

FRYING PRICES on our **25th BIG BIRTHDAY**

25 AUG - 4 SEP 2021



STAND A CHANCE TO
**WIN 1 of 100
AIR FRYERS**



TM

ECONOFOODS

FRESH
SO IT TASTES BETTER

49⁹⁵
GOLDI CHICKEN
BREAST FILLETS
P/KG

IN-STORE ONLY

FRESH
SO IT TASTES BETTER

PERFECT FOR
THE OVEN
OR BRAAI

59⁹⁵
FOODLAND MARINATED
CHICKEN WINGS
P/KG

IN-STORE ONLY

149⁹⁵
6 x 400g
FOODLAND KAROO
BBQ WORS
2.4KG

**A
GRADE**

IN-STORE ONLY

**MATURE
BEEF**

99⁹⁵
PRIME CUTS RUMP
PORTIONS P/KG

**PRIME
CUTS**

FRESH
SO IT TASTES BETTER

79⁹⁵
ESKORT DELI
SHOULDER BACON
1KG

ESKORT
Life's Delicious

Original Recipe
Gold Medal Pork
Sausages

**DO THE PRICE
COMPARISON**

59⁹⁵
ESKORT GOLD MEDAL
PORK SAUSAGES
750G

139⁹⁵
CUT AND DEVEINED
PRAWN MEAT
800G

**RESTAURANT
GRADE**

AVAILABLE IN
10 or
12mm

39⁹⁵
NATURE'S GARDEN
10MM OR 12MM CHIPS
2.5KG

89⁹⁵
YBARRA EXTRA
VIRGIN OLIVE OIL
1L

EVERYTHING NICE AT **WHOLESALE PRICE**

BLOEMFONTEIN | HILTON - 10 LOOP STREET, HILTON - 051 448 1569 | LANGENHOVENPARK - 47 N.P.VAN WYK LOUW, LHP - 051 011 2973
FAUNA - 168 SPRINGBOK STREET, FAUNA - 051 011 6623

TERMS AND CONDITIONS APPLY | PRICES INCLUDE VAT | WHILE STOCKS LAST | PRICES ARE VALID 25 AUG - 4 SEP 2021 | shop.econofoods.co.za

STAND A CHANCE TO **WIN 1 of 100** AIR FRYERS

Online

- Purchase R 350 or more on www.shop.econofoods.co.za
- Once your order has been processed, follow the link to our submission form
- Submit your details along with your order number for a chance to win 1 of 100 air fryers.

*Ts & Cs Apply. Customers will only be able to enter once per purchase.



42⁹⁵

GOLDI CHICKEN STARPACK P/KG

IN STORE ONLY



164⁹⁵

COUNTRY RANGE IQF CHICKEN THIGHS 5KG



57⁹⁵

COUNTY FAIR IQF CHICKEN WINGS, DRUMS & THIGHS 1.5KG

BUY 2 FOR

110⁰⁰

COUNTY FAIR IQF CHICKEN WINGS, DRUMS & THIGHS 2X1.5KG

ONLY THE PRIME PORTIONS



77⁹⁵

SOVEREIGN SOUTHERN STYLE CRUMBED STRIPS 1KG

BUY 2 FOR

145⁰⁰

SOVEREIGN SOUTHERN STYLE CRUMBED STRIPS 2X1KG

PRECOOKED



114⁹⁵

SOVEREIGN SOUTHERN STYLE CRUMBED THIGHS 2KG

PRECOOKED



27⁹⁵

FOODLAND CRUMBED CHICKEN BURGERS 6X80G

BUY 4 FOR

100⁰⁰

FOODLAND CRUMBED CHICKEN BURGERS 4X(6X80G)

UNDER **R425** p/patty



119⁹⁵

ESKORT CHICKEN VIENNAS 2KG



27⁹⁵

ESKORT CHICKEN POLONY 750G

BUY 2 FOR

50⁰⁰

ESKORT CHICKEN POLONY 2X750G



14⁹⁵

GOLDI CHICKEN LIVER TUBS 500G

BUY 2 FOR

25⁰⁰

GOLDI CHICKEN LIVER TUBS 2X500G



49⁹⁵

FOODLAND GROUND MINCE 2X400G



34⁹⁵

FOODLAND BOSVELD GRILLER 500G



69⁹⁵

BRITO'S TEXAS BUDGET BURGER PATTIES 20X85G

UNDER **R350** p/patty

CHICKEN

RED MEAT

ECON FOODS

BLOEMFONTEIN | Hilton | Fauna | Langenhovenpark



In Store

- Purchase R 350 or more and keep your till slip for the unique INV number
- Head on over to our submission form by either visiting www.econofoods.co.za and clicking on the banner, or scanning the QR code on our pamphlets
- Submit your details along with your INV number, found at the top right-hand corner of your till slip, for a chance to win 1 of 100 air fryers.

Follow us for more on air fryer recipes and products [f](#) [@](#) [t](#)



18⁹⁵ P/UNIT
ESKORT BACON
DICED BITS / ROUND
CUT 200G

Round Cut Bacon

ANY 4 FOR

70⁰⁰
ESKORT BACON
DICED BITS / ROUND
CUT 4X200G

62⁹⁵ P/UNIT
ESKORT
FOOTLONG RUSSIAN
1KG

ESKORT
Footlong
Russians

ANY 2 FOR

120⁰⁰
ESKORT
FOOTLONG RUSSIAN
2X1KG

ESKORT
Life's Delicious
Woodsmoked
Smoked
Viennas

57⁹⁵
ESKORT
SMOKED VIENNA
1KG

SLICED HAM
PORK

Food Land

34⁹⁵
FOODLAND
SLICED SANDWICH
HAM 500G

Food Land
Loin Ribs
OLD SCHOOL
SMOKEY
BBQ

79⁹⁵ P/UNIT
FOODLAND
MARINATED BELLY /
LOIN RIBS 750G

Food Land
PORK

79⁹⁵
FOODLAND
PORK BRAAI PACK
2KG

DON'T MISS OUT

PORK



DAIRY



54 Slices

Food Land
**CHEDDAR FLAVOURED
PROCESSED
CHEESE SLICES**

79⁹⁵ P/UNIT
FOODLAND
GOUDA / CHEDDAR
SLICES 900G

23⁹⁵ P/UNIT
FIRST CHOICE
ASSORTED YOGHURT
1KG

ANY 2 FOR

45⁰⁰
FIRST CHOICE
ASSORTED YOGHURT
2X1KG

STRAWBERRY
PEACH/APRICOT
MIXED FRUIT

Sundale Smooth

14⁹⁵ P/PACK
SUNDALE
SMOOTH MULTIPACK
6X100G YOGHURT

26⁹⁵ P/UNIT
FOODLAND
SALTED BUTTER
250G

ANY 4 FOR

94⁰⁰
FOODLAND
SALTED BUTTER
4X250G

64⁹⁵ P/UNIT
FOODLAND
ASSORTED ICE CREAM
5LT

ANY 2 FOR

120⁰⁰
FOODLAND
ASSORTED ICE CREAM
2X5LT

FULL CREAM

VANILLA
CHOCOLATE
STRAWBERRY
NEAPOLITAN

16⁹⁵ P/UNIT
SUNDALE JAMAICA
ASSORTED DAIRY
JUICE BLEND 2LT

ANY 2 FOR

30⁰⁰
SUNDALE JAMAICA
ASSORTED DAIRY
JUICE BLEND 2X2LT

PINEAPPLE
ORANGE
PEACH/APRICOT
TROPICAL



BLOEMFONTEIN
Hilton | Fauna | Langenhovenpark
ECONOFOODS
SHOW NOW! shop.econofoods.co.za

IN STORE
TASTERS
Of our favourites &
best sellers
27 & 28 AUG
3 & 4 SEP



FOLLOW US ON
FACEBOOK

FISH & SEAFOOD



115 - 170g per portion
30-40 portions
399⁹⁵

HAKE FILLETS
4/6OZ 5KG



29⁹⁵

OMEGA SLICED
SALMON 80G

3 FOR

85

OMEGA SLICED
SALMON 3 X 80G



119⁹⁵

SEA HARVEST
FISH CAKES 2KG

FROZEN VEG



17⁹⁵

NATURE'S GARDEN
MIXED VEGETABLES
1KG



27⁹⁵

NATURE'S GARDEN
FRENCH STIR FRY
750G



25⁹⁵ P/UNIT

MCCAIN ASSORTED
FROZEN VEGETABLES
1KG

ANY 4 FOR

95

MCCAIN ASSORTED
FROZEN VEGETABLES
4 X 1KG

MARROW ROUNDELS
SWEET POTATOES
PUMPKIN CHUNKS
CUT CORN
COUNTRY MIX
BUTTERNUT CHUNKS

OTHER



47⁹⁵ P/UNIT

FOODLAND CHICKEN
OR BEEF SAMOOSAS
OR SPRING ROLLS 20'S

ANY 2 FOR

90

FOODLAND CHICKEN
OR BEEF SAMOOSAS OR
SPRING ROLLS 2 X 20'S



19⁹⁵

LIBERTY SELECT
PURE LEMON JUICE
500ML



52⁹⁵

LIBERTY SELECT
HONEY 500G



APPLE OR GUAVA
APPLE & CRANBERRY
BERRY OR CRANBERRY
MANGO & ORANGE
PINEAPPLE OR GRAPE
FRUIT MEDLEY
PINEAPPLE OR GRAPE
ORANGE OR PEACH
TROPICAL & MORE

15⁹⁵ P/UNIT

ASSORTED RHODES
JUICES 1L



APPLE OR GUAVA
APPLE & CRANBERRY
BERRY OR CRANBERRY
MANGO & ORANGE
PINEAPPLE OR GRAPE
FRUIT MEDLEY
PINEAPPLE OR GRAPE
ORANGE OR PEACH
TROPICAL & MORE

22⁹⁵ P/UNIT

ASSORTED RHODES
JUICE 6X200ML



ASSORTED
FLAVOURS

52⁹⁵ P/PACK

ASSORTED TWIZZA
6 X 2L