

Super Savings



Ts & Cs apply. See in-store for details.

COMBO DEAL

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

100⁰⁰ per combo
 WITH RewardsCARD

BUY ME TO QUALIFY

SPAR REFINED WHITE SUGAR 2 kg

SPAR White or Brown Sugar 2 kg

46⁹⁹ each
 WITH RewardsCARD

AS SEEN ON TV

SAVE EXTRA

Creamline UHT Full Cream Milk or Lactose Free 6 x 1 litre

79⁹⁹ per pack
 WITH RewardsCARD

AS SEEN ON TV

SAVE EXTRA

DOUWE EGBERTS PURE GOLD MEDIUM ROAST COFFEE

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

179⁹⁹ each
 Save R35
 WITH RewardsCARD

BUY ME TO QUALIFY

Stork Country Spread 40% Fat Spread Tub 1 kg

45⁹⁹ each
 WITH RewardsCARD

BUY ME TO QUALIFY

B Well Omega 3 Cooking Oil 2 litre

59⁹⁹ each
 WITH RewardsCARD

AS SEEN ON TV

BUY ME TO QUALIFY

SPAR FROZEN CHICKEN MIXED PORTIONS WITH A BRINE BASED MIXTURE 4 kg

SPAR IQF Chicken Mixed Portions 4 kg

169⁹⁹ each
 Save R59
 WITH RewardsCARD

BUY ME TO QUALIFY

SPAR TOILET TISSUE ULTRA SOFT & GENTLE 9 ROLLS 350 2 PLY

SPAR Toilet Tissue 2 Ply 350 sheets 9s

59⁹⁹ per pack
 WITH RewardsCARD

BUY ME TO QUALIFY

Cuddlers GOLD Value Pack Disposable Nappies or Pants Assorted Size 2 Small 3-4 kg

Cuddlers Gold Value Pack Disposable Nappies or Pants Assorted

129⁹⁹ per pack
 WITH RewardsCARD

SUPERSPAR



SEC3586

Fresh value



Bulk Lamb Packs

129⁹⁹ per kg

Butcher's Choice



Venison Wors

89⁹⁹ per kg



Your Butcher By SPAR Pork Fillet

109⁹⁹ per kg



Your Butcher By SPAR Fresh Chicken Braai Pack 5 Piece

73⁹⁹ per kg

BUTCHERY SPECIALS AVAILABLE FROM 11 May - 17 May 2026

PORK PRODUCTS ONLY AVAILABLE AT SELECTED STORES

Baker's Favourites



SPAR Bakery Muffins 6s Assorted

59⁹⁹ per pack



SPAR Bakery Black Forest Log Cake

69⁹⁹ each



Star Bakeries or Blue Ribbon White Sliced Bread 700 g

17⁹⁹ per loaf

WITH RewardsCARD

Fresh Produce



COMBO DEAL

SPAR freshline Potatoes 2 kg PLUS Onions 2 kg PLUS Butternut 2's PLUS Carrots 1 kg

95⁰⁰ per combo



SPAR freshline Cauliflower & Broccoli, Broccoli or Cauliflower Heads

BUY ANY 2 FOR **45⁰⁰**



SPAR freshline Soft Citrus 1 kg

19⁹⁹ per bag



SPAR freshline Red Apples 1,5 kg

24⁹⁹ per bag



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 May up to and including 24 May 2026 while stocks last.

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

THE WINNING FORMATION

Pantry Savings



Lay's
Potato Chips
120 g
Assorted

BUY ANY 2 FOR

42⁰⁰

WITH RewardsCARD



SPAR
Spaghetti, Elbows
or Macaroni
500 g

BUY ANY 2 FOR

30⁰⁰

WITH RewardsCARD



Maggi
2 Minute
Noodles
5s
Assorted

32⁹⁹
per pack

WITH RewardsCARD



Eezee
noodles
BEEF FLAVOUR
FAMILY
10 PACK

Eezee
Noodles
Family Pack
10s
Assorted

34⁹⁹
per pack

WITH RewardsCARD



Golden Cloud
Pre-Mix
1 kg
Assorted

35⁹⁹
each

WITH RewardsCARD



Imbo
Split Peas
500 g

17⁹⁹
each

WITH RewardsCARD



Imbo
Black or Brown
Lentils
500 g

23⁹⁹
each

WITH RewardsCARD



Rhodes
Tomato
Paste
115 g

12⁹⁹
each

WITH RewardsCARD



SPAR
Pilchards
in Tomato Sauce
400 g

SPAR
Pilchards
in Hot Chilli Sauce
400 g

SPAR
Pilchards
400 g
Assorted

BUY ANY 2 FOR

45⁰⁰

WITH RewardsCARD



SPAR
Tomato Sauce
700 ml

29⁹⁹
each

WITH RewardsCARD



Jimmy's
Infused
Chicken Marinade
or
Steakhouse
Sauce
750 ml
Assorted

49⁹⁹
each

WITH RewardsCARD



SPAR
Salad & Chip
Sauce
700 ml

59⁹⁹
each

WITH RewardsCARD



SPAR
Baked Beans in
Tomato
Sauce
400 g

BUY 2 FOR

24⁰⁰

WITH RewardsCARD



Royco
Potato Bake or
Cook & Coat
38 g / 40 g /
41 g / 50 g
Assorted

BUY ANY 2 FOR

38⁰⁰

WITH RewardsCARD



Knorr
LAMB &
VEGETABLE
CUP a SOUP
Instant Soup
4s
Assorted

19⁹⁹
per pack

WITH RewardsCARD

The SPAR & TOPS you love, now online!

SPAR **2U** DOWNLOAD NOW ON



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SAVE LIKE A SUPERFAN

Start your day with savings



SPAR Muesli 750 g Assorted

59⁹⁹ each

WITH RewardsCARD



69⁹⁹ per box

Jungle Oatso Easy Instant Oats Sachets 10 x 50 g Assorted

WITH RewardsCARD



22⁹⁹ each

SPAR Instant Maize Porridge 1 kg Assorted

WITH RewardsCARD



SPAR Corn Flakes 1 kg

59⁹⁹ each

WITH RewardsCARD



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

36⁹⁹ each

WITH RewardsCARD



27⁹⁹ each

Bokomo Weet-Bix 375 g / 450 g Assorted

Save R9



Jacobs 3 in 1 Assorted or 2 in 1 Coffee Sticks 10s

89⁹⁹ per box

WITH RewardsCARD



Joko Rooibos Teabags 80s

43⁹⁹ per pack

WITH RewardsCARD



Ouma Rusks (excl. Sliced Plain, Caramel Dreams & Choc Chip) 450 g / 500 g Assorted

54⁹⁹ each

WITH RewardsCARD



SPAR Smooth or Crunchy Peanut Butter 400 g

36⁹⁹ each

WITH RewardsCARD



Ellis Brown Coffee Creamer 750 g

59⁹⁹ each

WITH RewardsCARD



SPAR Hot Chocolate 500 g

69⁹⁹ each

WITH RewardsCARD



Goldcrest Pure Honey 225 g

37⁹⁹ each

WITH RewardsCARD



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

21⁹⁹ each

WITH RewardsCARD

TOP UP monthly with SPAR Mobile for ONLY R19 and UNLOCK MULTIPLE FREE DATA deals in-store. Dial *136# (Ts & Cs apply)



SPAR Rewards deals available while stocks last.

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EVERYONE SCORES

BUY ME TO QUALIFY



SPAR Cold Meat Slices 200 g Assorted

BUY ANY 2 FOR

50⁰⁰

WITH RewardsCARD

Fridge & Freezer Savings

AS SEEN ON TV



SPAR Red or Smoked Viennas 500 g

46⁹⁹ each

Save R16

WITH RewardsCARD



SPAR Shoulder or Diced Bacon 200 g

34⁹⁹ per pack

WITH RewardsCARD



SPAR Streaky, Back or Lean Bacon 200 g

39⁹⁹ each

WITH RewardsCARD



SPAR Crumbed Chicken Fries, Burgers, Pops, Steaklets, Nuggets or Strips 750 g

59⁹⁹ each

WITH RewardsCARD



SPAR Hake Fish Fingers 400 g

49⁹⁹ each

WITH RewardsCARD



Eskort French or Garlic Polony 1 kg

47⁹⁹ each

WITH RewardsCARD



SPAR Frozen Slap, Skinny, Crinkle or Straight Cut Chips 1 kg

44⁹⁹ each

WITH RewardsCARD



SPAR Frozen Mixed Vegetables, Country Crop Vegetable Mix or Chopped Spinach 1 kg

42⁹⁹ each

WITH RewardsCARD

AS SEEN ON TV



SPAR Pre-Packed Cheese 700 g Assorted

99⁹⁹ each

Save R50

WITH RewardsCARD



Lancewood Cottage Cheese 250 g Assorted

42⁹⁹ each

WITH RewardsCARD



Sunshine D Original or Lite Fat Spread Tub 1 kg

39⁹⁹ each

WITH RewardsCARD



SPAR Frozen Garden Peas 1 kg

54⁹⁹ each

WITH RewardsCARD



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

31⁹⁹ each

WITH RewardsCARD



SPAR Full Cream Maas 2 kg

29⁹⁹ each

WITH RewardsCARD



Danone Nutriday Smooth Low Fat Yoghurt 6s Assorted

36⁰⁰

WITH RewardsCARD



Danone Nutriday Low Fat Smooth Yoghurt 900 g Assorted

34⁹⁹ each

WITH RewardsCARD

GET A FREE BALL



HOW TO QUALIFY:

SHOP

Buy any 3 participating products and spend R650 or more.

SWIPE

Swipe your SPAR Rewards card.

From 11 May - 7 July 2026. Ts & Cs apply.

SHOP, SWIPE & SAVE

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



Maximum 10 deals per customer on all SAVE EXTRA products.

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SCORE BIG WITH Super Savings

AS SEEN ON TV

SAVE EXTRA

BUY ME TO QUALIFY



Doritos Corn Chips 145 g Assorted

BUY ANY 2 FOR

40⁰⁰

Save R8

Snacks & Drinks Stock Up



Willards Crinkle Cut Chips 120 g Assorted

BUY ANY 2 FOR

34⁰⁰

WITH RewardsCARD



Manhattan or Mister Sweet Marshmallows 150 g or Chewy Mints 125 g Assorted

17⁹⁹ each

WITH RewardsCARD



Beacon Chocolate Slab 80 g Assorted

BUY ANY 2 FOR

35⁰⁰

WITH RewardsCARD



AS SEEN ON TV

SAVE EXTRA

BUY ME TO QUALIFY

BUY ANY 2 FOR

24⁰⁰

Save R6

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



Damascus Original Nougat 75 g

BUY ANY 2 FOR

42⁰⁰

WITH RewardsCARD



Oreo Biscuits 128,8 g Assorted

16⁹⁹ each

WITH RewardsCARD



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

BUY ANY 2 FOR

16⁰⁰

WITH RewardsCARD



Powerade Ready to Drink Sports Drink 500 ml Assorted

BUY ANY 2 FOR

26⁰⁰

WITH RewardsCARD



Power Play Energy Drink 440 ml / 500 ml Assorted

BUY ANY 2 FOR

26⁰⁰

WITH RewardsCARD



Super C Glucose Sparkling Drink 500 ml Assorted

BUY ANY 2 FOR

18⁰⁰

WITH RewardsCARD



SPAR Still or Sparkling Spring Water 6 x 500 ml

32⁰⁰ per pack

WITH RewardsCARD



Coca-Cola, Sprite, Stoney, Fanta, Twist or Spar-Letta Regular or Zero Range 440 ml

BUY ANY 2 FOR

24⁰⁰

WITH RewardsCARD



SPAR 100% Fruit Juice Blend 1 litre Assorted

BUY ME TO QUALIFY

25⁹⁹ each

WITH RewardsCARD



Coca-Cola No Sugar, Light or No Caffeine, Fanta, Sprite or Stoney Ginger Beer Zero Range Only 2,25 litre

BUY ANY 2 FOR

32⁰⁰

WITH RewardsCARD



Schweppes Soft Drink Mixer 1 litre Assorted

BUY ANY 2 FOR

38⁰⁰

WITH RewardsCARD



Fusion Dairy Blend Concentrate 1 litre Assorted

11⁹⁹ each

WITH RewardsCARD



SPAR Rewards deals available while stocks last.

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KICK OFF WITH SAVINGS

Household Essentials



Twinsaver
1 Ply
Toilet Tissue Rolls
500 sheets
8s

44⁹⁹
per pack

WITH RewardsCARD



Maq
Hand Washing
Powder
2 kg

64⁹⁹
each

WITH RewardsCARD



Maq
Fabric Conditioner
Refill Pouch
500 ml
Assorted

24⁹⁹
each

WITH RewardsCARD



Jeyes
Homeguard
Thick Power
Bleach
750 ml
Assorted

23⁹⁹
each

WITH RewardsCARD



Sunlight
Dishwashing
Liquid
Refill
Regular Only
750 ml

25⁹⁹
each

WITH RewardsCARD



Garbie
Heavy Duty
10s or
Refuse Bags
20s

36⁹⁹
each

WITH RewardsCARD



Defy
Black
Kettle
1,7 litre

349⁹⁹
each

WITH RewardsCARD



SPAR
goodliving
5Watt
LED
A60 Bulbs
Assorted

14⁹⁹
each

WITH RewardsCARD



Home Care
By SPAR
Terry
Dish Cloth
Assorted

34⁹⁹
each

WITH RewardsCARD



Zakspeed
Extension Lead
3M
10AM

89⁹⁹
each

WITH RewardsCARD



SPAR
goodliving
Whisk or Spatula

29⁹⁹
each

WITH RewardsCARD



Home Care
By SPAR
goodliving
Mugs
Assorted

13⁹⁹
each

WITH RewardsCARD



SGI
Soup
Mug
Assorted

29⁹⁹
each

WITH RewardsCARD

Petcare Essentials



Whiskas
Cat Food
12 x 85 g
Assorted

139⁹⁹
per box

WITH RewardsCARD



SPAR
Woof
Wet Dog
Food
820 g
Assorted

24⁹⁹
each

WITH RewardsCARD



Vitagen
Dog Food
(incl. Puppy)
6 kg / 8 kg
Assorted

199⁹⁹
per pack

WITH RewardsCARD

The SPAR & TOPS you love, now online!

SPAR **2U** DOWNLOAD NOW ON



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SCORE MORE. SPEND LESS.



Little Munchkins
by SPAR
Disposable
Nappies
Assorted
44s / 50s / 58s / 64s

149⁹⁹ per pack
WITH RewardsCARD

Selfcare Essentials



Little Munchkins
By SPAR
Baby Wipes
80s
Assorted

29⁹⁹ per pack
WITH RewardsCARD



Rhodes
Puree
Pouches
110 ml
Assorted

20⁰⁰
BUY ANY 2 FOR
WITH RewardsCARD



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

49⁹⁹ each
Save R20
WITH RewardsCARD



Dove
Body Wash
400 ml
Assorted

69⁹⁹ each
WITH RewardsCARD



Protex
Hygiene
Soap
175 g
Assorted

28⁰⁰
BUY ANY 2 FOR
Save R6
WITH RewardsCARD



L'oreal
Shampoo or
Conditioner
300 ml / 400 ml
Assorted

99⁹⁹ each
WITH RewardsCARD



Bath
Sponge
Loofah
Assorted

21⁹⁹ each
WITH RewardsCARD



Dove
Roll On
50 ml
Assorted

27⁹⁹ each
WITH RewardsCARD



Dettol
Antiseptic
Liquid
750 ml

104⁹⁹ each
WITH RewardsCARD



Aquafresh
Intense White & Shine,
Extreme Clean Fresh or
Original or White Toothpaste
75 ml

38⁹⁹ each
WITH RewardsCARD



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

19⁹⁹ each
WITH RewardsCARD



Sensodyne
Clean & Fresh, Gentle Whitening,
Multi Care Original or Herbal, Fresh Mint or
Natural White Toothpaste
(incl. Parodontax)
75 ml

56⁹⁹ each
WITH RewardsCARD



Kotex
Maxi
Sanitary Pads
8s / 10s
Assorted

21⁹⁹ per pack
WITH RewardsCARD



Kotex
Pantyliners
16s / 18s / 20s
Assorted

21⁹⁹ per pack
WITH RewardsCARD



Kotex
Normal or
Super
Tampons
16s

28⁹⁹ per pack
WITH RewardsCARD



Lil-Lets
Non-Applicator
Tampons
10s
Assorted

14⁹⁹ per pack
WITH RewardsCARD

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
- SEDGFIELD 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 **11 May** up to and including **24 May 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 [f /myspar](https://www.facebook.com/myspar)

SUPERSPAR 