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 23 - 29 Nov 2026

PnP Fresh Chicken 4 Drumsticks & 4 Thighs

79.99 per kg

PnP All Purpose Potatoes 2kg, Tomatoes 1.5kg, Onions 1kg, Gem Squash 2kg, Green Peppers 800g, Beetroot or Carrots Carry Bag V

BUY ANY 5 R150

OR

Pork Spare Ribs Plain or Marinaded

89.99 per kg

Golden Delicious Apples 1.5kg, Bananas Prepack 1.2kg, Red or White Seedless Grapes 500g

BUY ALL 4 R140

Buy 1 x PnP Bananas Prepack, 1 x Golden Delicious Apples 1.5kg, 1 x Red or White Seedless Grapes 500g & 1 x Nectarines or Dessert Peaches Prepack

27.99 SMART SHOPPER PRICE

PnP Medium Fat Maas 2kg

Regular Price 79.98

BUY ANY 2 R60 SMART SHOPPER PRICE

PnP Full Cream or Double Cream Yoghurt Assorted 1kg

Try our, *crumbed chicken range.*

PnP Crumbed Chicken Burger or Nuggets 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

SHOP NOW pnp.co.za

Everyday Staples *for Every Family.*

BUY ALL 3 49.99 SMART SHOPPER PRICE

Blue Ribbon Toaster White Sliced Bread 700g, Clover Jug or Ultra Pasteurised 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

Sign up on Pick n Pay asap!

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

BLWCHS15706_1

Ask me how to pick the perfect apples to make the perfect apple roses?

BUY ANY 2
R60
PnP Starking or Cripps Red Apples .15kg

BUY 2 FOR
R45
PnP Blueberries on the Run

BUY ANY 2
SAVE R10
PnP Cut Fruit Sharing or For Me Assorted

BUY 3 FOR
R40
PnP Loose Avocado

BUY ANY 2
SAVE R10
PnP Cling Peaches or Apricots Prepack or Flat Peach Ziplock Bag

Every day dinner *made simple*

BUY ALL 4
R145
Everyone Loves Sourdough Oval Pitas 6s, PnP Chicken Stirfry 400g, Ripe & Ready Avocado 2s and Rainbow Slaw Mix 300g

BUY ANY 2
R55
PnP White or Portabellini Mushrooms 250g

BUY 2 FOR
R49
PnP Sweetcorn 4s

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

BUY ALL 4
R120

159.99	159.99	179.99	189.99	209.99	219.99
PnP Poinsettia 14cm	PnP Gold Crest 14cm	PnP Hydrangea 14cm	PnP Gold Crest 16.5cm	PnP Holly 14cm	PnP Hydrangea 16.5cm

SHOP NOW pnp.co.za

BLWCHS15706_2

89.99 per kg
Bomb Squad Bulk Oukraal Wors

89.99 per kg
Bulk Pork Rib and Loin Chops

59.99 per kg
Flavoured Chicken Flatties Assorted

129.99 per kg
Bulk Club and T-Bone Steak Pack

Want a juicy t-bone for the braai ask me?

69.99 per kg
Pork Texan Steak

89.99 per kg
Pork Rashers Plain or Honey Glazed Bone-in

79.99 per kg
PnP Fresh Skinless Chicken Breast Fillets 4s or 12s

85.99 per kg
PnP Chicken Mince

R45
PnP Chicken Goulash 400g

R50
PnP Grabouw or Chakalaka Chicken Wors 500g

SHOP NOW pnp.co.za

Regular Price 43.99
34.99
SMART SHOPPER PRICE
PnP Sliced Luncheon Loaves Assorted 200g Each

Regular Price 49.99
44.99
SMART SHOPPER PRICE
PnP Sliced Peppered, Italian or Cervelat Salami 100g

Regular Price 69.99
59.99
SMART SHOPPER PRICE
PnP Cooked Silverside or Pastrami 125g Each

Regular Price 84.99
67.99
SMART SHOPPER PRICE
PnP Premium Chicken Polony 1kg

Regular Price 189.99
149.99
SMART SHOPPER PRICE
Breco Crumbed Torpedo Prawns 500g

Regular Price 249.99
199.99
SMART SHOPPER PRICE
Chapman's Butterfly Vannamei Prawns 26/30 700g

Regular Price 173.98
BUY ANY 2
R150
SMART SHOPPER PRICE
Rana Filled Pasta Assorted 250g (Excluding Rana Gnocchi)

BUY ANY 3 SAVE R20
PnP Party Foods Assorted

GOOD FOOD.
GREAT VALUE.
Every Thursday to Sunday
PLUS CHOOSE ANY 1:
BUY BOTH
R185
SMART SHOPPER PRICE

MAKE EVERY DAY A BOERIE DAY.
*Game Time Wors 6 x 120g per pack and PnP Hotdog Rolls 6s.
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.

BLWCHS15706_3



94.99
SMART SHOPPER PRICE

Clover Long Life Milk Assorted 6 x 1 Litre Per Pack

BLACK FRIDAY

DON'T PANIC, JUST PICK

23 - 29 NOV 2026



Regular Price 76.99
R60
SMART SHOPPER PRICE

Clover Butter Spread 500g



Regular Price 49.99
29.99
SMART SHOPPER PRICE

Canola Margarine Assorted 1kg Tub Each



Regular Price 67.99
49.99
SMART SHOPPER PRICE

Lancewood Cheese Slices Assorted 350g Each



Regular Price 299.98
BUY ANY 2
R200
SMART SHOPPER PRICE

Clover Cheese Assorted 800g



Regular Price 145.98
BUY ANY 2
R100
SMART SHOPPER PRICE

Clover Feta Assorted 400g



Regular Price 35.98
BUY ANY 2
R24
SMART SHOPPER PRICE

Super M Flavoured Milk Assorted 300ml



Regular Price 49.99
R35
SMART SHOPPER PRICE

Parmalat Medium Fat or Fabulite Fat Free Yoghurt Assorted 1kg Each



179.99
PnP Brandy Christmas Cake 800g

169.99
PnP Luxury Christmas Pudding 450g

69.99
PnP Deep Filled Fruit Mince Pies 6s



79.99
PnP Alcohol Free Iced Fruit Cake 350g



89.99
PnP Luxury Iced Brandy Fruit Cake 350g



159.99
PnP Rectangular Cake Assorted 30 x 20cm Each



22.99
PnP Dessert Topped Buns 6s



17.99
PnP Hotdog Rolls or Hamburger Buns 6s Each

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 and Hypermarkets in the Western Cape including Fraaiuitsig, Garden Route Mall, George, George (Pre Cap Centre), Groot Brak, Hartenbos, Knysna, Langeberg Mall, Mossel Bay, Oudtshoorn, Plettenberg Bay, Sedgefield and York Street. 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.**

BLWCHS15706_4

Pick n Pay

VALID 23 - 29 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.



Regular Price 32.99
24.99
SMART SHOPPER PRICE
Magque No. 1 Assorted
1 Litre Each



34.99
PnP Bananas
Freshtec Bag



34.99
PnP Baby Spinach
200g



SHOP NOW
pnp.co.za

DIP IT. SPREAD IT. SNACK IT. LOVE IT!



Regular Price 67.99

54.99

SMART SHOPPER PRICE

Kiri Dip & Crunch 140g



Regular Price 96.99

79.99

SMART SHOPPER PRICE

Kiri Cream Cheese Portion 200g



Regular Price 59.99

49.99

SMART SHOPPER PRICE

Kiri Medium Fat Cream Cheese 200g

Regular Price 37.99

32.99

SMART SHOPPER PRICE

The Laughing Cow Cheese Wedges Assorted 120g Each



LOVED IN LUNCHBOXES

SHOP NOW
pnp.co.za

MARKET DAY
WEDNESDAY
Valid only Wednesday, 25 November 2026



BUY ANY 5
R150

PnP All Purpose Potatoes 2kg, Tomatoes 1.5kg, Onions 1kg, Gem Squash 2kg, Green Peppers 800g, Beetroot or Carrots Carry Bag V



BUY ALL 4
R140

Buy 1 x PnP Bananas Prepack, 1 x Golden Delicious Apples 1.5kg, 1 x Red or White Seedless Grapes 500g & 1 x Nectarines or Dessert Peaches Prepack



R60 per kg

Bulk Pork Braai Chops



R84 per kg

Pork Spare Ribs Plain or Marinaded



Regular Price 37.99
R29
SMART SHOPPER PRICE

PnP Sliced Peppered, Hickory or Gypsy Ham 125g Each



R50

PnP Ring Doughnuts 6s



Regular Price 134.97
BUY ANY 3
R100
SMART SHOPPER PRICE

Flora Fat Spread Assorted 500g



Regular Price 326.99
269.99
SMART SHOPPER PRICE

PnP Fishmonger's Large Pink Prawns 800g

SHOP NOW pnp.co.za