Pick n Pay

The Fresh Food People.

Festive, NOW IN SEASON



Ligugu Special Maize Meal 10kg, Sun Sun Parboiled Rice 10kg, Sun Sun Cooking Oil 2 Litre & Sunny Brown Sugar 3kg

BUY ALL 4
E342
LOW PRICE



Onions 7kg, Potatoes 7kg, & Bulk Carrots 5kg

BUY ALL 3
E200

E50
LOW PRICE

PnP Large Whole Chicken Per/kg Each



24.99
LOW PRICE

Coca-Cola Original Taste Less Sugar 2 Litre



174.99
LOW PRICE

PnP IQF Frozen Chicken Mixed Portions 5kg



39.99
LOW PRICE

PnP Full Cream Fresh Milk 2 Litre Each



99.99
LOW PRICE

PnP Full Cream Long Life Milk 6x1 Litre



109.99
LOW PRICE

Eagles Nest Large Eggs 60s



59.99
LOW PRICE

Sunlight 5in1 Auto Washing Powder Assorted 2kg Each



106.99 EACH

BUY 2 FOR E200
SAVE E14

PnP no name ™ 2 Ply White Toilet Tissue 18s

PRICES VALID 19 NOVEMBER - 6 DECEMBER 2026 AVAILABLE AT ALL PICK n PAY ESWATINI SUPERMARKETS



Regular Price 139.99
129.99
SAVE E10
SMART SHOPPER PRICE
Lancewood Chedder Cheese 600g



Regular Price 178.99
168.99
SAVE E10
SMART SHOPPER PRICE
Parmalat Cheese Assorted 850g Each



78.99
Parmalat or Melrose Flavoured Full Cream Processed Cheese Slices Assorted 400g Each



52.99
Président Medium Fat Cream Cheese Assorted 230g Each



34.99
Lancewood Dip & Top or Processed Cheese Slices Assorted 175g Each



49.99
Lancewood Cottage Cheese Assorted 250g Each



34.99
The Laughing Cow Medium Fat Cream Cheese Wedges Assorted 120g Each



36.99
First Choice Processed Cheese Slices Assorted 200g Each





54.99
PnP Deep Filled Mince Pies 6s



163.99
PnP Brandy Fruit Cake 800g



135.99
PnP Christmas Brandy Pudding 450g



BUY ALL 3
E140
Potatoes 7kg, Onions 3kg, Carrots 5kg or Beetroot 5kg



E15
Tomatoes 1kg



E12
English Cucumber Each



E10
PnP Carrots 1kg



E15
Green Peppers 500g



E120
Dutoit Cherry Time 700g



E20
Blueberries 125g



E50
Plums Pre-Pack



E27
Nectarines Pre-Pack



E27
Dessert Peaches Pre-Pack



E25
PnP Watermelon Quarter



E105
Frozen Turkey Drumsticks Per kg



E216
PnP Lamb Braai Chops Per kg



E70
PnP Pork Pack Per kg



77.99
Umbuluzi IFQ Chicken Portions 2kg Each



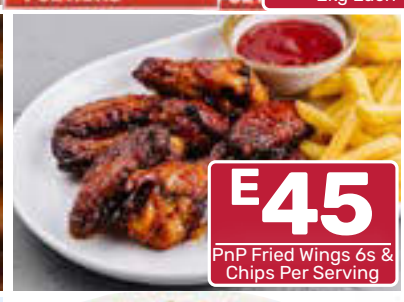
39.99
Umbuluzi Chicken Chakalaka Wors 1kg



109.99
Sun Sun Induna Braai Wors 4kg



BUY BOTH
E70
PnP Kampvuur Wors 600g & PnP Hot Dog Rolls 6s



E45
PnP Fried Wings 6s & Chips Per Serving



E38
PnP Wraps Assorted Each



E27
PnP Fruit Mince Pies 6s



E22
PnP Cocktail Scones 12s



BUY 3 FOR
E15
PnP Ring Doughnuts



E120
PnP Special Events Cake Round



BUY BOTH
E120
PnP 2 Layer Chocolate Cake & Coca-Cola Original Taste Less Sugar 1.5 Litre

Pick n Pay

PRICES VALID 19 NOVEMBER - 6 DECEMBER 2026



69.99 LOW PRICE
Ola Rich 'n Creamy Ice Cream Assorted 1.8 Litre Each



127.99 LOW PRICE
Dairymaid Gelata Ice Cream Assorted 1.5 Litre Each



35.99 LOW PRICE
Parmalat Eselwa Creamy Emasi 2 Litre



14.99 LOW PRICE
Mandla Mahewu Maize Drink or Iwisa Mageu 1 Litre Each



34.99
Magnum Ice Cream Assorted 100ml Each

32.99 EACH

BUY ANY 2 E50 SAVE E16
Magnum Ice Cream Assorted 90ml



35.99
Flora Medium or Light 40% Fat Spread Assorted 500g Tub Each



29.99
Stork Country 40% Fat Spread 500g Tub



41.99
Bonnita Cabana Dairy Fruit Blend Assorted 2 Litre Each



Regular Price 43.99
39.99
SMART SHOPPER PRICE
Clover Tropika Dairy Blend Assorted 2 Litre Each



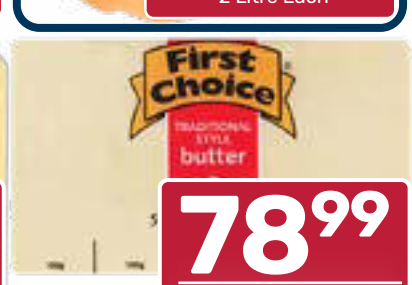
64.99
Dr. Oetker Nice 'n Easy Meals Assorted 320-250g Each



75.99
Dr. Oetker Ital Pizza Snack Slices Assorted 378-440g Each



84.99
Clover Mooi River Salted Butter 500g Brick



78.99
First Choice Salted Butter 500g Brick



59.99
I&J Fish Bakes Assorted 360g Each



47.99
I&J Air-Fri'kn Amazing Crisps Assorted 250-260g Each



52.99
Clover Bliss Double Cream Yoghurt Assorted 1kg Each



28.99 SAVE E17
Parmalat Low Fat Double Cream Yoghurt Assorted 6x100ml Each



Regular Price 54.99
49.99
SMART SHOPPER PRICE
Clover Krush 100% Fruit Juice Blend Assorted 1.5 Litre Each



62.99
McCain Potato Chips Assorted 750g Each



59.99
Natures Garden Potato Chips Assorted 900g Each



58.99
Thompson's Family Value Vienna's Assorted 1kg Each



31.99
Thompson's French Polony 1kg Each



BUY 2 FOR E50 SAVE E10
Rama Original 70% Fat Spread 500g Brick



58.99
Natures Garden Frozen Mixed Vegetables 900g



48.99
Harvestime Frozen Mixed Vegetables 900g



36.99
Lynca Meats Bacon Back 200g



69.99
I&J Original Fish Fingers 400g

Pick n Pay

PRICES VALID 19 NOVEMBER - 6 DECEMBER 2026

PnP and no name™ Everyday Value
A SEASON WORTH SHARING



BUY 4 FOR E26
PnP no name ™ Packet Soup Assorted 50g



14.99
no name ™ Mix Vegetables Assorted 410g Each



23.99
PnP no name ™ Peach Slices in Syrup 420g



32.99
PnP no name ™ Salad Cream or Mayonnaise 770g Each



BUY 2 FOR E40
no name ™ Tuna Assorted 170g



59.99
no name ™ Chicken Polony 2kg Each



BUY 2 FOR E54
PnP no name ™ Chocolate Biscuits Assorted 200g



44.99
PnP no name ™ Rusks Assorted 450g Each



BUY 2 FOR E32
PnP no name ™ Cordial Assorted 1 Litre

29.99
PnP no name ™ Dishwashing Liquid 750ml



19.99
PnP no name ™ Tomato Sauce 700ml



53.99
PnP no name ™ Hand Washing Powder 2kg



Regular Price 54.99
49.99
SMART SHOPPER PRICE
PnP Cream Cheese Assorted 175g Each



Regular Price 49.99
44.99
SMART SHOPPER PRICE
PnP Cottage Cheese Assorted 250g Each



41.99
PnP Low Fat Yoghurt Assorted 1kg Each



37.99
PnP Medium Fat Maas 2kg Each



Regular Price 103.99
97.99
SMART SHOPPER PRICE
PnP Ground Coffee Assorted 250g Each



75.99
PnP Muesli Assorted 750g Each



59.99
PnP Frozen Chips Assorted 1kg Each



BUY ANY 4 GET 15% OFF

33.99
PnP 100% Fruit Juice Assorted 1 Litre Each



56.99
PnP Frozen Vegetables Assorted 750g Each



BUY ANY 2 E48
PnP Ultra Toilet Cleaner Bleach Assorted 500ml



BUY ANY 2 E30
PnP Potato Chips Assorted 100g



BUY ANY 4 GET 15% OFF

17.99
PnP Flavoured Popcorn Assorted 100g Each



BUY ALL 3 E160
SAVE E38
PnP Braai Charcoal 4kg, Briquettes 4kg & Firelighters 12s

Pick n Pay

PRICES VALID 19 NOVEMBER - 6 DECEMBER 2026



68.99
Sun Sun Cooking Oil 2 Litre

84.99
B-Well Pure Canola Oil 2 Litre



BUY ALL 3 E252
Sun Sun Parboiled Rice 10kg, Sunny Brown Sugar 5kg & Sun Sun Cooking Oil 1.5 Litre

BUY ALL 3 E169
Sun Sun Parboiled Rice 5kg, Kitale Large Eggs 30s & Sun Sun Cooking Oil 1.5 Litre



122.99
Sunny Premium Thai Rice 10kg



119.99
Sun Sun Special Maize Meal 10kg



49.99
Sunny Brown Sugar 3kg



29.99
All Gold Tomato Sauce 700ml Each



14.99
Koo Baked Beans in Tomato Sauce 400g



16.99
Koo Chakalaka Assorted 410g Each



33.99
Lucky Star Pilchards Assorted 400g Each



BUY 4 FOR E40
Imana Gravy or Sauce Assorted 34-38g



BUY 3 FOR E40
Imana Cook-In-Sauce Assorted 48g



39.99
Crosse & Blackwell Mayonnaise 750g



37.99
B-Well Canola Mayonnaise Assorted 750g Each



19.99
Top Class Soup Assorted 400g Each



BUY ANY 2 E30
Fatti's & Moni's Pasta Assorted 500g



28.99
Kellogg's Instant Noodles Assorted 5x70g Each



17.99
Knorr Cook-In-Sauce or Potato Bake Assorted 43-48g Each



Regular Price 36.99
34.99
SMART SHOPPER PRICE
Knorr Salad Dressing Assorted 340ml Each



13.99
Robertsons Spice Refill Assorted 12-80g Each



14.99
Robertsons Rajah Curry Powder Assorted 50g Each



33.99
Robertsons Rajah Curry Powder Assorted 200g Each



18.99
Robertsons Braai & Grill Spice Assorted 200g Each



25.99
Robertsons Spice Refill Assorted 128g-168g Each

Pick n Pay

PRICES VALID 19 NOVEMBER - 6 DECEMBER 2026

Festive, NOW IN SEASON





71.99
Five Roses Tagless Teabags 100s



46.99
Five Roses Strong African Blend Teabags 100s



25.99
Five Roses Tagless Teabags 26s

42.99
Five Roses Tagless Teabags 50s



76.99 SAVE E10
Five Roses Creamy Tea Latte Assorted 10s Each



46.99
Laager Pure Rooibos Tagless Teabags 80s



Regular Price **56.99**
51.99
SMART SHOPPER PRICE
Bakers Rusks Assorted 450g Each



33.99
Trinco Tagless Teabags Pouch 100s



29.99
Five Roses Loose Leaf Tea Blend 125g



59.99
Freshpack Pure Rooibos Tagless Teabags 80s



62.99 SAVE E10
Trinco Tagless Teabags Pouch 200s



31.99
Glen Tagless Teabags Pouch 100s

1kg



38.99
Jungle Oats 1kg Each



37.99
Freshpack Pure Rooibos Tagless Teabags 40s



109.99 SAVE E17
Freshpack Pure Rooibos Tagless Teabags 160s



73.99
Freshpak Cappuccino Assorted 8x20g Each



68.99
House of Coffees Hug in a Mug Cappuccino Assorted 8x24g-25g Each



46.99
Society Cappuccino Assorted 8x20g Each



BUY ANY 2 E90 SAVE E30
Bokomo Otees Assorted 375 - 400g



169.99
Nescafe Gold Instant Coffee Assorted 200g Each

1kg



25.99
Top Score Instant Maize Porridge Assorted 1kg Each



Regular Price **56.99**
51.99
SMART SHOPPER PRICE
Kellogg's Coco Pops, Chocos, Frosties, Rice Krispies or Froot Loops Assorted 340g/350g Each



29.99
Danone Ultra Mel Vanilla Flavoured Custard 1 Litre



49.99 SAVE E12
Futurelife Smart Food Strawberry 500g



Regular Price **59.99**
54.99
SMART SHOPPER PRICE
Bokomo Weet-Bix Family Pack 900g

1L



44.99
Buttanut Milk Assorted 1 Litre Each



39.99
Black Cat Peanut Butter Assorted 400g Each



39.99
All Gold Jam Assorted 900g Each

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Pick n Pay

THE ICON REIMAGINED

NEW LOOK NEW BOTTLE

SCAN ME!

STAND A CHANCE TO

WIN A SET OF

2 CAMPING CHAIRS & A PICNIC BASKET

NEW FLAVOURS

HOW TO ENTER:

Buy any 2 participating Schweppes products during the promotion period.

Scan the QR code on this poster and follow the prompts.

*PARTICIPATING COCA-COLA PRODUCTS (200ML, 300ML, 500ML & 1.5L)



15.99 EACH



BUY ANY 3 E44

Pepsi Light, Pepsi Max or 7 Up Sugar Free Soft Drink 2 Litre



15.99

Pepsi Cola, Mountian Dew Regular or Mirinda Orange 2 Litre Each



Regular Price 76.99

E75

SMART SHOPPER PRICE

Coca-Cola Original, Stoney Ginger Beer, Fanta Orange, Sparletta Sparberry, Twist Lemon or Schweppes Dry Lemon 6x300ml Cans



Regular Price 14.99

BUY ANY 2 E25

SMART SHOPPER PRICE

Coca-Cola Original or Fanta Orange 440ml



E80

Powerade Sports Drink Assorted 6x500ml Each



35.99

Brookes Oros Squash Assorted 2 Litre Each



E48

Cappy Burst Assorted 6x200ml Each



12.99 EACH

BUY ANY 2 E23

Super C Flavoured Sparkling Glucose Drink 500ml

21.99 EACH



BUY ANY 2 E40

Red Bull Energy Drink Assorted 250ml



77.99

Red Bull Energy Drink 4x250ml



BUY ANY 2 E26

Power Play Flavoured Energy Drink Assorted 500ml



35.99

Emlembe Natural Spring Water 6x500ml

21.99

Emlembe Natural Spring Water 5 Litre

13.99 EACH



BUY ANY 2 E24

Simba Nik Naks Flavoured Maize Snack Assorted 135g



21.99

Doritos Flavoured Corn Chips Assorted 145-150g Each



21.99

Lays's Potato Chips Assorted 120g Each

12.99 EACH



BUY ANY 2 E22

Cheetos Puffs Savoury Snacks Assorted 100g



Regular Price 59.99

54.99

SMART SHOPPER PRICE

Pringles Potato Chips Assorted 165g Each

Pick n Pay

PRICES VALID 19 NOVEMBER - 6 DECEMBER 2026

Sweets & treats, NOW IN SEASON

Cadbury



21.99 EACH

BUY ANY 2 E40
Cadbury Dairy Milk Chocolate Slab Assorted 80g



45.99
Cadbury Dairy Milk Chocolate Slab Assorted 150g Each



145.99
SAVE E10
Cadbury Chocolate Selections 200g



179.99
Bakers Choice Assorted Biscuit Range 1kg



While Stocks Last & Available at Selected Stores

194.99
Looney Tunes Advent Calendar 217g Each



84.99
SAVE E26
Sally Williams Nougat Assorted 125-170g Each

While Stocks Last & Available at Selected Stores

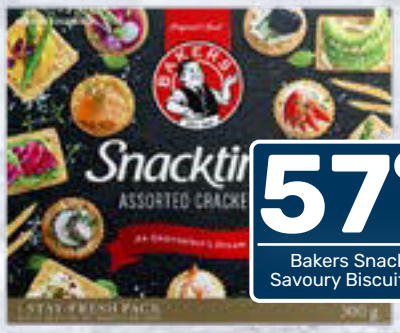


34.99
Looney Tunes Mini Candy Canes 100g Each

While Stocks Last & Available at Selected Stores



10.99 EACH



57.99
Bakers Snacktime Savoury Biscuits 300g

14.99 EACH



BUY ANY 2 E26
Bakers Tennis Doubles or Choc-O Break 125g Each

BUY 4 FOR E38
Looney Tunes Strawberry Mallow Pies 3s



78.99
SAVE E10
Bakers Romany Creams or Chockits 500g Each



280.99
Ferrero Rocher 300g



Regular Price 69.99
55.99
SAVE E14
SMART SHOPPER PRICE
Cadbury Tumbles Coated Shortcake 170g



28.99
Mister Sweet Rascals Assorted 125g Each



35.99
Mister Sweet Speckled Assorted Eggs 100-125g Each



19.99
Caubury Tumbles Shortcake or Raisins 60g Each

22.99 EACH



BUY ANY 2 E42
Manhattan Marshmallows Assorted 150g

29.99 EACH



BUY ANY 2 E45
SAVE E15
Mister Sweet Fruit Flavoured Sweets Assorted 125g

Your Summer. Your Glow

BEAUTY & HEALTH CARE



Regular Price 78.99
68.99
SAVE E10
SMART SHOPPER PRICE
Dove Body Spray Assorted 250ml Each

Regular Price 81.99
73.99
SMART SHOPPER PRICE
Dove Men Body Wash or Shower Gel Assorted 400ml Each

72.99
Dove Beauty Soap Assorted 4x90g Each



40.99 EACH

BUY ANY 2
E70
SAVE E12
Lentheric Body Spray Assorted 90ml

23.99 EACH



BUY ANY 2
E44
Rexona Shield Roll-On Assorted 50ml



BUY ALL 3
E106
SAVE E17
Easy Waves Hair Food 150ml, Hairspray & Oil Sheen Spray Assorted 250ml



15.99
Protex Bath Soap Assorted 200g Each



22.99
SAVE E11
Colgate Toothpaste Assorted 100ml Each



36.99
Colgate Charcoal Gentle Clean 100ml



77.99
SAVE E10
White Glo Maximum White Toothpaste 150g



79.99
SAVE E14
Disprin Regular Pain Tablets 48s Each



69.99
SAVE E10
Nivea Body Lotion or Cream Assorted 400ml Each



110.99
Vaseline Cera-Glow Body Cream or Lotion Assorted 400ml Each



23.99
Kotex Maxi Protect Pads Assorted 10s Each



45.99
Lil-Lets Non-Applicator Tampons Assorted 32s Each

Pick n Pay

PRICES VALID 19 NOVEMBER - 6 DECEMBER 2026



Cleaning Essentials

Make home feel fresh again

44.99
Comfort Fabric Softener Value Pack Refill Assorted 800ml Each

37.99
Sta-soft Ultra Concentrate Fabric Softener Doy Pack Refill Assorted 800ml Each

29.99
Sta-soft Fabric Conditioner Refill Assorted 500ml Each

BUY ANY 2 E40
Sunny Fabric Conditioner Refill Assorted 500ml

30.99
Sunlight Regular Dishwashing Liquid 750ml Each

63.99 SAVE E22
Sunlight 2in1 Auto Liquid Detergent 1.5 Litre

BUY ANY 2 E50
Sunlight Laundry Soap 500g

BUY ANY 2 43.99
Sunlight Fabric Conditioner Refill Assorted 500ml

30.99
Mr Sheen Tile Cleaner Assorted 1 Litre Each

BUY ANY 2 E30
Jik Liquid Bleach Assorted 750ml

92.99 SAVE E14
Omo Auto Capsule Concentrate 14s Each

BUY BOTH E40
Sunny Dishwashing Liquid 750ml & Sunny Green Laundry Soap Bar 800g

BUY ALL 3 E60 SAVE E29
1x Domestos 750ml, 1x Handy Andy Cream Cleaner 750ml Assorted & Sunlight Dishwashing Liquid 750ml Refill

129.99 SAVE E27
Skip Intelligent Washing Powder 3kg

89.99 SAVE E23
Sunlight 5in1 Handwash Powder Assorted 3kg Each



8kg

Montego KAROO

519.99
SAVE E58
Montego Karoo Dog Food Assorted 8kg Each

8kg

Monty & Me ESSENTIAL

167.99
Montego Monty & Me Dog Food Assorted 8kg Each

7kg

bonzo

139.99
Bonzo Adult Dog Food Assorted 7kg Each

6kg

CANINE CUISINE 24% PROTEIN

268.99
SAVE E72
Canine Cuisine Adult Dog Food Assorted 6kg Each

8kg

Sun Sun DOG FOOD CHICKEN FLAVOURED CRUNCHIES

139.99
SAVE E10
Sun Sun Dog Food Assorted 8kg Each

25kg

i want my Bobtail

VITARITE

ADULT STEAK FLAVOUR 25kg

549.99
SAVE E13
Bobtail Dog Food Assorted 25kg Each

10kg

Sunny MIXED FOWL FOOD 10kg

86.99
Sunny Mixed Fowl Food 10kg

10kg

Sunny CRUSHED YELLOW MAIZE

79.99
Sunny Crushed Yellow Maize 10kg

2kg

Monty & Me ADULT CAT FOOD

84.99
SAVE E13
Monty & Me Adult Dry Cat Food 2kg

1kg

BAGS O WAGS MIGHTY TREATS CRUNCHIES Succulent Spare-Rib Flavour

69.99
SAVE E10
Bags O Wags Crunchies Assorted 1kg Each

Classic ADULT KITTEN

BUY ANY 2
17.99
Montego Classic Cat Food Assorted 85g

1kg

Classic ADULT

73.99
SAVE E14
Montego Classic Adult Chicken Cat Food 1kg

1kg

Classic KITTEN

74.99
SAVE E13
Montego Classic Kitten Food Chicken 1kg

Monty & Me ESSENTIALS

28.99
Monty & Me Chicken Meatloaf 820g Each



698.99
SAVE E50
Elektra Manual Airfryer 5 Litre

1249.99
SAVE E130
Russell Hobbs Master Blender



199.99
SAVE E100
Goldair Cordless Glass Kettle



BUY 2 FOR
38.99
SAVE E11
Premier Colour Sponge Scourer 4s



99.99
SAVE E16
Prestige Jumbo Muffin Pan 6 Cup



49.99
SAVE E16
Bic Megalighter



28.99
SAVE E11
Otima Square Salad Bowl 7 Litre



59.99
SAVE E35
Bic Kids Triangle Pencil 12s



69.99
SAVE E15
Prestige Primo Steak Knife 2 Piece Each



109.99
SAVE E20
Otima Black Dustbin 50 Litre



1309.99
SAVE E157
Addis Premium Plus Ironing Board



109.99
SAVE E12
Otima Daisy Laundry Basket 50 Litre



48.99
SAVE E10
Kitchen Inspire Spaghetti Ladle Each

59.99
SAVE E11
Kitchen Inspire Soup Ladle Each

BUY 2 FOR
67.99
SAVE E18
Kitchen Inspire Paring Knife



495.99
SAVE E140
Addis Spinna Spin Mop Each



395.99
SAVE E81
Volkano Mini Mamba 2.0 Bluetooth Speaker Each

299.99
SAVE E100
Volkano Phonic Bluetooth Headphones Each



149.99
SAVE E30
Blue Mountain Folding Kiddies Camp Chair



559.99
SAVE E35
Addis General 3 Drawer Unit

365.99
SAVE E74
Metalix Combo Braai



119.99
SAVE E21
HTH Pace Small Floater

146.99
SAVE E13
HTH Small Pool Floater

289.99
SAVE E78
HTH Granular+ Mineralsoft 4kg

899.99
SAVE E93
HTH Granular+ Mineralsoft 15kg

Pick n Pay

PRICES VALID 19 NOVEMBER - 6 DECEMBER 2026

smart shopper
JOIN SMART SHOPPER FOR FREE today
and never miss out on your discounted savings.
Join our **WhatsApp** for all the latest details
MoMo from MTN | MTN
eswatini MOBILE
picknpayeswatini | picknpayeswatini | picknpayeswatini.com
Electricity : Available at all Pick n Pay Eswatini tillpoints

Crescent: +268 2416 2247/19
Gables, Ezulwini: +268 2416 3425/6
Mbabane: +268 2404 0571
Malkerns: +268 2528 3236/27
Mashayitafula: +268 2518 4817/07
Matsapha: +268 2518 7110 / 7368
Matsapha Link: +268 7806 8389
Nhlangano: +268 2207 7400/09
The Hub, Manzini: +268 2505 8246 / 3875
Seteki : +268 7806 8388

*NRB: Non-Returnable Bottle. While stocks last. Selected products may not be available at all stores. We reserve the right to limit quantities. Prices inclusive of VAT, where applicable. No traders please. E&OE.