

Super Savings

More savings for you!

79⁹⁹ per pack
WITH RewardsCARD

Creamline
UHT Full Cream Milk Only
6 x 1 litre

46⁹⁹ each
WITH RewardsCARD

SPAR
White or Brown
Sugar
2 kg

174⁹⁹ each
Save R45

AS SEEN ON TV
SAVE EXTRA

DOUWE EGBERTS
PURE GOLD
MEDIUM ROAST COFFEE

Douwe Egberts
Coffee Jar
Assorted
200 g or
Pouch 230 g
(excl. Decaf)

169⁹⁹ each
Save R30

AS SEEN ON TV

SPAR
IQF
Chicken
Mixed
Portions
4 kg

25⁹⁹ each
WITH RewardsCARD

Golden Delight
LONG GRAIN
WHITE PARBOILED
THAI RICE
2 kg

69⁹⁹ each
WITH RewardsCARD

SPAR
Sunflower Oil or
B-Well
Canola Oil
2 litre

32⁹⁹ each
WITH RewardsCARD

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

149⁹⁹ per pack
WITH RewardsCARD

HUGGIES
Dry Comfort
Nappies
Value Pack
Assorted

59⁹⁹ per pack
WITH RewardsCARD

Twinsaver
Classic
Toilet Tissue
Rolls
2 Ply
350 sheets
9s

SUPERSPAR



SEC3792

Fresh value



Red Crest Farms
Fresh Chicken
Braai Pack
5 Piece

64⁹⁹
per kg

WITH RewardsCARD

Butcher's Choice



Oxtail
(Previously Frozen)

99⁹⁹
per kg



Your Butcher
by SPAR
Pork
Loin Chops
(Previously Frozen)

86⁹⁹
per kg



Bulk
Stewing
Beef
(Previously Frozen)

89⁹⁹
per kg

BUTCHERY SPECIALS AVAILABLE FROM 8 JULY - 12 JULY 2026

PORK PRODUCTS ONLY AVAILABLE AT SELECTED STORES

Baker's Favourites



SPAR
Bakery
Black Forest
Log Cake

69⁹⁹
each



SPAR
Bakery
Muffins
4s
Assorted

39⁹⁹
per pack



Blue Ribbon
Brown Sliced
Bread
700 g

15⁹⁹
per loaf

WITH RewardsCARD



Star Bakery
or Blue Ribbon
White Sliced
Bread
700 g

17⁹⁹
per loaf

WITH RewardsCARD

Fresh Produce



SPAR
freshline
Bananas
750 g
PLUS
Avocados
1 kg

45⁰⁰
per combo



SPAR
freshline
Red Apples
Snack Pack
1 kg

35⁰⁰
per pack



SPAR
freshline
Soft Citrus
Mini Box
1,2 kg

24⁹⁹
each



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

89⁹⁹
per combo



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 July up to and including 21 July 2026 while stocks last.

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

Must-have savings

SPAR Spaghetti, Elbows or Macaroni 500 g

BUY ANY 2 FOR 30⁰⁰

WITH RewardsCARD

Pantry Deals

COMBO DEAL

White Star Maize Meal 2.5 kg
PLUS Spekko Parboiled Rice 2 kg
PLUS Sasko Cake Wheat Flour 2.5 kg
PLUS ANY 1 Top Class Soya Mince 400g Assorted

BUY ALL FOR 120⁰⁰ per combo

WITH RewardsCARD

Snowflake Cake Wheat Flour 2.5 kg

36⁹⁹ each

WITH RewardsCARD

Danone Ultra Mel Custard 1 kg / 1 litre Assorted

BUY ANY 2 FOR 54⁰⁰

WITH RewardsCARD

Eezee Noodles 5 x 65 g Assorted

19⁹⁹ per pack

WITH RewardsCARD

SPAR Split Peas 500 g

14⁹⁹ each

WITH RewardsCARD

SPAR Red Speckled Beans 500 g

19⁹⁹ each

WITH RewardsCARD

Hinds Spices, Herbs or Seasoning (excl. Crushed Chillies, Black & White Pepper) 12 g / 15 g / 18 g / 40 g / 48 g / 55 g / 60 g / 65 g / 75 g / 80 g / 85 g / 90 g Assorted

BUY ANY 2 FOR 28⁰⁰

WITH RewardsCARD

Rhodes Baked Beans in Tomato Sauce 400 g

BUY 2 FOR 25⁰⁰

WITH RewardsCARD

Koo Whole Kernel Corn 410 g or Sweetcorn 415 g

18⁹⁹ each

WITH RewardsCARD

Koo Garden Peas in Sweet Brine 400 g

18⁹⁹ each

WITH RewardsCARD

SPAR Pilchards 400 g Assorted

BUY ANY 2 FOR 45⁰⁰

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

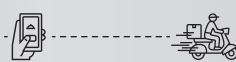
WITH RewardsCARD

Royco Packet Soup 45 g / 50 g Assorted

BUY ANY 4 FOR 20⁰⁰

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED



Download now!



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Shop, swipe, save!



Jacobs Iced or Hot Cappuccino 10s Assorted

BUY ANY 2 FOR

110⁰⁰

WITH RewardsCARD

Hot Beverages



SPAR Freezer Dried Instant Coffee Doy Pack 200 g

124⁹⁹ each

WITH RewardsCARD



Joko Tagless Tea Bags 100s or Loose Leaf African Blend Tea 250 g

54⁹⁹ each

WITH RewardsCARD



Joko Rooibos Teabags 80s

43⁹⁹ per pack

WITH RewardsCARD

Breakfast Savings



Matt Cereal Bowl Assorted

32⁹⁹ each

WITH RewardsCARD



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

21⁹⁹ each

WITH RewardsCARD



SPAR Pure Honey 500 g

74⁹⁹ each

WITH RewardsCARD

AS SEEN ON TV



Black Cat Peanut Butter 400 g Assorted

36⁹⁹ each

Save R13



Bokomo Weet-Bix Flavoured Cereal 375 g Assorted or Original 450 g

29⁹⁹ each

Save R6



Kellogg's Coco Pops or Froot Loops or Rice Krispies Assorted or Crunchers 340 g / 350 g

52⁹⁹ each

WITH RewardsCARD



SPAR Corn Flakes 1 kg

59⁹⁹ 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)



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Act fast and save

SPAR Hot Doggers Viennas 1 kg Assorted

79⁹⁹ each

WITH RewardsCARD

Freezer Favourites

Harvestime Frozen Mixed Vegetables 900 g

36⁹⁹ each

WITH RewardsCARD

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

64⁹⁹ each

WITH RewardsCARD

Dr Oetker Ital Pizza Pizzini Bacon & Cheese or Margherita 500 g / 554 g

89⁹⁹ each

WITH RewardsCARD

SPAR Hake Fish Fingers 400 g

49⁹⁹ per pack

WITH RewardsCARD

Fridge Essentials

Sunshine D Original Margarine 80% Fat Spread Brick 500 g

19⁹⁹ each

WITH RewardsCARD

D'Lite 37% Fat Spread Tub 1 kg

34⁹⁹ each

WITH RewardsCARD

Danone NutriDay Fruit or Double Cream Yoghurt (excl. Smooth) 900 g Assorted

34⁹⁹ each

Save R13

Clover Authentikos Greek Style Double Cream Yoghurt 750 g Assorted

44⁹⁹ each

WITH RewardsCARD

SPAR Processed Cheese Slices 200 g Assorted

29⁹⁹ each

WITH RewardsCARD

Clover Pre-Packed Cheese 550 g Assorted

94⁹⁹ each

WITH RewardsCARD

SPAR South African Feta Cheese Plain 400 g Assorted

69⁹⁹ each

WITH RewardsCARD

SPAR Low Fat Drinking Yoghurt 300 ml Assorted

31⁰⁰

BUY ANY 2 FOR

WITH RewardsCARD

SPAR Cold Meat Slices 200 g Assorted

54⁰⁰

BUY ANY 2 FOR

WITH RewardsCARD

SPAR Beechwood Smoked Chicken Viennas (incl. Cheese) 500 g Assorted

54⁹⁹ each

Save R20

Darling Amasi 2 kg

33⁹⁹ each

WITH RewardsCARD

Darling 100% Fruit Juice Blend 1,5 litre Assorted

36⁹⁹ each

WITH RewardsCARD

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Be a super saver!

AS SEEN ON TV

SAVE EXTRA



Doritos
BOLD CRUNCH
CHEESE SUPREME FLAVOURED CORN CHIPS

BUY ANY 2 FOR 42⁰⁰
Save R8

Doritos Corn Chips 145 g Assorted

Snacks-time Savings

AS SEEN ON TV

SAVE EXTRA



KitKat
100% sustainably sourced cocoa

Tex
SWEET TO CHIPS

Nestlé Kit Kat Chunky or 4 Finger Assorted, Aero Assorted Bar-One, Tex or Smarties 40 g / 41,5 g / 42 g / 52 g

BUY ANY 2 FOR 24⁰⁰
Save R6



Jungle
ENERGY BAR
Dark Chocolate

Jungle Energy Bar 40 g / 47 g Assorted

BUY ANY 2 FOR 25⁰⁰
WITH Rewards CARD



Maynards
jelly beans

Maynards
original wine gums

Maynards Beacon Pre-Packaged Sweets, Jellies, Gums 100 g or Liquorice 150 g Assorted

BUY ANY 2 FOR 40⁰⁰
WITH Rewards CARD



MANHATTAN
Chewy Mints

Manhattan Marshmallows 150 g or Chewy Mints 125 g Assorted

17⁹⁹ each
WITH Rewards CARD



CHOCOLATE FLAVOURED CREAMS
custard flavoured creams
VANILLA FLAVOURED CREAMS

SPAR Flavoured Cream Biscuits 125 g Assorted

BUY ANY 3 FOR 22⁰⁰
WITH Rewards CARD



POTATO POTATO CHIPS

SPAR Potato Chips 120 g Assorted

BUY ANY 2 FOR 30⁰⁰
WITH Rewards CARD



Lay's
Potato Chips
Sliced

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

BUY ANY 2 FOR 42⁰⁰
WITH Rewards CARD



Romany Creams
Classic Choc

Bakers Romany Creams or Choc Kits Biscuits 200 g Assorted

36⁹⁹ each
WITH Rewards CARD



Power Play
Energy Drink
440 ml / 500 ml Assorted

BUY ANY 2 FOR 26⁰⁰
WITH Rewards CARD



THIRSTI
Still Water
5 litre

BUY 2 FOR 45⁰⁰
WITH Rewards CARD



CHEESE FLAVOURED
TOMATO CHILLI FLAVOURED PUFFS

SPAR Flavoured Puffs 100 g Assorted

BUY ANY 2 FOR 22⁰⁰
WITH Rewards CARD



aQuellé
Splash
Natural Spring Water
6 x 300 ml

48⁰⁰ per pack
WITH Rewards CARD

AS SEEN ON TV

SAVE EXTRA



SPAR Carbonated Soft Drink 2 litre Assorted

BUY ANY 2 FOR 24⁰⁰
Save R4



Caribbean
Smoothie Dairy mix Concentrate
1 litre Assorted

BUY ANY 2 FOR 16⁰⁰
WITH Rewards CARD



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

BUY ANY 2 FOR 28⁰⁰
WITH Rewards CARD



Appletiser or Grapetiser
Assorted
1,25 litre

39⁹⁹ each
WITH Rewards CARD



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Savings of the year



Rhodes Squish Fruit or Vegetable Puree 110 ml Assorted

BUY ANY 2 FOR

20⁰⁰

WITH RewardsCARD

Baby Care

Purity Baby Petroleum Jelly or Aqueous Cream 450 ml Assorted

44⁹⁹ each

WITH RewardsCARD

Purity mild baby soap 175 g Assorted

16⁹⁹ each

WITH RewardsCARD

Huggies pure Baby Wipes Pure 56s or Simply Clean 72s

29⁹⁹ each

WITH RewardsCARD

Nestlé Nestum Baby Cereal 200 g Assorted

23⁹⁹ each

WITH RewardsCARD

Self Care Essentials

Sanex Skin Therapy Body Wash Shower Gel 450 ml Assorted

89⁹⁹ each

WITH RewardsCARD

Head & Shoulders 2 in 1 or Shampoo 300 ml / 400 ml Assorted

84⁹⁹ each

WITH RewardsCARD

Vaseline Advanced Repair Body Lotion or Cream (excl. Cera Glow) 400 ml Assorted

54⁹⁹ each

WITH RewardsCARD

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

23⁹⁹ each

WITH RewardsCARD

Revlon Body Spray for Men or Women 90 ml / 120 ml Assorted

32⁹⁹ each

WITH RewardsCARD

Shower to Shower Roll On Deodorant 50 ml Assorted

16⁹⁹ each

WITH RewardsCARD

Vaseline Petroleum Jelly 250 ml Assorted

39⁹⁹ each

WITH RewardsCARD

Protex Hygiene Soap 175 g Assorted

BUY ANY 2 FOR **28⁰⁰**

WITH RewardsCARD

Disprin Tablets Regular 24s or Extra Strength 16s

45⁹⁹ per pack

WITH RewardsCARD

SPAR Facial Tissues 200s Assorted

26⁹⁹ per pack

WITH RewardsCARD

Personal Care

Lil-Lets Pantyliners 25s Assorted

19⁹⁹ each

WITH RewardsCARD

Lil-Lets Non-Applicator Tampons 10s Assorted

14⁹⁹ each

WITH RewardsCARD

Lil-Lets Essential Duo Sanitary Pads 16s Assorted

21⁹⁹ each

WITH RewardsCARD

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

18⁹⁹ each

WITH RewardsCARD

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Super Savings

AS SEEN ON TV



Sunlight Dishwashing Liquid Pouch 750 ml Assorted

24⁹⁹ each

Save R5

Our biggest deals ever!



Comfort Fabric Softener Value Pack Refill 800 ml Assorted

BUY ANY 2 FOR

80⁰⁰

WITH RewardsCARD



Sunlight 5 in 1 Handwash Powder 2 kg Assorted

59⁹⁹ each

WITH RewardsCARD



SPAR Home Care Thin Bleach 750 ml Assorted

16⁹⁹ each

WITH RewardsCARD



Home Care by SPAR Terry Dish Swab Assorted

10⁹⁹ each

WITH RewardsCARD



Handy Andy Cleaning Refill Pouch 750 ml Assorted

19⁹⁹ each

WITH RewardsCARD



Garbie Heavy Duty 10s or Refuse Bags 20s

39⁹⁹ each

WITH RewardsCARD

Pet Care



SPAR Woof Dog Food Chunks 8 kg Assorted

159⁹⁹ each

WITH RewardsCARD



Bobtail Gravy with Chunks Dog Food 85 g Assorted

BUY ANY 5 FOR **35⁰⁰**

WITH RewardsCARD



Catmor Adult Cat Food Pouches 70 g Assorted

BUY ANY 5 FOR **45⁰⁰**

WITH RewardsCARD



Catmor Dry Pellets 1,75 kg Assorted

89⁹⁹ each

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, Summerbreez, 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
- SEDFIELD SUPERSPAR: Sedgfield
- GRAAF REINET SUPERSPAR: Spandau
- HUMANSDORP SUPERSPAR: Village On Main

Specials only available at selected SUPERSPAR stores in the Eastern Cape from 8 July up to and including 21 July 2026 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

SUPERSPAR

