

Cambridge food

save money. live better

WINTER
IS COMING

SAVE BIG ONLY AT YOUR HOME OF MASSIVE SAVINGS

BIG DEAL

139⁹⁹

4 kg

Supreme Frozen Mixed
Chicken Portions each



39⁹⁹

2.5 kg

Ilovo White Sugar
each



25⁹⁹

2.5 kg

Snowflake Cake Wheat
Flour each



42⁹⁹

1 kg

Bokomo Corn Flakes
each



R26

410 g

Rhodes Baked Beans In
Tomato Sauce



R50

1.5 L

Coca-Cola Regular
Soft Drink



38⁹⁹

2 kg

Surf Hand Washing
Powder Assorted each

BIG DEAL



R169

combo

White Star Super Maize Meal 2.5 kg + Snowflake
Cake Wheat Flour 2.5 kg + D'Lite Cooking Oil
750 ml + Ilovo White Sugar 2.5 kg + Allsome
Rice 2 kg

Your Home of Quality Meat

Cambridge
food

save money. live better

19⁹⁹

per kg

Frozen
Guts

28⁹⁹

per kg

Frozen Beef
Kidney

28⁹⁹

per kg

Frozen Beef Cow
Heels

34⁹⁹

per kg

Frozen Maasbanker
Fish

46⁹⁹

per kg

Frozen Baby Hake
Fish

49⁹⁹

per kg

Frozen Mutton
Pack

52⁹⁹

per kg

Beef
Tongue

54⁹⁹

per kg

Tomato Cocktail
Wors

PROMOTION VALID FROM FRIDAY 22 APRIL TO TUESDAY 10 MAY 2022

Sunlight

IS GIVING YOU MORE



STAND A CHANCE TO WIN

R250 CASH

IN EVERY STORE NATIONWIDE

WHEN YOU BUY:

2 X 2KG WASHING POWDER OR 3 X 750ML DISH WASHING LIQUID
REFILL OR 2KG WASHING POWDER & 2 X LAUNDRY BAR

Dial*120*3622#.

USSD Charged 60c per minute.
T&Cs Apply.

Competition Valid:

23rd February to 30th April 2022

BIG DEAL

No V.A.T.

White Star Super Maize Meal 10 kg + Sasko Cake Wheat Flour 10 kg + Spekko Rice 10 kg

R299
combo

White Star Super Maize Meal 10 kg + Sasko Cake Wheat Flour 10 kg + Spekko Rice 10 kg

No V.A.T.

ALLSOME RICE

23⁹⁹
2 kg

Allsome Rice each

No V.A.T.

ALABAMA RICE

57⁹⁹
2 kg

Alabama Fragrant White Rice each

No V.A.T.

Spekko RICE

129⁹⁹
10 kg

Spekko Rice

No V.A.T.

PADDY BEANS

17⁹⁹
500 g

Paddy Red Speckled Beans each

No V.A.T.

SASKO CAKE WHEAT FLOUR

99⁹⁹
10 kg

Sasko Cake Wheat Flour each

No V.A.T.

D'LITE COOKING OIL

66⁹⁹
2 L

D'Lite Cooking Oil each

BIG DEAL

No V.A.T.

White Star Super Maize Meal

22⁹⁹
2.5 kg

White Star Super Maize Meal

BIG DEAL

ULTRA MEL

23⁹⁹
1 L

Ultra Mel Vanilla Custard each

No V.A.T.

GLENRYCK PILCHARDS

19⁹⁹
400 g

Glenryck Pilchards Assorted each

buy 3 for

R50
410 g

KOO Chakalaka Assorted

buy BOTH for

R25
combo

Knorrox Seasoning Powder 20x15 g + Knorrox Spice Mix 175 g

La Italiana Pasta

9⁹⁹
500 g

La Italiana Pasta Assorted each

Snowflake Easy Mix

23⁹⁹
1 kg

Snowflake Easy Mix Assorted each

Maggi 2-Minute Noodles

21⁹⁹
5x73 g

Maggi 2-Minute Noodles Mega Pack Assorted each

From the Oven

Blue Ribbon Silced Toaster White Bread

12⁹⁹
700 g

Blue Ribbon Silced Toaster White Bread each

Cambridge Food Gatsby

R9
each

Cambridge Food Gatsby

Cambridge Food French Loaf

3⁵⁰
each

Cambridge Food French Loaf

Cambridge Food Hamburger Rolls

R7
6's

Cambridge Food Hamburger Rolls

Cambridge Food Crispy Rolls

R7
6's

Cambridge Food Crispy Rolls

Cambridge Food Queen Cakes

7⁹⁹
4's

Cambridge Food Queen Cakes

Assorted Pies

9⁹⁹
each

Assorted Pies

Cambridge Food Creme Buns

13⁹⁹
6's

Cambridge Food Creme Buns

Fresh

Oranges

21⁹⁹
3 kg

Oranges each

Royal Gala Apples

17⁹⁹
1.5 kg

Royal Gala Apples each

BIG DEAL



24⁹⁹

200 g

Rajah Curry Powder Assorted each



22⁹⁹

700 ml

Wellington's Tomato Sauce each



16⁹⁹

24's

Knorrox Stock Cubes Assorted each



9⁹⁹

400 g

Knorrox Soup Bag Assorted each



R16

50 g

Knorr Packet Soup Assorted



19⁹⁹

500 g

Top Class Soya Mince Bag Assorted each



9⁹⁹

75 g

Knorr Aromat Seasoning Canister Assorted each



28⁹⁹

900 g

Hugo's Mixed Fruit Jam each



36⁹⁹

750 ml

Jimmy's Steakhouse Sauce each



26⁹⁹

750 g

Nola Mayonnaise Assorted each

BIG DEAL



24⁹⁹

1 kg

La Italiana Quick Cooking White Oats each



27⁹⁹

400 g

Yum Yum Peanut Butter Assorted each



24⁹⁹

450 g

Bokomo Weet-Bix each



21⁹⁹

200 g

Moir's Baking Powder Refill each



42⁹⁹

750 g

Nestlé Cremora Coffee & Tea Creamer



33⁹⁹

250 g

Milo Energy Drink each



R10

10 g

Supafast Instant Yeast



42⁹⁹

250 g

Nescafé Ricoffy



16⁹⁹

100's

Tea Time Tagless Teabags each



31⁹⁹

80's

Glen Rooibos Tagless Teabags Pouch each



19⁹⁹

100's

Trinco Tagless Teabags Pouch each



49⁹⁹

400 g

Nestlé Nespray Full Cream Instant Milk Powder Pouch each

Airtime.

Buy pre-paid airtime, data and SMS bundles at any till point.

BIG DEAL

Buy any 2 for

R22

200 g

Bakers Blue Label Marie Biscuits Assorted

Buy any 2 for

R27

120 g

Simba Potato Chips Assorted

Buy any 2 for

R30

145 g

Doritos Corn Chips Assorted

Buy any 2 for

8.99

135 g

Willards Cheas Naks Assorted each

Buy any 3 for

13.99

80 g

Cadbury Chocolate Slab Assorted each

Buy any 3 for

R22

combo

Cadbury Large Chocolate Bar Assorted

Buy any 2 for

19.99

500 g

Bisco Biscuit Bites Assorted each

Buy any 2 for

R35

200 g

Bakers Eet-Sum-Mor Shortbread Biscuits Assorted

Buy any 2 for

34.99

2 L

Oros Squash Assorted each

Buy any 2 for

R30

1 L

Wild Island Dairy Blend Assorted

Buy any 2 for

R18

2 L

Refreshhh Soft Drink Assorted

Buy any 2 for

R38

2 L

Fanta/Stoney/Sprite Soft Drink Assorted

Buy any 2 for

R30

2.25 L

Coca-Cola/Fanta/Stoney Zero Soft Drink Assorted

Buy any 2 for

R16

500 ml

Score Energy Drink Assorted

Buy any 2 for

R22

1.5 L

Bonaqua Sparkling Water Assorted

Buy any 2 for

16.99

5 L

Aquellé Still Natural Spring Water each

Cambridge liquor

142.99

750 ml

Amarula Cream Liqueur each

149.99

750 ml

Russian Bear Vodka

184.99

1 L

Smirnoff 1818 Vodka

259.99

750 ml

Absolut Vodka Assorted each

109.99

750 ml

Three Ships Mash Tun Aperitif

249.99

750 ml

Johnnie Walker Red Label Scotch Whisky each

BIG DEAL

74⁹⁹

6x1 L

Fair Cape Full Cream Long Life Milk each



34⁹⁹

18's

Nulaid Large Eggs each



R55

2 L

Tropika Dairy Blend Assorted



4⁹⁹

125 ml

Fair Cape Dessert Assorted each



9⁹⁹

6x80 g

Fair Cape Lunch Box Yoghurt Assorted each



8⁴⁹

1 L

Sonnendal Fresh Full Cream Milk Sachet each



22⁹⁹

2 kg

Sonnendal Full Cream Amyoli Amasi each



21⁹⁹

900 g

Harvestime Frozen Mixed Vegetables each



22⁹⁹

175 g

Lancewood Cheese Slices Assorted each



18⁹⁹

500 g

Marvello Yellow Margarine each



39⁹⁹

1 kg

Stork Country Spread Tub each



R55

950 g

Danup Fermented Drink Assorted



34⁹⁹

2 L

The Cape Town Ice Cream Company Ice cream Assorted each



R30

6x100 g

Clover Smooth Yoghurt Assorted



8⁹⁹

250 g

Supreme Frozen Liver Tubs each



69⁹⁹

2 kg

Country Range Frozen Mixed Chicken Portions each



329⁹⁹

750 ml

Jameson's Irish Whiskey

PLUS Free Liquid Fruit Cranberry 1 L



82⁹⁹

6x330 ml

Heineken Beer NRBs each



R145

6x330 ml

Flying Fish Pressed Lemon Beer NRBs



R155

6x500 ml

Castle Lite Beer Cans



99⁹⁹

3 L

4th Street Natural Sweet Wine Assorted each



159⁹⁹

5 L

Drosty Hof Adelpracht White Wine

BIG DEAL



20⁹⁹
750 ml

Jik Bleach Assorted
each



R65
300 ml

Doom Insecticide
Assorted



24⁹⁹
500 ml

Sta-Soft Fabric Softener
Refill Pouch Assorted each



21⁹⁹
750 ml

MAQ Dishwashing Liquid
each



15⁹⁹
500 g

Sunlight Laundry Bar
Soap each



19⁹⁹
750 ml

Handy Andy Cream Cleaner
Refill Pouch Assorted each



19⁹⁹
6's

Brhelke Candles
each



R40
500 ml

MAQ Fabric Softener Refill
Pouch Assorted



30⁹⁹
350 ml

Cobra/Sunbeam Floor
Polish Paste Assorted each



R45
combo

Scotch Brite Sponges
(3 Plus 1 Free)



20⁹⁹
750 ml

Sunlight Dishwashing
Liquid Refill Pouch each



18⁹⁹
500 ml

Sunlight Pine Gel
each



17⁹⁹
750 ml

MAQ Cream Cleaner
Assorted each



R50
750 ml

Domestos Thick
Bleach Assorted



229⁹⁹
each

Diamond 4-Bar
Heater



149⁹⁹
each

Pineware Spray
Dry Iron



139⁹⁹
each

Pineware Cordless Kettle
Black/White



17⁹⁹
each

Aegis LED 6W CW/WW
ES/BC



169⁹⁹
each

Sealtron Double Spiral
Hot Plate



14⁹⁹
each

White Square
Bowl/Mug



R15
each

Cambridge Food
Taxi Bag Assorted



13⁹⁹
each

White Porcelain Round
Bowl 7 Inch/Mug 11oz



25⁹⁹
each

Printed Hiball
set



399⁹⁹
each

Bon Voyage NW7
10 Piece Pot Set

BIG DEAL



37⁹⁹

9's

Baby Soft Mini 2-Ply Toilet Rolls each



41⁹⁹

8's

Twinsaver 1-Ply Toilet Rolls 500 Sheets each



22⁹⁹

2's

Twinsaver Kitchen Towels



16⁹⁹

180 ml

Glade Secrets Air Freshener Assorted each



R30

210 ml

Airoa Air Freshener Assorted



24⁹⁹

100 ml

Kiwi Shoe Polish Assorted each



29⁹⁹

each

Tuffy Refuse Bags



37⁹⁹

3 kg

Etosha Braai Briquettes/Charcoal each



18⁹⁹

100 ml

Colgate Toothpaste Assorted each



10⁹⁹

150 g

Protex Bath Soap Assorted each



18⁹⁹

400 ml

Dawn Hand & Body Lotion/Cream Assorted each



19⁹⁹

400/500 ml

Clere Hand & Body Lotion/Crème Assorted each



17⁹⁹

50 ml

Shield Roll-On Assorted each



R28

50 ml

Playgirl/Playboy Roll-On Assorted



22⁹⁹

90/150 ml

Playboy/Playgirl Body Spray Assorted each

BIG DEAL



39⁹⁹

450/500 ml

Ingram's Camphor Cream Assorted each



189⁹⁹

each

Huggies Dry Comfort Nappies Value Pack Assorted



139⁹⁹

each

Cuddlers Comfort Nappies Value Pack



R40

125 ml

Purity Baby 2nd Foods Assorted



22⁹⁹

250 g

Nestlé Nestum Baby Cereal Assorted each

Airtime.

Buy pre-paid airtime, data and SMS bundles at any till point.

BIG DEAL

Buy any
2
for



R25
100 ml

Aquafresh
Toothpaste
Assorted



56⁹⁹ 750 ml
Savlon Antiseptic Liquid
each

Buy any
3
for



R45 8/10's
Stayfree Maxi Thick Pads
Assorted



8⁹⁹ 8's
Lil-Lets Essentials Pads
Assorted each



22⁹⁹ 125 ml
Dettol Antiseptic
Liquid each



28⁹⁹ 250 ml
Vaseline Blue Seal Petroleum
Jelly Assorted each



19⁹⁹ 50 ml
Nivea Roll-On Assorted
each



15⁹⁹ 20 ml
Lennen Borsdruppels
each



MORE EXCITING DEALS. MORE VALUE.

More than you bargained for.

Buy any 2 for R32



Colgate Triple Action Toothpaste 100 ml

Buy any 3 for R40



Lifebuoy Bath Soap Assorted 175 g

Buy any 2 for R60



Elizabeth Anne's Baby Aqueous Cream/
Petroleum Jelly 325 ml

Buy any 2 for R40



Jeyes Thick Bleach Assorted 750 ml

Buy 2 for R35



Surf Dishwashing Liquid 750 ml

Buy any 2 for R55



Pledge Multi Surface Cleaner/Wood Polish
Assorted 300 ml

Buy 2 for R40



Nola Tangy Street Style Mayonnaise 750 g

Buy any 5 for R40



Bakers Topper Cream Biscuits Assorted 125 g

Buy any 3 for R50



Bakers Red Label Lemon Cream Biscuits
Assorted 200 g

Buy any 2 for R15



Reboost Energy Drink Assorted 500 ml

Buy any 2 for R42



Liqui Fruit Fruit Juice Assorted 1 L

Buy any 4 for R55



Sparletta Iron Brew/Crème Soda/Sparberry/
Pineut 1.5 L

Buy any 2 for R26



Nestlé Chocolate Slab Assorted 80 g

Buy 2 for R55



Rhodes Superfine Apricot Jam 900 g

Buy any 2 for R50



KOO Beetroot Assorted 780 g

Buy 3 for R45



Rhodes Mixed Vegetables in Brine 410 g

Buy any 3 for R50



Six Gun Grill Seasoning 200 g

Buy all for R20



Imana Stock Cubes 6's + Imana
Soya Mince 200 g + Imana Packet Soup 60 g

Buy any 2 for R60



Clover Bliss Double Cream Yoghurt Assorted 1 kg

Buy any 4 for R50



Danone Yogi Sip Assorted 250 g

Deals Valid Wednesday 6 April to Thursday 30 June 2022

Mitchell's Plain
Symphony Walk, Old Town Centre, Mitchell's Plain. Tel: 021 391 0888

Trading Hours
Monday - Friday : 8am - 6pm | Saturday : 8am - 5pm | Sunday & Public Holidays : 8am - 2pm

Terms & Conditions: This offer is valid from 22 April - 10 May 2022. Available at Mitchell's Plain store only. Whilst Cambridge Food will always attempt to have sufficient advertised stock available, the above prices are valid only whilst stocks last. Cambridge Food reserves the right to limit quantities. Brands may vary per region. Although it is the duty of Cambridge Food to ensure that the correct information is present on the Advertisement, if any error should occur, Cambridge Food will rectify the error through in-store notification as well as display pricing. Delivery is available for larger products or larger quantities at an additional fee, upon request by the Customer. All Prices are in South African Rand and are subject to V.A.T.

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