

Issue 5 November 2020

GOODLIFE

Great Lifestyle • Great Value by **LuLu**

Outdoor
Essentials

Autumn
Wellness

Global

BBQ Culture

Winter

Fashion

Pro Hacks by

Grill Meisten

Valid from 11th to 24th November 2020 • Products available only at Hypermarkets

Behind The BBQ Culture

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It's turning winter, and the most wonderful time of the year is officially here! With the temperatures dropping and the chilly season sets in, it only means - barbecue nights and outdoor activities.

Barbecue is the most ancient cooking technique known to mankind that has a fanatic following all around the world. The methods could vary from place to place but the one thing that is common about barbecue is friends and family gathering over a fun al fresco dinner.

Unlike the gatherings in the by-gone eras, where people did not need a reason to get together and spend time with each other, today, everyone is looking for a space to belong. Fortunately, with activities such as seasonal cookouts and camping, we find our common ground which gives us a sense of belonging and our place at the table.





Ribeye Steak New Zealand
AED 91.9 per kg



Lamb Chops Australia
AED 52.9 per kg

Barbecue Party

All things BBQ, gadgets, gear and accessories. Find the best grills, smokers, temperature measurement gadgets for the perfect barbeque



Australian Beef, Sausage, Burgers or Kofta
AED 31.9 per kg



Short Ribs Australia
AED 49.9 per kg

Typically, cookouts are prone to be meat-laden, however, there is so much you could do with your favourite fruit & veggies to add more flavour, texture and nutrition to your barbecue meals. Make salads and starters with grilled veggies or even desserts by pairing seasonal grilled fruits with honey or ice cream. If you are willing to explore, the options are endless!

Smokin' Hot Fruit & Veggies



Some Italian seasoning and a sprinkle of parmesan are all you need to make eggplants a tasty & quick appetiser.

Farm Fresh Eggplant (UAE)
per kg **AED 5.95**



A great addition to vegetarian skewers with a mild peppery flavour.

Capsicum Green (India)
per kg **AED 6.95**



Pineapple is high in sugar which means it caramelises beautifully over heat. You can serve it with hot pepper sauce or cinnamon sugar, either way, it tastes amazing!

Pineapple
(Indonesia/Philippines)
per pc **AED 5.95**



Rub some butter and your favourite seasoning to the corn on the cob, grill them up and enjoy!

Sweet Corn (Iran)
per kg **AED 4.95**

Pears are great for grilling. It is sweet, firm, juicy and perfect for salads and dessert options.

Pears Vermont Beauty
(South Africa)
per kg **AED 7.95**



Perfect for grilling as the charring will enhance its flavours. They can be served as an appetiser with some pesto or yoghurt dressing.

Marrow(Koosa) (UAE)
per kg **AED 4.95**



Simply season and toss them in olive oil & garlic, and throw them directly on the grill for yummy side to your meat.

Baby Asparagus (Thailand)
per pc **AED 6.75**

When the meat, veggies and burgers are all grilled to perfection, stay by the fire for just a moment more! And toss some bread on the hot grates. Grilled bread takes just minutes to make, and you'll love the flavour that grilling imparts on all types of bread -- brioche to baguette, flat to focaccia, buns to rolls. Fill them with barbecued meats or simply slather them with butter and enjoy.



The taste and texture of burger buns are best when toasted lightly, especially with the addition of sesame seeds in it.

Burger Buns 6s per pack **AED 3.25**
Burger Buns with sesame 6s per pack **AED 3.50**



Wholemeal long rolls are perfect for a healthy indulgence of carbs and protein on a barbecue cookout.

Whole Meal Long Rolls
6s per pack **AED 4.50**

Wholemeal Burger Buns
6s per pack **AED 4.50**



The buttery goodness of brioche buns is all you need to make a simple BBQ burger into a decadent experience.

Brioche Seeded Burger Buns
6s per pack **AED 6.75**
Brioche Burger Buns
6s per pack **AED 6.75**



Toast 'em Good!

From cookouts to bonfire nights, hot dogs will never go out of style. Grill some sausage and top it off with your favourite sauces and veggies for a quick & easy grilled hot dog.

Sesame Seeds Hot Dog Rolls
6s per pack **AED 3.25**

Hot dog rolls
6s per pack **AED 3.00**



Lean Cuts

for hot grates

When the weather is great, it is perfect to spend more time outdoors and enjoy some family time bonding over food. On breezy and laid back evenings like these, everyone is up for some fun, outdoor activities. These are all great reasons to dust off that grill for a barbecue dinner inspiration. And, what is better than grilled lean protein to enjoy the BBQ season while keeping your dinners as lean and healthy as possible.



Tastes great when cooked with flavourful herbs such as thyme or rosemary and a simple lemon & oil emulsion.

Biyah Fish
per kg **AED 8.9**



All you need is salt, pepper, oil and a hot grate to grill them good and serve it with a squirt of lemon and a drizzle of olive oil.

Black Seabream
per kg **AED 27.9**



An easy to grill flavourful variety of fish to enjoy a healthy BBQ dinner.

Fresh Nile Perch Steak
per kg **AED 31.9**



Marinated Boneless Chicken Breast
per kg **AED 16.9**

Pre marinated boneless chicken breast is an easy and time-saving option for a healthy grill.



Wonderful when grilled; taking no more than a few minutes to cook with a simple marinade.

Fresh Farmed Prawns
per kg **AED 19.9**

Become a grill master with tips and advice on everything from selecting the meat, marinades to cooking in cold weather by Chef Marco J Morana, one of the top – drawer BBQ meisters and veteran chef with over 30 years of experience in the world of culinary.

Pro Hacks by BBQ Meisten



Chef Marco J Morana
Celebrity Chef | Culinary Consultant

📷 [realchefmarco](#)

Things You Need to Know About BBQ & Grilling

BBQ

- Barbecue is originally cooking done using smoke at low temperatures, around 115-145 °C.
- The cuts used for barbecuing includes tenderloin, sirloin, ribeye, rump, top sirloin, whole chickens, or turkey.
- Barbecuing is often done with indirect heat, where the meat is not directly over the flames like on a grill.
- Charcoal or wood are commonly used as the source of heat for barbecues.
- Different types of woods will give different flavours of smokiness which the meat can absorb.
- The best barbecue cooks pride themselves on a very long cooking time to get the most tender and flavourful meat.



Norwegian
Salmon Fillet
per kg **AED 57.9**



Australian Top
Sirloin Steak (Picanha)
per kg **AED 42.9**

Grilling

- Grilling is done over direct dry heat, usually over a fire over 260 °C for a few minutes.
- Grilling may be done over wood, charcoal, gas, or even electricity.
- The best types of foods for cooking on a grill tend to be meats and poultry, firm fish, seafood and vegetables.
- Because a grill cooks with high-temperature dry heat, meats that are cooked on a grill should be tender cuts of meat, and marinating can be helpful to retain moisture.

Australian
Ribeye Steak
per kg **AED 74.9**



King Fish Steak
per kg **AED 39.9**

Promotion Period - 11.11.2020 to 15.11.2020.

November

GOOD LIFE



World

on a platter

Chicken Inasal

The popular barbecue or grilled chicken from the Philippines with a simple marinade of vinegar, lemon, soy sauce and basic seasoning makes it a tender and tasty grill.

Quarter **5.25 AED**



Arabic Beef Kofta

Beef Kofta is a Middle Eastern recipe made of ground beef, bulgur and spices formed onto skewers and grilled.

per kg **45.25 AED**



Chicken Satay with Peanut Sauce

A popular South-East Asian street food made of chicken, seasoned, skewered and grilled, and served with a creamy peanut sauce.

per kg **40.00 AED**



Tandoori Veg

A complete of grilled and smoked vegetables flavoured with spices and served the most scrumptious way possible.

per pack **26.5 AED**



The peak BBQ season is around the corner and it is time to fire up the grill and round up your friends & family for a delicious cookout. The irresistible char-grilled flavour packed combination of meat & heat is one of the oldest and most diverse forms of cooking in the world – whether it means whole Arabic Mashawi Chicken or the American BBQ Chicken Wings. Countries around the world have their own distinct styles of barbecue, each shaped by the meats and ingredients that are sourced locally.

Grilled Salmon with Vegetables

Quick and easy grilled salmon served with veggies is a healthy and delicious Scandinavian speciality.
per kg **54.90 AED**



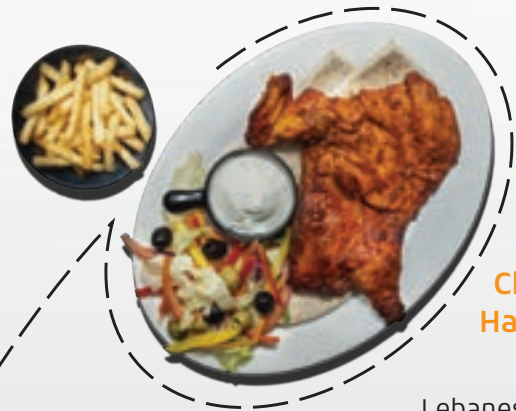
Grilled Garlic Lemon & Herbs

A classic English chicken grill with a simple marinade of garlic, lemon and herbs of your choice makes this grill an easy and delicious treat to savour.
per pc **14.5 AED**



Arabic Mashawi Chicken Half Spicy

A popular Lebanese chicken barbecued on charcoal with sumac for that extra smokey flavour and served with garlic toum.
per pc **15.90 AED**



Tandoori Non Vegetarian Platter

Indian char-grilled spread of succulent meat flavoured with traditional Indian spices is indeed a treat to the palate.
per pack **39.90 AED**

American BBQ Chicken Wings

Spice rubbed chicken wings fired up on the grill and smothered in a sweet and tangy barbecue sauce is a favourite appetiser of many.
per kg **41.90 AED**



Vegetarian Platter

A buffet and vegetables with Indian served in a sumptuous

AED



you had me at Pumpkin

Pumpkin Pizza Sauce

Learn how to make that lip-smacking sauce for a refreshing take on your favourite homemade pizza.

**Scan the code
to get full recipe**



Wondering what on earth you are going to do with all those leftover pumpkins from that smashing Halloween decor? Before many of these pumpkins find their ways on to the compost heap, there are so many delicious options for your leftover pumpkin.

- Save the seeds, roast them up and snack on it or top it on your seasonal bakes & soups
- Make a big batch of puree and freeze it for your year-round baking.
- Use them in your stews and curries, it adds a lovely sweet flavour
- Make some pumpkin spread for a flavourful and healthy morning toast.
- Better yet, make pizza & pasta sauce with pumpkin for a flavour you will yearn for.



Butternut Pumpkin Spain
per kg AED 5.95

Pound Cake

Grilled Cheese Sandwich

Ingredients

Ingredients	Quantity
Pound Cake, sliced thickly	4 slices
Brie Cheese (small slices)	As required
Fig Jam	2 tsp
Unsalted Butter	For grilling
Rosemary, finely chopped	1 sprig
Cream Cheese	2 tbsp
Small Fresh Figs, (Cut into wedges)	2

Method of Preparation:

1. Spread enough cheese slices on to 2 slices of pound cake.
2. Spread a generous amount of fig jam on to the other 2 slices.
3. Put the slices of jam and cheese together & keep the sandwich aside.
4. Heat up a grill pan and add butter.
5. Once the butter starts melting and bubbling add the chopped rosemary
6. Brush this mixture on to both sides of the sandwiches.
7. Grill them on low heat until the cheese starts to melt.
8. Add more butter & rosemary into the pan if required.
9. Remove from the heat and serve it with cream cheese/clotted cream and fresh figs.

It is the season that calls for comfort foods! This pound cake grilled cheese dessert sandwich made with fig jam, brie cheese and a hint of rosemary, grilled to golden perfection and served with cream cheese & fresh figs, takes the concept of comfort food to a whole new level.



Brie Pere
Toinou Cheese 125gm
AED 12.50



Gurmex Dried
Fig Jam 300gm
AED 4.50

It's that time of year; the weather changes! Lovely weather ahead, but the transition to the shorter and busier days of fall can be a challenge. Autumn means cooler air, less daylight and shorter days. That's why you need to be mindful about your self-care rituals! A little care is all you need to maintain wellness during this season especially in challenging times like these.

Autumn Wellness




**Mabis
Compressor
Nebulizer**
AED 189.00

Provides warm, therapeutic steam vapour to gently relieve congestion, break up blocked sinuses and soothe a sore throat




**Braun Ear Thermoscan
IRT6520 - AED 269.00**


An ear thermoscan is perfect to check the temperature of kids and adults alike to stay safe and vigilant around seasonal flu and infections.




**Omron Kids Nebuliser
NE-C801KD - AED 225.00**

Keep your little one's chest safe and clear with a nebuliser especially during the cold weather season.




Carela Herb Tea 16s
Assorted Per pc AED 15.50

Herbal teas are always a good idea to keep a healthy immune & digestive system.

Make That Sun Kissed Skin Shine



Nivea Moisturising Sun Lotion SPF50 200ml AED 64.6

An ear thermoscan is perfect to check the temperature of kids and adults alike to stay safe and vigilant around seasonal flu and infections.

The weather is perfect to explore the outdoors now but that doesn't have to mean neglecting your skin. Your skin protects you from dirt and debris, and at the end of a weekend camping or a cookout session basking in the sun, it deserves plenty of love and attention. Outdoor activities may limit your usual stockpile of skincare but it's important to bring along the necessities to protect your skin during the quality time spent enjoying nature.



Labello LipBalm Black Cherry 3g AED 24.9

When it comes to outdoor activities, being a minimalist works best for your skin. A moisturiser, sunscreen and a lip balm are probably all you would need.



Love Beauty & Planet Body Lotion Assorted 400ml per pc - AED 45.25

Carrying a good body lotion will help you keep your skin moisturised and protected while you are out there exploring the nature.

Voi Wet Wipes 100s Assorted Per Pc AED 6.50

Wet wipes are a must-have skincare essential to keep your face fresh and clean especially when you are doing outdoor activities.



Love Beauty & Planet Face Cleansing Gel Coconut Water & Mimosa Flower 125ml - AED 35.25

Carrying a face cleanser is essential for your face when you are out there exploring the nature carefree.



Professionally Inspired Hair Care

ANDREW BARTON

LONDON

25%
OFF



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Bursting with real
fruit goodness

25%
OFF





Why women prefer men with *beard*

The month of November or rather Movember is a yearly month-long awareness and fundraising campaign that encourages men to let their moustaches grow free in support of cancer prevention. The rules are simple; put down your razor for a month and donate your monthly shave expenses to the cause.

Apart from the noble cause, you might want to keep your beard face on for longer, if you know the reasons why women prefer men with a beard.

- Beards Exude Masculinity
- Beards Radiate Maturity
- Beards depict prominence & power
- Beards give a sense of comfort and commitment

Good enough reasons to join the Movember campaign?

Also, just because shaving is off the table it doesn't mean grooming is forbidden too. So, go ahead and let that beast grow!

- 1 Moser Cordless Hair Clipper 1888-0151
AED 689.00
- 2 Braun Series7 Wet&DryShaver7840S
AED 899.00
- 3 Bull Dog Beard Shampoo & Conditioner Original 200ml
AED 67.50



To Camp!

that's the way

Camping is a great way to bond with family and friends in the warmth of nature. But to remember everything you need to pack for a weekend of camping could be a little overwhelming. Whether you're headed out for a weekend of beach camping, or trekking, a handy camping checklist could help you save a lot of time and stress. All you need to do is to make a list of the essentials you would need when staying out which could come in handy every time you camp

Coleman
SunDome Tent
3 Person
With Airbed
AED 279.00



Coleman
Cooler Bag
5Ltr - **AED 34.00**
10Ltr - **AED 54.00**



Campingas Gas
BBQ Grill 3
Series Classic
AED 1299.00



Coleman
Quad Chair
AED 109.00



Royal Relax
Sleeping Bag
AED 79.00

Bonfire Fun

starry night

Bonfire and BBQ nights remind most people of fun. It is the place where a good company meets entertainment. Sitting around the fire is one of the most magical things to do when camping. Add in some cracking campfire games & music, and watch how it becomes an opportunity for endless silliness, fun and laughter. The right place and the right time to create lasting memories.

Arizona Salsa
Nachos n Chips 4.75oz
AED 5.95



Essential Everyday
Charcoal Briquets Ridge
Charcoal 3.49kg
AED 22.50



Sony One Box
HiFi GTK-PG10
AED 619.00
(Free Microphone)



Fast Track LED
Head Light FT-99
AED 35.00



Mr.Light Portable
PowerStation
AED 179.00



JBL Blue Tooth
Speaker Flip5
AED 369.00



November

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LuLu
Where the world comes to shop



Police Sunglass SPL 965
Rectangle Black
AED 853.00



Mens Hat
AED 22.00

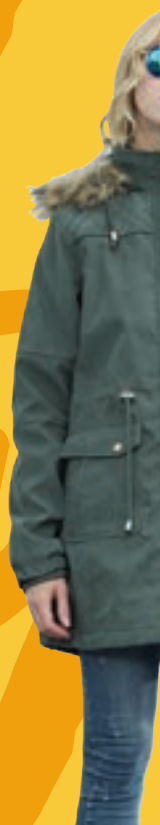


Ladies Winter
Dress
AED 69.00



Eten Sling Bag
AED 89.00

Ladies Jacket
AED 79.00



Whether it is a BBQ night or camping & cookout with family and friends, dressing cool & comfortable has become the style quotient for men as much as for women. Wearing the right attire, shoes and accessories not only elevates your overall look but can also help you feel comfy to move around and confident to mingle.

Sweat Shirt
Hooded
AED 109.0



Cargo
Jogger Pant
AED 99.00



Men's hiking
shoes
AED 175.00



Eten Sling Bag
AED 89.00



GOOD LIFE November

NEW IN-STORE



AED 10.50

Rubicon Cranberry Juice
No Added Sugar 1Ltr



Boost your immune system
while making life more exotic

www.rubicon-drinks.com