

FREE COPY

MERCATÓ

Passionate Foodies

VALID FROM 2-15 JULY 2026



TASTE THE WORLD.

NO PASSPORT REQUIRED.



*All photos shown are for illustration purpose only.

The World's Harvest, Brought Together

NEW ZEALAND
Apple Envy
XXL
RM7.99each
2 AT RM14.99

AUSTRALIA
Avocado Hass Jumbo
RM9.99each


USA
Cherry
(250g)
RM14.99/pkt

SOUTH
AFRICA
Pear Forelle
(800g)
RM8.99/pkt

NEW ZEALAND
Zespri Sungold Jumbo Kiwi
(4's)
RM20.99/pkt

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Explore the World, One Vegetable at a Time

Golden Sweet
Corn RTE
(250g)

RM4.99
each

AUSTRALIA

Carrot
(500g)

RM2.99/pkt

AUSTRALIA

Broccoli

RM26.90/KG



FRESHNESS

Cherry Tomato
(250g)

RM3.80/pkt

BUY 2 FOR RM6.80


Food Forest Farm
Kyuri (3pcs)

RM5.99/pkt



FRESHNESS

Brinjal-
Pearl Terung
(350g)

RM4.49/pkt

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Halal certificates imported meat suppliers are obtained from Islamic bodies recognised by JAKIM.



1. OMEGA
Chicken Mid Joint Wing (250g)
RM8.49/pkt



2. OMEGA
Chicken Chop (460g)
RM12.90/pkt

3. AUSTRALIA
Black Angus Strip Loin
RM179.99/KG

4. AUSTRALIA
Black Angus Rib Eye
RM199.99/KG



5. Squid
RM49.90/KG

6. Flower Crab
RM49.90/KG

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HONEY LEMON SALMON BITES

INGREDIENTS

- 450g salmon cube
- 1/4 cup honey
- 1/4 cup soy sauce
- 2 cloves garlic, minced
- 1 tablespoon fresh lime juice
- Salt and pepper to taste
- Chopped green onions for garnish

INSTRUCTIONS

Preheat your oven to 400°F (200°C). Cut the salmon into bite-sized pieces and season with salt and pepper. In a small bowl, mix together honey, soy sauce, garlic, and lime juice.

Place the salmon bites on a baking sheet lined with parchment paper. Brush the honey garlic glaze over the salmon pieces. Bake for 10-12 minutes, or until the salmon is cooked through and flakes easily with a fork. Garnish with chopped green onions before serving.

INGREDIENTS

- 4 mackerel fillets
- 1/4 cup olive oil
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh thyme, chopped
- 2 tbsp fresh rosemary, chopped
- 1 lemon, sliced
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 375°F (190°C). Place mackerel fillets in a greased baking dish. Drizzle olive oil over the fillets. Sprinkle the parsley, thyme, and rosemary on top of the fillets.

Place the sliced lemon on top of the herbs. Season with salt and pepper to taste. Bake in the preheated oven for 20 minutes or until the mackerel is cooked through and flakes easily with a fork.



BAKED MACKEREL WITH HERBS



LEMON BUTTER SCALLOPS

INGREDIENTS

- 1 tbsp unsalted butter
- 450g sea scallops
- kosher salt and freshly ground black pepper, to taste

INSTRUCTIONS

Melt butter in a large cast iron skillet over medium high heat. Season scallops with salt and pepper, to taste. Working in batches, add scallops to the skillet in a single layer and cook, flipping once, until golden brown and translucent in the center, about 2-3 minutes per side. Set aside and keep warm.

Serve scallops immediately with lemon butter sauce, garnished with parsley, if desired.

For the lemon butter sauce

Melt butter in the skillet. Add garlic and cook, stirring frequently, until fragrant, about 1 minute. Stir in lemon juice; season with salt and pepper, to taste.

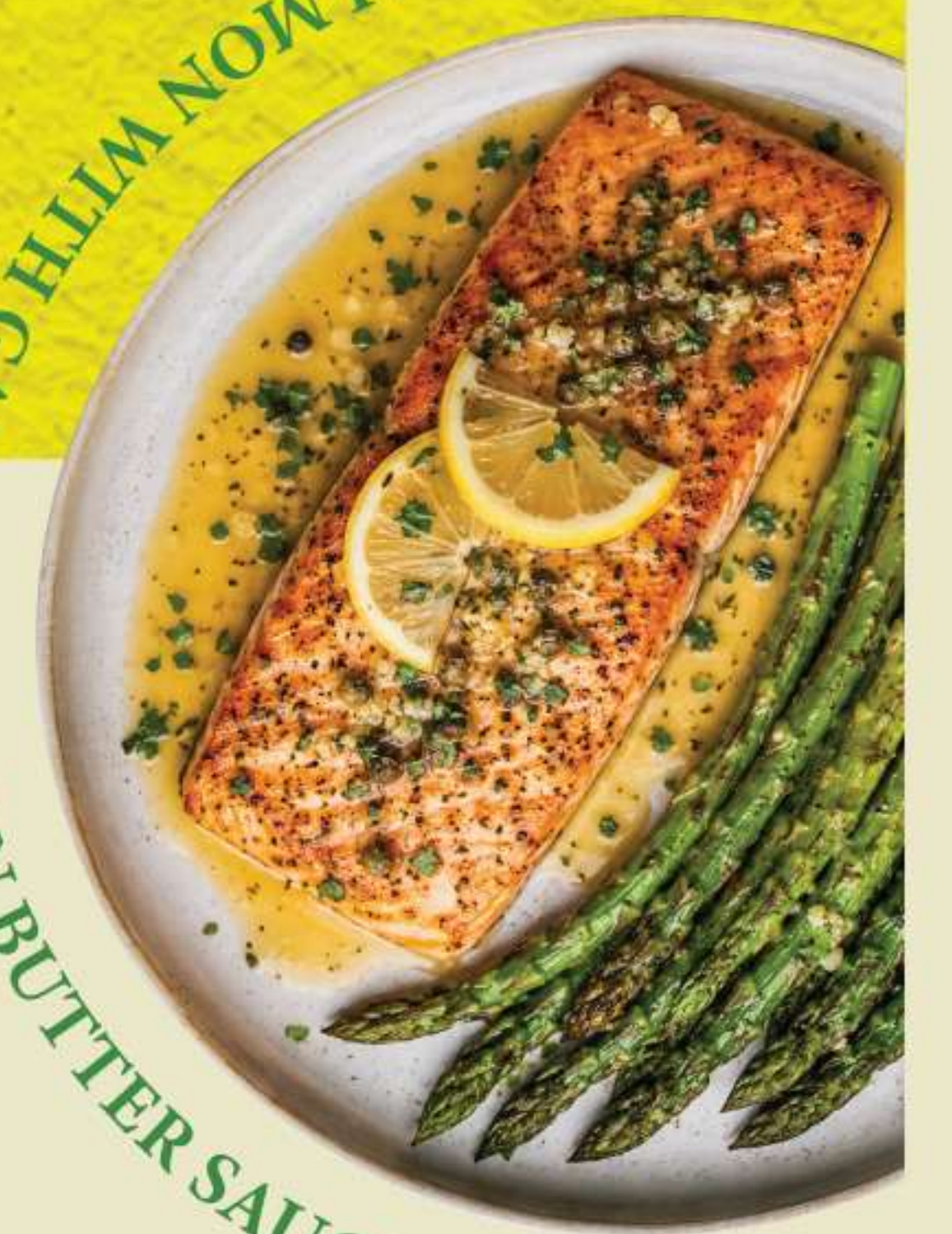
INGREDIENTS

- 2 - 170g salmon fillets
- 2 tbsp unsalted butter
- 3 cloves garlic minced
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- Salt and pepper to taste
- Chopped fresh parsley for garnish
- Asparagus
- Lemon wedges for serving

INSTRUCTIONS

Season both sides of the salmon with salt and pepper. In a large skillet, melt the butter over medium heat. Add the minced garlic to the skillet and sauté for about 1 minute, until fragrant but not browned. Place the salmon fillets skin-side down in the skillet. Cook for 4-5 minutes, then carefully flip them over.

Drizzle the lemon juice and sprinkle the lemon zest over the salmon. Continue to cook for another 4-5 minutes, or until the salmon is cooked through and flakes easily with a fork. Roast asparagus with olive oil, salt and pepper in the oven. Garnish with chopped parsley before serving.



Salmon with GARLIC LEMON BUTTER SAUCE



KANIKA Salmon Cube (500g)

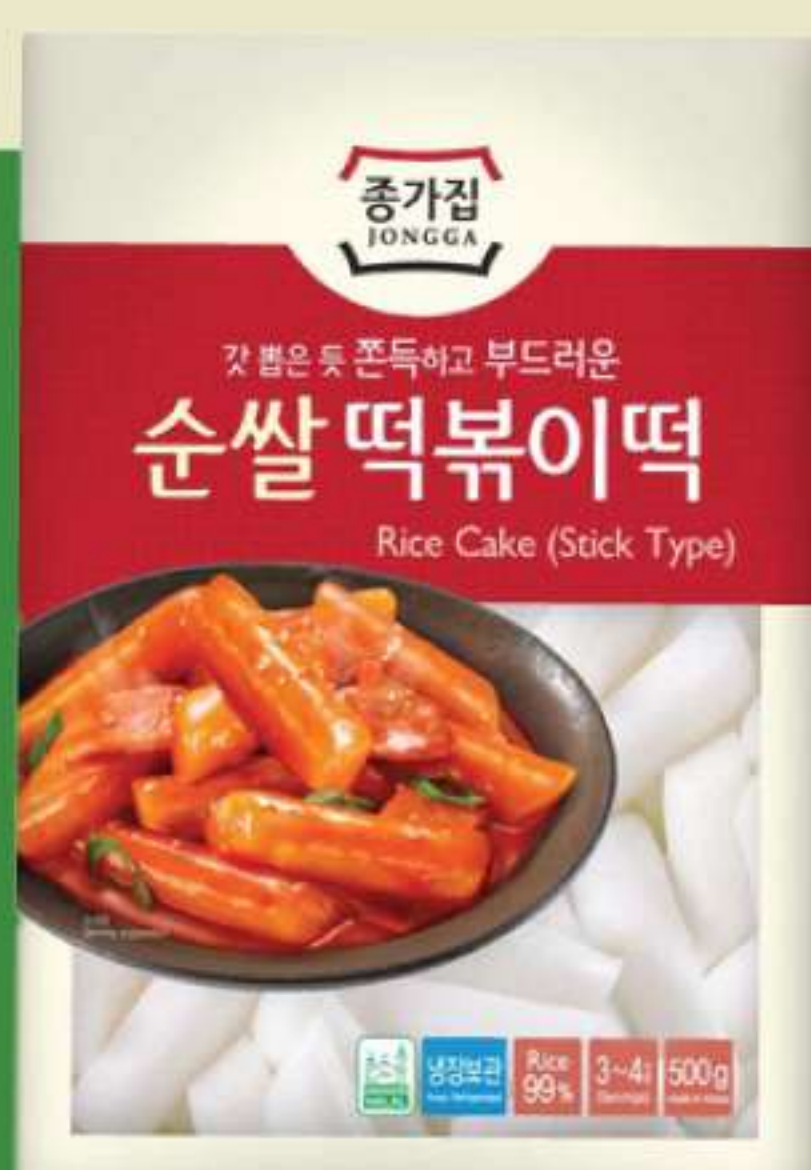
RM24.90/pkt

KANIKA Saba Mackerel Fillet (260g) **RM12.90/pkt**

ATLANTIS King Salmon Fillet (200g) **RM20.90/pkt**

ATLANTIS IQF Boiled Hotate Scallop (300g)

RM15.89/pkt



JONGGA Chopped Cabbage Kim Chi (200g) **RM9.99/pkt**

JONGGA Rice Cake Stick/Slice (500g) **RM9.99/pkt**



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FOURNIL
Pastries
(6x50g-140g)
Assorted

**RM10.49-
RM24.99**
each



**SATE KAJANG
HJ. SAMURI**
Satay Chicken/Beef
(25's)

**RM36.99-
RM46.99**each



MCCAIN
Mashed Potato Smiles Shapes
(750g)

RM5.99each



AJINOMOTO
Chicken Gyoza
(600g)

RM27.99each



SAKUMA
Bros Blueberries
(10Oz)

RM15.69each



WATTIES
Whole Kernel Corn/
Mix Vegetables/Green Peas
(500g)

RM12.99-RM13.99each



MUCH MOORE
Premium Awesome
Ice Cream
(2L)
Assorted

RM35.99each



KETO
Ice Cream
Pint Chocolate/
Mint Chip
(473ml)

RM30.99each



BINGGRAE
Melona Ice Cream
(8x80ml)
Assorted

RM24.99each



BINGGRAE
Samanco Ice Cream
(4x150ml)
Assorted

RM23.99each

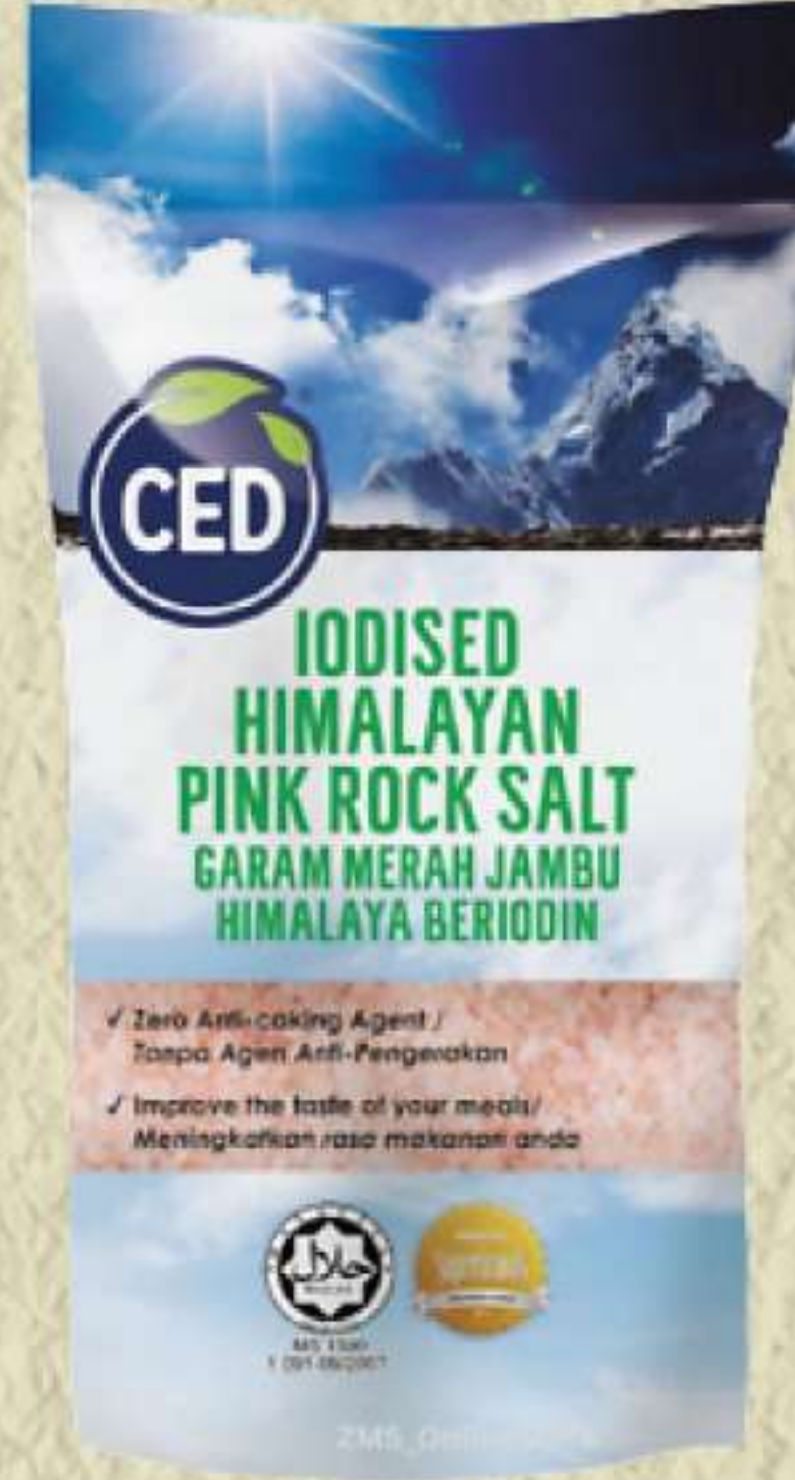
CED
Organic Sugar
(500g)/(2x850g)

**RM7.99-
RM15.49**
each



CED
Himalaya Pink
Salt Iodised
(500g)

RM3.39
each



CARUS
White/Black Pepper
(55g-60g)
Assorted

RM5.99-RM17.99
each



KNORR
Stock Cube
(60g)
Assorted

RM2.99
each



BESTARI
Fried Chicken
Coating
(1KG)
Assorted

**RM8.99-
RM9.99**
each



BESTARI
Golden Salted
Egg Seasoning
(150g)

RM11.99
each



KARA
Coconut Cream
(Extract)
(200ml)

RM3.79
each



*Around
the World
in Every
Pour*

1. HP Sauce Original (255g) **RM9.89**each
2. LEA & PERRINS Worcestershire Sauce (290ml) **RM15.89**each
3. SAMYANG Hot Chicken Sauces (200g) Assorted **RM14.99**each
4. HEINZ Mayonnaise/Yellow Mustard (400g) **RM15.99**each
5. MASTERFOOD Mustard (250g) **RM13.99**each
BBQ Sauce (500ml) **RM15.99**each
6. DOLMIO Pasta Sauces (490g-500g) Assorted **RM13.99**each
7. BARILLA Pasta Sauces (400g-500g) Assorted **RM15.99**each/Pesto **RM20.90**each



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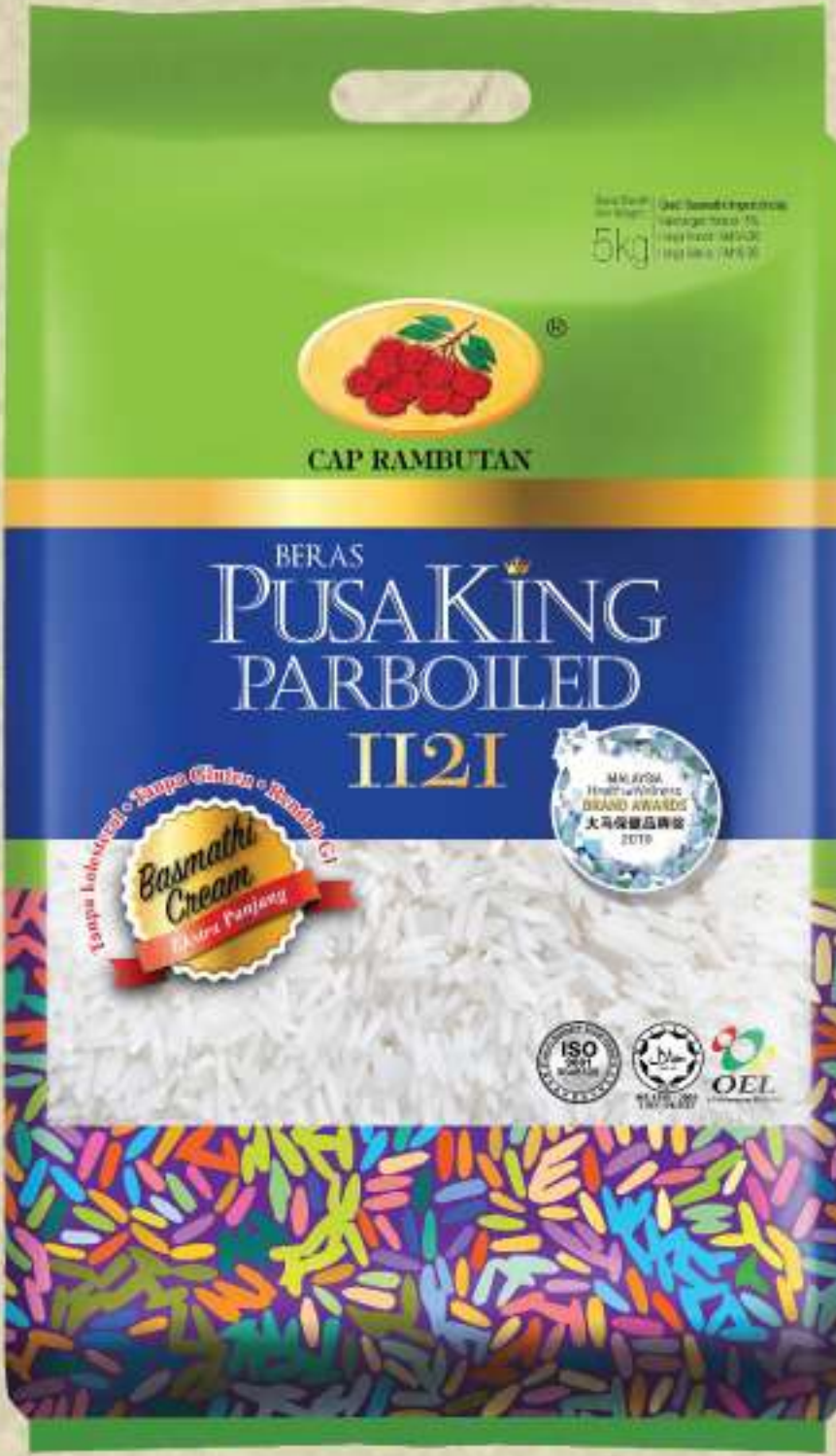


1

- 1. ECOBROWN'S**
Unpolished Brown Rice
(2KG-5KG)
**RM10.89-
RM19.79**each
- 2. PRIMERA**
Red Rice (1KG-5KG)
**RM10.19-
RM46.29**each



KENYALANG
Rice
(1KG)
Assorted
**RM11.99-
RM22.99**
each



CAP RAMBUTAN
Pusa King
Parboil 1121
Basmathi Rice
(5KG)
RM39.99
each



SUMO
Calrose Rice
(5KG)
RM32.49
each



BIRDS OF PARADISE
Phkarkhnei
Cambodian
Organic Rice
(5KG)
RM33.99
each



JATI
Pusa Finest
Basmathi 1121
(5KG)
RM32.49
each

Where Every Meal Begins



CAP RAMBUTAN
TWR Biru
(5KG)
RM19.99
each



MEWAH
Glutinous Rice
(1KG)
RM6.85
each



MEWAH
Fragrant Rice
(1KG)
RM6.95
each



SONGHE AAA
Thai
Fragrant Rice
(10KG)
RM48.99
each

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1. PRECCO Premium Coconut Cooking Oil(1.8L) **RM39.99**each 2. BAASSO Olive Oil (1L) Assorted **RM35.99-RM57.99**each 3. CERE Olive Oil (500ml) Assorted **RM33.90-RM35.90**each 4. MEDELLA Premium Coconut Oil (1.9L) **RM40.99**each 5. MEDELLA Coconut Oil (1L) **RM25.99**each



SAMYANG
Hot Chicken
Ramen Cup
(70g)
Assorted
RM4.99
each



SAMYANG
Tangle Pasta
(4x100g-105g)
Assorted
RM20.99
each



SAMYANG
MEP Ramen
(4x80g)
Assorted
RM4.99
each



MY KUALI
Instant Noodles
(4x90g-110g)
Assorted
RM10.29each



NATUREL
Organic Pasta
(500g)
Assorted
RM6.99each



FLYING HORSE
Instant Beehon Siam
(500g)
RM6.99each



SUNTREE
Peaches Halves
(825g)
RM6.79each

SUNTREE
Fruit Cocktail
(836g)
RM7.99each



MI SEDAAP
Korean Spicy Noodles
(5x87g)
Assorted
RM8.99each

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KANGAROO ISLAND Quick/Rolled Oats (450g-900g) **RM18.99-RM35.59**each

POST Great Grains Cereal (11oz-16oz) Assorted **RM25.99-RM30.99**each

PIC'S Peanut Butter Spread (380g) Assorted **RM25.50**each



THE AUSTRALIAN VINEGAR CO.

Organic/Balsamic Vinegar
(250ml-500ml)

Assorted
RM21.99each

LIRAH

Caramelised Balsamic
(250ml)

Assorted
RM42.59each

CO-OP

1. Italian Dries Pasta Tagliatelle/Spaghetti/Penne
(500g)

RM8.90-RM11.90each

2. Canned Soup (400g) Assorted

RM10.90-RM12.90each

3. Spaghetti Rings In Tomato Sauce
(385g)

RM7.90each

4. Tuna/Mackerel
(110g-145g)
Assorted

RM8.90-RM23.90each



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- 1. CED**
Pure Honey
(500g)
RM11.99 each
- 2. YOGOOD**
Muesli Fruit & Nut
(280g)
Assorted
RM12.99 each
- 3. CED**
Peanut Butter
Creamy/Crunchy
(500g)
RM14.99 each



- 1. SANTE Muesli (350g) Assorted RM9.99 each**
- 2. SANTE Granola (350g) Assorted RM11.99 each**
- 3. BLUE HILLS HONEY Leatherwood Honey (500g) RM59.90 each**
- 4. SANITARIUM Weet Bix (357g) RM11.60 each**



- 1. STEFFI'S**
Sugar Free Kaya
(220g)
RM9.99 each
- 2. STEFFI'S**
Jam
(340g)
RM10.99 each
- 3. SAINT AMOUR**
Fruit Jam
(275g)
Assorted
RM15.99 each

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BREWED TO TASTE BETTER

RM23.99

Bundaberg Assorted Cluster Packs 375mL x 4 bottles
NP: RM29.70



HALAL CERTIFIED

Promotion Period: 02/07/2026 – 15/07/2026

Soyfresh
HERSHEY'S
FLAVOURED SOYA MILK

1 - 31 JULY 2026

International Chocolate Day

Purchase any Hershey's Soyfresh product in a single receipt and stand a chance to win great prizes.



HERSHEY'S Soyfresh 236ml x 6 (Assorted)

RM 8⁹⁹

HERSHEY'S Soyfresh 946ml (Assorted)

RM 6²⁹



Grand Prize

7x WINNERS
Swatch Watch
Primarily Collections



Special Prize

20x WINNERS
RM50 Touch 'n Go
Reload Pin



SCAN TO JOIN

* Terms and Conditions apply. All pictures shown are for illustration purpose only.

HERSHEY'S and COOKIES 'N' CREME trademarks and trade dress are used under license.

BONCAFÉ



BONCAFÉ
Coffee Bean (200g)
(All Day/Espresso/Mocca)
RM 26.99



Mocca
Freeze-Dried
Instant Coffee (100g)
RM 27.99



Decaffeinated
Freeze-Dried
Instant Coffee (100g)
RM 28.99



BONCAFÉ
Coffee Powder (200g)
(All Day/Espresso/Mocca/Morning)
RM 26.99



Brazilian Freeze-Dried
Gold Blend Instant Coffee
100g **RM 21.99**
200g **RM 34.99**



Colombiana
Instant Coffee
100g **RM 23.99**
200g **RM 36.99**



MILKLAB™
Full Cream
Milk (1L)
RM 7.99

Almond
Milk (1L)
RM 13.99

Oat
Milk (1L)
RM 13.99

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Vitasoy
Oat Milk
Unsweetened 1L
RM **10.99**

Vitasoy
UHT Caf
Barista's Choice
Almond Milk 1L
RM **11.99**

100% Aussie-Made Low in Saturated Fat Cholesterol-Free

Glico

ALMOND KOKA
アルモンド効果
ア-モンド効果

Almond Koka
Almond Milk 1L
(Asst)
RM **14.99**

Skin Loving Anti-Oxidants
Aid Healthy Digestion
Support Healthy Weight

Travel Voucher worth **RM6,000** (Grand Prize)
HerbaLine Voucher worth **RM3,000** (1st Prize)
Sephora Gift Card worth **RM1,000** (2nd Prize)
TNG eWallet worth **RM50** (Weekly Prize)

SCAN TO WIN!

T&Cs apply

Lipton

NO.1* Tea Brand
in the World

Lipton
UNCANG TEKÓ TEH
ADUNAN ANTARABANGSA

80 UNCANG TEKÓ
TEH MERA ALAM

RM 8.99 LIPTON
Potbag Ori 80's
2g x 80

*Euromonitor International Ltd, based on Hot Tea and RTD Tea Retail Value Shares combined, RSP, 2025 data.

DAVIDOFF
CAFÉ

DAVIDOFF
ESPRESSO 57
DARK & CHOCOLATEY

DAVIDOFF
RICH AROMA
VIVID & SPICY

DAVIDOFF
FINE AROMA
ELEGANT & FRAGRANT

DAVIDOFF
Coffee 90g (Assorted)
RM **32.99**

HAJAL HQC
Recognised by JAKIM

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THE JUICE GUYS
Fruit Juice
Assorted
RM12.50each



BESA JUICE
Fruit Juice
(310ml)
Assorted
RM17.99each

BRASILIA
Coffee Beans
(1KG)
Assorted
RM124.59each

MONJAVA
Coffee Beans
(1KG)
Assorted
RM124.59each



SIMPLE SUPERFOOD
Smoothie Prebiotic
(325ml)
Assorted
RM14.50each

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ARNOTTS
Short Bread/
Lemon Crisp
(250g)
RM13.49
each



ARNOTTS
Tim Tam Biscuits
(175g-200g)
Assorted
RM13.49
each



ROMA
Happiness
Assorted Biscuits
(1KG)
RM13.99
each



DANISA
Butter Cookies
(454g)
RM23.99
each



PEPPERIDGE FARM
Goldfish Biscuits
(187g)
Assorted
RM12.49
each



LA MOLE
Savoiardi
Lady Fingers
(200g-400g)
**RM7.90-
RM12.90**
each

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