

SPAR PRODUCTS

OUR BEST FOR LESS SALE

Super Savings

SPAR UNLEASH YOUR INNER CHEF with **nutrifresh**

COLLECT THE RANGE

22 JUL TO 8 NOV 2026

nutrifresh™ is a registered trademark used under license by TCC Global N.V.

Ts & Cs apply.

BUY me for a BONUS sticker!

169⁹⁹

each

WITH RewardsCARD

AS SEEN ON TV

BUY me for a BONUS sticker!

29⁹⁹

each

Save R12

BUY me for a BONUS sticker!

32⁹⁹

each

WITH RewardsCARD

BUY me for a BONUS sticker!

169⁹⁹

each

WITH RewardsCARD

BUY me for a BONUS sticker!

56⁹⁹

each

WITH RewardsCARD

AS SEEN ON TV

84⁹⁹

per pack

WITH RewardsCARD

BUY me for a BONUS sticker!

39⁹⁹

each

WITH RewardsCARD

AS SEEN ON TV

59⁹⁹

each

WITH RewardsCARD

BUY me for a BONUS sticker!

59⁹⁹

per pack

Save R10

SUPERSPAR

SEC3798

Fresh value



Chikka Chicken
Whole
Roast Chicken

89⁹⁹
each

Butcher's Best

SPAR
PRODUCTS

**OUR BEST
FOR LESS
SALE**



Your Butcher
By SPAR
Fresh Chicken
Braai Pack
5s / 12s

69⁹⁹
per kg



Your Butcher
By SPAR
Rooiberg
Boerewors

119⁹⁹
per kg



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

69⁹⁹
per combo



SPAR
Tender & Tasty
Chicken Espetadas
Assorted

99⁹⁹
per kg



Your Butcher
By SPAR
Whole
Fresh Chicken
(in a bag without giblets)

54⁹⁹
per kg



Your Butcher
By SPAR
Beef
Tenderised
Steak

159⁹⁹
per kg



Your Butcher
By SPAR
Pork
Loin Chops
(Previously Frozen)

54⁹⁹
per kg

Butchery prices are valid 11 - 16 August 2026

Pork Products are available in selected stores only.

Fresh Produce



SPAR
freshline
Soup Mix
Range
600 g

34⁹⁹
each



SPAR
freshline
Soft Citrus
1 kg

BUY 2 FOR 30⁰⁰



SPAR
freshline
Seasons
Favourite
Apples
1.5 kg

24⁹⁹
per bag



SPAR
freshline
Bananas
750 g

BUY 2 FOR 35⁰⁰

Bakers Best



Blue Ribbon
White
Sliced Bread
700 g

19⁹⁹
per loaf

WITH RewardsCARD



Blue Ribbon
Brown Sliced
Bread
700 g

16⁹⁹
per loaf

WITH RewardsCARD



SPAR
Bakery
Croissants
4s

48⁹⁹
per pack



SPAR
Bakery
Malva
Pudding
450 g

59⁹⁹
each



SPAR
Bakery
Cakes
6 inch
Assorted

69⁹⁹
each

SHOP

Get a sticker
for every R100
you spend.



COLLECT

Fill your
collector's card
with **30 stickers**
and hand it in at
the till.

SAVE UP TO

80%

on **nutrifresh**
Kitchen Essentials



SHOP, SWIPE, COLLECT & SAVE!



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 **11 August 2026** up to and including **23 August 2026** while stocks last.

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

Must-have Savings



SPAR
Original
or Tangy
Mayonnaise
750 g

32⁹⁹
each

WITH RewardsCARD

Pantry Essentials

SPAR
PRODUCTS

OUR BEST
FOR LESS
SALE



SPAR
Light Meat
Shredded Tuna
in Water or Oil
170 g

BUY
ANY
2
FOR

38⁰⁰

WITH RewardsCARD



SPAR
Tomato
& Onion
Mix
410 g

17⁹⁹
each

WITH RewardsCARD



SPAR
Diced
Tomatoes
400 g

17⁹⁹
each

WITH RewardsCARD



SPAR
Chutney
460 g
Assorted

31⁹⁹
each

WITH RewardsCARD



SPAR
Corned
Meat
300 g
Assorted

29⁹⁹
each

WITH RewardsCARD

Combo Deal



B-Well
Omega 3 Cooking Oil Blend
750 ml
PLUS
Golden Delight
Parboiled Rice
2 kg
PLUS
Snowflake
Cake Wheat Flour
2.5 kg
PLUS
Iwisa
Maize Meal
2.5 kg

BUY
ALL
FOR

120⁰⁰
per combo

WITH RewardsCARD



SPAR
Spaghetti,
Elbows or
Macaroni
500 g

BUY
ANY
2
FOR

30⁰⁰

WITH RewardsCARD



SPAR
Pilchards
400 g
Assorted

BUY
ANY
2
FOR

45⁰⁰

WITH RewardsCARD



Champion
Samp
2.5 kg

37⁹⁹
each

WITH RewardsCARD



Eezee
Macaroni, Screws,
Elbows, Spaghetti or
Penne Pasta
500 g

BUY
ANY
2
FOR

25⁰⁰

WITH RewardsCARD



Rhodes
Baked Beans
in Tomato
Sauce
400 g

BUY
ANY
2
FOR

25⁰⁰

WITH RewardsCARD



Knorr
Aromat
70 g / 75 g
Assorted

15⁹⁹
each

WITH RewardsCARD



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

36⁹⁹
each

WITH RewardsCARD



Knorrox
Stock
Powder
100 g
or Cubes
12s
Assorted

14⁹⁹
each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED



Download now!

Available on the
App Store

GET IT ON
Google Play

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30 STICKERS IS ALL IT TAKES

BUY
me for a
BONUS
sticker!



Danone
Ultra Mel
Custard
1 kg / 1 litre
Assorted

BUY
ANY
2
FOR

55⁰⁰

WITH RewardsCARD

Breakfast Savings



SPAR
Pure
Rooibos
80s

34⁹⁹
each

WITH RewardsCARD



Jungle
Oats
Pillow
Pack
2 kg

79⁹⁹
each

WITH RewardsCARD



SPAR
Squillos
Hoops or Puffs
Cereal
320 g / 350 g
Assorted

36⁹⁹
each

WITH RewardsCARD



Bakers
Rusks
450 g
Assorted

54⁹⁹
each

WITH RewardsCARD



SPAR
Golden
Corn Flakes
500 g

29⁹⁹
each

WITH RewardsCARD



SPAR
Instant Maize
Porridge
1 kg
Assorted

22⁹⁹
each

WITH RewardsCARD

SPAR
PRODUCTS



Nescafé
Ricoffy
Tin or
Refill Pouch
250 g / 280 g

64⁹⁹
each

WITH RewardsCARD



Teaspoon Tips
Tagless
Teabags
100s

24⁹⁹
per pack

WITH RewardsCARD

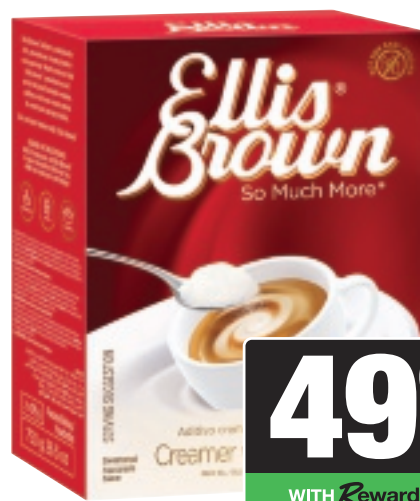


Jacobs
Hot or Iced
Cappuccino
Sticks
8s / 10s
Assorted

BUY
ANY
2
FOR

110⁰⁰

WITH RewardsCARD



Ellis Brown
Coffee
Creamer
750 g

49⁹⁹
each

WITH RewardsCARD



SPAR
Sunflower
Oil
750 ml
PLUS
Parboiled Rice
2 kg
PLUS
Super Maize
Meal
2,5 kg

BUY
ALL
FOR

75⁰⁰
per combo

WITH RewardsCARD

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Be a saver super



Coca Cola
Regular Drink
1,5 litre
PLUS ANY 2
SPAR
Crumbed Chicken
Burgers, Pops, Steaklets,
Fries, Nuggets or Strips

BUY ALL FOR

120⁰⁰

per combo

WITH RewardsCARD

Freezer Favourites

SPAR PRODUCTS

OUR BEST FOR LESS SALE



SPAR
Full Cream or
Double Cream
Yoghurt
1 kg
Assorted

39⁹⁹

each

WITH RewardsCARD



SPAR
Hot Doggers
(excl. Chicken and
Chicken & Cheese
Range)
500 g
Assorted

39⁹⁹

each

WITH RewardsCARD



SPAR
Processed
Cheese Slices
400 g
Assorted

59⁹⁹

each

WITH RewardsCARD



SPAR
Mini Cheese Puffs,
Chicken, Spinach & Feta
or Cheese & Jalapeno
or Sausage Rolls
40s

99⁹⁹

each

WITH RewardsCARD

SPAR PRODUCTS



McCain
Frozen
Skinny Fries
or Slap Chips
1 kg

54⁹⁹

each

WITH RewardsCARD



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

84⁹⁹

each

WITH RewardsCARD



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

59⁹⁹

each

WITH RewardsCARD

Chilled Savings



Rainbow
Simply
Chicken Polony
1 kg
Assorted

54⁹⁹

each

WITH RewardsCARD



Eskort
Shoulder,
Diced or Round
Bacon only
200 g

32⁹⁹

each

WITH RewardsCARD



Eskort
Smoked
or Red
Viennas
500 g

36⁹⁹

each

WITH RewardsCARD



Darling
Dash
Flavoured
Dairy Fruit Juice
Blend
2 litre
Assorted

26⁹⁹

each

WITH RewardsCARD



Darling
Amasi
2 kg

33⁹⁹

each

WITH RewardsCARD



Clover
Super M
Flavoured Milk or
Bliss Milkshake
300 ml
Assorted

14⁹⁹

each

WITH RewardsCARD



D'Lite
40%
Fat Spread
Brick
500 g

12⁹⁹

each

WITH RewardsCARD



Danone
Nutriday
Yoghurt
6 x 100 g
Assorted

30⁰⁰

each

Save R10



SPAR
Fat Free,
Lactose Free
or Low Fat
Yoghurt
1 kg
Assorted

34⁹⁹

each

WITH RewardsCARD



SPAR
Medium Fat
Cream Cheese
175 g
Assorted

44⁹⁹

each

WITH RewardsCARD

Cheese Selection

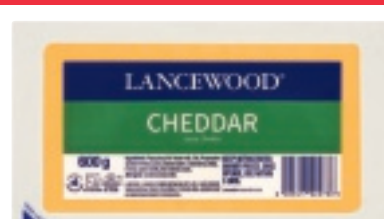


SPAR
Grated
Cheese
250 g
Assorted

52⁹⁹

each

WITH RewardsCARD



Lancewood
Pre-Packaged
Cheese
600 g
Assorted

119⁹⁹

each

WITH RewardsCARD



SPAR
Vacuum
Pack
Cheese
240 g
Assorted

46⁹⁹

each

WITH RewardsCARD



SPAR
Cottage
Cheese
250 g
Assorted

32⁹⁹

each

WITH RewardsCARD

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UNLEASH YOUR INNER CHEF

AS SEEN
ON TV

SAVE
EXTRA

BUY
me for a
BONUS
sticker!



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

BUY
ANY
2
FOR

24⁰⁰

Save R8

Snacks and Beverages



SPAR
Potato
Chips
120 g
Assorted

BUY
ANY
2
FOR

30⁰⁰

WITH RewardsCARD



Bakers
Topper
Flavoured Cream Biscuits
125 g
Assorted

BUY
ANY
2
FOR

25⁰⁰

WITH RewardsCARD



Nik Naks
Maize
Snack
135 g
Assorted

BUY
ANY
2
FOR

22⁰⁰

WITH RewardsCARD



Manhattan or
Mister Sweet
Sweets, Jellies,
Gums, Rascals
or Lickrish
100 g / 125 g
/ 150 g
Assorted

23⁹⁹

each

WITH RewardsCARD



SPAR
Carbonated
Soft Drink
Cola Only
3 litre

BUY
2
FOR

32⁰⁰

WITH RewardsCARD



Simba
Potato
Chips
120 g
Assorted

BUY
ANY
2
FOR

35⁰⁰

WITH RewardsCARD



Pepsi
Lite or Maxx
or 7 Up
Sugar Free
2 litre

BUY
ANY
2
FOR

29⁰⁰

WITH RewardsCARD



Manhattan
Pink and White
Marshmallows
or Mister Sweet
Pink & White
Yamallows
400 g

39⁹⁹

each

WITH RewardsCARD



SPAR
Smoothie
1 litre
Assorted

BUY
ANY
2
FOR

20⁰⁰

WITH RewardsCARD



SPAR
Aloe Vera
Drink
500 ml
Assorted

BUY
ANY
2
FOR

33⁰⁰

WITH RewardsCARD



Thirsti
Still
Water
5 litre

BUY
2
FOR

45⁰⁰

WITH RewardsCARD



SPAR
Signature Selection
100%
Pressed Fruit Juice
Blend
1 litre
Assorted

29⁹⁹

each

WITH RewardsCARD



SPAR
Gums, Sweets
or Jellies
125 g
Assorted

BUY
ANY
2
FOR

38⁰⁰

WITH RewardsCARD

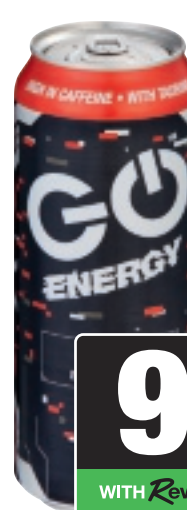


Score
Energy Drink
or Immune
Booster
500 ml
Assorted

BUY
ANY
2
FOR

22⁰⁰

WITH RewardsCARD



GO
Energy
Drink
500 ml
Assorted

9⁹⁹

each

WITH RewardsCARD



Rhodes
Nectar
Fruit Juice
Blend
6 x 200 ml
Assorted

37⁹⁹

per pack

WITH RewardsCARD



Rhodes
100%
Fruit juice
Blend
1 litre
Assorted

24⁹⁹

each

WITH RewardsCARD

SPAR
PRODUCTS



SPAR Rewards deals available while stocks last.

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Save every time



Cuddlers
Gold
Disposable Nappies
Jumbo Pack
Assorted
PLUS
Baby Wipes
80s

BUY
BOTH
FOR

180⁰⁰
per combo

WITH RewardsCARD

Baby Care

SPAR
PRODUCTS

**OUR BEST
FOR LESS
SALE**



Care by SPAR
Loofah
Assorted

16⁹⁹
each

WITH RewardsCARD



SPAR
Foam
Bath
2 litre
Assorted

54⁹⁹
each

WITH RewardsCARD



SPAR
Germex
Hygiene
Soap
175 g
Assorted

BUY
ANY
3
FOR

33⁰⁰

WITH RewardsCARD



SPAR
Petals
Tampons
16s
Assorted

BUY
ANY
2
FOR

45⁰⁰

WITH RewardsCARD

SPAR
PRODUCTS



Purity
Baby Cereal
Just Add Milk
200 g / 250 g
Assorted

24⁹⁹
each

WITH RewardsCARD



Rhodes
Squish
Fruit or
Vegetable
Puree
110 ml
Assorted

BUY
ANY
2
FOR

22⁰⁰

WITH RewardsCARD



Tiggles
Natural or
Extra
Sensitive
Wipes
70s

34⁹⁹
per pack

WITH RewardsCARD

Personal Care



Lil-Lets
Pantyliners
25s
Assorted

17⁹⁹
each

WITH RewardsCARD



SPAR
Petals
Multi Pack
Sanitary
Pads &
Pantyliners
18s

26⁹⁹
each

WITH RewardsCARD



Lil-Lets
Maxi
Sanitary Pads
(Excl. Lil-Lets
Maxi Thick Day
& Night 7s)
7s / 8s / 10s
Assorted

17⁹⁹
each

WITH RewardsCARD

Family Savings



Care by SPAR
Kids or Adult
Face Cloths
2 Pack
Assorted

34⁹⁹
each

WITH RewardsCARD



Playboy or
Playgirl
Body
Lotion or Cream
400 ml
Assorted

44⁹⁹
each

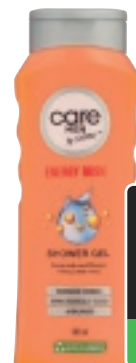
WITH RewardsCARD



Playgirl or
Playboy
Body Wash
or Shower Gel
400 ml
Assorted

44⁹⁹
each

WITH RewardsCARD



Care by SPAR
Shower Gel
or Body Wash
500 ml
Assorted

35⁹⁹
each

WITH RewardsCARD



SPAR
Germex
Hand Wash
Assorted or
Sanitiser
250 ml

35⁹⁹
each

WITH RewardsCARD



Dove
Roll On
50 ml
Assorted

27⁹⁹
each

WITH RewardsCARD



Dettol
Hygiene Soap
175 g
Assorted

BUY
ANY
2
FOR

28⁰⁰

Save R8



Dove
Soap
90 g
Assorted

21⁹⁹
each

WITH RewardsCARD



SPAR
Facial
Tissues
200s
Assorted

25⁹⁹
per pack

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED



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GET IT ON
Google Play

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Shop, swipe, save!



Home Care by SPAR
Thick Bleach 750 ml
PLUS
Dish Washing Liquid 750 ml
PLUS
All Purpose Cleaner 750 ml
Assorted

BUY ALL FOR

80⁰⁰
per combo

WITH RewardsCARD

Homecare Savings

SPAR PRODUCTS

OUR BEST FOR LESS SALE



SPAR
Germex
Bathroom Sanitizer
180 ml
PLUS
Dish Washing Liquid
750 ml
PLUS
All Purpose Cleaner
750 ml
Assorted

BUY ALL FOR

84⁰⁰
per combo

WITH RewardsCARD

AS SEEN ON TV

BUY one for a BONUS sticker!



SPAR
Woof
Dry Dog Food
(excl. Puppy)
8 kg
Assorted

149⁹⁹
each

Save R40



SPAR
Woof
Wet Dog Food
Assorted
820 g
Assorted

24⁹⁹
each

WITH RewardsCARD



Jeyes
Home Guard
Thick Bleach
750 ml
Assorted

23⁹⁹
each

WITH RewardsCARD



Comfort
Fabric Softener
Refill Pouch
800 ml
Assorted

44⁹⁹
each

WITH RewardsCARD



Home Care
by SPAR
Floor &
All Purpose
Cleaner
750 ml
Assorted

29⁹⁹
each

WITH RewardsCARD



Home Care
by SPAR
Air
Freshener
210 ml
Assorted

BUY ANY 2 FOR

30⁰⁰

WITH RewardsCARD



SPAR
Mini
Toilet Tissue
1 Ply
300 Sheets
18s

62⁹⁹
per pack

WITH RewardsCARD



SPAR
Roller
Towels
White
2 Ply
4s

39⁹⁹
per pack

WITH RewardsCARD



Home Care
by SPAR
Waffle Weave
Dish Swab 4s
or Dish Cloth
1s
Assorted

19⁹⁹
each

WITH RewardsCARD



Garbie
Heavy Duty 10s or
Refuse Bags 20s

39⁹⁹
each

WITH RewardsCARD



SPAR
good living
Large
Braai

299⁹⁹
each

WITH RewardsCARD



Home Care
by SPAR
Toilet
Brush Set
Assorted

39⁹⁹
each

WITH RewardsCARD



Defy
1750W
Steam
Iron

199⁹⁹
each

WITH RewardsCARD

Pet Care



SPAR
Purr-fect
Dry Cat
Food
4 kg
Assorted

159⁹⁹
each

WITH RewardsCARD



SPAR
Purr-fect
Cat Food
Cans
400 g
Assorted

BUY ANY 2 FOR

35⁰⁰

WITH RewardsCARD



EQUATES
TO R11.67
PER SACHET

Whiskas
Adult
Cat Food
in Gravy
12 x 85 g
Assorted

139⁹⁹
each

WITH RewardsCARD

SPAR

Women's CHALLENGE 2026

26 September • Pollok Beach
10km - 7am
5km - 8am

ENTRY FEE: R200
10KM TEMPORARY LICENCE FEE: R50
ENTRY IS ONLINE ONLY.
PAY ONLINE OR AT A SPAR STORE.

#CelebrateHer



SCAN THE CODE TO ENTER NOW

YOU COULD WIN A BRAND-NEW HYUNDAI EXTER!



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 Bera, 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 • SEDGFIELD SUPERSPAR: Sedgfield

GRAAF REINET SUPERSPAR: Spandau • HUMANSDORP SUPERSPAR: Village On Main

Specials only available at selected SUPERSPAR stores in the Eastern Cape from 11 August 2026 up to and including 23 August 2026 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

SUPERSPAR

