



A night view of Food Lover's Village River Quarter can be easily seen from the main road.

Food Lover's sets a new standard

No longer a fresh produce specialist store, the new Food Lover's format is a one-stop grocery shopping experience

Food Lover's Market was founded in 1993 by brothers Brian and Michael Coppin. The first store, originally named Fruit & Veg City, was opened in Access Park, Cape Town. It has since grown from a single store into South Africa's largest privately owned retailer, with a strong focus on fresh produce.



An external view of the store and parking lot.

Currently, the group boasts a varied range of outlets in the food, liquor, pet and hospitality fields.

- 88 Food Lover's Markets
- 333 Seattle coffee shops
- 341 Fresh Stop convenience stores
- 7 Food Lover's Eateries
- 12 Vet Mart pet shops
- 2 Streeterie restaurants and
- 38 Market Liquor bottle stores.

And now, they are venturing into the property market, by developing four new shopping malls this year and a further two planned for next year.

Says Co-Founder and Director, Michael Coppin, "Owning the space

gives us the opportunity to plan our stores with the long-term in mind, from the layout of the store to the mix of complementary tenants around it. It also allows us to make sure there's enough parking to serve our customers well, both today and as the area grows."



Solar panels ensure that some energy costs for the centre are reduced.



Greenloop REFRIGERATION

is a game-changer for energy efficiency!



ENERGY EFFICIENCY



EXCELLENT FOOD PRESERVATION



LOWER OPERATING AND MAINTENANCE COSTS



EASY INSTALLATION



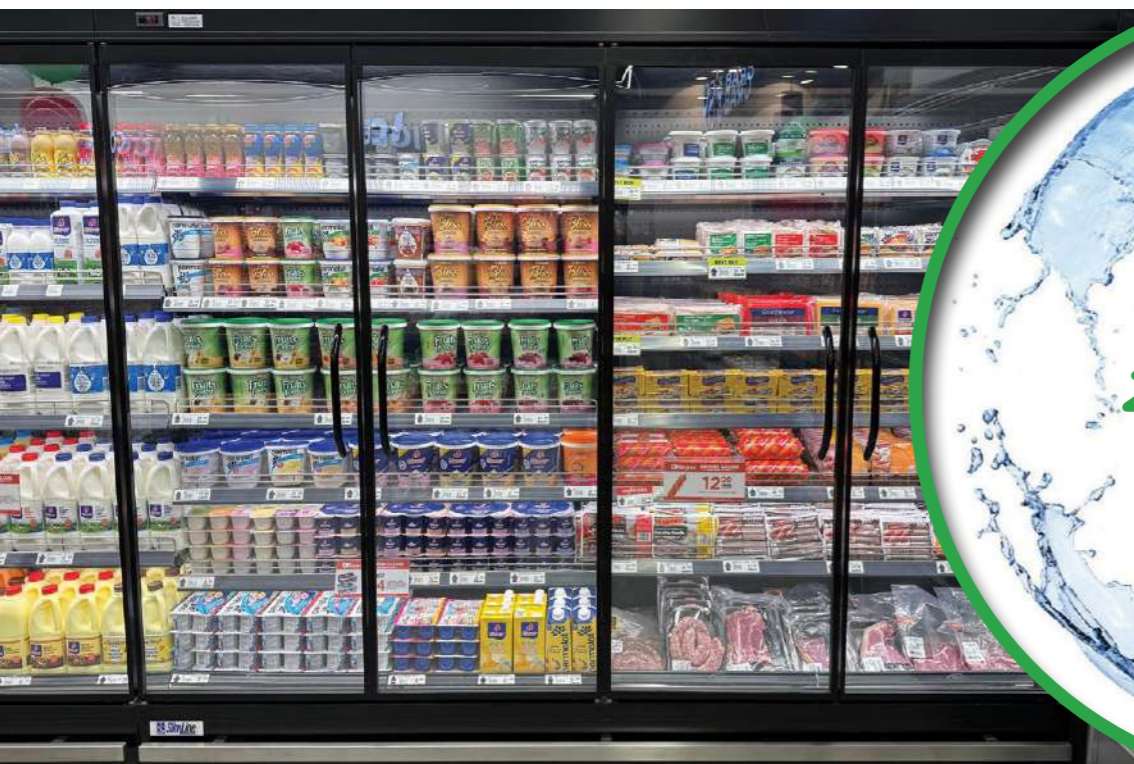
ECO-FRIENDLY



SUSTAINABLE



PRECISE TEMPERATURE CONTROL



We use R290 refrigerant, making it environmentally friendly and efficient

Greenloop is Insulated Structures high efficiency solution that manages cabinets as well as cold and freezer rooms, replacing the classic layout of compressor racks and long refrigerant distribution lines, with a system based on plug-in cabinets fitted with variable-speed DC compressors and cooled using a water loop.



Insulated Structures
Efficiency At Work

SALES: +27 (0) 11 251 1627 • Sales1@insulated.co.za • www.insulatedstructures.co.za



The River Quarter Development

The latest retail development owned by the company is called Food Lover's Village River Quarter and is situated on Bottleray Road, Kuilsriver, Cape Town.

The mall not only has a Food Lover's outlet, but also displays with pride its subsidiaries, such as Seattle Coffee, Market Liquors and the Vet Mart, as well as a pharmacy, plasticware specialist store and other storers.

Launching this month is a brand-new family restaurant concept called Happy Folks, complete with a kids play area and a novel electronic dart board area which is sure to be fun for the whole family.

'Built to replace the former Kuils River store, Food Lover's Market River Quarter spans 2 470 square metres, features over 18 departments, and is supported by a team of around 200 colleagues recruited from surrounding communities. The store has been engineered for sustainability and efficiency, with state-of-the-art refrigeration, LED lighting, and energy-saving systems that reduce operational load while improving the customer environment. It is also home to the brand's growing entertainment and experiential design features, including family-friendly animatronics that bring playful theatre and joy to the produce area.



These colourful displays set the tone for an amazing shopping experience. Freshness is the name of the game. From displays to signage, every aspect of the store says "Buy me, I am fresh."



Freshness is evident everywhere within the store – from the decor to the signage to the displays, everything shows the shopper the best of the product and its attributes.



Fruit juice concentrate is sourced from farmers and the company's own label of juice is not only fresh but profitable.



This display of spices and herbs ensures that no local shopper has to travel to Bo Kaap to source their favourite ingredients for a spicy meal. Whether you cook Cape Malay or Indian curry or just a Greek Origanum meal, the full range of ingredients are available in this store.

4 in 1 ONE ROOF

FOUR INDUSTRIES



Your gateway to
over 10 000
decision-makers.

www.securex.co.za | www.aosh.co.za
www.fmexpo.co.za | www.fireexpo.co.za



**BOOK
YOUR
STAND**

SECUREX
SOUTH AFRICA | 2026

A-OSHEXPO
SOUTH AFRICA | 2026

FACILITIES
management expo
SOUTH AFRICA | 2026

FIREXPO
SOUTH AFRICA | 2026

**2-4 JUNE
2026**

GALLAGHER CONVENTION
CENTRE | JOHANNESBURG



There is no need to outline the beauty and amazing concepts that one experiences when shopping at these premises. The photos accompanying this article are sufficient to show the reader the amazing lengths that the Food Lover's group has gone to create a "I want to shop here" atmosphere in this store. Fellow retailers visiting Cape Town should make a point of visiting this store for some great merchandising ideas in groceries, but more specifically in service areas.

The grocery section has been amplified enormously, and shoppers no longer have to split their shopping trip between Food Lover's and any other store. Everything required for the home can be found on the premises at the most competitive prices.

If this is the new standard set for large stores by Food Lover's Market, other food chains had better up their game.



Freshly baked pretzels displayed to sell quickly.



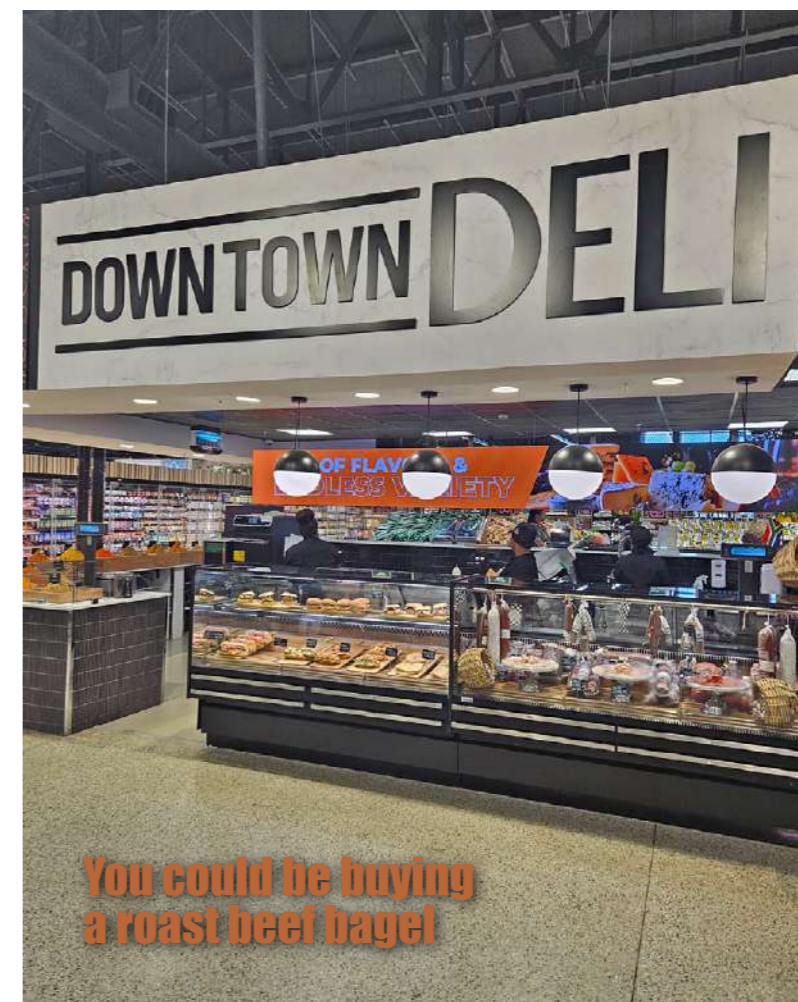
Self-serve nuts, dried fruit and sweets have become a Food Lover's staple offering.



Italian specialities available in one store.



The shopper can find a sufficient range of wines within the store, albeit that the Market Liquor bottle store next door keeps the full ranges of wine, beer and liquors.



You could be buying a roast beef bagel

Adiabatic Dry-Cooler and Condenser Range



ENERGY EFFICIENCY



BETTER TEMPERATURE CONTROL



BESPOKE DESIGN



COLCOIL
TECHNOLOGIES
HEAT TRANSFER SOLUTIONS

T +27 21907 4222 · E Sales5@colcabct.co.za · www.colcoil.co.za
PARTNERING WITH PEOPLE TO CREATE EXCEPTIONAL VALUE



The prepared meal options are amazing. You want fish, meat, pasta, sandwiches, prepared meals, sushi, desert ... they have it!



Those shoppers who still go a local butcher for quality, personalised service and low prices, will be glad to know that all that is now available at a Food Lover's meat market



Fresh and frozen fish and crustaceans on display and prepared right in front of your eyes. No need to visit the local harbour for fresh fish!



Fresh fish to suit every palate.



Food Lover's have created for themselves a niche in the biltong and dry-wors market in South Africa. Whether it is from beef or a variety of game options, every palate is sure to be catered for by their wide range of products. Try it before you buy it!

Discover our Business Assurance services



Stay ahead of complex regulatory obligations, standards and best practices with the world's most comprehensive range of assessment, auditing, certification and business enhancement solutions, powered by the latest technology and digital tools.

Our global network of specialists and auditors provides the knowledge and expertise to help you comply with local and international standards, and ensure your people have the skills, training and professional development to support your organization to thrive. Our innovative solutions enable you to manage risks, improve results, ensure compliance and deliver operational efficiency, cost savings and sustainability while increasing your value to society.



Assessment, Auditing and Certification



Consulting Services



Digital Trust Assurance



Assurance and Verification Services



Supply Chain Assurance



Academy



Sustainability Assurance



FOR MORE INFORMATION

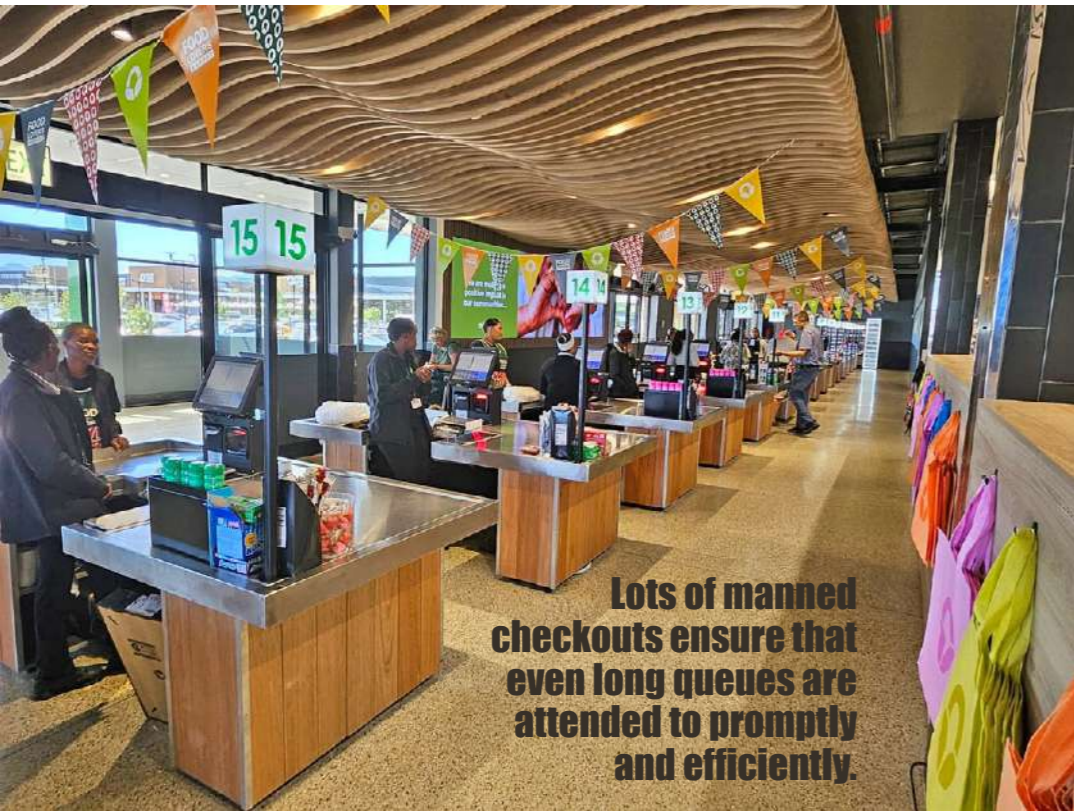
+27 11 800 1000

za.businessassurance@sgs.com

www.sgs.com

SGS

When you need to be sure



Lots of manned checkouts ensure that even long queues are attended to promptly and efficiently.



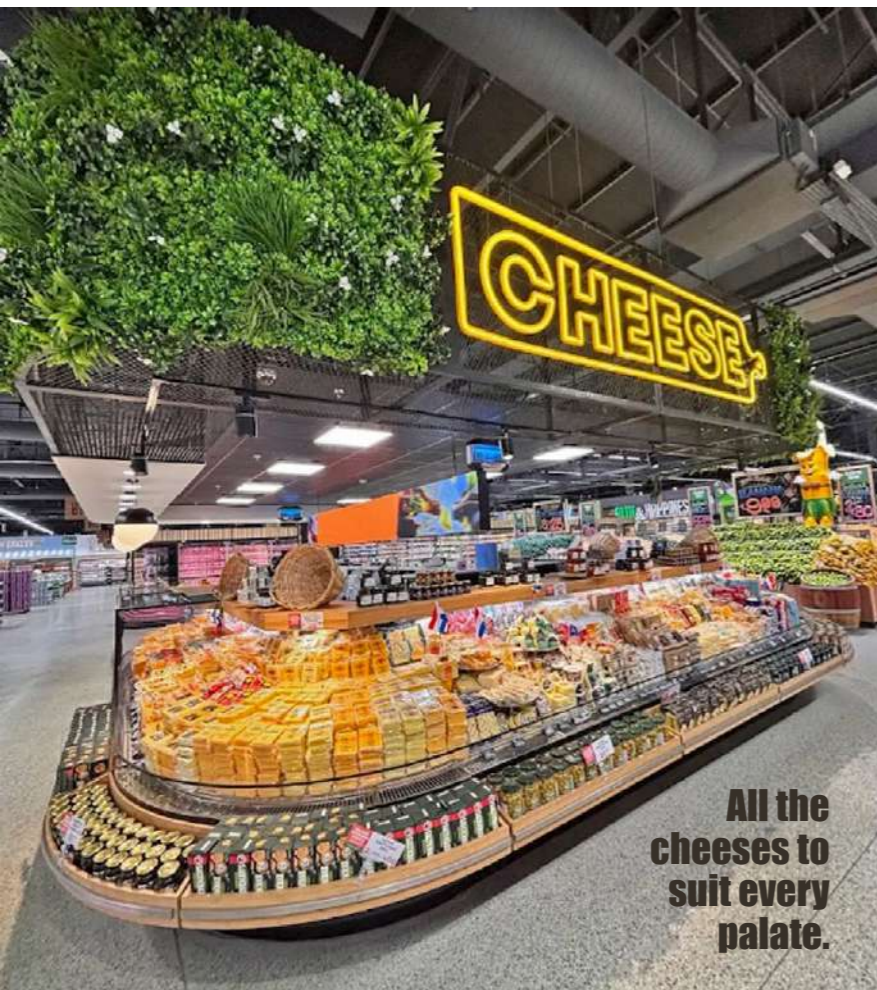
Whether you are Greek or not, your planned Greek feast will be enhanced by the wide range of products available here – thick yogurt, olive oil, olives, vine leaves, feta cheese, haloumi cheese, tarama, tzatziki ... the list goes on.



Bottled and filter water available for those who want refill for R1 a litre.



Hippo Zourides, serial entrepreneur and corporate leader, has been involved in the food trade for over four decades and consults to corporates, large, medium and small enterprises on a variety of management and restructuring skills, including the latest ESG requirements.



All the cheeses to suit every palate.



Food Lover's have defined what colour blocking is all about in fresh produce merchandising.

Over 70% of Food Lover's produce is now sourced directly from farmers and the balance from the major wholesale produce markets. In the Johannesburg produce market alone, Food Lover's buys over 1 000 pallets of produce daily.

SR

Serves: 6
Preparation time: 35 minutes
Cooking time: 75 minutes

INGREDIENTS

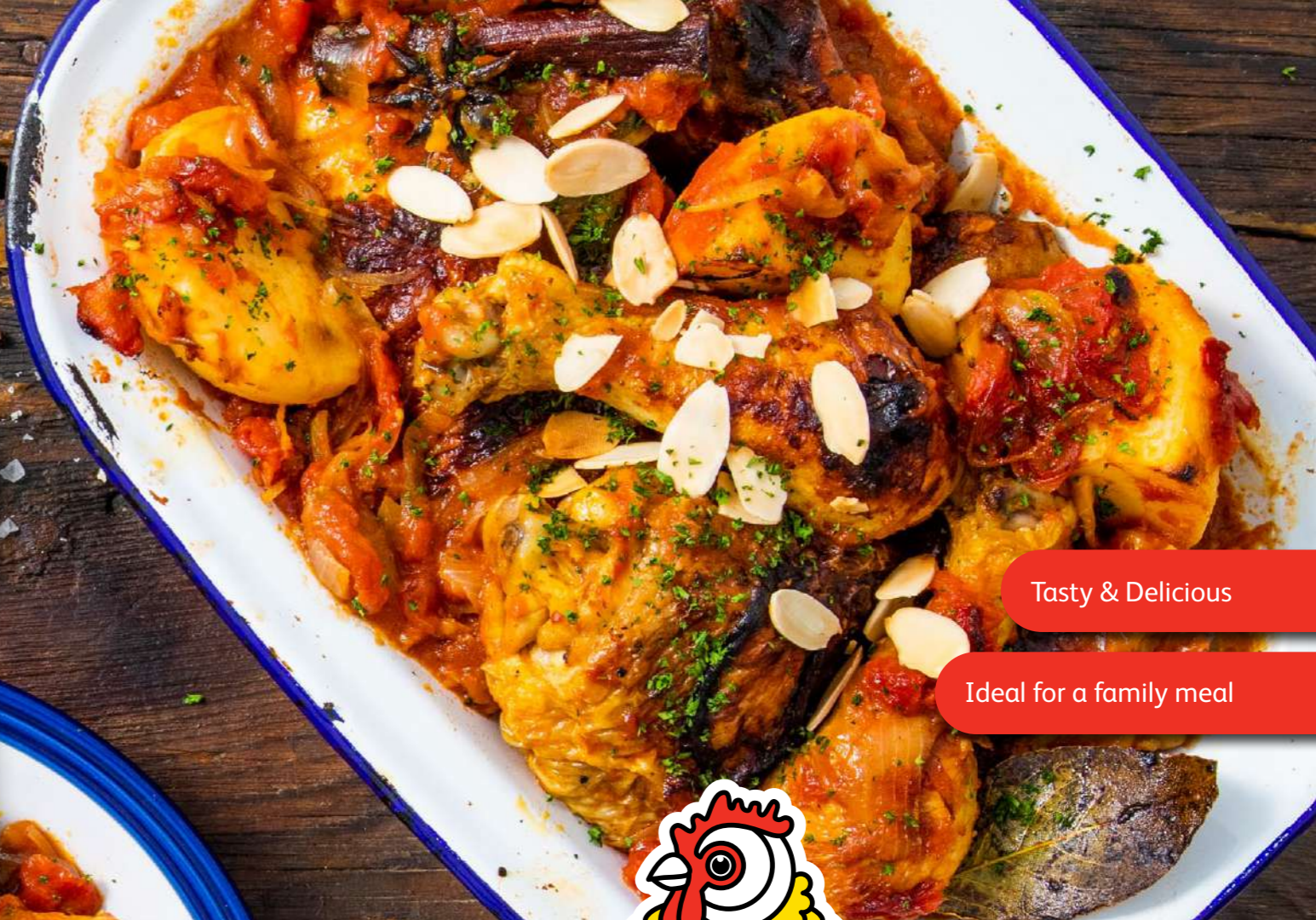
1 x frozen chicken mixed portions pack
1/4 cup (60ml) canola oil
2 onions, sliced
4 garlic cloves, sliced
1 thumb ginger, grated
1 red chilli, deseeded and finely chopped
1 Tbsp (15ml) ground coriander
2 tsp (10ml) ground cumin
1/2 Tbsp (7.5ml) ground turmeric
1 bay leaf
2 star anise
1 cinnamon stick
5 cloves
6 potatoes, peeled and quartered
2 x 410g tins chopped tomatoes
2 Tbsp (30ml) fruit chutney
1 cup (250ml) chicken stock
salt and pepper



INGREDIENTS

For the rice:
525g basmati rice
75g butter
75g raisins
1 cinnamon stick
1 tsp (5ml) turmeric
8 cardamom pods

For garnish:
15g coriander
100g flaked almonds, toasted



Tasty & Delicious

Ideal for a family meal

AROMATIC CAPE MALAY CURRY WITH YELLOW RICE

This family favourite is simple to make and packed with flavour.

Method:

Chicken:

Preheat the oven to 180°C. Heat the oil in a large pot on high heat.

Season the chicken generously with salt and pepper.

Add the chicken pieces to the pot, skin-side down and fry until golden. Remove the meat from the pot and place it in a large roasting tray. Turn the heat down to low, add the onions, and sauté for 5 minutes.

Add the garlic, ginger, and chilli. Sauté for a further 5 minutes, taking care not to burn the spices. Mix the coriander, cumin, turmeric, bay leaf, star anise, cinnamon stick, and cloves.

Add the spice mix to the pot and stir, cooking until fragrant (about 2 minutes). Add the potatoes, tomatoes, fruit chutney, and chicken stock. Stir to combine and add to the tray with the chicken pieces, spreading everything out evenly.

Place the tray in the oven and roast for 1 to 1½ hours, until the meat is cooked through.

Yellow rice:

Place all the ingredients for the rice in a pot and cook the rice according to the package instructions.

Serve the curry with yellow rice, garnished with your fresh coriander and flaked almonds.



Great South African Chicken Every Day!

Follow us on     | www.astralchicken.com

Johannesburg 011 206 0600, Cape Town 021 505 8000, Durban 031 563 3661

