

Pick n Pay



PRICES VALID 17 - 23 AUGUST 2026



THE FRESH FOOD PEOPLE.



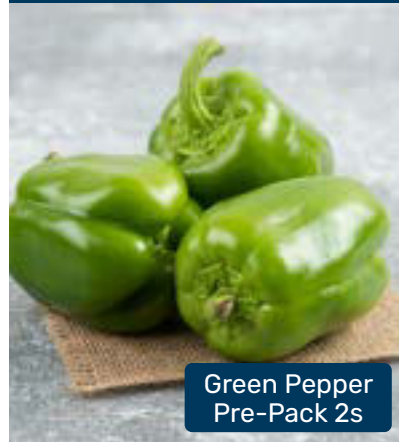
BUY ALL 3
E40
Frilly Lettuce,
1x English Cucumbers &
Tomatoes 1kg



BUY ALL 3
E150
Potatoes 7kg, Carrots
5kg & Onions 3kg

EMA 10/10 DEALS

BUY ANY FOR E10 EACH



Green Pepper
Pre-Pack 2s



PnP Mini
Cucumbers



Tomatoes
2s



Spring Onion
Bunch



PnP Kiwi Fruit
Each

EMA 12/12 DEALS



Hubbard
Squash Per kg



Pineapples

EMA 15/15 DEALS



Red Sweet
Potatoes Loose
Per kg



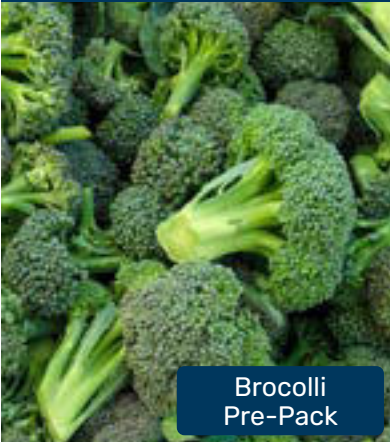
PnP
Carrots 1kg



Lemons Value
Pack 1kg

AVAILABLE AT ALL PICK n PAY ESWATINI SUPERMARKETS

EMA 22/22 DEALS



Broccoli Pre-Pack



Cauliflower Pre-Pack



6kg

£40

Oranges Pocket 6kg



3kg

£24

Oranges Carry Pocket 3kg



£13

Green Beans 300g



£13

Baby Marrow 450g



£16

Beetroot Cell Bags 1kg



£17

Green Cabbage



£18

Green Pepper 500g

Come Home To THE BEST FISH



£50

PnP Whole Jacopever Fish Per kg



£54

PnP Maasbanker Fish Per kg



£55

PnP Frozen Whole Mackerel Fish Per kg



£80

PnP Frozen Baby Hake Per kg

Thursday - Sunday (20 - 23 August 2026)



+

BUY BOTH

£70

PnP Kampvuur Wors 600g & PnP Hot Dog Rolls 6's

BUILD YOUR OWN BURGER



+

+

+

ALL 5

£100

PnP Beef Burger Patties 300g, PnP Burger Buns 6, Frilly Lettuce, Tomatoes 500g & Lancewood Cheddar Cheese Slices 175g