Super Savings That's why we SHOP at SPAR (A)





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

3199 each



SPAR UHT Long Life Milk Full Cream Only

BUY 3 7500



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





SPAR IQF Chicken Mixed Portions 4 kg





Excella Parboiled Rice 2 kg





B Well Omega 3 Cooking Oil WITH Rewards CARD

2 litre



Koo Baked Beans in Tomato Sauce 400 g



SEC3299

SUPERSPAR





Snacks & Treats













150 g

SPAR Rewards deals available while stocks last.

WITH Rewards CARD



















Dessert Favourites





SPAR Rewards deals available while stocks last.





Nestlé
Bar-One or Rolo or
Dairymaid
Gelata Ice Cream
Assorted

999 each



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

4299 each



Fridge Favourites





SPAR
Hake
Fish Fingers
400 g





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











SPAR Rewards deals available while stocks last.

Enjoy more **SUPEr** deals!











Hot Beverages



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







Lunch box Favourites

















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.















Fresh value



Baker's Special







Fresh Produce





Butcher's Best









Cheese Favourites









SPAR Rewards deals available while stocks last.

Load up on these Super deals!

















WITH Rewards CARD















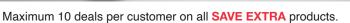




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SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.

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: Sedgefield · 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.

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