

Super Savings

Super WINS!

That's why
we SHOP at
SPAR



Hulett's
SunSweet®
Brown Sugar

Hulett's
White Sugar

Hulett's
White or Brown
Sugar
5 kg

114⁹⁹ each



DOUWE EGBERTS
PURE GOLD

DOUWE EGBERTS
PURE GOLD

Douwe Egberts
Instant Coffee Jar
Assorted
200 g or
Doy Pack
230 g
(excl. Decaf)

169⁹⁹ each

WITH Rewards CARD



SPAR
Sunflower
Oil
2 litre

64⁹⁹ each



Parmalat
Everfresh
Milk
6 x 1 litre
Assorted

94⁹⁹ per pack

WITH Rewards CARD



BOKOMO
WEET-BIX

WHOLEGRAIN
WHEAT BISCUITS

Bokomo
Weet-Bix
450 g

26⁹⁹ each

Save R10



SPAR
IQF
Mixed Chicken
Portions
2 kg

89⁹⁹ each



D'Lite
37% Fat
Spread Tub
1 kg

34⁹⁹ each

Save R8



NOLA
Original
Mayonnaise

NOLA
Sweet
Cream
Mayonnaise

Nola
Mayonnaise
Assorted
(excl.
Squeeze Bottle
500 g)
750 g / 780 g

38⁹⁹ each

Save R6

SUPERSPAR



SEC3257

Super Savings

AS SEEN ON TV

+50 MB FREE DATA

mobile

SAVE EXTRA IN-STORE ONLY

BUY ME TO WIN

Monster Energy Drink 500 ml Assorted

BUY ANY 2 FOR

28⁰⁰

Save R10

Brookes Oros Squash 2 litre Assorted

37⁹⁹

each

BUY ME TO WIN

Pepsi Lite or Maxx, 7 Up Sugar Free 2 litre

BUY ANY 2 FOR

28⁰⁰

WITH Rewards CARD

Spar-letta or Twist Regular Only 2 litre Assorted

BUY ANY 2 FOR

30⁰⁰

WITH Rewards CARD

Valpré Still or Sparkling Water 500 ml

BUY ANY 2 FOR

22⁰⁰

WITH Rewards CARD

Rhodes 100% Fruit Juice Blend 1 litre Assorted

BUY ANY 2 FOR

45⁰⁰

WITH Rewards CARD

Energade Ready to Drink Sports Drink 6 x 500 ml Assorted

71⁹⁹

per pack

Cappy 100% Fruit Juice Blend 6 x 330 ml Assorted

79⁹⁹

per pack

WITH Rewards CARD

Sweets & Treats

AS SEEN ON TV

+100 MB FREE DATA

mobile

SAVE EXTRA IN-STORE ONLY

BUY ME TO WIN

Bakers Blue Label Marie Biscuits 200 g Assorted

BUY ANY 2 FOR

30⁰⁰

Save R14

Bakers Salticrux 200 g Assorted

27⁹⁹

each

BUY ME TO WIN

Cadbury P.S. Duo or Lunch Bar Max 57 g / 60 g

BUY ANY 2 FOR

30⁰⁰

Amajoya Flavoured Candy 125 g Assorted

19⁹⁹

each

WITH Rewards CARD

AS SEEN ON TV

+100 MB FREE DATA

mobile

BUY ME TO WIN

SAVE EXTRA IN-STORE ONLY

Cadbury Chocolate Slab (excl. Bubbly) 80 g Assorted

BUY ANY 2 FOR

32⁰⁰

Save R16

SPAR Puffs 100 g Assorted

BUY ANY 2 FOR

22⁰⁰

Doritos Corn Chips 145 g Assorted

BUY ANY 2 FOR

40⁰⁰

LOVE IT? SPAR GETS IT DELIVERED

Available on the App Store

GET IT ON Google Play

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We reserve the right to limit quantities. Prices include VAT.

2

Fresh value

freshline



SPAR freshline
Potatoes 2 kg
PLUS
Onions 2 kg
PLUS
Carrots 1 kg

85⁰⁰
per combo

freshline



SPAR
freshline
Large
Pineapple

16⁹⁹
each

freshline



SPAR
freshline
Potjie Pack
1 kg

39⁹⁹
per pack



Blue Ribbon or Star
White Sliced Bread
700 g

17⁹⁹
per loaf

WITH Rewards CARD



SPAR
Bakery
Muffins
6s
Assorted

59⁹⁹
per pack



SPAR
Bakery
Black Forest
Log Cake

69⁹⁹
each

Favourite Cheeses



SPAR
Feta Cheese
200 g
Assorted

34⁹⁹
each

WITH Rewards CARD



Lancewood
Cottage
Cheese
250 g
Assorted

44⁹⁹
each

WITH Rewards CARD



The Laughing Cow
Cheese Wedges
120 g
Assorted

29⁹⁹
each

WITH Rewards CARD



SPAR
Processed Cheese Slices
400 g
Assorted

59⁹⁹
each



SPAR
Vacuum
Packed
Cheese
400 g
Assorted

69⁹⁹
each

Butcher's Choice



Your Butcher
by SPAR
Previously Frozen Pork Shoulder
or Leg Chops Cuts

59⁹⁹
per kg



Red Crest Farms
Chicken
Fillets
4s / 6s

78⁹⁹
per kg



SPAR
Tender & Tasty
Chicken
Skilpadjies

145⁹⁹
per kg



SPAR
Tender & Tasty
Lamb
Skilpadjies

129⁹⁹
per kg



Beef Oxtail
Previously Frozen

99⁹⁹
per kg

PORK PRODUCTS AVAILABLE AT SELECTED STORES

BUTCHERY SPECIALS AVAILABLE FROM 08 - 14 SEPTEMBER 2025

Switch to **SPAR Mobile** now and get **FREE DATA** in-store on these great deals.
Ts & Cs apply. Visit www.sparmobile.co.za for more information.



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Super Savings

Stork
80% Margarine
Bake Brick
500 g
Assorted

32⁹⁹ each

Rhodes
Quality Jam Cup
(excl. Strawberry)
290 g
Assorted

19⁹⁹ each

WITH Rewards CARD

SPAR
Polony
1 kg
Assorted

34⁹⁹ each

Dr Oetker
Ital Pizza
Donuts
240 g / 272 g / 300 g
Assorted

49⁹⁹ each

WITH Rewards CARD

Sunshine D
Original
Margarine Brick
500 g

22⁹⁹ each

WITH Rewards CARD

Black Cat
Peanut
Butter
400 g
Assorted

39⁹⁹ each

WITH Rewards CARD

PB
Juicy
Burgers
2 kg
Assorted

99⁹⁹ each

Fridge & Freezer

SPAR
Hake
Fish Fingers
400 g

44⁹⁹ per pack

WITH Rewards CARD

SPAR
Streaky,
Back or Lean
Bacon
200 g

34⁹⁹ each

WITH Rewards CARD

SPAR
Shoulder or
Diced
Bacon
200 g

29⁹⁹ per pack

WITH Rewards CARD

SPAR
Skinny, Crinkle or
Slap
Frozen Chips
1 kg

49⁹⁹ each

SPAR
Chicken
Livers
Tub
250 g

BUY 2 FOR 20⁰⁰

SPAR
Frozen
Mixed Vegetables,
Stir Fry Assorted,
Peas, Sweetcorn,
Stew Mix, Country Mix or
Green Beans
250 g

14⁹⁹ each

SPAR
Simply Veg
100% Vegan
Potato Hash Browns
500 g
or Burgers
320 g

54⁹⁹ each

WITH Rewards CARD

SPAR
Puff or
Shortcrust
Pastry
400 g

29⁹⁹ each

WITH Rewards CARD

SAVE

and WIN your share of R6 million in instant cash!

Competition valid from 23 Jun - 7 Oct 2025

Exclusive to SPAR Rewards customers.

HOW TO ENTER

Step 1:
Buy any 3 participating products and swipe your SPAR Rewards card.

Step 2:
Take your winning slip and till slip to the in-store kiosk to redeem your R1 000 INSTANT cash.

Ts & Cs apply.

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Load up on these super deals!



Bokomo Traditional Oats 1 kg

BUY 3 FOR **99⁰⁰**



BUY ME TO WIN

SPAR Corn Flakes 500 g

29⁹⁹ each

WITH Rewards CARD



Bokomo Pro-Nutro 500 g Assorted

49⁹⁹ each

WITH Rewards CARD



SPAR Rusks 450 g / 500 g Assorted

44⁹⁹ each

WITH Rewards CARD



Joko Tagless Tea Bags 100s

55⁹⁹ per pack



Joko Loose Leaf African Blend Tea 250 g

55⁹⁹ per pack

Dairy and Juice Favourites



Cadbury Dairy Milk Assorted, Oreo or Crunchie Stick Ice Cream 90 ml

35⁹⁹ each



Darling Smooth Yoghurt 6s Assorted

21⁹⁹ per pack



SPAR Active Breakfast Drinking Yoghurt 300 ml Assorted

14⁹⁹ each

WITH Rewards CARD



First Choice Milk Flavoured Low Fat Milk 250 ml Assorted

BUY ANY 2 FOR **22⁰⁰**

WITH Rewards CARD



BUY ME TO WIN

SPAR Ice Cream 2 litre Assorted

59⁹⁹ each

WITH Rewards CARD



SPAR Full Cream or Indulge Assorted or Double Cream Plain Yoghurt 1 kg

38⁹⁹ each

WITH Rewards CARD



Lancewood Greek Delight Double Cream Plain Yoghurt 700 g

48⁹⁹ each



Darling 100% Fruit Juice Blend 1.5 litre Assorted

29⁹⁹ each



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Super Savings

COMBO DEAL

BUY ME TO WIN



Polana
Macaroni, Elbows
or Spaghetti
500 g

BUY ANY
2
FOR

26⁰⁰

WITH Rewards CARD



Snowflake
Self Raising
Flour
1 kg

21⁹⁹
each



SPAR
Cake Wheat Flour 2,5 kg
PLUS
Super Maize Meal 2,5 kg
PLUS
Sunflower Oil
750 ml
PLUS
Refined White Sugar 2,5 kg

BUY ALL
FOR

120⁰⁰

per combo

WITH Rewards CARD



Maggi
Beef, Chicken,
Durban Curry,
Hot & Spicy or
Cheese Noodles
55

29⁹⁹
per pack



Lucky Star
Corned Meat
300 g
Assorted

29⁹⁹
each

WITH Rewards CARD



Lucky Star
Baked Beans
in Tomato Sauce
410 g

BUY 2
FOR
26⁰⁰



Koo
Mixed
Vegetables
410 g

19⁹⁹
each

WITH Rewards CARD



Knorr
Aromat
70 g / 75 g
Assorted

14⁹⁹
each



Hinds
Parsley
12 g

12⁹⁹
each



Koo
Creamstyle
Sweetcorn or
Whole Kernel
Corn
410 g / 415 g

19⁹⁹
each

WITH Rewards CARD



Koo
Garden Peas
in Sweet Brine
400 g

19⁹⁹
each

WITH Rewards CARD



Wellington's
Chutney
450 g
Assorted
PLUS
Tomato
Sauce
700 ml
Assorted

BUY BOTH
FOR

60⁰⁰
per combo

WITH Rewards CARD



Hinds
Spices, Herbs
or Seasoning
(excl. Crushed
Chillies, Black
& White Pepper)
18 g / 40 g / 48 g /
55 g / 60 g / 75 g /
80 g / 85 g / 90 g
Assorted

14⁹⁹
each



Knorr
Instant Sauce
Assorted
38 g
or Roast Meat
Gravy
34 g

BUY ANY
2
FOR

30⁰⁰



Royco
Packet Soup
45 g / 50 g
Assorted

BUY ANY
4
FOR

23⁰⁰

WITH Rewards CARD

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App Store

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Google Play

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Be a super shopper!



Twinsaver
Mighty Big
Roller Towels
150 sheets

COMBO
DEAL



Home Care by SPAR
Multi-Surface Cleaner
300 ml
Assorted
PLUS
Microfibre Swabs
3s
Assorted

BUY
2
FOR

60⁰⁰

BUY
BOTH
FOR

50⁰⁰ per combo



SPAR
Budget
Refuse Bags
20s

34⁹⁹ per roll

WITH Rewards CARD



Newden
Pine Gel
500 ml
Assorted

18⁹⁹ each

WITH Rewards CARD



Sunlight
Dishwashing
Liquid
Refill
750 ml

24⁹⁹ each

WITH Rewards CARD



Home Care
By SPAR
Terry
Dish Cloth

34⁹⁹ each



Vitagen
Dog Food
6 kg / 8 kg
Assorted

189⁹⁹ each

WITH Rewards CARD



Jeyes
Home
Guard
750 ml
Assorted

19⁹⁹ each

WITH Rewards CARD



Wynn's
Cleen Green
2 litre
Assorted

104⁹⁹ each



Home Care
by SPAR
Large
Mop
200 g

59⁹⁹ each



Eveready
Platinum
AA or AAA
Batteries
6s

74⁹⁹ each



Catmor
Adult Cat Food
Pouches
70 g
Assorted

BUY
ANY
3
FOR

27⁰⁰

WITH Rewards CARD



Silicone
Cake Mould
Assorted

49⁹⁹ each



Whisk with
Stainless Steel
Handle

19⁹⁹ each



Silicone
Scraper
Assorted

14⁹⁹ each



Epol
Adult
Cat Food
incl. Kitten
2 kg
Assorted

79⁹⁹ each

IT'S GQ'S MOST BEAUTIFUL RACE!

27

SEPTEMBER

10KM AT 7AM
5KM AT 7H15AM

POLLOK BEACH

• Entry fee: 5km-R100/10km-R190 (payable online only)

Race pack: T-shirt, peak cap, race number, magazine and goodie bag to be received at registration. Medal to be received on completion of the race. Please donate sanitary pads at race pack collection.



Standard
Bank

#Twenty20Thrive

Enter now!



www.spar.run

SPAR

Women's
CHALLENGE
10/5km

#Twenty20Thrive



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Super Savings

Rhodes Squish
110 ml Assorted

20⁰⁰
WITH Rewards CARD

Purity Baby Petroleum Jelly
325 ml

36⁹⁹ each
WITH Rewards CARD

HUGGIES Dry Comfort
Up to 12 hours protection with a runny poo pocket waistband

149⁹⁹ per pack
WITH Rewards CARD

SPAR TOILET TISSUE
ULTRA SOFT & GENTLE

64⁹⁹ per pack
WITH Rewards CARD

HUGGIES
Baby Wipes Pure or Natural 56s or Simply Clean 72s

29⁹⁹ per pack
WITH Rewards CARD

Family Care

Lil-Lets Pantyliners
20s Assorted

19⁹⁹ per pack
WITH Rewards CARD

Lil-Lets Tampons
16s / 20s Assorted

27⁹⁹ per pack
WITH Rewards CARD

Lil-Lets Maxi Sanitary Pads
7s / 8s / 10s Assorted

19⁹⁹ per pack
WITH Rewards CARD

Lil-Lets Everyday Pantyliners
50s Assorted

29⁹⁹ per pack

Dove Cotton Buds
100s

11⁹⁹ per pack

Dettol Hygiene Soap
175 g Assorted

26⁰⁰
BUY ANY 2 FOR

Nivea Roll On
50 ml Assorted

29⁹⁹ each
BUY ME TO WIN

Dove Cotton Rounds
80s

28⁹⁹ per pack
WITH Rewards CARD

Aquafresh
Fresh & Mint, Herbal, Lemon Mint or Mild & Minty 100 ml

18⁹⁹ each

Colgate Double Action Medium Toothbrush

21⁹⁹ each
WITH Rewards CARD

SPAR mobile
MOVE WITH MORE!
1GB R38
VALID FOR 30 DAYS

YOU CAN DO IT ALL, RIGHT HERE, AT SPAR

Experience a world of easy top-up options. Now available in-store only at SPAR Ts & Cs apply. For updated terms and conditions, please go to www.spar.co.za

SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.
Maximum 10 SPAR Rewards deals per product, per customer on all **SAVE EXTRA** products. While stocks last. Ts & Cs apply.

Available at the following **SUPERSPAR** stores:

- PORT ELIZABETH SUPERSPARS: Bluewater Bay, Despatch, Gelvandale, Hunters Retreat, Mount Pleasant, Newton Park, Our, Summerbreezz, Sunridge, Waterfront
- EAST LONDON SUPERSPARS: Amalinda, Crossways, Debi Lee, Gonubie, Nahoon, Nick's Food Barea, Southernwood, Spargs Beacon Bay, Vincent
- KNYSNA SUPERSPAR: Knysna
- GEORGE SUPERSPAR: Heather Park, Outeniqua
- JEFFREY'S BAY SUPERSPAR: Jeffrey's Bay
- ST. FRANCIS BAY SUPERSPAR: Village Square
- PORT ALFRED SUPERSPAR: Rosehill
- PLETTENBERG BAY: Melville's
- UITENHAGE SUPERSPAR: Levyvale
- DE AAR SUPERSPAR: Rosepark
- QUEENSTOWN SUPERSPAR: Queenstown
- SEDGEFIELD SUPERSPAR: Sedgefield
- CRADOCK SUPERSPAR: Tams
- GRAAF REINET SUPERSPAR: Spandau
- HUMANSDORP SUPERSPAR: Village On Main.

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Let's chat **0860 313 141**
Say "hello" to get specials, store details, SPAR Rewards & more!
For more info: www.spar.co.za or Find us on [/myspar](https://www.facebook.com/myspar)

SUPERSPAR