

Christmas Super Savings



Tastic
Long Grain
Parboiled
Rice
2 kg

32⁹⁹
each

WITH RewardsCARD



SPAR
UHT
Full Cream
Long Life Milk
1,5 litre

BUY
3
FOR

75⁰⁰

AS SEEN
ON TV

+100 MB
FREE DATA



Coca Cola
Regular Only
1,5 litre

BUY
2
FOR

32⁰⁰

Save R10



All Gold
Tomato
Sauce
700 ml

31⁹⁹
each

WITH RewardsCARD



Nola
Mayonnaise
Assorted or
Salad Dressing
(excl. squeeze
bottle 500 g)
750 g / 780 g / 850 g

34⁹⁹
each

WITH RewardsCARD



B Well
Omega 3
Cooking Oil
2 litre

59⁹⁹
each



SPAR
IQF
Frozen
Chicken
Mixed Portions
5 kg

189⁹⁹
per pack

WITH RewardsCARD



Dairymaid
Country Fresh
Ice Cream
1,8 litre
Assorted

BUY
ANY
2
FOR

110⁰⁰

Save R44



SPAR
Extra Shelf Life
Milk
2 litre
Assorted

BUY
ANY
2
FOR

55⁰⁰

AS SEEN
ON TV

+100 MB
FREE DATA



Stork
Country Spread
40% Fat
Spread
Tub
1 kg

45⁹⁹
each

Save R12

SUPER SPAR



Combo Saver



+



+



+



99⁰⁰ per combo
WITH RewardsCARD

SPAR Cake Wheat Flour
2,5 kg
PLUS
White Star Super Maize Meal
2,5 kg
PLUS
SPAR Sunflower Oil
750 ml
PLUS ANY 1
Pasta Grande
Macaroni or Spaghetti
500 g

Pantry Essentials



SPAR
Pilchards
400 g
Assorted

BUY ANY
2 FOR
46⁰⁰



SPAR
Light Meat
Shredded Tuna
in Water or Oil
170 g

BUY ANY
3 FOR
50⁰⁰



All Gold
Tomato
& Onion
Mix
410 g

18⁹⁹ each
WITH RewardsCARD



Rhodes
Baked Beans
in Tomato
Sauce
410 g

BUY 2 FOR
24⁰⁰
WITH RewardsCARD



Maggi
Beef, Chicken,
Hot & Spicy,
Durban Curry
or Cheese
2 Minute Noodles
5s

29⁹⁹ per pack
WITH RewardsCARD



SPAR
Macaroni, Spaghetti
or Elbows
500 g

BUY ANY
2 FOR
30⁰⁰
WITH RewardsCARD



Wellington's
Sweet Chilli
or Jalepeno
Sauce
700 ml

39⁹⁹ each



Wellington's
Steakhouse
Sauce
700 ml

41⁹⁹ each



Rhodes
Quality
Boerewors
Relish
410 g

25⁹⁹ each
WITH RewardsCARD



Maggi
Lazenby
Worcestershire
Sauce
250 ml
Assorted

29⁹⁹ each
WITH RewardsCARD



SPAR
White or
Brown
Vinegar
750 ml

BUY ANY
2 FOR
22⁰⁰



SPAR
Dill or
Sweet & Sour
Gherkins
in Brine
780 g

54⁹⁹ each



SPAR
Sliced or
Grated
Beetroot
in Vinegar
780 g

32⁹⁹ each
WITH RewardsCARD



SPAR
Sliced or
Grated
Beetroot
in Vinegar
780 g

22⁹⁹ each
WITH RewardsCARD



Snowflake
Cake Wheat
Flour
2,5 kg

34⁹⁹ each
Save R8



SPAR
Refined
White
Sugar
2,5 kg

56⁹⁹ each



Knorr
Salad Dressing
340 ml
Assorted

34⁹⁹ each



Mrs Balls
Chutney
450 g / 470 g
Assorted

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.



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 December** up to and including **28 December 2025** while stocks last.
We reserve the right to limit quantities. Prices include VAT.

BUTCHERY SPECIALS AVAILABLE FROM 08 - 14 DECEMBER 2025
PORK PRODUCTS ONLY AVAILABLE AT SELECTED STORES

Affordable ideas to Impress

with **SPAR** 

SA style
**Chutney
Glazed
Gammon**

AS SEEN
ON TV

+200 MB
FREE DATA 



89⁹⁹
per kg

 **Save R25**

SPAR Tender & Tasty
Mini/Medium
Boneless
Gammon
(Uncooked)



Scan for
recipes that
impress.



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BUTCHERY SPECIALS AVAILABLE FROM 08 - 14 DECEMBER 2025
PORK PRODUCTS ONLY AVAILABLE AT SELECTED STORES



Scan for
recipes that
impress.



Moroccan
spiced
**Roast
Chicken**
with festive
veg



Only at



109⁹⁹
per kg

**SPAR
Tender & Tasty**
Deboned Chicken Thigh
Espetada Roasted
Garlic Butter, BBQ,
Sweet Chilli BBQ or Peri Peri



44⁹⁹
each

**SPAR
freshline**
Seasonal
Roast Vegetables
600 g



44⁹⁹
each

**SPAR
freshline**
Potjie Mix
1 kg

79⁹⁹
per kg

**SPAR
Tender & Tasty**
Whole Chicken with
Moroccan Spice Glaze
or Hot Honey Glaze



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BUTCHERY SPECIALS AVAILABLE FROM 08 - 14 DECEMBER 2025
PORK PRODUCTS ONLY AVAILABLE AT SELECTED STORES

Fresh flavours with a dash of savings



21⁹⁹ SPAR
Steak Co.
Rump Tail
Roast
per 100g

Roasted
Rump Tail
crowned
with fresh
Chimichurri

26⁹⁹ SPAR
freshline
Nectarines
Value Pack
750 g
each



Nectarines
& Tomato
salad on a bed of
whipped feta

65⁹⁹ SPAR
Tender & Tasty
Bacon and
Cheese Wors
420 g
each
WITH Rewards CARD



109⁹⁹ Your Butcher
By SPAR
Rooiberg
Boerewors
per kg



99⁹⁹ Your Butcher
By SPAR
Beef Original
or Chargrilled
Burgers
per kg

Finger food
fun for the
little ones



Cheesy
Wors &
Potato
Hash

The **SPAR & TOPS** you love, now online! **2U** DOWNLOAD NOW ON



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Potato
Salad
with an
on-trend
twist



65⁹⁹ per kg
Your Butcher
By SPAR
Chicken Braai Pack
All Sizes

Grape
Bejewelled
marinated
Chicken
Bake

Scan for
recipes that
impress.

Bedazzle
your dishes
for less
with **SPAR**

BUTCHERY SPECIALS AVAILABLE FROM 08 - 14 DECEMBER 2025

PORK PRODUCTS ONLY AVAILABLE AT SELECTED STORES



34⁹⁹ each
SPAR
freshline
White or Red
Seedless Grapes
500 g



12⁹⁹ each
SPAR
freshline
Baby Potatoes
with Herb Butter
400 g



159⁹⁹ per kg
SPAR
Tender & Tasty
Smoked Pork
Neck Roast or
Pork Belly Roast



279⁹⁹
BUY ANY
2 FOR
SPAR
Tender & Tasty
Pork Belly Ribs
Sweet & Sticky or BBQ
1 kg



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BUTCHERY SPECIALS AVAILABLE FROM 08 - 14 DECEMBER 2025
PORK PRODUCTS ONLY AVAILABLE AT SELECTED STORES



Lamb Platter
adorned with feta,
sundried tomato
and rocket



299⁹⁹ per kg
SPAR
Tender & Tasty
Deboned Leg of Lamb
with Rosemary Rub



174⁹⁹ per kg
Your Butcher
By SPAR
Leg of Lamb
(Bone-in)



69⁹⁹ per kg
Your Butcher
By SPAR
Chicken Starpack
(Drums & Thighs)



21⁹⁹ per 100g
SPAR
Tender & Tasty
Beef Rump
Espetada



**EASY
ENTERTAINING**
WITH A TOUCH OF STYLE



From **64⁹⁹**
Signature Selection
Pairings

The **SPAR & TOPS** you love, now online! **2U** DOWNLOAD NOW ON Available on the App Store GET IT ON Google Play

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BUTCHERY SPECIALS AVAILABLE FROM 08 - 14 DECEMBER 2025
PORK PRODUCTS ONLY AVAILABLE AT SELECTED STORES



26⁹⁹ each **SPAR freshline**
Ripe n Ready
Mango
2s



21⁹⁹ each **SPAR freshline**
Crisp Lettuce
300 g or
Season's Value
220 g
Pillow Packs



119⁹⁹ each **SPAR**
Tender & Tasty
Smoked Streaky
Bacon, Shoulder
Bacon or
Back Bacon
650 g



74⁹⁹ each **SPAR**
Tender & Tasty
Smoked
Diced Bacon
650 g
WITH Rewards CARD



17⁹⁹ each **SPAR freshline**
Bananas
750 g



Create a sensation with edible table decor

Simply chop, slice, plate
& sprinkle with peppercorns

**Mango
Wreath
Salad**
with zesty lime
dressing



SPAR Rewards deals. While stocks last.

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The final flourish

is easy on your budget



44⁹⁹ each

SPAR Bakery
Festive Fruit Mince Pies
4s



Scan for recipes that impress.



59⁹⁹ each

SPAR Bakery
Mini Fruit Cakes
250 g



75⁹⁹ each

SPAR Bakery
Festive Iced Fruit Slab
400 g



169⁹⁹ each

SPAR Bakery
Festive Panettone
500 g

The **SPAR & TOPS** you love, now online!



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169⁹⁹
each

SPAR
Bakery
Festive Brandy
Pudding
400 g



Give the gift of
**smooth
indulgence**
While stocks last



Easy
**Mango
and
Coconut
Trifle**



Scan for
recipes that
impress.



41⁹⁹
each
SPAR
Bakery
Festive Trifle
Sponge
400 g



71⁹⁹
each
SPAR Bakery
Festive
Chocolate
Slab Cake



42⁹⁹
each
SPAR Bakery
Festive
Chocolate
Cupcakes
9s

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Super Savings



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

44⁹⁹
each

AS SEEN
ON TV

+50 MB
FREE DATA



Bokomo
Weet-Bix
450 g

26⁹⁹
each
Save R9

Grocery Savings



Kellogg's
Coco Pops Assorted,
Froot Loops Assorted,
Rice Krispies Assorted,
Mash Ups, Crunchers,
Frosties or Special K
340 g / 350 g /
375 g / 400 g

49⁹⁹
each



Kellogg's
All Bran
Flakes
750 g

69⁹⁹
each
WITH RewardsCARD



Kellogg's
Corn Flakes
1 kg

79⁹⁹
each
WITH RewardsCARD



SPAR
Muesli
750 g
Assorted

54⁹⁹
each



Jacobs
Krönung
Coffee Jar
or Refill
(excl. Decaf)
200 g / 230 g
Assorted

154⁹⁹
each



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

BUY ANY
2 FOR
120⁰⁰
WITH RewardsCARD



SPAR
Filter
Coffee
250 g
Assorted

89⁹⁹
each



Joko
Tagless
Tea Bags
100s

55⁹⁹
per pack



Glen
Rooibos
Tagless Teabags
80s

34⁹⁹
per pack
WITH RewardsCARD



La Italiana
Smooth
or Crunchie
Peanut
Butter
400 g

24⁹⁹
each



Rhodes
Smooth
Apricot
or Mixed Fruit
Jam
900 g

29⁹⁹
each
WITH RewardsCARD



Rhodes
Quality
Jam
340 g
Assorted

44⁹⁹
each
WITH RewardsCARD



Royco
Sauce, Gravy
or Marinade
32 g / 37 g / 38 g /
39 g / 40 g / 48 g
Assorted

BUY ANY
2 FOR
32⁰⁰



Ina Paarman's
Kitchen
Poultry
Stuffing Mix
100 g

26⁹⁹
each



Ina Paarman's
Kitchen
Ready to Serve
Sauce
200 ml
Assorted

32⁹⁹
each
WITH RewardsCARD



Ina Paarman's
Kitchen
Roasted Red Pepper
Pesto made with
Italian Cheese
125 g

42⁹⁹
each



Robertson's
Rajah
Curry
Powder
200 g
Assorted

34⁹⁹
each
WITH RewardsCARD



Robertson's
Black, White,
Lemon or
Coarse Black Pepper,
Ground Cumin or
Crushed Garlic
100 ml

34⁹⁹
each
WITH RewardsCARD



Robertson's
Spice, Seasoning or
Herbs
(excl. Pepper Range)
14 g / 100 ml
Assorted

24⁹⁹
each
WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED



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App Store

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Holiday Saver



SPAR
Streaky,
Back or Lean
Bacon
200 g

34⁹⁹
each

WITH RewardsCARD



SPAR
Shoulder or
Diced
Bacon
200 g

29⁹⁹
per pack

WITH RewardsCARD

Fridge Essentials



SPAR
Cold Meat
Slices
200 g
Assorted

BUY ANY
2
FOR

50⁰⁰



Rainbow
Simply
Chicken
Original
or Cheese
Viennas
1 kg

104⁹⁹
each



SPAR
Margarine
Brick
500 g

28⁹⁹
each

WITH RewardsCARD



SPAR
Grillers
425 g
Assorted

69⁹⁹
each

WITH RewardsCARD



SPAR
Viennas
Red or
Smoked
Only
500 g

49⁹⁹
per pack

WITH RewardsCARD



Today's
Puff
Pastry
400 g
Assorted

29⁹⁹
each



SPAR
Choice
Salted
Butter
500 g

64⁹⁹
each

WITH RewardsCARD

Freezer Favourites



Rainbow
Simply Chicken
Crumbed Chicken
Nuggets Assorted,
Steaklets Assorted,
Burgers Assorted
or Fingers
400 g

52⁹⁹
each

WITH RewardsCARD



kort
ni Cheese Viennas,
tato & Bacon Balls
Crumbed Pork
rgers, Sliders,
kkadels or Nuggets
0 g

49⁹⁹
each



McCain
Frozen
Skinny Fries
or Slap Chips
1 kg

49⁹⁹
each

WITH RewardsCARD



McCain
Frozen
Mixed
Vegetables
1 kg

39⁹⁹
each



Cadbury
Dairymilk Assorted,
Oreo or Crunchie
Stick Ice Cream
90 ml

BUY ANY
2
FOR

60⁰⁰



Dr Oetker
Ital Pizza
Familla
380 g / 424 g /
440 g / 468 g /
470 g / 504 g /
514 g / 529 g /
544 g
Assorted

74⁹⁹
each



Dine-In
Frozen Meal
800 g / 900 g
Assorted

149⁹⁹
each

WITH RewardsCARD



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Super Savings



Parmalat
Steri Stumpie
Flavoured Milk
350 ml
Assorted

BUY ANY
2
FOR

30⁰⁰

WITH RewardsCARD



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

42⁹⁹

each
WITH RewardsCARD

Fridge Favourites



BUY ANY
2
FOR

36⁰⁰

WITH RewardsCARD



Parmalat
Low Fat,
Fabulite, Easy Gest,
High Protein or
Double Cream Yoghurt
800 g / 1 kg
Assorted

36⁹⁹

each



AS SEEN
ON TV

+100 MB
FREE DATA
mobile

Clover
Krush
100%
Fruit Juice
Blend
1,5 litre
Assorted

38⁹⁹

each

Save R10

Cheese Favourites



Lancewood
Mascarpone
250 g

54⁹⁹

each



Lancewood
Cottage Cheese
250 g
Assorted

42⁹⁹

each



Président
Traditional
Camembert
or Brie
125 g

42⁹⁹

each

WITH RewardsCARD



Président
Creamy
Blue Cheese
100 g

42⁹⁹

each

WITH RewardsCARD



Parmalat
Processed
Cheese Slices
400 g
Assorted

59⁹⁹

each



Président
Feta
Cheese
400 g
Assorted

58⁹⁹

each



SPAR
Cream
Cheese
175 g
Assorted

39⁹⁹

each

WITH RewardsCARD



Parmalat or
Président
Pre-Packed
Cheese
800 g / 850 g
Assorted

124⁹⁹

per pack



SPAR
Creamy Dip
175 g
Assorted

24⁹⁹

each

WITH RewardsCARD

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Christmas Saver

SPAR Jelly 40 g Assorted

BUY ANY 3 FOR

26⁰⁰

WITH RewardsCARD

Sheridans Gelatine CLEAR & UNFLAVOURED

Sheridans Gelatine 125 g

64⁹⁹ each

Dessert Savings

Rhodes Fruit Cocktail in Syrup 410 g

29⁹⁹ each

WITH RewardsCARD

AS SEEN ON TV

+100 MB FREE DATA mobile

Koo Peach Slices or Halves in Syrup 410 g

BUY ANY 2 FOR

40⁰⁰

Save R16

Nestlé Caramel Treat 360 g PLUS Evaporated Ideal Milk 380 g

BUY BOTH FOR

85⁰⁰ per combo

WITH RewardsCARD

AS SEEN ON TV

+100 MB FREE DATA mobile

Danone Ultra Mel Vanilla Flavoured Custard 1 kg

BUY ANY 2 FOR

44⁰⁰

Save R26

Golden Cloud Bran Muffin Mix 1 kg

Golden Cloud Pre-Mix 1 kg Assorted

34⁹⁹ each

Yello Lemon Juice 500 ml

21⁹⁹ each

WITH RewardsCARD

Danone Ultra Mel Delight Vanilla, Caramel or Chocolate Flavoured Dessert 4 x 100 g

29⁹⁹ per pack

Healthy Living Made Easy

Bakers Crackerbread 125 g Assorted

29⁹⁹ each

WITH RewardsCARD

The Master Pure Honey 500 g

62⁹⁹ each

Fry's Everyday Value Chicken Strips Assorted, Soya Mince, Hot Dogs, or Braai Sausages 300 g / 360 g / 380 g

39⁹⁹ each

Brookes Low-Cal Squash 1 litre Assorted

42⁹⁹ each

Slimsy Flavoured Ice Tea or Squash Concentrate 1 litre Assorted

32⁹⁹ each

SPAR Lactose Free Full Cream or 2% Low Fat Milk 1 litre

BUY ANY 2 FOR

38⁰⁰

Canderel Chocolate Slab 100 g Assorted

59⁹⁹ each

Equal Sweetener Sticks 100s

46⁹⁹ per pack

Canderel Sweetener Cafe Sticks 200s

109⁹⁹ per pack

Canderel Sweetener Tablets Refill Pack 600s

109⁹⁹ per pack

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 December up to and including 28 December 2025 while stocks last. We reserve the right to limit quantities. Prices include VAT.

Super Savings



SPAR
Wine Gums, Jellies
or Tons of Gums
400 g

55⁹⁹
each



Manhattan or
Mister Sweet
Pink and White
Marshmallows or
Yumallows
400 g

39⁹⁹
each

Sweet Festive Deals



Pringles
Potato
Chips
165 g
Assorted

BUY ANY
2
FOR
100⁰⁰
WITH RewardsCARD



Willards
Big Korn
Bites
Chips
120 g
Assorted

BUY ANY
2
FOR
32⁰⁰



SPAR
Corn
Chips
145 g
Assorted

BUY ANY
2
FOR
34⁰⁰
WITH RewardsCARD



AS SEEN
ON TV
+100 MB
FREE DATA
mobile

SAVE
EXTRA
IN-STORE
ONLY

Lay's
Potato Chips
(excl.
Kettle Range)
120 g
Assorted

BUY ANY
2
FOR
38⁰⁰
Save R10



Bakers
Kips
Crackers
200 g
Assorted

32⁹⁹
per box
WITH RewardsCARD



Truda
Pretzels
(incl. Fish Shape)
200 g / 240 g
Assorted

BUY ANY
2
FOR
50⁰⁰
WITH RewardsCARD



Safari
Peanuts
150 g
Assorted

BUY ANY
2
FOR
40⁰⁰
WITH RewardsCARD



Mister Sweet
Rascals
Fruity Flavoured
Candy
125 g
Assorted

22⁹⁹
each



Beacon
Maynards
Gums,
Sweets
or Jellies
100 g
Assorted

BUY ANY
2
FOR
40⁰⁰
WITH RewardsCARD



Cadbury
Whispers
Assorted
or Tumbles
Raisins
180 g

54⁹⁹
each
WITH RewardsCARD



Lindt Lindor
Cornet
Milk
Chocolate
200 g
Assorted

149⁹⁹
each
WITH RewardsCARD



Nestlé
Kit Kat, Tex,
Bar-One
or Smarties
Mini Bag
135 g / 180 g /
182 g / 189 g

BUY ANY
2
FOR
99⁰⁰
WITH RewardsCARD



Bounty, Mars,
Snickers or Twix
Mini Chocolate Bars
227 g

49⁹⁹
per pack



Cadbury
Milk Chocolate Slab
(incl. Bubbly & Festive Range)
150 g
Assorted

39⁹⁹
each
WITH RewardsCARD



Mister Sweet
Speckled
Eggs
100 g / 125 g
Assorted

29⁹⁹
each
WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED 2U



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Summer Saver



Coca Cola
Sprite, Stoney
Ginger Beer,
Fanta or Coca Cola
Zero
24 x 300 ml

179⁹⁹
per pack

WITH RewardsCARD

Snacks



Bakers
Romany Creams
or Choc Kits
Biscuits
200 g
Assorted

34⁹⁹
each

WITH RewardsCARD



Oreo
Biscuits
128.8 g
Assorted

BUY ANY
2 FOR
32⁰⁰

AS SEEN
ON TV

+50 MB
FREE DATA

SAVE
EXTRA
IN-STORE
ONLY



Bakers
Eet-Sum-Mor
Biscuits
200 g
Assorted

26⁹⁹
each

Save R8



Bakers
Tennis
Biscuits
200 g
Assorted

BUY ANY
2 FOR

48⁰⁰

WITH RewardsCARD

Drinks Essentials



OR BUY
4 PACK FOR
R95.00

aQuellé
Still
Spring Water
5 litre

BUY ANY
2 FOR

50⁰⁰

WITH RewardsCARD



Powerade
Ready to Drink
Sports Drink
500 ml
Assorted

BUY ANY
2 FOR

26⁰⁰



SPAR
Smoothie
1 litre
Assorted

BUY ANY
2 FOR

23⁰⁰



Power Play
Energy Drink
440 ml / 500 ml
Assorted

BUY ANY
2 FOR

26⁰⁰

WITH RewardsCARD



SPAR
100% Fruit
Juice Blend
6 x 200 ml
Assorted

39⁹⁹
per pack



Energade
Ready to Drink
Sports Drink
6 x 500 ml
Assorted

69⁹⁹
per pack

WITH RewardsCARD



Lipton
Flavoured
Iced Tea
1.5 litre
Assorted

BUY ANY
2 FOR

50⁰⁰



Brookes
Oros
Squash
2 litre
Assorted

AS SEEN
ON TV

+100 MB
FREE DATA

BUY ANY
2 FOR

37⁹⁹
each

Save R8



Liqui Fruit
100% Fruit
Juice Blend
1 litre
Assorted

BUY ANY
2 FOR

50⁰⁰

Save R26



SPAR
Natural Spring
Still or Sparkling
Water
1.5 litre

BUY ANY
2 FOR

20⁰⁰

WITH RewardsCARD



SPAR
Carbonated
Soft Drink
2 litre
Assorted

BUY ANY
2 FOR

22⁰⁰

WITH RewardsCARD



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 December** up to and including **28 December 2025** while stocks last.

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

Super Savings



Nivea
Roll-On
Deodorant
50 ml
Assorted

BUY
ANY
2
FOR

50⁰⁰

WITH RewardsCARD



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

17⁹⁹

each

WITH RewardsCARD

Family Essentials



Brut
Body Spray
Deodorant
for Men
120 ml
Assorted

BUY
ANY
2
FOR

70⁰⁰

WITH RewardsCARD



Yardley
Body Spray
for Men
or Women
90 ml / 125 ml
Assorted

39⁹⁹

each



Protex
Soap
175 g
Assorted

BUY
ANY
2
FOR

26⁰⁰

WITH RewardsCARD



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

BUY
ANY
2
FOR

38⁰⁰

WITH RewardsCARD



Sensodyne
Clean & Fresh, Fresh Mint,
Gentle Whitening, Multi Care,
Multi Care Herbal or
Natural White
75 ml

54⁹⁹

each



SPAR
Oral Pro
Everyday
Toothbrush
Value Pack
2s

9⁹⁹

per pack



Vaseline
Petroleum
Jelly
250 ml
Assorted

36⁹⁹

each

WITH RewardsCARD



SPAR
Oral Pro
Hard
Earth Smile
Toothbrush
Value Pack
2s
PLUS
Oral Pro
Mouth Wash
500 ml
Assorted

BUY
BOTH
FOR

75⁰⁰

per combo

WITH RewardsCARD



No Hair
Hair Removal
Lotion
for Men or Women
125 ml
Assorted

69⁹⁹

each



Lux
Soap
150 g
Assorted

BUY
ANY
2
FOR

26⁰⁰

WITH RewardsCARD



Dawn
Body
Lotion or Cream
400 ml
Assorted

24⁹⁹

each



Nivea
Sun
SPF50
Sunscreens
Spray or
Lotion
(incl. Kids Trigger)
200 ml / 270 ml

199⁹⁹

each

WITH RewardsCARD



Panado
Securitane or
Blister Box
24s

31⁹⁹

each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED



Download now!



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Combo Saver

Purity
Baby Foods
Jar or Puree Pouch
110 ml / 125 ml
Assorted

BUY ANY 2 FOR 26⁰⁰

Purity
Baby Foods Jar or Puree Pouch
50 ml / 200 ml
Assorted

BUY ANY 2 FOR 30⁰⁰
WITH RewardsCARD

Baby Favourites

Nestlé
Cerelac
Baby Cereal
200 g
Assorted

32⁹⁹ each
WITH RewardsCARD

Johnson's
Baby Powder
Regular
400 g
Assorted

64⁹⁹ each

Johnson's
Baby Wipes
Extra Sensitive 56s or
Gentle 72s

34⁹⁹ each

Johnson's
Baby Oil
125 ml

47⁹⁹ each

HUGGIES
Dry Comfort
Up to 12 hours protection with a comfy pop-pocket waistband

1 84
2-5kg

179⁹⁹ per pack
WITH RewardsCARD

Johnson's
Baby Soap
175 g
Assorted

16⁹⁹ each

Johnson's
Baby Jelly
500 ml
Assorted

54⁹⁹ each

Johnson's
Baby Aqueous
Cream
500 ml
Assorted

62⁹⁹ each

Family Savings

Twinsaver
Classic 2-Ply
Toilet Tissue
Rolls
350 sheets
18s

139⁹⁹ per pack
WITH RewardsCARD

Lil-Lets
Pantyliners
20s
Assorted

19⁹⁹ per box

Lil-Lets
Tampons
32s
Assorted

44⁹⁹ per box

Lil-Lets
Essential Duo
menstrual Pads
16s
Assorted

21⁹⁹ per pack
WITH RewardsCARD

Active Care
Adult
Diapers
10s
Assorted

129⁹⁹ per pack

STAND A CHANCE TO WIN R10 000 FOR YOUR SCHOOL

Homework is tough!

Winning R10 000 for your school? Easy as 1-2-3!

- Buy 3 SPAR Products
- Swipe your Rewards card
- Fill in your details on the slip & drop it in-store by 31 January 2026

SPAR Rewards deals available while stocks last.

Super Savings



Whiskas
Cat Food
Pouches
85 g
Assorted

BUY
ANY
3
FOR

40⁰⁰

WITH RewardsCARD



SPAR
pro-balance
Dog Food
Cans
775 g
Assorted

BUY
ANY
2
FOR

65⁰⁰

Pet Favourites



Whiskas
Cat Food
Pouches
12s
Assorted

139⁹⁹

each

WITH RewardsCARD



Marltons
Regular
Cat Litter
10 kg

69⁹⁹

each



Beeno
Dog Biscuits or
Mallows Bites
500 g / 800 g
Assorted

74⁹⁹

each



SPAR
Woof
Dog Food
Chunks
excl. Puppy Range)
8 kg
Assorted

199⁹⁹

each

WITH RewardsCARD

Home Essentials



SPAR
Heavy Foil
5m

36⁹⁹

each

WITH RewardsCARD



SPAR
Cling Wrap
300mm x 30 m

49⁹⁹

each

WITH RewardsCARD

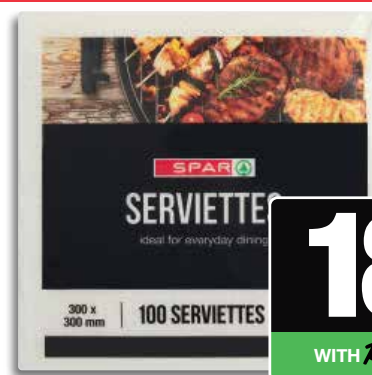


SPAR
Paper Plates
50s

42⁹⁹

each

WITH RewardsCARD



SPAR
White
Serviettes
100s

18⁹⁹

per pack

WITH RewardsCARD



SPAR
Mega
Roller
Towels
2s
Assorted

44⁹⁹

per pack

WITH RewardsCARD



Energizer
Max
AA or AAA
Alkaline
Batteries
8s

119⁹⁹

per pack

WITH RewardsCARD



SPAR
Disposable
Cups
10s

16⁹⁹

each

WITH RewardsCARD



SPAR
goodliving
Hi-ball
or Willy
Tumbler
280 ml

14⁹⁹

each



Red Wine
Glass

24⁹⁹

each



Shield
Car Wash
Shampoo
1 litre

39⁹⁹

each

Braai Savings



SPAR
Charcoal
Briquettes
5 kg

89⁹⁹

each

WITH RewardsCARD



SPAR
Firelighters 12s

21⁹⁹

each

WITH RewardsCARD



Bic
Multi
Mega
Lighter
Assorted

54⁹⁹

each

WITH RewardsCARD



SPAR
goodliving
Blue, Red
or Silver
Cooler Box
28 litre

259⁹⁹

each

WITH RewardsCARD

Pool Essentials



hth
Granular+
Chlorine
Minerals+
8 kg

399⁹⁹

each



hth
Floater +
1,6 kg

179⁹⁹

each

LOVE IT? SPAR GETS IT DELIVERED 2U



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 December** up to and including **28 December 2025** while stocks last.

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

Super Savings



Sunlight
Dishwashing
Liquid
Refill Pack
Regular only
750 ml

26⁹⁹ each
WITH RewardsCARD



SPAR
Budget
Refuse Bags
20s

34⁹⁹ per roll

Household Essentials



Doom
Multi
Insect Spray
300 ml
Assorted

39⁹⁹ each

WITH RewardsCARD



Handy Andy
Cleaning
Cream
750 ml
Assorted

25⁹⁹ each

WITH RewardsCARD



Domestos
Thick Bleach
750 ml
Assorted

BUY ANY
2 FOR
60⁰⁰

WITH RewardsCARD



Jik
Bleach
750 ml
Assorted

21⁹⁹ each

WITH RewardsCARD



Finish
Dishwasher
Tablets
45s / 50s / 56s
Assorted

254⁹⁹ each



Home Care
by SPAR
Sponge Scourers
3s
PLUS
SPAR
Germex
Kitchen or Bathroom Cleaner
750 ml

BUY BOTH
FOR
50⁰⁰ per combo



Peaceful Sleep
Mosquitos
Liquid Refill
35 ml

64⁹⁹ each



Sunlight
Hand Wash
Powder
2 kg
Assorted

59⁹⁹ each

WITH RewardsCARD



Ariel
Auto
Liquid
Assorted
2 litre
or Capsules
21s

139⁹⁹ each

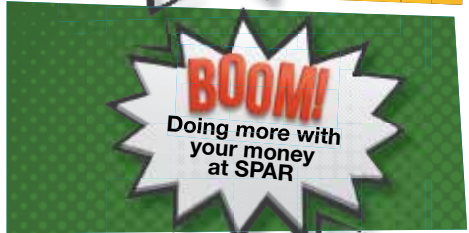
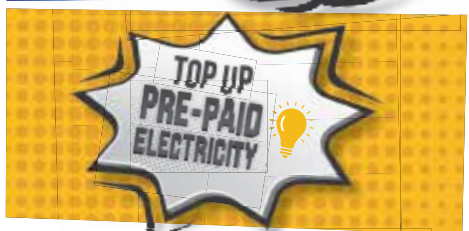
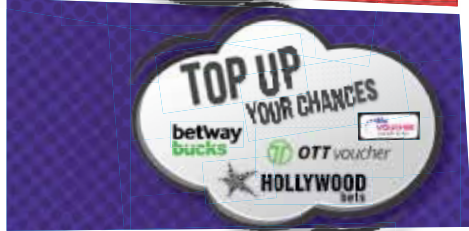
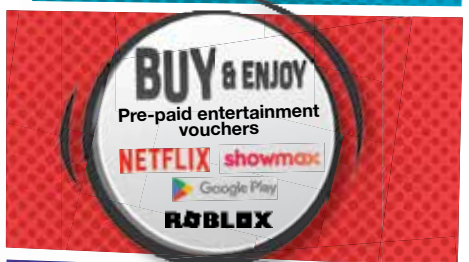


Peaceful Sleep
Mosquitos
Mats
30s

59⁹⁹ each



**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

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.

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 · 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 December** up to and including **28 December 2025 while stocks last.**

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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



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