36.98

HAND SANITIZER



R25.98
1 x 60ml

R70
3 x 60ml

R100
5 x 60ml

WATERLESS HAND CLEANSER
65% Alcohol

FREE

RECEIVE A FREE HAND SANITIZER
WHEN YOU SPEND MORE THAN R1000

HEAVY DUTY FOIL & CLING WRAP



100m Cling Wrap
BEST PRICE
ON THE MARKET

	Unit	Price (incl)
Heavy duty foil	440mm x 25m	R 70.00
Cling Wrap	300mm x 100m	R 60.00

TOILET PAPER



***NEW**

	Unit	Price (incl)
Twinsaver Twin Ply 100% Recycled	8 Rolls	R 44.00
Twinsaver Twin Ply 100% Recycled	12 Rolls	R 66.00
Twinsaver Twin Ply 100% Recycled	16 Rolls	R 88.00

SPRING WATER



	Unit	Price (incl)
500ml Still Water	6 Pack	R 19.98
500ml Sparkling Water	6 Pack	R 32.98
1.5l Still Water	1 Bottle	R 6.50
1.5l Sparkling Water	1 Bottle	R 8.50
5l Still Water	1 Bottle	R 16.98

FLAVOURED WATER - 500ml + 100ml FREE

Strawberry	6 Pack	R 34.98
Passion Fruit	6 Pack	R 34.98
Lemon & Lime	6 Pack	R 34.98
Litchi	6 Pack	R 34.98

Get 600ml
& ONLY PAY
for
500ml

CAPE AQUATM
water, by nature

