

EATERY

Heritage

WEEK DEALS

SPECIALS VALID MONDAY 21 - FRIDAY 25 SEPTEMBER 2026



MINI MILK TARTS

5 FOR
R29



QUARTER CHICKEN &
SIDE OF CHIPS

R49



BOERIE ROLL &
SIDE OF CHIPS

R49



100g BEEF
CHEESEBURGER, SIDE
OF CHIPS & COKE
BUDDY 300 ml

R69



FISH & CHIPS PARCEL

R79

SPECIALS VALID AT CAPE TOWN STORES ONLY.
T&CS: STORES CLOSED ON THURSDAY 24 SEPTEMBER 2026 AND ON WEEKENDS.
ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY.

20 BUCK *Tuesday*

SPECIALS VALID TUESDAY 22 SEPTEMBER 2026 ONLY!



Queen Pineapples



English Cucumbers



Blueberry Punnets



Large Hass Avocados



Banana Thriftpacks 500 g



Naartjie Thriftpacks



Carrot Thriftpacks 1 kg



Potjie Potato Thriftpacks

BAKERY



Cinnamon Doughnuts



Banana Loaves

FOOD LOVER'S

EATERY

TOWERS

WE ARE CLOSED SATURDAYS AND SUNDAYS

THE TOWERS, CNR HEERENGRACHT & HERTZOG BOULEVARD, FORESHORE, CAPE TOWN,
TEL: 021 419 9048 • WWW.THEREALFOODLOVERSEATERY.CO.ZA • THETOWERS@FLM.CO.ZA
TRADING HOURS: MON-FRI: 07H30AM-17H00PM SAT&SUN: CLOSED

HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E & OE • ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY.

**THE BEST
IN FRESH
GUARANTEED!**

