

SAVE UP TO 80%
on **nutrifresh**
Kitchen Essentials

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Ts & Cs Apply

FEW SHOPS IS ALL IT TAKES TO COLLECT 30 STICKERS

Homecare Essentials

Pro Wash
Laundry Liquid
1,5 litre
Assorted

59⁹⁹ each
WITH RewardsCARD

Maq
Fabric Conditioner
Refill Pouch
500 ml
Assorted

24⁹⁹ each
WITH RewardsCARD

Home Care By SPAR
Thin Bleach
750 ml
Assorted

18⁹⁹ each
WITH RewardsCARD

Albex
Bleach
1,5 litre
Assorted

22⁹⁹ each
WITH RewardsCARD

Garbie
Super Saver Refuse Bags
20s

39⁹⁹ per roll
WITH RewardsCARD

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

19⁹⁹ each
WITH RewardsCARD

Mortein
Target Insecticide Spray
300 ml
Assorted

39⁹⁹ each
WITH RewardsCARD

Twinsaver
Classic Toilet Tissue
Rolls 2 Ply
350 sheets
9s

59⁹⁹ per pack
WITH RewardsCARD

Pet Essentials

Whiskas
Cat Food Pouches
85 g
Assorted

50⁰⁰ each
WITH RewardsCARD

SPAR Woof
Wet Dog Food
820 g
Assorted

24⁹⁹ each
WITH RewardsCARD

Epol
Adult Dog Food
7 kg / 8 kg
Assorted

189⁹⁹ 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, 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
- GRAAF REINET SUPERSPAR: Spandau
- HUMANSDORP SUPERSPAR: Village On Main

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **7 October** up to and including **18 October 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](https://www.facebook.com/myspar)

SUPERSPAR

Freezer Favourites



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

54⁹⁹
each

WITH RewardsCARD



Harvestime
Frozen
Mixed Vegetables
1 kg

46⁹⁹
each

WITH RewardsCARD



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

44⁹⁹
each

WITH RewardsCARD



SPAR
Hot Doggers
Chicken & Cheese or
Chicken Viennas
500 g

49⁹⁹
each

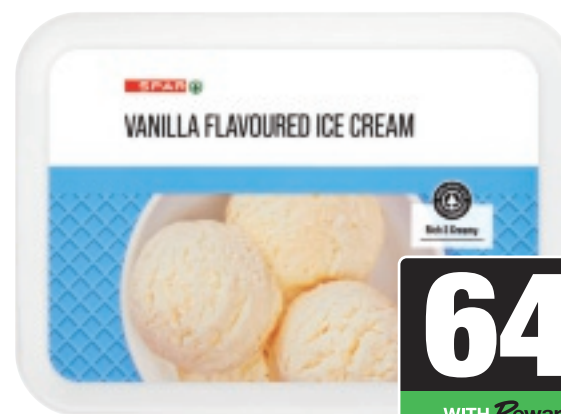
WITH RewardsCARD



SPAR
Hake
Fish Fingers
400 g

54⁹⁹
per pack

WITH RewardsCARD



SPAR
Ice Cream
1,8 litre
Assorted

64⁹⁹
each

WITH RewardsCARD

Cheese Selection



SPAR
Pre-Packed
Cheese
700 g
Assorted

99⁹⁹
each

Save R43



Clover
Processed
Cheese Slices
400 g
Assorted

54⁹⁹
each

WITH RewardsCARD



Président
Feta
Cheese
400 g
Assorted

59⁹⁹
each

WITH RewardsCARD



SPAR
Cottage
Cheese
250 g
Assorted

34⁹⁹
each

WITH RewardsCARD

Fridge Savings



Parmalat
Low Fat
Dairy Snack or
Kids Yoghurt
6s
Assorted

19⁹⁹
per pack

WITH RewardsCARD



Clover
Double Cream
Plain or Fruits
of the Forest
Full Cream
Yoghurt
(excl. Smooth
Classic)
1 kg
Assorted

39⁹⁹
each

WITH RewardsCARD



First Choice
Milki
Flavoured
Low Fat Milk
250 ml
Assorted

24⁰⁰

WITH RewardsCARD



SPAR
100%
Fruit Juice
Blend
1,5 litre
Assorted

34⁹⁹
each

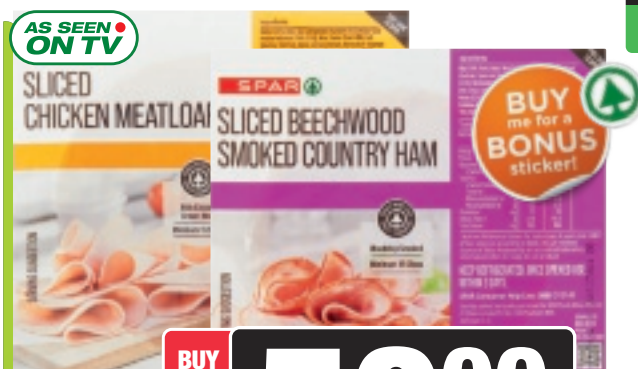
WITH RewardsCARD



Eskort
French or Garlic
Polony
1 kg

39⁹⁹
each

WITH RewardsCARD



SPAR
Cold
Meat
Slices
200 g
Assorted

50⁰⁰

Save R20



SPAR
Margarine
Brick
500 g

24⁹⁹
each

WITH RewardsCARD



Clover
Butro
Full Cream
Modified
Butter Spread
500 g

86⁹⁹
each

WITH RewardsCARD



SPAR
Daily Spread
40% Fat
Spread Tub
1 kg

39⁹⁹
each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!

Available on the



GET IT ON



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**LOOK OUT FOR
PARTICIPATING PRODUCTS
TO GET BONUS STICKERS**

BUY
me for a
BONUS
sticker!



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

29⁹⁹ each

WITH RewardsCARD

Breakfast Favourites



BUY
me for a
BONUS
sticker!

Future Life
Smart Food
Original, Zero,
Kids, Crunch
Assorted or Pops
(excl. High Protein)
350 g / 375 g / 400 g
/ 425 g / 500 g

46⁹⁹ each

WITH RewardsCARD



Black Cat
Peanut Butter
800 g
Assorted

79⁹⁹ each

WITH RewardsCARD



All Gold
Smooth Apricot,
Apricot & Peach or
Mixed Fruit Jam
480 g

29⁹⁹ each

WITH RewardsCARD



BUY
me for a
BONUS
sticker!

Nescafé
Cappuccino Sticks or
Mocha
Instant Coffee
8s / 10s
Assorted

BUY
ANY
2
FOR

130⁰⁰

WITH RewardsCARD



Laager
Rooibos
Tea
80s

42⁹⁹ per pack

WITH RewardsCARD



Glen
African
Blend
Tea
100s

34⁹⁹ per pack

WITH RewardsCARD

Breakfast Favourites



BUY
me for a
BONUS
sticker!

Danone
Ultra Mel
Custard
1 kg / 1 litre
Assorted

BUY
ANY
2
FOR

54⁰⁰

WITH RewardsCARD



Snowflake
Easy Mix
500 g
Assorted

BUY
ANY
2
FOR

40⁰⁰

WITH RewardsCARD



The Master
Pure
Honey
500 g

64⁹⁹ each

WITH RewardsCARD



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Baby Savings



Cuddlers Gold
Gold
Disposable Nappies
Jumbo Pack
Assorted

149⁹⁹
per pack
WITH RewardsCARD



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

26⁰⁰
BUY ANY 2 FOR
WITH RewardsCARD

Sanitary Favourites



Lil-Lets
Tampons
10s
Assorted

15⁹⁹
each
WITH RewardsCARD



Kotex
Maxi
Sanitary Pads
8s / 10s

23⁹⁹
per pack
WITH RewardsCARD



Kotex
Pantyliners
16s / 18s / 20s
Assorted

21⁹⁹
each
WITH RewardsCARD

Personal Care



Grandpa
Powder
Sticks 38s
or
Tablets 76s

89⁹⁹
each
WITH RewardsCARD



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

23⁹⁹
each
WITH RewardsCARD



Tresemmé
Shampoo or
Conditioner
750 ml / 900 ml
Assorted

119⁹⁹
each
WITH RewardsCARD



Garnier
Anti-Perspirant
Roll On
50 ml
Assorted

29⁹⁹
each
WITH RewardsCARD



Dawn
Body
Lotion or Cream
400 ml
Assorted



29⁹⁹
each
WITH RewardsCARD



Protex
Hygiene
Soap
175 g
Assorted

28⁰⁰
BUY ANY 2 FOR
WITH RewardsCARD



Dove
Soap
90 g
Assorted

21⁹⁹
each
WITH RewardsCARD



Satisfin
Shower
Gel or Creme
500 ml
Assorted

52⁹⁹
each
WITH RewardsCARD

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price: **79⁹⁹**

19 CM BREAD KNIFE

COLLECT 30 STICKERS

CHEF QUALITY AT HOME

Ends 8 November 2026

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!



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More Savings

Iwisa
Super Maize Meal
2,5 kg
PLUS
Golden Delight
Parboiled Rice
2 kg
PLUS
Snowflake
Cake Flour
2,5 kg

90⁰⁰ per combo
WITH RewardsCARD

Polana
Spaghetti, Macaroni or Elbows
500 g

30⁰⁰
WITH RewardsCARD

Rhodes
Baked Beans in Tomato Sauce
400 g

25⁰⁰
WITH RewardsCARD

Knorr
Cook-in-Sauce or Potato Bake
43 g / 48 g Assorted

32⁰⁰
WITH RewardsCARD

Pantry Favourites

SPAR
Corned Meat
300 g Assorted

29⁹⁹ each
WITH RewardsCARD

SPAR
Mayonnaise Original or Tangy
750 g

32⁹⁹ each
WITH RewardsCARD

Kellogg's
Instant Noodles (incl. Stir Fry & Mi Goreng)
5s Assorted

29⁹⁹ each
WITH RewardsCARD

SPAR
Refined White or Brown Sugar
2 kg

46⁹⁹ each
WITH RewardsCARD

Robertson's
Rajah Curry Powder
100 g Assorted

24⁹⁹ each
WITH RewardsCARD

Robertson's
Spice Refill (excl. White & Black Pepper)
64 g / 80 g / 84 g / 89 g / 100 g Assorted

15⁹⁹ each
WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED

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Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **7 October** up to and including **18 October 2026** while stocks last.
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Savings made super!



Your Butcher by SPAR
Grabouw Boerewors

109⁹⁹

per kg

Butcher's Best



Red Crest Farms
Fresh Chicken
Braai Pack
5 Piece

59⁹⁹

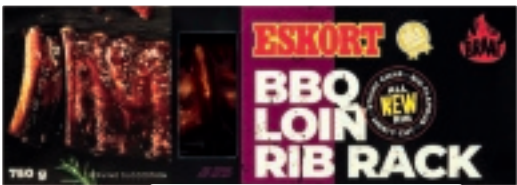
per kg



Your Butcher By SPAR
Beef
Goulash or Strips

149⁹⁹

per kg



Eskort
BBQ Loin
Rib Rack
750 g

129⁹⁹

each

WITH RewardsCARD



Your Butcher By SPAR
Pork Texan Steak
(Previously Frozen)

59⁹⁹

per kg

BUTCHERY SPECIALS AVAILABLE FROM 7 - 11 OCTOBER 2026

PORK PRODUCTS ONLY AVAILABLE AT SELECTED SUPERSPAR STORES

Fresh Savings



SPAR
freshline
Bananas
750 g

BUY 2 FOR

35⁰⁰

FRESH COMBO DEAL



SPAR
freshline
Mini Plum Tomatoes
200 g
+
Season's Value Lettuce
120 g

BUY BOTH FOR

29⁹⁹

per combo

FRESH COMBO DEAL



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

BUY ALL FOR

95⁰⁰

per combo

Bakery Savings



Blue Ribbon
Brown Sliced
Bread
700 g

16⁹⁹

per loaf

WITH RewardsCARD



Blue Ribbon
White Sliced
Bread
700 g

19⁹⁹

per loaf

WITH RewardsCARD



SPAR
Bakery
Croissants
4s

49⁹⁹

per pack



SPAR
Bakery
Cake
6 inch
Assorted

69⁹⁹

each



COMPLETE YOUR COLLECTOR'S CARD TO REDEEM AND

SAVE UP TO 80%

on **nutrifresh** Kitchen Essentials

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SHOP, SWIPE, COLLECT & SAVE!

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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Sweet Savings



Willards
Cheese Curlys
Assorted or
Flings Original
Maize Snack
90 g

BUY ANY 2 FOR

25⁰⁰

WITH RewardsCARD



Nik Naks
Maize Snack
135 g
Assorted

BUY ANY 2 FOR

22⁰⁰

WITH RewardsCARD



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

BUY ANY 2 FOR

22⁰⁰

Save R10



Bakers
Romany Creams
or Choc Kits
Biscuits
200 g
Assorted

38⁹⁹ each

WITH RewardsCARD



De Vries
Ginger Biscuits
200 g

BUY 2 FOR

30⁰⁰

WITH RewardsCARD



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

BUY ANY 2 FOR

48⁰⁰

WITH RewardsCARD

Refreshing Savings



Mr Orange
Ready to Drink
Orange Squash
or **Rascals**
Sport Flavoured
Drink
Assorted
6 x 300 ml

27⁹⁹ each

WITH RewardsCARD



Energade
Ready to Drink
Sports Drink
6 x 500 ml
Assorted

69⁹⁹ per pack

WITH RewardsCARD



aQuellé
Still or Sparkling
Natural Spring
Water
6 x 500 ml

39⁹⁹ per pack

WITH RewardsCARD



Reboost
Energy Drink or
Immune Booster
500 ml
Assorted

BUY ANY 2 FOR

19⁰⁰

WITH RewardsCARD



SPAR
100%
Fruit Juice
Blend
1 litre
Assorted

28⁹⁹ each

WITH RewardsCARD



Valpré
Sparkling
Water
1 litre

BUY 2 FOR

30⁰⁰

WITH RewardsCARD



SPAR
Still
Spring
Water
5 litre

BUY 2 FOR

42⁰⁰

WITH RewardsCARD



SPAR
Carbonated
Soft Drink
2 litre
Assorted

BUY ANY 2 FOR

24⁰⁰

WITH RewardsCARD



Coca Cola
Regular
Only
1,5 litre

BUY 2 FOR

36⁰⁰

WITH RewardsCARD



**Fanta Orange,
Sparletta Assorted,
Twist Assorted
Sprite or Stoney
Regular Only or
Coca Cola Zero
or No Sugar
or Stoney Zero**
1,5 litre

BUY ANY 2 FOR

28⁰⁰

WITH RewardsCARD



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UNLEASH YOUR INNER CHEF

with **nutrifresh**™

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Tc & Cs apply.

**5 WEEKS LEFT
TO COLLECT STICKERS**

AS SEEN
ON TV

BUY
me for a
BONUS
sticker!



SPAR
IQF
Chicken
Mixed
Portions
4 kg

154⁹⁹ each
Save R44

AS SEEN
ON TV

BUY
me for a
BONUS
sticker!



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

32⁹⁹ each
Save R5



SPAR
Sunflower
Oil
2 litre

64⁹⁹ each
WITH RewardsCARD

SAVE UP TO
80%
on **nutrifresh**
Kitchen
Essentials

Ends 8 November 2026

AS SEEN
ON TV

SAVE
EXTRA



BUY
me for a
BONUS
sticker!

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

179⁹⁹ each
Save R50

nutrifresh™



Clover
Long Life Milk
Full Cream or
Low Fat
(incl. Nolic Lactose
Free Medium Cream Milk)
6 x 1 litre

99⁹⁹ per pack
WITH RewardsCARD



Spekko
Long Grain
Parboiled
White Rice
2 kg

31⁹⁹ each
WITH RewardsCARD

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM
Retail Price
R399.99
Discounted Price:
79⁹⁹
18cm Cook's Knife

COLLECT
30
STICKERS



Pampers
Active Baby
Nappies or
Nappy Pants
Value Pack
Assorted

179⁹⁹ per pack
WITH RewardsCARD

SUPERSPAR



SEC3936