

freshway

by

KIT KAT
CASH AND CARRY

CALLING ALL CATERERS

SAVE BIG ON OUR WEEKLY SPECIALS

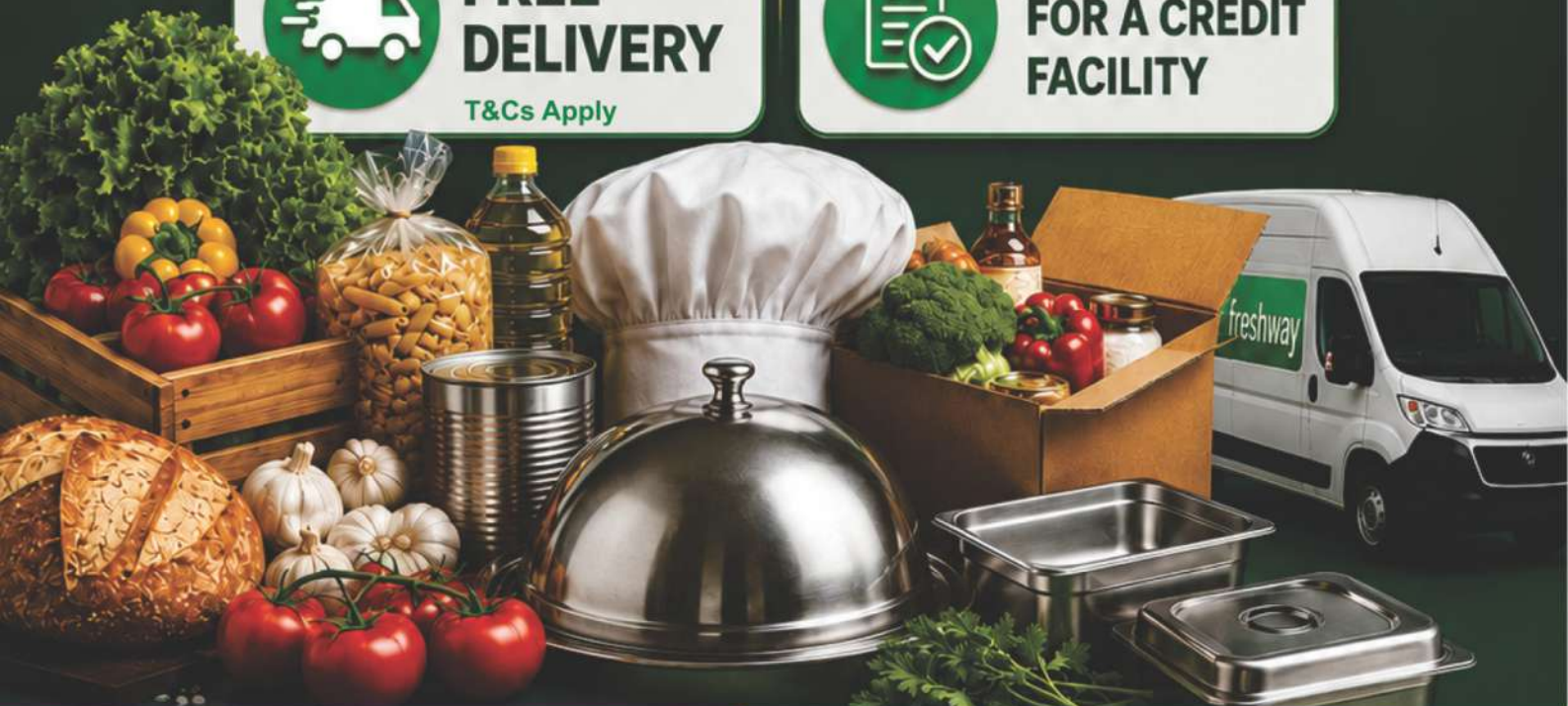


**FREE
DELIVERY**

T&Cs Apply



**APPLY NOW
FOR A CREDIT
FACILITY**



PROMOTION VALID

**PRETORIA WEST | SILVERTON
KLIPTOWN | MAMELODI**

VALID 23 - 29 OCTOBER 2026

CONTACT FOR BULK ORDERS

PRETORIA WEST

KHAN - 067 335 5982

SILVERTON

TIDIMALO - 0697411742

MAMELODI

WINTER - 0733216572

KLIPTOWN

ZEENITH - 0625482460



60402L

MR. MIX 5L ASSORTED

R 120.000
EACH

188061L

VITA-SUN 5LT SUMMER
TROPICALR 155.000
EACH

190645L

NUBE 1.5LT NATURAL
MINERAL WATER UNIT-1R 8.500
EACH

188821P

NUBE 500ML NATURAL
MINERAL WATER PACK-6R 19.000
EACH

190316L

NUBE 5LT NATURAL
MINERAL WATERR 10.000
EACH

190550C

COKE 250ML PLASTIC

R 141.000
EACH

138815C

COKE/CORE 300ml PET 24s
ASSTR 192.000
EACH

190548C

FANTA 250ML PLASTIC

R 141.000
EACH

138817C

COKE/CORE 300ml PET 24s
ASSTR 192.000
EACH

190547C

SPRITE 250ML PLASTIC

R 141.000
EACH

138816C

COKE/CORE 300ml PET 24s
ASSTR 192.000
EACH

190549C

STONEY 250ML PLASTIC

R 141.000
EACH

138818C

COKE/CORE 300ml PET 24s
ASSTR 192.000
EACH

155063L

JUNGLE OATS 10KG

R 390.000
EACH

98659L

BOKOMO WEETBIX 1.35KG

R 75.000
EACH

106708L

KELLOGG'S ALL BRAN
1KG/CORN FALKE 1.2KGR 95.000
EACH

33867L

RICOFFY 1,5KG

R 269.000
EACH

143679L

CREMORA 750G UNIT-1

R 51.500
EACH

90565C

NESCAFE CATERING PACK
CLASSICR 425.000
EACH

73410L

FRESHPAK TEABAGS 160S
UNIT-1R 90.000
EACH

freshway

VALID FROM 23RD - 29TH OCTOBER 2026



08642L

**JOKO TEABAGS 100S
TAGLESS UNIT-1**

**R 57.000
EACH**



151660L

**MIAMI VEGETABLE ATCHAR
2kg 1s ASST**

**R 207.000
EACH**



144769L

KNORROX SOUPBAG 750g

**R 40.000
EACH**



144770L

KNORROX SOUPBAG 750g

**R 42.000
EACH**



144771L

KNORROX SOUPBAG 750g

**R 40.000
EACH**



192776L

**KNORR BASE WHITE SAUCE
1KG**

**R 140.000
EACH**



160050L

KNORROX SOUPBAG 750g

**R 40.000
EACH**



192777L

**KNORR POTATO MASH
FLAKES 2KG**

**R 340.000
EACH**



110132L

KNORR SOUP 1,8kg 1s ASST

**R 260.000
EACH**



110131L

KNORR SOUP 1,8kg 1s ASST

**R 260.000
EACH**



110130L

KNORR SOUP 1,8kg 1s ASST

**R 260.000
EACH**



110138L

KNORR SOUP 1,8kg 1s ASST

**R 260.000
EACH**



110133L

KNORR SOUP 1,8kg 1s ASST

**R 260.000
EACH**



110134L

KNORR SOUP 1,8kg 1s ASST

**R 260.000
EACH**



110135L

KNORR SOUP 1,8kg 1s ASST

**R 260.000
EACH**



110136L

KNORR SOUP 1,8kg 1s ASST

**R 260.000
EACH**



38054L

AROMAT 1kg

**R 135.000
EACH**



92087L

**KNORR CHICKEN BREEDING
5kg ORIGINAL**

**R 262.000
EACH**



191571L

**MAMA'S SEASONING 1KG
CHIP SPICE**

**R 40.000
EACH**



192397P

**TOP SELL SALT FINE POLY
1KG PACK 10**

**R 46.500
EACH**

freshway

VALID FROM 23RD - 29TH OCTOBER 2026



110140L

FINE FOODS SPICE 1kg ASST
R 102.000
EACH



110139L

FINE FOODS SPICE 1kg ASST
R 102.000
EACH



110141L

FINE FOODS SPICE 1kg ASST
R 102.000
EACH



80913L

KNORR GRANULES 1kg BEEF
R 174.000
EACH



38053L

KNORR GRANULES 1kg
CHICKEN
R 174.000
EACH



38057L

RAJAH 800g ASST.
R 144.000
EACH



38056L

RAJAH 800g ASST.
R 144.000
EACH



92089L

RAJAH 800g ASST.
R 144.000
EACH



38059L

ROBERTSON SPICE 1kg 1s
R 158.000
EACH



38060L

ROBERTSON SPICE 1kg 1s
R 158.000
EACH



38061L

ROBERTSON SPICE 1kg 1s
R 158.000
EACH



92090L

ROBERTSON SPICE 1kg
PORTUGUESE CHICKEN
R 210.000
EACH



38062L

ROBERTSON SPICE 1kg 1s
R 158.000
EACH



57990L

ROBERTSON SPICE 1kg
VEGGIE SEASONING
R 177.000
EACH



101557L

ROBERTSON SPICE 200g
MIXED HERB
R 177.000
EACH



38058L

ROBERTSON SPICE 700g
PAPRIKA
R 195.000
EACH



53361L

DURSOTS BAKED BEANS 3KG
R 95.000
EACH



31755L

KOO BAKED BEANS 3.06KG
TOMATO SAUCE UNIT-1
R 145.000
EACH



172365L

RHODES BAKED BEANS 3KG
TOMATO SAUCE
R 120.000
EACH



41459L

DURSOTS BUTTER BEANS
3KG
R 110.000
EACH

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VALID FROM 23RD - 29TH OCTOBER 2026



42979L

KOO BUTTER BEANS 3KG

R 155.000
EACH

172366L

RHODES BUTTER BEANS 3KG

R 118.000
EACH

172372L

RHODES FRUIT COCKTAIL
3.06KG IN SYRUPR 200.000
EACH

172375L

RHODES PEACH SLICES
3.06KG IN SYRUPR 160.000
EACH

172380L

RHODES BEETROOT GRATED
780GR 28.000
EACH

59741L

DURSOTS TOMATO ONION
MIX 3KGR 100.000
EACH

59743L

DURSOTS TOMATO PASTE
3KGR 200.000
EACH

35008L

ALL GOLD TOMATO PUREE
2.95KGR 250.000
EACH

59742L

DURSOTS TOMATO PUREE
3KGR 115.000
EACH

89545L

FATTIS & MONIS 3KG
MACARONIR 122.000
EACH

39158L

FINE FOODS SAUCE 3kg
FRUIT CHUTNEYR 155.000
EACH

105662L

FINE FOODS SAUCE 5lt
TOMATOR 197.000
EACH

191505L

GIGI'S SALAD DRESSING 2KG
GREEK UNIT-1R 94.000
EACH

191507L

GIGI'S SALAD DRESSING 2KG
NO OIL UNIT-1R 50.000
EACH

191503L

GIGI'S SAUCE 2KG ENGLISH
MUSTARD UNIT-1R 66.000
EACH

191501L

GIGI'S SAUCE 2KG HOT
CHILLI UNIT-1R 66.000
EACH

191504L

GIGI'S SAUCE 2KG HOT PERI
PERI UNIT-1R 66.000
EACH

191510L

GIGI'S SAUCE 2KG
PORTUGUESE LEMON & HERB
UNIT-1R 66.000
EACH

191508L

GIGI'S SAUCE 2KG
PORTUGUESE PERIPERI HOT
UNIT-1R 121.000
EACH

191509L

GIGI'S SAUCE 2KG
PORTUGUESE PERI PERI
UNIT-1R 128.000
EACH

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VALID FROM 23RD - 29TH OCTOBER 2026

 191506L GIGI'S SAUCE 2KG PORTUGUESE P/PERI MILD UNIT-1 R 110.500 EACH	 191500L GIGI'S SAUCE 2KG SMOKEY BARBEQUE UNIT-1 R 66.000 EACH	 191502L GIGI'S SAUCE 2KG SWEET CHUTNEY UNIT-1 R 66.000 EACH	 120916L KNORR MARINADE 2lt LEMON & HERB R 157.000 EACH
 98178L KNORR MARINADE 2lt 1s ASST R 157.000 EACH	 98177L KNORR MARINADE 2lt SPARE RIB R 157.000 EACH	 191563L MAMA'S MZANZI SAUCE 2LT BBQ UNIT-1 R 28.000 EACH	 139041L MAMA'S MZANZI SAUCE 2LT CHILLI UNIT-1 R 24.000 EACH
 191562L MAMA'S MZANZI SAUCE 2LT CHIP AND DIP UNIT-1 R 60.000 EACH	 191564L MAMA'S MZANZI SAUCE 2LT MAYONNAISE UNIT-1 R 60.000 EACH	 139040L MAMA'S MZANZI SAUCE 2LT PERI PERI UNIT-1 R 47.000 EACH	 138153L MAMA'S MZANZI SAUCE 2LT TOMATO SAUCE UNIT-1 R 22.000 EACH
 191567L MAMA'S MZANZI SAUCE 5LT BBQ UNIT-1 R 50.000 EACH	 191566L MAMA'S MZANZI SAUCE 5LT CHIP AND DIP UNIT-1 R 140.000 EACH	 191568L MAMA'S MZANZI SAUCE 5LT MAYONNAISE UNIT-1 R 150.000 EACH	 191565L MAMA'S MZANZI SAUCE 5LT PERI-MAYO UNIT-1 R 140.000 EACH
 138154L MAMA'S MZANZI SAUCE 5LT TOMATO SAUCE UNIT-1 R 42.000 EACH	 189693L WELLINGTON SAUCE 2LT SWEET CHILLI UNIT-1 R 95.000 EACH	 191572L YUMMY SAUCE 2LT PERI PERI UNIT-1 R 26.000 EACH	 191573L YUMMY SAUCE 5LT PERI PERI UNIT-1 R 54.000 EACH



84880L

BALLS CHUTNEY 3kg

R 197.000
EACH

84879L

BALLS CHUTNEY 3kg

R 197.000
EACH

80936L

BALLS CHUTNEY 6.25kg ASST.

R 360.000
EACH

155309L

BALLS CHUTNEY 860g
ORIGINALR 66.000
EACH

189765L

MAMA'S MZANZI SAUCE 5LT
CHILLI UNIT-1R 42.000
EACH

189764L

MAMA'S MZANZI SAUCE 5LT
PERI PERI UNIT-1R 85.000
EACH

189698L

WELLINGTON SAUCE 700ML
JALAPENO UNIT-1R 51.000
EACH

24876L

CROSSE & BLACKWELL MAYO
1.5KG UNIT-1R 90.000
EACH

33869L

CROSSE & BLACKWELL MAYO
3KG UNIT-1R 165.000
EACH

187598L

MAMA'S MZANZI
MAYONAISE PERI 2LT UNIT-1R 67.000
EACH

08854L

NOLA MAYO 3KG

R 158.000
EACH

104062L

WELLINGTON SAUCE 2LT
TOMATOR 102.000
EACH

186212L

WELLINGTON SAUCE 700ML
TOMATO ORIGINAL UNIT 1R 37.000
EACH

76979L

GIGI'S VINEGAR 5lt 1s ASST

R 40.000
EACH

76987L

GIGI'S VINEGAR 5lt 1s ASST

R 40.000
EACH

04913L

ILLOVO SYRUP 500g 1s ASST

R 47.000
EACH

74570L

DURSOTS JAM 3.75KG
APRICOTR 177.000
EACH

172378L

RHODES JAM 3.75KG
APRICOTR 209.000
EACH

172377L

RHODES JAM 3.75KG MIXED
FRUITR 195.000
EACH

172379L

RHODES JAM 3.75KG
STRAWBERRYR 276.000
EACH

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08682L

YUM YUM PEANUT BUTTER
2.75kg SMOOTH

R 256.000
EACH



40981L

OUMA RUSK 500g

R 62.000
EACH



190670L

OIL SOYFOLA 20lt PALM

R 560.000
EACH



110097L

OIL CRISPA GOLD 20lt

R 785.000
EACH



144638L

OIL D LITE 20LT PALM

R 580.000
EACH



115896L

OIL PAN PALM 20LT

R 590.000
EACH



96716L

OIL SUNFOIL 20LT PALM

R 610.000
EACH



171102L

OIL SUNSTAR 20LT PALM

R 540.000
EACH



47034L

IWISA MAIZE RICE/SAMP
10KG 1s ASST

R 134.000
EACH



190546L

SUNPRIDE SUGAR BEANS
5KG

R 143.000
EACH



05404L

SUPER SUN MAIZE MEAL
25KG

R 267.000
EACH



59681L

D'LITE RICE 10KG

R 105.000
EACH



64543L

SPEKKO RICE 10KG

R 130.000
EACH



57367L

SELATI SACHETS 1000S
BROWN

R 217.000
EACH



123602L

SELATI SACHETS 1000S L/KJ
SWEETNER

R 310.000
EACH



57366L

SELATI SACHETS 1000S
WHITE

R 225.000
EACH



134193L

B & H GOLDEN BROWN
SUGAR 10KG

R 205.000
EACH



155379L

B & H WHITE SUGAR 25KG

R 555.000
EACH



42897L

SNOW FLAKE WHITE BREAD
FLOUR 12,5KG

R 192.000
EACH



43431L

SUPREME CAKE FLOUR
12,5KG

R 136.000
EACH

freshway

VALID FROM 23RD - 29TH OCTOBER 2026



43336L

**SNOW FLAKE BROWN BREAD
FLOUR 12,5KG**

**R 170.000
EACH**



00101L

**HART H.Q 50LT S/PAN 1S
BUY 10.0**

**R 950.000
EACH**



00073L

**HART J.7 36LT S/PAN 1S
R 880.000
EACH**



104026L

**BIOHEAT COOKING GEL 5LT
R 145.000
EACH**



135434L

**CONDERE CHAFING DISH 10L
R 249.990
EACH**



160992L

**NICE ONE CHAFING DISH
SINGLE 11LTR
R 240.000
EACH**



186667L

**CATERING TABLE RECTAN
H/DUTY 1.8M BLACK
BUY 4.0 R 430.000
EACH**



00072L

**HART J.7 21LT S/PAN 1S
R 360.000
EACH**



120483L

**CADAC CYLINDER 9KG GAS
R 900.000
EACH**



148450L

**GAS STOVE 4 PLATE
R 1,600.000
EACH**



126129L

**CHAIR ALL PURPOSE
RASHIDA - BLACK
BUY 6.0 R 40.000
EACH**



200551

**FW BEEF BRISKET P/KG
R 120.000
EACH**



202050

**FW BEEF CHUCK P/KG
R 120.000
EACH**



200059

**FW BEEF FILLET P/KG
R 185.000
EACH**



208025

**FW BEEF FORE QUATER P/ KG
R 140.000
EACH**



200035

**FW BEEF HINDQUARTER
P/KG
R 156.000
EACH**



200013

**FW BEEF RUMP STEAK P/KG
R 155.000
EACH**



202049

**FW BEEF SHORT RIB P/KG
R 120.000
EACH**



201087

**FW BEEF STEWING P/KG
R 100.000
EACH**



200030

**FW BEEF T-BONE STEAK P/KG
R 140.000
EACH**

freshway

VALID FROM 23RD - 29TH OCTOBER 2026

200031  FW BEEF TOPSIDE STEAK P/KG R 140.000 EACH	200016  FW FISH MAASBANKER P/KG R 60.000 EACH	208066  FW FISH TILAPIA P/KG R 35.000 EACH	208043  FW CHICKEN CRUMBED BURGER 1KG R 70.000 EACH
208048  FW CHICKEN CRUMBED NUGGETS 1KG R 70.000 EACH	208880  FW CHICKEN CRUMBED POPS 1KG R 65.000 EACH	208881  FW CHICKEN CRUMBED SCHNITZELS 1KG R 65.000 EACH	208882  FW CHICKEN CRUMBED STEAKLETS 1KG R 65.000 EACH
207018  FW CHICKEN CRUMBED STRIPS 1KG R 70.000 EACH	208031  FW BEEF MINCE LEAN P/KG R 100.000 EACH	207413  FW BEEF PATTY P/KG CHILLI R 95.000 EACH	200015  FW BEEF PATTY P/KG TRD R 95.000 EACH
200875  FW BEEF WORS P/KG CHILLI R 95.000 EACH	208095  FW BEEF WORS TRAD P/KG R 95.000 EACH	200005  FW CHICKEN 5KG CLEAN FEET R 190.000 EACH	200017  FW CHICKEN FILLETS P/KG R 80.000 EACH
208045  FW CHICKEN IQF 5KG DRUMSTICK R 349.000 EACH	185806L  FW CHICKEN IQF 5KG QUARTER LEG R 289.000 EACH	187682L  FW CHICKEN IQF 5KG THIGHS R 300.000 EACH	185022L  FW CHICKEN IQF 5KG WINGS R 365.000 EACH

 201704 FW CHICKEN WHOLE BIRD P/KG R 60.000 EACH	 135207L MCCAIN 1KG SKINNY FRIES & SLAP CHIPS R 60.000 EACH	 171051L MCCAIN 1KG SKINNY FRIES & SLAP CHIPS R 60.000 EACH	 207228 FV APPLE 3KG GREEN BAG R 40.000 EACH
 207271 FV APPLE 3KG RED BAG R 40.000 EACH	 207002 FV APPLE GOLDEN DELICIOUS 1.5KG TP R 30.000 EACH	 207172 FV APPLE GRANNY SMITH TP 1.5KG R 40.000 EACH	 207074 FV APPLE ROYAL GALA TP 1.5KG R 30.000 EACH
 207170 FV APPLE STARKING 1.5KG R 30.000 EACH	 207268 FV BANANA FULL BOX R 250.000 EACH	 207024 FV LEMON LOOSE P/KG R 18.000 EACH	 207037 FV ORANGES 7KG BAG R 20.000 EACH
 207353 FV PEAR 3KG R 40.000 EACH	 207103 FV PINEAPPLE QUEEN R 15.000 EACH	 207203 FV BEETROOT 5KG R 70.000 EACH	 207077 FV BEETROOT TP R 20.000 EACH
 207110 FV BROCCOLI PP R 35.000 EACH	 207212 FV BUTTERNUT 10KG POCKET SELL R 75.000 EACH	 207205 FV BUTTERNUT 7KG R 90.000 EACH	 207081 FV CARROTS 3KG R 35.000 EACH



207341

FV CARROTS 5KG BAG**R 50.000**
EACH

207115

FV CAULIFLOWER PP**R 35.000**
EACH

203536

FV CHILLIES GREEN P/KG**R 90.000**
EACH

203511

FV CHILLIES RED PER KG**R 90.000**
EACH

200977

FV CHILLIES YELLOW P/KG**R 90.000**
EACH

207083

FV CUCUMBER ENGLISH**R 15.000**
EACH

203532

FV GINGER PER KG**R 180.000**
EACH

207091

FV LETTUCE PP**R 15.000**
EACH

203513

FV OKRA PER KG**R 70.000**
EACH

207066

FV ONIONS 10KG**R 190.000**
EACH

207371

FV ONIONS 1KG**R 25.000**
EACH

207094

FV ONIONS 7KG**R 130.000**
EACH

203512

FV ONIONS RED P/KG**R 55.000**
EACH

203505

FV PEPPER GREEN PER KG**R 45.000**
EACH

203527

FV PEPPERS RED P/KG**R 95.000**
EACH

203533

FV PEPPERS YELLOW P/KG**R 95.000**
EACH

207106

FV POTATOES 10KG LARGE**R 100.000**
EACH

207105

FV POTATOES MEDIUM 7KG**R 70.000**
EACH

207128

FV SPINACH BUNCH**R 16.000**
EACH

207152

FV SWEET POTATOES 2KG**R 30.000**
EACH**freshway**

VALID FROM 23RD - 29TH OCTOBER 2026



200027

FV TOMATOES LOOSE P/KG
R 17.000
EACH



207133

FV TOMATOES TP 1KG
R 20.000
EACH



206084

FV GARLIC 5KG TUB
R 240.000
EACH



200041

BONNITA BIG LOAF /kg
R 130.000
EACH



200040

BONNITA BIG LOAF /kg
R 150.000
EACH



203205

BONNITA BIG LOAF /kg
R 150.000
EACH



200106

BONNITA BIG LOAF /kg
R 150.000
EACH



171272L

LANCEWOOD 900G CHEESE
R 150.000
EACH



171275L

LANCEWOOD 900G CHEESE
R 165.000
EACH



91328L

PARMALAT SLICE 54s
BUY 5.0 R 98.000
EACH



139404C

EGGSPERT EGGS LARGE
DOZEN 15 / 180'S CASE 30
R 285.000
EACH



20070C

QUANTUM EGGS MIXED SIZE
15 DOZEN PACK-180
R 280.000
EACH



37946P

BONNITA UHT MILK 500ML
FULL CREAM PACK 10
R 98.000
EACH



37946L

BONNITA UHT MILK 500ML
FULL CREAM UNIT-1
R 12.000
EACH



34148P

EVERFRESH MILK 1lt 6s
R 115.000
EACH



27093P

EVERFRESH MILK 1lt 6s
R 100.000
EACH



161537L

DOUGLASDALE AMASI 4LT
PLASTIC (JUG)
R 65.000
EACH



24872L

ULTRAMEL CUSTARD 1KG
VANILLA UNIT-1
R 21.000
EACH



34620L

MOOI RIVER BUTTER 500G
UNIT-1
R 80.000
EACH



183261L

RAMA 1KG TUB 37% SPREAD
FOR BREAD UNIT-1
R 37.000
EACH

freshway

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22940L

**STORK COUNTRY SPREAD
TUB 1KG UNIT-1**

**R 50.000
EACH**



171913P

**APRONS PLASTIC WHITE
100's**

**R 43.000
EACH**



171866P

BURGER BOX 6 (FF6E) 125'S

**R 58.000
EACH**



175786L

CUP POLY 250ML 25'S

**R 11.000
EACH**



135610L

CUP POLY 350ML 25'S

**R 21.000
EACH**



171965P

CUTLERY PLASTIC 250'S ASS

**R 50.000
EACH**



171964P

CUTLERY PLASTIC 250'S ASS

**R 50.000
EACH**



171963P

CUTLERY PLASTIC 250'S ASS

**R 55.000
EACH**



171962P

CUTLERY PLASTIC 250'S ASS

**R 55.000
EACH**



137550P

**EMPIRE STRAWS WRAPPED
2000S**

**R 123.000
EACH**



171911P

GLOVES DISPOSABLE 100's

**R 14.000
EACH**



171912P

**MOP CAPS WHITE
DISPOSABLE 100's**

**R 48.000
EACH**



171868P

PORTION BOX 30/31 75,S

**R 60.000
EACH**



171870P

PORTION BOX 30/31 75,S

**R 60.000
EACH**



171872P

**PORTION BOX 40 DIV (E300)
75's**

**R 60.000
EACH**



138247P

WHITE TRAY NO.50 75S

**R 100.000
EACH**



83446P

**WHITE TRAY ROUND PIZZA
(FF50) 25's**

**R 40.000
EACH**



171881P

**GREASE PROOF BAG No.1*
501037 100's**

**R 25.000
EACH**



171932L

NOVA KITCHEN TOWELS 2s

**R 21.000
EACH**



171931P

**NOVA VIRGIN SERVIETTE
1PLY 300X300 200**

**R 35.000
EACH**

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