

Super Savings

That's why
we SHOP at
SPAR



SPAR
Extra Shelf
Life
Full Cream or
Low Fat
Milk
2 litre

31⁹⁹
each
Save R5



SPAR
UHT
Long Life Milk
Full Cream Only
1,5 litre

BUY
3
FOR **75⁰⁰**



Nescafé
Classic
Coffee Jar
Assorted
or Doy Pack
(Excl. Decaf)
200 g / 230 g

119⁹⁹
each
WITH RewardsCARD



SPAR
IQF
Chicken
Mixed Portions
4 kg

159⁹⁹
each
Save R40



Excella
Parboiled Rice
2 kg

29⁹⁹
each
WITH RewardsCARD



B Well
Omega 3
Cooking Oil
2 litre

59⁹⁹
each
WITH RewardsCARD



Koo
Baked Beans
in Tomato
Sauce
400 g

BUY
2
FOR **30⁰⁰**
WITH RewardsCARD

SUPERSPAR



SEC3299

Super Savings



Reboost
Energy Drink
500 ml
Assorted

BUY ANY
2 FOR
18⁰⁰



Liqui Fruit
Sparkling
Fruit Nectar
Blend
300 ml
Assorted

BUY ANY
2 FOR
25⁰⁰



Fanta Orange,
Sparletta Assorted,
Twist Assorted
Sprite or Stoney
Regular Only
1,5 litre

BUY ANY
2 FOR
26⁰⁰



Pepsi
Lite or Maxx,
7 Up Sugar Free
2 litre

BUY ANY
2 FOR
28⁰⁰
WITH RewardsCARD



SPAR
Carbonated
Soft Drink
2 litre
Assorted

BUY ANY
2 FOR
22⁰⁰



SPAR
100%
Fruit Juice Blend
1 litre
Assorted

25⁹⁹
each



Wild Island
Smoothie
1 litre
Assorted

14⁹⁹
each
WITH RewardsCARD



Coca Cola
Zero or No Sugar or
Stoney Zero
1,5 litre

BUY ANY
2 FOR
26⁰⁰



Thirsti
Flavoured
Water
6 x 500 ml
Assorted

46⁹⁹
per pack



SPAR
Still Spring Water
5 litre

BUY 2 FOR
42⁰⁰
WITH RewardsCARD

Snacks & Treats



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

14⁹⁹
each
WITH RewardsCARD



Cadbury
Astros, 5 Star,
P.S. Assorted,
Crunchie or
Lunch Bar Assorted
40 g / 44 g / 48 g / 48,5 g

BUY ANY
2 FOR
25⁰⁰
WITH RewardsCARD



SaveMor
Lemon, Strawberry or
Chocolate Creams or
Marie Biscuits
150 g

BUY ANY
2 FOR
16⁰⁰



Mister Sweet
Allsorts or
Smallsort
Lickrish
Sweets
150 g

22⁹⁹
each
WITH RewardsCARD



Manhattan or
Mister Sweet
Sweets, Jellies,
Rascals or Gums
125 g
Assorted

23⁹⁹
each
WITH RewardsCARD



Bakers
Blue Label
Marie
Biscuits
200 g
Assorted

BUY ANY
2 FOR
30⁰⁰
Save R14



Manhattan
Chewy Mints
Assorted
125 g or
Marshmallows
Assorted
150 g

17⁹⁹
each
WITH RewardsCARD



Nik Naks
Maize Snack
135 g
Assorted

BUY ANY
2 FOR
25⁰⁰



Doritos
Corn
Chips
145 g
Assorted

BUY ANY
2 FOR
40⁰⁰



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **8 October** up to and including **20 October 2025** while stocks last.

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

5 PACKS Kellogg's Instant Noodles 5s Assorted

70 g x 5

28⁹⁹

per pack

SNOWFLAKE

too fresh to flop

cake wheat flour

2.5 kg

34⁹⁹

each

SPAR

SUNFLOWER OIL

SPAR

Sunflower Oil 750 ml

SPAR

SUPER MAIZE MEAL

2.5 kg

SPAR

Super Maize Meal 2,5 kg

SPAR

REFINED WHITE SUGAR

2.5 kg

SPAR

White Sugar 2,5 kg

BUY ALL FOR 120⁰⁰

per combo

FATTI'S & MONI'S

MACARONI

500 g

14⁹⁹

each

SPAR

CHUTNEY

460 g Assorted

29⁹⁹

each

WITH RewardsCARD

Bull Brand

CURRIED WITH VEGE

BOLOGNAISE MINCE WITH VEGETABLES

400 g

BUY ANY 2 FOR 50⁰⁰

WITH RewardsCARD

LUCKY STAR

PILCHARDS

400 g Assorted

BUY ANY 2 FOR 54⁰⁰

CROSSE & BLACKWELL

Tangy MAYONNAISE

Only 750 g

37⁹⁹

each

SPAR

TOMATO SAUCE

700 ml

29⁹⁹

each

WITH RewardsCARD

HINDS

RIBS & WINGS SEASONING

Assorted

14⁹⁹

each

WITH RewardsCARD

Bull Brand

CORNER MEAT

300 g

27⁹⁹

each

SPAR

JELLY

40 g Assorted

BUY ANY 2 FOR 18⁰⁰

WITH RewardsCARD

Clover

CUSTARD VANILLA FLAVOURED

Bliss DOUBLE CREAM

Vanilla Flavour Custard

1 kg

26⁹⁹

each

WITH RewardsCARD

la ITALIANA

Sweetened Condensed Filled

21⁹⁹

each

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Danone
Yogi Sip
500 g
Assorted

19⁹⁹
each



Clover
Super M
Medium Fat
Flavoured Milk
300 ml
Assorted

BUY
ANY
2
FOR

30⁰⁰



Darling
Amasi
2 kg

32⁹⁹
each



Parmalat
Low Fat Dairy Snack or
Kids Yoghurt
6s
Assorted

20⁹⁹
per pack

WITH RewardsCARD



Nestlé
Bar-One or Rolo or
Dairymaid
Gelata Ice Cream
Assorted
1,5 litre

99⁹⁹
each



Clover
Bliss
Double Cream
Yoghurt
Assorted or
Authentikos
Greek Style
750 g / 1 kg

42⁹⁹
each



Clover
Fruits of the Forest Full Cream Yoghurt
Assorted or Double Cream Plain Yoghurt
1 kg

34⁹⁹
each

WITH RewardsCARD

Fridge Favourites



McCain
Frozen
Mixed
Vegetables
1 kg

42⁹⁹
each

WITH RewardsCARD



McCain
Frozen
Skinny Fries
or Slap Chips
1 kg

49⁹⁹
each



SPAR
Hake
Fish Fingers
400 g

49⁹⁹
per pack

WITH RewardsCARD



Rainbow
Simply Chicken Crumbed
Chicken Nuggets Assorted,
Steaklets Assorted,
Burgers Assorted or Chips
350 g / 400 g / 403 g

49⁹⁹
each

WITH RewardsCARD



Wimpy
Potato Hash Browns
500 g
PLUS
Tomato Sauce
500 ml

BUY
BOTH
FOR

75⁰⁰
per combo



Dr Oetker
Nice 'n' Easy
Frozen
Meal
320 g / 325 g / 350 g
Assorted

59⁹⁹
each

WITH RewardsCARD



SPAR
Frozen
Chicken Livers
250 g

9⁹⁹
each

WITH RewardsCARD



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Enjoy more super deals!



Bokomo
Weet-Bix
450 g

29⁹⁹
each

WITH RewardsCARD



SPAR
Corn Flakes
1 kg

56⁹⁹
each

WITH RewardsCARD



Bokomo
Pronutro
500 g
Assorted

49⁹⁹
each

WITH RewardsCARD



Future Life
Smart Food
Original, Zero,
Kids, Crunch,
Pops or Bran
(excl. High Protein)
350 g / 375 g / 425 g
/ 460 g / 500 g

44⁹⁹
each

WITH RewardsCARD

Hot Beverages



Jacobs
Classic, Reduced Sugar,
Salted Caramel or
Cadbury Mocha Assorted
or Dubai Chocolate Style
Cappuccino
8s / 10s

BUY
ANY
2
FOR

130⁰⁰

WITH RewardsCARD



Glen
African Blend
Tea
100s

32⁹⁹
per pack



Lunch box Favourites



Black Cat
Peanut
Butter
800 g
Assorted

79⁹⁹
each

WITH RewardsCARD



La Italiana
Smooth or Crunchie
Peanut Butter
400 g

22⁹⁹
each



Marmite or
Bovril
Spread
125 g

34⁹⁹
each

WITH RewardsCARD



Blue Ribbon
White
Sliced
Bread
700 g

16⁹⁹
per loaf

WITH RewardsCARD



SPAR
Daily Spread
40% Fat Spread
Tub
1 kg

39⁹⁹
each

WITH RewardsCARD



D'Lite
40% Fat Spread
Brick
500 g

12⁹⁹
each



Eskort
French or Garlic
Polony
1 kg

44⁹⁹
each



Eskort
Smoked or Red
Viennas
500 g

34⁹⁹
each

WITH RewardsCARD

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.

LOVE IT? SPAR GETS IT DELIVERED



Download now!

Available on the
App Store

GET IT ON
Google Play

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Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **8 October** up to and including **20 October 2025** while stocks last.

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Fresh value



COMBO DEAL

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

89⁹⁹ per combo

Baker's Special

Fresh Produce



SPAR Bakery
Croissants
4s

45⁹⁹ per pack



SPAR freshline
Seasons Value Lettuce
120 g

14⁹⁹ each



SPAR freshline
Bananas
750 g

BUY 2 FOR 35⁰⁰



Phyl's Kitchen
Original Rusks 900g

89⁹⁹ per pack

Butcher's Best



Red Crest Farms
Chicken Fillets
4s / 6s

72⁹⁹ per kg



SPAR
Tender & Tasty
Bacon & Cheese
or Bacon &
Chilli Cheese
Wors
420 g

62⁹⁹ each



SPAR Bakery
Assorted
Mini Cupcakes
12s

54⁹⁹ per pack



Bulk Stewing Beef
(Previously Frozen)

89⁹⁹ per kg



Your Butcher
by SPAR
Rooiberg
Boerewors

109⁹⁹ per kg

BUTCHERY SPECIALS AVAILABLE FROM 08 - 12 OCTOBER 2025

PORK PRODUCTS AVAILABLE AT SELECTED STORES

Cheese Favourites



SPAR
Pre-Packed
Cheese
700 g
Assorted

99⁹⁹ each

Save R33



Clover
Processed
Cheese Slices
400 g
Assorted

57⁹⁹ each



Président
Feta
Cheese
400 g
Assorted

58⁹⁹ each



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Load up on these super deals!



SPAR
Briquettes
3 kg

54⁹⁹ each



SPAR
Firelighters
12s

21⁹⁹ per pack

WITH RewardsCARD



Eurolux
9 Watt
B22 or E27
LED Bulbs
Assorted

19⁹⁹ each



Jeyes
Home
Guard
750 ml
Assorted

19⁹⁹ each



Albex
Thin Bleach
750 ml
Assorted

BUY ANY 2 FOR **25⁰⁰**

WITH RewardsCARD

AS SEEN ON TV

+50 MB FREE DATA mobile



Sunlight
Dishwashing
Liquid
Refill Pack
750 ml

24⁹⁹ each

Save **R5**



Shield
Sheen
Vinyl,
Plastic & Rubber
Care
300 ml
Assorted

35⁹⁹ each



Tuffy
Budget
Refuse Bags
10s

24⁹⁹ per roll

WITH RewardsCARD



Ariel
Auto
Liquid Assorted
2 litre
or Capsules
21s

139⁹⁹ each



SPAR
Mini
Toilet Tissue
1 Ply
300 sheets
9s

29⁹⁹ per pack



Twinsaver
Classic
Toilet Tissue
Rolls
2 Ply
350 sheets
9s

74⁹⁹ per pack

WITH RewardsCARD



Maq
Hand Washing Powder 1 kg
PLUS
Green Laundry Bar 500 g
PLUS
Fabric Conditioner Refill
500 ml
Assorted

BUY ALL FOR **75⁰⁰** per combo

WITH RewardsCARD

Pet Essentials



Whiskas
Cat Food
Pouches
85 g
Assorted

BUY ANY 3 FOR **40⁰⁰**

WITH RewardsCARD



Pamper
Adult Cat Food
385 g / 400 g
Assorted

BUY ANY 2 FOR **42⁰⁰**

WITH RewardsCARD



Whiskas
Dry
Cat Food
900 g
Assorted

89⁹⁹ each

WITH RewardsCARD



Bobtail
Dog Food
5.5 kg / 6.5 kg /
7 kg / 8 kg
Assorted

199⁹⁹ each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED



Download now!

Available on the App Store

GET IT ON Google Play

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **8 October** up to and including **20 October 2025** while stocks last.

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

Colgate Maximum Protection, Gel, Herbal, Herbal White Toothpaste 100 ml or Triple Action 150 ml

23⁹⁹ each

Dove Soap 90 g Assorted

23⁹⁹ each

TRESemmé Shampoo or Conditioner 750 ml / 900 ml Assorted

109⁹⁹ each

Dawn Body Lotion or Cream for Men or Women 400 ml Assorted

28⁹⁹ each

Shower to Shower Roll On for Men or Women 50 ml Assorted

17⁹⁹ each

WITH RewardsCARD

Lil-Lets Maxi Sanitary Pads Value Pack 16s / 20s

37⁹⁹ per pack

WITH RewardsCARD

Lil-Lets Everyday Pantyliners 50s Assorted

29⁹⁹ per pack

WITH RewardsCARD

Lil-Lets Tampons 16s / 20s Assorted

27⁹⁹ per pack

WITH RewardsCARD

SPAR Germex Soap 175 g Assorted

24⁰⁰

WITH RewardsCARD

Baby Care

AS SEEN ON TV & improved

+400 MB FREE DATA mobile

SAVE EXTRA IN-STORE ONLY

169⁹⁹ per pack

Save R79

Pampers Active Baby Nappies or Nappy Pants Value Pack Assorted

Pampers Baby Wipes Fresh 64s or Sensitive 56s

38⁹⁹ per pack

Purity Baby Food Jar or Puree Pouches 110 ml / 125 ml Assorted

26⁰⁰

WITH RewardsCARD

Grand-Pa Powder Sticks 25s or Tablets 50s

82⁹⁹ each

WITH RewardsCARD

SPAR mobile

Brought to you by

MOVE WITH MORE!

1GB

R38

VALID FOR 30 DAYS

TERMS & CONDITIONS APPLY

SPAR Rewards

More for You

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 Berea, 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: Sedgfield
- CRADOCK SUPERSPAR: Tams
- GRAAF REINET SUPERSPAR: Spandau
- HUMANSDORP SUPERSPAR: Village On Main.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **8 October** up to and including **20 October 2025** while stocks last.

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

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