

UNLEASH YOUR INNER CHEF

with **nutrifresh™**

nutrifresh™ is a registered trademark used under license by TCC Global N.V. T & Co apply.



BUY me for a BONUS sticker!

SPAR
FULL CREAM FRESH MILK
ULTRA PASTEURISED

Keeps Fresh for 35 DAYS Unopened

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

32⁹⁹ each

WITH RewardsCARD

SPAR
IQF Mixed Chicken Portions
2 kg

FROZEN CHICKEN
MIXED PORTIONS
WITH BRINE BASED MIXTURE

89⁹⁹ per pack

WITH RewardsCARD

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

16.5cm Santoku Knife

COLLECT 30 STICKERS

BUY me for a BONUS sticker!

LOOK OUT FOR BONUS STICKER PRODUCTS

BUY me for a BONUS sticker!

AS SEEN ON TV

REFILL YOUR JAR
Light and dark roasted beans for a strong yet smooth cup

Nescafé Classic
Coffee Jar 200 g or Refill 230 g (excl. Decaf) Assorted

119⁹⁹ each

WITH RewardsCARD

AS SEEN ON TV

BUY me for a BONUS sticker!

Clover
Long Life Milk Full Cream or Low Fat 6 x 1 litre

99⁹⁹ per pack

Save R23

AS SEEN ON TV

SAVE EXTRA

BUY me for a BONUS sticker!

Spekko
Long Grain Parboiled White Rice 2 kg Assorted

29⁹⁹ each

Save R15

AS SEEN ON TV

SAVE EXTRA

BUY me for a BONUS sticker!

SPAR
Carbonated Soft Drink 2 litre Assorted

BUY ANY 2 FOR

22⁰⁰

Save R6

BUY me for a BONUS sticker!

SPAR
TOILET TISSUE
ULTRA SOFT & GENTLE

SPAR
Toilet Rolls 2 Ply 350 sheets 9s

59⁹⁹ per pack

WITH RewardsCARD

HUGGIES
Dry Comfort

HUGGIES
Dry Comfort

Huggies
Dry Comfort Value Pack Nappies Assorted

BUY ANY 2 FOR

250⁰⁰

WITH RewardsCARD

SEC3877

SUPERSPAR



Household Savings



Sunlight
Dishwashing
Liquid Pouch
Regular or Ultra
750 ml

25⁹⁹
each

WITH RewardsCARD



Home Care
By SPAR
Thin Bleach
750 ml
Assorted

16⁹⁹
each

WITH RewardsCARD



Glade
Concentrated
Fabric
Softener
800 ml
Assorted

46⁹⁹
each

WITH RewardsCARD



Ariel
Auto
Liquid
2 litre
Assorted or
Capsules 21s

139⁹⁹
each

WITH RewardsCARD



Home Care
By SPAR
Large Mop
200 g

69⁹⁹
each

WITH RewardsCARD



Tuffy
Budget
Refuse Bags
20s

39⁹⁹
per roll

WITH RewardsCARD



Doom
Multi Insect
Spray
300 ml
Assorted

42⁹⁹
each

WITH RewardsCARD



Maq
Hand
Washing
Powder
2 kg

64⁹⁹
each

WITH RewardsCARD



SPAR
Mega
Roller
Towels
2s
Assorted

44⁹⁹
per pack

WITH RewardsCARD



Home Care
By SPAR
Assorted
Dish Cloth
Honey Comb 1s
or Microfibre
Swab 3s

19⁹⁹
each

WITH RewardsCARD



Eveready
Powerplus Gold
AA or AAA
Batteries
4s

49⁹⁹
per pack

WITH RewardsCARD

Pet Essentials



Pamper
Fine Cuts
Adult
Cat Food
85 g
Assorted

BUY
ANY
4
FOR

46⁰⁰

WITH RewardsCARD



Epol
Adult
Cat Food
incl. Kitten
2 kg
Assorted

79⁹⁹
each

WITH RewardsCARD



Defy
Stainless Steel
Cordless Kettle
1,7 litre

349⁹⁹
each

WITH RewardsCARD



SPAR
Woof
Wet Dog Food
820 g
Assorted

24⁹⁹
each

WITH RewardsCARD



Vitagen
Dog
Food
6 kg / 8 kg
Assorted

199⁹⁹
each

WITH RewardsCARD

Braai Savings



Charka
Brikettes
5 kg
PLUS
Firelighters
12s

BUY
BOTH
FOR

135⁰⁰
per combo

WITH RewardsCARD

SPAR

Women's
CHALLENGE
2026

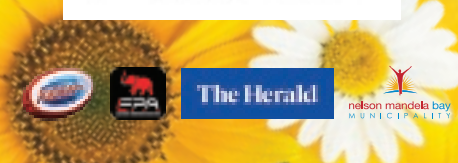
26 September • Pollok Beach
10km - 7am
5km - 8am

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 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 **8 September** up to and including **21 September 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

Baby Essentials



Cuddlers
Gold
Value Pack
Nappies
or Pants
Assorted

129⁹⁹
per pack

WITH RewardsCARD



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

31⁹⁹
per pack

WITH RewardsCARD



Purity
100% Fruit
Juice Blend
200 ml
Assorted

BUY
ANY
2
FOR

22⁰⁰

WITH RewardsCARD



Johnson's
Baby Soap
175 g
Assorted

16⁹⁹
each

WITH RewardsCARD



Dove
Cotton Buds
Value Pack
200s

16⁹⁹
per pack

WITH RewardsCARD



Rhodes
Squish
Fruit or
Vegetable
Puree
110 ml
Assorted

BUY
ANY
2
FOR

22⁰⁰

WITH RewardsCARD

Personal Care



Kotex
Maxi
Sanitary Pads
8s / 10s
Assorted

23⁹⁹
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
Smartfit
Tampons
16s / 20s
Assorted

29⁹⁹
each

WITH RewardsCARD

Family Savings



Shower to Shower
Body Wash or
Shower Gel
500 ml
Assorted

52⁹⁹
each

WITH RewardsCARD



Shower to Shower
Roll On
50 ml
Assorted

16⁹⁹
each

WITH RewardsCARD



Organics
Shampoo,
2 in 1 or
Conditioner
1 litre
Assorted

89⁹⁹
each

WITH RewardsCARD



Lil-Lets
Pantyliners
50s
Assorted

37⁹⁹
per pack

WITH RewardsCARD



SPAR
Mini
Toilet Tissue
1 Ply
300 sheets
9s

29⁹⁹
per pack

WITH RewardsCARD



Newden
Petroleum
Jelly
200 g
Assorted

21⁹⁹
each

WITH RewardsCARD



Savlon
Antiseptic
Liquid
500 ml

74⁹⁹
each

WITH RewardsCARD



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

19⁹⁹
each

WITH RewardsCARD



**CHEF
QUALITY
AT
HOME**

Ends 8 November 2026

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

LOVE IT? SPAR GETS IT DELIVERED **2U**



Download now!

Available on the
App Store

GET IT ON
Google Play

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **8 September** up to and including **21 September 2026** while stocks last.

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

Snack and Save



nutrifresh™

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

19 CM COOK'S KNIFE

COLLECT 30 STICKERS

A CUT ABOVE THE REST

Ends 8 November 2026

AS SEEN ON TV

SAVE EXTRA

BUY me for a BONUS sticker!

Cadbury Chocolate Slabs (excl. Bubbly) 80 g Assorted

BUY ANY 2 FOR

35⁰⁰

Save R15

SPAR

Sweets, Jellies or Gums 100 g / 125 g Assorted

BUY ANY 2 FOR

21⁹⁹

each

WITH RewardsCARD

MANHATTAN

marshmallows

150 g or Chewy Mints 125 g Assorted

BUY ANY 2 FOR

18⁹⁹

each

WITH RewardsCARD

AS SEEN ON TV

BOLD CRUNCH

BUY me for a BONUS sticker!

Doritos

Corn Chips 145 g Assorted

BUY ANY 2 FOR

40⁰⁰

Save R10

Maynards

Wine Gum Roll 39 g Assorted

BUY ANY 3 FOR

20⁰⁰

WITH RewardsCARD

CHEESE FLAVOUR

TOMATO CHILLI FLAVOURED PUFFS

SPAR Flavoured Puffs 100 g Assorted

BUY ANY 2 FOR

24⁰⁰

WITH RewardsCARD

AS SEEN ON TV

SAVE EXTRA

BUY me for a BONUS sticker!

Blue Label

Marie Biscuits 200 g Assorted

BUY ANY 2 FOR

34⁰⁰

Save R10

Oreo

Biscuits 128.8 g Assorted

BUY ANY 2 FOR

16⁹⁹

each

WITH RewardsCARD

Beverage Saving

SPAR

Still or Sparkling Spring Water 6 x 500 ml

BUY BOTH FOR

33⁹⁹

per pack

WITH RewardsCARD

Shelford

Concentrate Fruit Juice Blend 1.25 litre Assorted

BUY ANY 2 FOR

25⁹⁹

each

WITH RewardsCARD

SPAR

100% Fruit Juice Blend 1 litre Assorted

BUY ANY 2 FOR

27⁹⁹

each

WITH RewardsCARD

SPAR

Creamy Dip 175 g PLUS Potato Chips 120 g Assorted

BUY BOTH FOR

40⁰⁰

per combo

WITH RewardsCARD

Monster

Energy Drink 500 ml Assorted

BUY ANY 2 FOR

32⁰⁰

WITH RewardsCARD

aQuellé

Flavoured Sparkling Water 500 ml Assorted

BUY ANY 2 FOR

17⁰⁰

WITH RewardsCARD

Energade

Ready to Drink Sports Drink 500 ml Assorted

BUY ANY 2 FOR

24⁰⁰

WITH RewardsCARD

Rhodes

Nectar Blend Fruit Juice 6 x 200 ml Assorted

BUY ANY 2 FOR

36⁹⁹

per pack

WITH RewardsCARD

Thirsti

Still Water 5 litre

BUY 2 FOR

45⁰⁰

WITH RewardsCARD

Coca Cola

Regular Drink 1.5 litre

BUY 2 FOR

36⁰⁰

WITH RewardsCARD

SPAR-letta or Twist

Assorted or Iron Brew Regular Only 2 litre

BUY ANY 2 FOR

32⁰⁰

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 September up to and including 21 September 2026 while stocks last. We reserve the right to limit quantities. Prices include VAT.

IT'S POLO-LONY TIME AGAIN

WIN 1 OF 6 VW POLO VIVOS

BUY me for a BONUS sticker!

SPAR French, Garlic, Chilli or Chicken Polony 1 kg

34⁹⁹ each

WITH RewardsCARD

SPAR BUY ANY SPAR POLONY PRODUCT TO ENTER

Valid 1 August - 21 September 2026. Ts & Cs apply.

Freezer Savings

SPAR Frozen Mixed Vegetables 1 kg

44⁹⁹ each

WITH RewardsCARD

Fry's Plant Based Popcorn 300 g, Burgers Assorted 320 g, Nuggets 380 g, Sausages 500 g or Schnitzel 320 g

59⁹⁹ each

WITH RewardsCARD

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

59⁹⁹ each

WITH RewardsCARD

Sea Harvest Crumbed Hake Fish Friday 600 g Assorted

109⁹⁹ each

WITH RewardsCARD

Chilled Favourites

Sunshine D Original Margarine 80% Fat Spread Brick 500 g

22⁹⁹ each

WITH RewardsCARD

D'Lite 37% Fat Spread Tub 1 kg

34⁹⁹ each

WITH RewardsCARD

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

42⁹⁹ each

WITH RewardsCARD

Cadbury Dairy Milk Assorted, Oreo or Crunchie Stick Ice Cream 90 ml

66⁰⁰

WITH RewardsCARD

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

39⁹⁹ each

WITH RewardsCARD

SPAR Full Cream Maas 2 kg

31⁹⁹ each

WITH RewardsCARD

SPAR Double or Full Cream Yoghurt 1 kg Assorted

39⁹⁹ each

WITH RewardsCARD

SPAR Puff or Shortcrust Pastry 400 g

25⁹⁹ each

WITH RewardsCARD

Danone Nutriday Smooth Low Fat Yoghurt (excl. Fruit) 6s Assorted

36⁰⁰

WITH RewardsCARD

SPAR Low Fat Drinking Yoghurt 300 ml Assorted

30⁰⁰

WITH RewardsCARD

First Choice Milk Flavoured Low Fat Milk 250 ml Assorted

25⁰⁰

WITH RewardsCARD

Danone Ultra Mel Vanilla, Chocolate or Caramel Flavoured Dessert 4s

27⁹⁹ per pack

WITH RewardsCARD

Cheese Selection

SPAR Vacuum Packed Cheese 700 g Assorted

99⁹⁹ each

Save R43

SPAR Cheddar or Gouda Processed Cheese Slices 400 g

59⁹⁹ each

WITH RewardsCARD

SPAR Feta Cheese 200 g Assorted

39⁹⁹ each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED 2U

Download now!

Available on the App Store

GET IT ON Google Play

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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



SPAR
Corn
Flakes
1 kg

64⁹⁹
each

WITH **RewardsCARD**



SPAR
Granola
1 kg
Assorted

69⁹⁹
each

WITH **RewardsCARD**



Bokomo
Traditional
Oats
1 kg

34⁹⁹
each

WITH **RewardsCARD**



Ouma
Rusks
450 g / 500 g
Assorted

54⁹⁹
each

WITH **RewardsCARD**



SPAR
Freezer Dried
Instant Coffee
Doy Pack
200 g

124⁹⁹
each

WITH **RewardsCARD**



Cremora
Tea &
Coffee
Creamer
750 g

49⁹⁹
each

WITH **RewardsCARD**



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

54⁹⁹
each

WITH **RewardsCARD**



Rhodes
Quality
Smooth
Apricot or
Mixed Fruit
Jam
900 g

38⁹⁹
each

WITH **RewardsCARD**

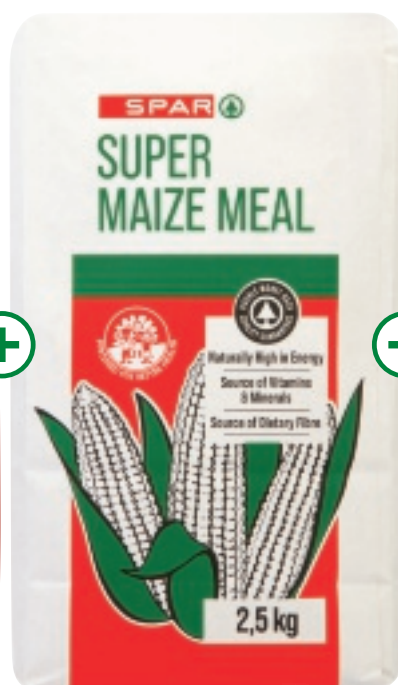


Black Cat
Peanut Butter
400 g
Assorted

36⁹⁹
each

WITH **RewardsCARD**

Combo Deal



SPAR
Cake
Wheat Flour
2,5 kg
PLUS
Super Maize Meal
2,5 kg
PLUS
Long Grain
Parboiled Rice
2 kg
PLUS
White or Brown Sugar
2 kg
PLUS
Sunflower Oil
750 ml

150⁰⁰
per combo

WITH **RewardsCARD**



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products.

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SHOP & CHOP

with nutrifresh™



Pantry Savings

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Koo
Mixed Vegetables
in Brine or
Curry Sauce
410 g / 420 g

18⁹⁹
each

WITH **RewardsCARD**



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

29⁹⁹
each

WITH **RewardsCARD**



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

15⁹⁹
each

WITH **RewardsCARD**



SPAR
Spaghetti,
Elbows or
Macaroni
500 g

26⁰⁰

Save **R8**



Koo
Garden Peas
in Sweet Brine
400 g

18⁹⁹
each

WITH **RewardsCARD**



Koo
Whole Kernel
Corn
410 g or
Sweetcorn
415 g

18⁹⁹
each

WITH **RewardsCARD**



Koo
Chakalaka
410 g
Assorted

21⁹⁹
each

WITH **RewardsCARD**



Rhodes
Baked Beans
in Tomato
Sauce
400 g

25⁰⁰

WITH **RewardsCARD**



Crosse & Blackwell
Tangy
Mayonnaise
Only
750 g

39⁹⁹
each

WITH **RewardsCARD**



Mrs Balls
Chutney
470 g
Assorted

34⁹⁹
each

WITH **RewardsCARD**



Wellington's
Sweet Chilli
or Jalapeno
Sauce
700 ml

44⁹⁹
each

WITH **RewardsCARD**



SPAR
Pilchards
400 g
Assorted

45⁰⁰

WITH **RewardsCARD**



B Well
Omega 3
Cooking Oil
2 litre

59⁹⁹
each

WITH **RewardsCARD**



Wellington's
Tomato Sauce
700 ml

34⁹⁹
each

WITH **RewardsCARD**



Imana
Sauce or
Gravy
34 g / 38 g
Assorted

27⁰⁰

WITH **RewardsCARD**

BUY
ANY
3
FOR



Royco
Packet Soup
45 g / 50 g
Assorted

20⁰⁰

WITH **RewardsCARD**

BUY
ANY
4
FOR

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 September** up to and including **21 September 2026** while stocks last.

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Savings made super!



Red Crest Farms
Fresh Chicken
4 Piece
Braai Pack

59⁹⁹
per kg

Butcher's Choice



Your Butcher
By SPAR
Roiberg
Boerewors

119⁹⁹
per kg



Your Butcher
By SPAR
Beef Lean
Mince

109⁹⁹
per kg



Your Butcher
By SPAR
Beef Tenderised
Steak

139⁹⁹
per kg



Your Butcher
By SPAR
Pork Neck
Steak
Previously Frozen

89⁹⁹
per kg

Butchery prices are valid 8 - 13 September 2026 only.

Pork products only available at selected SUPERSPAR stores

Fresh Produce



SPAR
freshline
Potjie Pack
1 kg

44⁹⁹
per pack



SPAR
freshline
Large
Pineapple

16⁹⁹
each



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

74⁹⁹
per combo

Baker's Favourites



SPAR
Bakery
Cake
Assorted

149⁹⁹
each



SPAR
Bakery
Muffins
6s
Assorted

59⁹⁹
per pack



Blue Ribbon
White
Sliced
Bread
700 g

19⁹⁹
per loaf

WITH RewardsCARD



Blue Ribbon
Brown Sliced
Bread
700 g

16⁹⁹
per loaf

WITH RewardsCARD



Star Bakeries
White
Sliced
Bread
700 g

18⁹⁹
per loaf

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.

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected SUPERSPAR stores in the Eastern Cape from 8 September up to and including 21 September 2026 while stocks last.

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