Come home to Pick n Pay

The Fresh Food People.

SMART SHOPPER PRO

Pick n Pay SMART SHOPPER

R99 per month

Ts&Cs apply. *R350 min. spend on the Pick n Pay asap! app.
**Max. spend of R2000 p/m in one shop.

Sign up on Pick n Pay asap!

Promotion Valid 2 - 8 Nov 2026

PnP Fresh Chicken Braaipack 8s or 16s

59.99 per kg

Bulk Rump, T-Bone & Club Steak Mixed Pack

139.99 per kg

PnP All Purpose Potatoes 2kg, English Tomatoes 1kg, Carrots 1kg and Beetroot 1kg

BUY ALL 4 R90

First Choice Salted Butter 500g Brick or Tub Each
Regular Price 89.99
69.99
SMART SHOPPER PRICE

Clover Cheese Assorted 550g Each
Regular Price 114.99
94.99
SMART SHOPPER PRICE

Parmalat Low Fat Dairy Snack Assorted 6 x 100g
Regular Price 80.97
BUY ANY 3 R50
SMART SHOPPER PRICE

PnP Kids Bananas Prepack and Nectarine Zip Bag
BUY BOTH R50

Try our, *crumbed chicken range.*

PnP Crumbed Chicken Burger 400g
BUY 2 FOR 69.99

PnP Crumbed Chicken Strips 400g
BUY 2 FOR 74.99

PnP Crumbed Chicken Schnitzel 600g
BUY 2 FOR 109.99

Everyday Staples *for Every Family.*

BUY ALL 3 49.99
SMART SHOPPER PRICE

Blue Ribbon Classic White Sliced Bread 700g, PnP Full Cream or Low Fat Fresh Milk Assorted 2 Litre and PnP no name™ Eggs Large 6s. Ts and Cs apply.

Now available at bp Pick n Pay Express

SMART SHOPPER PRO R99 per month

UNLIMITED FREE DELIVERY*
10% off your monthly in-store shop**
3X Smart Shopper points on fresh
2X Smart Shopper points on fuel at bp

Pick n Pay SMART SHOPPER

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BLGTHS29073_1

BUY 2 FOR R50

PnP Blueberries on the Run

BUY ANY 2 SAVE R10

PnP Cut Fruit Sharing or For Me Assorted

BUY 2 FOR R60

PnP Starking or Cripps Red Apples 1.5kg

119.99

Du Toit Cherry Time 700g

SELECTED STORES

Love cherries? Ask me what's in season!

BUY ALL 4 R120

Beef or Chicken Stir Fry 350g/400g, Stir Fry Noodles Assorted 250g, Stir Fry Sauce Assorted 100g and Stir Fry Veg Assorted 400-420g

OR

Stir-fry *made simple*

BUY ALL 4 R60

PnP Crisp Lettuce Head, English Cucumber, Loose Avocado and Slicing Tomatoes 2s

Ask me what's included in our salad combo!

BUY ANY 2 SAVE R10

PnP Chopped Mixed Mushrooms 400g

89.99

PnP Calandiva 12cm

89.99

PnP Chrysanthemum 15cm

129.99

PnP Roses 14cm

139.99

PnP Small Green Plant

89.99

PnP Chrysanth Mix

169.99

PnP Golden Fields Bouquet

159.99

PnP Roses 50cm

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BLGTHS29073_2

65.99 per kg

PnP Fresh Whole Chicken in Tray

99.99 per kg

Atchaar, Tikka or Zesty Lemon Chicken Fillet Skewers

Ask me if you fancy something zesty on the braai?

BUY ANY 2 SAVE R10

PnP Peach & Curry, Morrocan Style Beef Sausage or Smokey Paprika Pork Sausage or Spinach & Feta Pork Griller 400g

79.99 per kg

Bulk Pork Rib and Loin Chops

109.99 per kg

Bulk Country Classic Boerewors

109.99 per kg

Beef Chuck, Blade Steak, Brisket or Short Rib Bone-in

OR

89.99 per kg

Pork Spare Ribs Marinaded or Plain

84.99 per kg

PnP Fresh Chicken Drumsticks 6s or Wings 12s

79.99 per kg

PnP Fresh Skinless Chicken Breast Fillets 4s

R45

PnP Chicken Goulash 400g

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Regular Price 59.99

47.99 SMART SHOPPER PRICE

PnP Chicken or Chicken & Cheese Viennas 500g Each

49.99

PnP Peppered, Italian Style or Cervelat Sliced Salami 100g Each

119.99

Breco Braai Snoek 1kg

179.99

Breco Vannamei Prawns 26/30 - 700g

Try me, I'm NEW

OR

79.99

PnP Prego Chicken Sliders or Beef Curry Vetkoek 8s Each

Regular Price 173.98

BUY ANY 2 R150 SMART SHOPPER PRICE

Rana Filled Pasta Assorted 250g

Now pick ANY 2 pizzas from our range for R125 SMART SHOPPER PRICE

Now available at bp Express

While stocks last. Offer subject to availability. Ts & Cs & limits apply. Deal applies to any 2 Pick n Pay pizzas: Full Range.

PROMOTION VALID EVERY THURSDAY TO SUNDAY

MAKE EVERY DAY A BOERIE DAY.

*Game Time Wors 6 x 120g per pack and PnP Hotdog Rolls 6s.

FRESHLY BAKED IN-STORE

Regular Price R93

R70 SMART SHOPPER PRICE

PROMOTION VALID EVERY DAY OF THE WEEK.

While stocks last. Offer subject to availability. Ts & Cs & limits apply.

BRING HOME 2 CHICKENS* JUST R170

*PnP Rotisserie Whole Chicken Assorted

Regular Price R199

R170 SMART SHOPPER PRICE

PROMOTION VALID EVERY SATURDAY & SUNDAY

Ts and Cs apply.

BLGTHS29073_3

18.99
PnP Yellow Raisin Bread 600g

R15
PnP Panini 4s

36.99
PnP Ciabatta, San Francisco Light Rye or California Bread 400g Each

22.99
PnP Dessert Topped Buns 6s

39.99
PnP Carrot Loaf 400g

99.99
PnP 2-Layer Chocolate Cake

OR

99.99
PnP Chocolate or Coffee Flavoured Gateau Cake Each

Your cheesy *snack fix*

Ask me how to add a cheesy twist to your meals?

Regular Price 37.99
29.99
SMART SHOPPER PRICE
PnP Sliced Ham Assorted 125g Each

Regular Price 69.99
59.99
SMART SHOPPER PRICE
Meze Mini Mozzarella Balls 200g

Regular Price 49.99
44.99
SMART SHOPPER PRICE
PnP Basil Pesto 125g

49.99
PnP Olive Ciabatta 400g or Raisin & Cranberry Sourdough 450g

Regular Price 59.98
BUY 2 FOR R40
SMART SHOPPER PRICE
Meze Grated Parmesan 40g

Regular Price 49.99
42.99
SMART SHOPPER PRICE
Meze Whipped Feta 220g

Regular Price 69.99
59.99
SMART SHOPPER PRICE
Meze Mini Mozzarella Balls 150g

R240
Meze Braailoumi Assorted Per kg

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Come home to Pick n Pay

SMART SHOPPER BURGER FRIDAY.

Get these 5 ingredients:
PnP Crumb Chicken, PnP Beef/Free Range, PnP Mutton, PnP Boerie, PnP Cheese, or PnP Pepper, PnP Bomb Squad Patties 4s, PnP Bakery Buns 4s, Lettuce Mix 80g, Slicing Tomatoes 2s, and Clover Full Cream Processed Cheese Slices 100g.

Regular Price R124
R100
SMART SHOPPER PRICE
R100 deal is unlimited. While stocks last. T's and C's apply.

Only available at Pick n Pay Supermarkets, Hypermarkets and Mini Markets in Gauteng, North West, Mpumalanga, Limpopo, Northern Cape and Free State - Welkom, Loch Logan, Local Ficksburg, Lemo Mall, Potchefstroom, Noordstad, Roydene, Dihlabeng Mall Bethlehem, Canal Crossing, Langenhoven Park, Parys, Virgina, Upington, Family Odensdaalsrus, Family Kroonstad, Kimberley, Mangaung, Local Bloem Plaza, Local Bloemgate, Galeshewe-Kimber, Family Rhodesdene, Viljoenskroon, Henneman, Showgrounds Bloemfontein, Postmasburg, Family Vryburg, Family Kuruman Two, Matlosana Mall, Family Vanderhof Park, Family Preller Walk Mall, Family Fleurdal, Family Songloed, Family Towers at Langenhoven, Family Kathu, Family Wolmaransstad, Pacaltsdorp, Family Hoopstad and Family Reizis Square. Promotional stocks are limited. Limitations per customer may apply. Prices include VAT, where applicable. Smart Shopper prices are available to registered Smart Shoppers. Please visit smartshopper.pnp.co.za to register your card and update your details. Smart Shopper terms and conditions apply. No traders. E&OE. Excluding Express Stores. Selected products may not be available at all stores. Selected products have been styled for photography. **Visit www.picknpay.co.za, or call 0860 30 30 30. Cellphone rates apply.**
BLGTHS29073_4

Pick n Pay
VALID 2 - 8 NOV 2026

Smooth, creamy *and delicious.*

RECIPE:

Preparation:

Nutritious simple frozen fruit smoothie:
Add ½ cup your favourite Smooth Mageu flavour packed with sustainable boost.
Add 1 cup of frozen fruit (e.g., strawberries, blueberries, mango, mixed berries).
Include a banana for extra creaminess & a handful of washed spinach or kale or cubed pineapple for that tangy kick.
Add 1–2 tablespoons of yogurt or nut butter for added protein and flavour.
Blend on high for 30–60 seconds until smooth.
Adjust sweetness with honey or dates if desired.
Pour into a glass and enjoy. For a thicker smoothie, reduce the liquid; for a thinner, texture, add more liquid.

Tips for healthy variations:
Use frozen fruit instead of ice to avoid diluting flavour. Frozen fruits are picked and flash-frozen at peak ripeness, which preserves vitamins, minerals, and antioxidants.

Experiment with adding various greens (spinach / kale / micro greens), protein powders, various nut butters, or seeds for extra nutrition.

Adjust liquid and fruit ratios to achieve your preferred thickness and taste.

Frozen fruit smoothies are quick to prepare, making them an excellent choice for a nutritious breakfast, snack, or fuel for pre- and post-workouts.



Seafood for the win!



From juicy prawns to tasty mussels, bring a little taste of the coast to your table! Perfect for sharing, easy to prepare and oh-so-delicious.



39.99

Breco Shrimps 240g



107.99

Breco Haddock Fillet 500g



89.99

PnP Fishmonger's Mussels Coated in Garlic 500g



82.99

PnP Fishmonger's Calamari Rings 400g



106.99

Breco Prawn Meat 20/40 400g



122.99

PnP Fishmonger's Pink Prawn Tail Cut and Deveined 350g



149.99

PnP Fishmonger's Vannamei Prawns 700g



199.99

Breco Vannamei Prawns with Heads on 16/20s 700g

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pnp.co.za

MARKET DAY
WEDNESDAY

Valid only Wednesday, **4 November 2026**



PnP Crisp Lettuce Head, English Cucumber, Loose Avocado and Slicing Tomatoes 2s

SELECTED STORES



Du Toit Cherry Time 700g



Bulk Tenderised Beef Steak



Bulk Pork Braai Chops



PnP Premium Chicken Polony 1kg



First Choice Salted Butter 500g Tub



PnP Ring Doughnuts 6s



Breco Crumbed Torpedo Prawns 500g

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