

UNLEASH YOUR INNER CHEF

with **nutrifresh**TM

nutrifreshTM is a registered trademark used under license by TCC Global N.V. Ts & Cs apply.



BUY
me for a
BONUS
sticker!

SPAR
Frozen Chicken
Mixed Portions
4 kg

159⁹⁹
each
WITH *Rewards*CARD



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



SPAR
French, Chilli,
Garlic or Chicken
Polony
1 kg
32⁹⁹
each
WITH *Rewards*CARD



SPAR
100%
Freeze-Dried
Instant
Coffee
200 g
119⁹⁹
each
WITH *Rewards*CARD



Selati
Golden
Brown
Sugar
2 kg
39⁹⁹
each
WITH *Rewards*CARD



SPAR
Corn flakes
1 kg
57⁹⁹
each
WITH *Rewards*CARD



OMO
Handwashing
Powder
2 kg
Assorted
59⁹⁹
each
WITH *Rewards*CARD



Spekko
Long Grain
Parboiled Rice
2 kg
Assorted
29⁹⁹
each
Save R15
WITH *Rewards*CARD

Quality Meat. Unbeatable Value



Your Butcher
By SPAR
Pork Loin
Chops
79⁹⁹
per kg



SPAR
Tender and Tasty
Bacon and
Cheese or
Chilli
Cheese Wors
420 g
59⁹⁹
each



SPAR
Tender and Tasty
Buffalo Wings
Assorted
109⁹⁹
per kg

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SPAR



Be a super saver



SPAR
freshline
White Mushrooms
250 g

BUY
2
FOR
45⁰⁰

Fresh Savings



SPAR
freshline
Strawberries
250 g

32⁹⁹
each



SPAR
freshline
Onions
1 kg

26⁹⁹
per pack



SPAR
freshline
Potatoes
2 kg

36⁹⁹
per pack

Quality Meat. Unbeatable Value



SPAR
Country Value
Fresh Chicken Livers
500 g

26⁹⁹
each



SPAR
Tender and Tasty
Back or Streaky Bacon
(Excl. Shoulder and Diced)
650 g

109⁹⁹
each



Your Butcher
by SPAR
Bulk Beef Mince

109⁹⁹
per kg

Bake & Save



SPAR
Bakery
Large Wraps
Brown or White
8s

49⁹⁹
per pack



SPAR
Bakery
Mini Garlic Bread
4s
Assorted

54⁹⁹
per pack



SPAR
Bakery
Puddings
400 g / 450 g
Assorted

59⁹⁹
each



Sasko
Premium
Brown Bread
700 g

15⁹⁹
per loaf

WITH RewardsCARD

Delicious Made Easy

Fresh & Convenient

Pieman's
Mini Pies
30 g / 40 g
Assorted



BUY
ANY
5
FOR
30⁰⁰

PIEMAN'S
SINCE 1947

Delicious made easy

The Food Stall
Battered Hake Fillet and
Chips 100 g



SERVING SUGGESTION

49⁹⁰
per meal

FOOD
STALL

Fresh Grilled Taste

Fire & Grill
Grilled Rib Burger
with Chips 100 g



SERVING SUGGESTION

39⁹⁰
per meal

fire & grill
LET US DO THE GRILLING

Fridge Essentials. Super Value



SPAR
Vacuum Packed Cheese
Cheddar, Gouda,
White Cheddar
or White Cheddar
700 g
Assorted

99⁹⁹
per pack
Save R43



SPAR
Processes
Cheese
Slices
Cheddar or
Gouda
900 g

109⁹⁹
each

WITH RewardsCARD



SPAR
Hot Doggers
Viennas
500 g
Assorted

42⁹⁹
each

WITH RewardsCARD



SPAR
Feta
Cheese
200 g
Assorted

34⁹⁹
each

WITH RewardsCARD



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Special available at selected SPAR and SUPERSPAR(Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **08 September** up to and including **21 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).
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SHOP & CHOP

with **nutrifresh™**



Fridge Super Value

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SPAR Full Cream or Low Fat Ultra Pasteurised Fresh Milk 2 litre 32⁹⁹ each WITH RewardsCARD	D'Lite 37% Fat Spread 1 kg 33⁹⁹ each WITH RewardsCARD	Sunshine D Margarine Brick 500 g 27⁹⁹ each WITH RewardsCARD	SPAR Extra Large Eggs 18s 48⁹⁹ per tray WITH RewardsCARD
Lancewood Yoghurt 6s Assorted 34⁹⁹ per pack WITH RewardsCARD	SPAR Medium Fat Maas 2 kg 28⁹⁹ each WITH RewardsCARD	SPAR Low Fat or Fat Free Smooth or Fruit Yoghurt (Incl. Aloe & Seeded, Double Cream or Indulge Range) 1 kg Assorted 36⁹⁹ each WITH RewardsCARD	SPAR Active Breakfast Drink 300 ml Assorted 14⁹⁹ each WITH RewardsCARD
Clover Krush 100% Fruit Juice Blend 1.5 litre Assorted 42⁹⁹ each WITH RewardsCARD	SPAR Puff or Shortcrust Pastry 400 g 22⁹⁹ each WITH RewardsCARD	Eskort Bacon or Cheese Grillers 500 g 59⁹⁹ per pack WITH RewardsCARD	

Freezer Super Value

Sea Harvest Fish Fingers 24 portions 76⁹⁹ each WITH RewardsCARD	Sea Harvest Oven Crisp Fish Fillets or Fish Fingers 400 g / 600 g 76⁹⁹ each WITH RewardsCARD	SPAR Mini Bacon & Cheese Pizza 8s Assorted 72⁹⁹ per pack WITH RewardsCARD	Ola Paddlepop 10s Assorted 89⁹⁹ each WITH RewardsCARD
McCain Skinny Fries or Slap Chips 1 kg 49⁹⁹ each WITH RewardsCARD	McCain Mixed Vegetable 1 kg 44⁹⁹ each WITH RewardsCARD	SPAR Frozen Mixed Veg, Peas, Stew Mix, Sweetcorn or Stir Fry (French or Tropical) 250 g 28⁰⁰ WITH RewardsCARD	Cadbury Crunchie, Dairy Milk or Oreo Ice Cream Stick 90 ml 65⁰⁰ WITH RewardsCARD

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LOOK OUT FOR PARTICIPATING PRODUCTS TO GET BONUS STICKERS

BUY me for a BONUS sticker!



19⁹⁹ each

WITH RewardsCARD

Rhodes Chakalaka 400 g, Butter Beans 410 g, Cream Style Sweetcorn 420 g or Mixed Vegetables in Brine or Curry Sauce 410 g

Pantry Super Savers



SPAR Pilchards In Tomato or Chilli Sauce 400 g

22⁹⁹ each

WITH RewardsCARD



Rhodes Braai Relish 410 g

19⁹⁹ each

WITH RewardsCARD



SPAR Baked Beans in Tomato Sauce 400 g

23⁰⁰

WITH RewardsCARD



SaveMor Cooking Oil 2 litre

56⁹⁹ each

WITH RewardsCARD



Koo Beetroot Grated or Sliced 780 g

29⁹⁹ each

WITH RewardsCARD



Pakco Atchar 385 g Assorted

39⁹⁹ each

WITH RewardsCARD



SPAR Original or Tangy Mayonnaise 750 g

32⁹⁹ each

WITH RewardsCARD



Knorr Salad Dressing 340 ml Assorted

29⁹⁹ each

WITH RewardsCARD



Crosse & Blackwell Kasi Magic 330 ml Assorted

24⁹⁹ each

WITH RewardsCARD



Robertson's Rajah Curry Powder 50 g Assorted

13⁹⁹ each

WITH RewardsCARD



Hinds Herbs & Spices Refill (Excl. Cabbage Seasoning) 12 g - 90 g Assorted

26⁰⁰

WITH RewardsCARD



Hinds Salad Dressing Mix 10 g Assorted

22⁰⁰

WITH RewardsCARD



SPAR Spaghetti or Macaroni 500 g

26⁰⁰

Save R8 WITH RewardsCARD



Kellogg's Instant Noodles 5 x 70 g Assorted

50⁰⁰

WITH RewardsCARD



Iwisa or Super Sun Super Maize Meal 5 kg

49⁹⁹ each

WITH RewardsCARD

Value Baking Picks



SPAR Super Maize Meal 10 kg

69⁹⁹ each

WITH RewardsCARD



Moir's Baking Powder 200 g

29⁹⁹ each

WITH RewardsCARD



Moir's Jelly 80 g Assorted

20⁰⁰

WITH RewardsCARD



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

99⁹⁹ per pack

Save R23 WITH RewardsCARD

SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all SAVE EXTRA products. SAVE EXTRA products are only available in-store and not on the SPAR2U App.

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Treat Yourself

Super BUNDLE DEAL

BUY me for a BONUS sticker!

40⁰⁰

WITH Rewards CARD

Save R10

Super BUNDLE DEAL

BUY ANY 2 FOR

30⁰⁰

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

30⁰⁰

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 3 FOR

30⁰⁰

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

23⁰⁰

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

34⁰⁰

WITH Rewards CARD

Save R10

Super BUNDLE DEAL

BUY ANY 2 FOR

34⁰⁰

WITH Rewards CARD

Save R10

Super BUNDLE DEAL

BUY ANY 3 FOR

36⁰⁰

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

22⁰⁰

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

35⁰⁰

WITH Rewards CARD

Save R15

Super BUNDLE DEAL

BUY ANY 2 FOR

22⁹⁹

per pack

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

21⁹⁹

per pack

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

27⁹⁹

each

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

34⁹⁹

per pack

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

44⁹⁹

per pack

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

69⁹⁹

per pack

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

32⁰⁰

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

25⁹⁹

each

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

25⁹⁹

each

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

32⁰⁰

WITH Rewards CARD

Super BUNDLE DEAL

BUY ANY 2 FOR

22⁰⁰

WITH Rewards CARD

Save R6

Super BUNDLE DEAL

BUY 2 FOR

36⁰⁰

WITH Rewards CARD

Breakfast Value Buys

The collage features several grocery items with their respective prices and a 'WITH RewardsCARD' label:

- SPAR ORIGINAL GRANOLA**: 1 kg Assorted, **62⁹⁹** each.
- SPAR FRUIT AND NUT GRANOLA**: 1 kg Assorted, **62⁹⁹** each.
- TRINCO BLACK TEA BLEND**: Tagless Teabags Pouch 100s, **29⁹⁹** per pack.
- Laager Pure Rooibos**: Tagless Teabags 40s, **25⁹⁹** per pack.
- JACOBS Cappuccino Sticks**: (Incl. Ice Range) 8s / 10s Assorted, **100⁰⁰** with RewardsCARD.
- frisco ORIGINAL**: Instant Coffee & Chicory 250g, **56⁹⁹** each.
- frisco GRANULES**: Instant Chicory & Coffee 250g, **56⁹⁹** each.
- IWISA No. 1**: Instant Maize Porridge Banana Flavour 1kg, **23⁹⁹** each.
- SUPER SUN**: Instant Maize Porridge Strawberry Flavour 1kg, **23⁹⁹** each.
- Black Cat**: Smooth Peanut Butter 800g Assorted, **74⁹⁹** each.

LOVE IT? SPAR GETS IT DELIVERED 



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MI SSR5868 5

Get your save on!

Aquafresh
all-in-one protection
100 ml • Cavity Protection • Helps Protect Gums* • Refreshes Breath

Super BUNDLE DEAL

BUY me for a BONUS sticker!

BUY ANY 2 FOR 30⁰⁰
WITH RewardsCARD

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

Care & Save

Kotex
Tampons 32s Assorted

49⁹⁹ per pack
WITH RewardsCARD

Kotex
Maxi Sanitary Pads 10s (Excl. Bio Care) or Pantyliners 16s/20s Assorted

45⁰⁰
WITH RewardsCARD

Lil-lets
Smartfit Mini, Regular, Heavy, Light, Medium, Super or Super Plus Tampons 16s / 20s Assorted

26⁹⁹ per pack
WITH RewardsCARD

Lil-lets
Maxi Pads 10s Assorted

14⁹⁹ per pack
WITH RewardsCARD

SPAR
Facial Tissues 200s Assorted

23⁹⁹ each
WITH RewardsCARD

SPAR
Germex Hygiene Soap 175 g Assorted

23⁰⁰
WITH RewardsCARD

Care By SPAR
Roll-On for Male or Female 50 ml Assorted

15⁹⁹ each
WITH RewardsCARD

Reitzer's
Petroleum Jelly 100 ml

27⁹⁹ each
WITH RewardsCARD

MediCare Value

No Hair
Hair Removal Lotion 125 ml Assorted

61⁹⁹ each
WITH RewardsCARD

Dove
Body Wash 400 ml Assorted

64⁹⁹ each
WITH RewardsCARD

Organics
Shampoo or Conditioner 1 litre Assorted

79⁹⁹ each
WITH RewardsCARD

Compral
Pain Tablets 100s

89⁹⁹ per pack
WITH RewardsCARD

Baby Value

Purity
Mabele Porridge 350 g Assorted

18⁹⁹ each
WITH RewardsCARD

Purity
Cream of Maize 400 g Assorted

22⁹⁹ each
WITH RewardsCARD

Ashton & Parsons
Infant Teething Powders 20s

44⁹⁹ each
WITH RewardsCARD

Cuddlers
Gold Disposable Nappies or Pants Assorted

128⁹⁹ per pack
WITH RewardsCARD

Purity
Baby Aqueous Cream or Petroleum Jelly 450 ml Assorted

41⁹⁹ each
WITH RewardsCARD

Purity
Baby Petroleum Jelly 450 ml Assorted

43⁹⁹ each
WITH RewardsCARD

Cherubs
Wipes 64s Assorted

22⁹⁹ per pack
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. **SAVE EXTRA** products are only **available in-store** and not on the SPAR2U App.

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nutrifresh™

SLICE & DICE WITH EASE

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

16.5cm Santoku Knife

COLLECT 30 STICKERS

Everyday Essentials

Super BUNDLE DEAL



LION FIRELIGHTERS

Easy lighting • Long lasting

12 PIECES FREE RES BAG

BUY ANY 2 FOR

50⁰⁰

WITH Rewards CARD

Lion Firelighters or Eco Strikers 12s



charka BRIKETTE

40+

The heart of your braai for more than 40 years

5kg

Charka Brikettes 5 kg

99⁹⁹

each

WITH Rewards CARD

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



SPAR goodliving mini braai

carbon steel

SPAR goodliving Mini Braai 1s

259⁹⁹

each

WITH Rewards CARD



HTH Floater Plus

1.6 kg

179⁹⁹

each

WITH Rewards CARD

SPAR goodliving Broom and Mop

69⁹⁹

per set

WITH Rewards CARD



Energizer MAX

10 YEAR

AAA 8

Energizer Max AA or AAA 8s

109⁹⁹

per pack

WITH Rewards CARD



PHILIPS

Essential

7W

41% energy saving

Philips LED 5W or 7W Cool White or Warm White Light Bulbs

19⁹⁹

each

WITH Rewards CARD



SUPA MAMA

Refuse Bags

VALUE

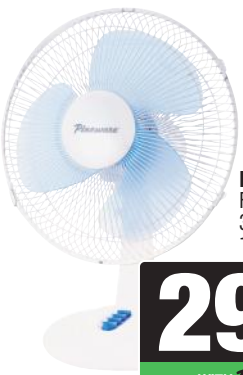
With Drawstring

Supa Mama Value Drawstring Refuse Bags 20s

34⁹⁹

per pack

WITH Rewards CARD



Pineware Fan Desk

White

30cm

1s

299⁹⁹

each

WITH Rewards CARD



Sunbeam

Double Spiral Hotplate

1s

199⁹⁹

each

WITH Rewards CARD



SPAR goodliving Premium Cooler Box

(Silver, Blue or Red)

10 litre

149⁹⁹

each

WITH Rewards CARD



tops!

at SPAR

08 September up to and including 21 September 2026





Kanonkop Kadette Cape Blend

750ml

129⁹⁹

each

WITH Rewards CARD



Nederburg Baronne

750ml

BUY 2 FOR

160⁰⁰

WITH Rewards CARD



De Krans Red or White Moscato

750ml

79⁹⁹

each

WITH Rewards CARD



Multana Red or White

750ml

54⁹⁹

each

WITH Rewards CARD



Darling Cellar Chardonnay or Chenin Blanc

750ml

69⁹⁹

each

WITH Rewards CARD



Swartland Winery Pinotage, Cabernet Sauvignon, Merlot, Syrah, Pinotage Rosé or Moscato

750ml

79⁹⁹

each

WITH Rewards CARD



Warwick The First Lady Unwooded Chardonnay or Sauvignon Blanc

750ml

114⁹⁹

each

WITH Rewards CARD



Simonsig Kaapse Vonkel Brut, Brut Rosé, Demi-Sec or Satin Nectar Rosé

750ml

189⁹⁹

each

WITH Rewards CARD



CIAO

PARADISE BL

PINA COLADA

Ciao Cocktail Spirit Cooler 2L Assorted

119⁹⁹

each

WITH Rewards CARD



Scan HERE and find the drink to match your Kulcha!

WELCOME to our WORLD of KULCHA

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: www.topsatspar.co.za.
 Specials available from 08 September up to and including 21 September 2026, while stocks last, at selected TOPS at SPAR stores Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria.
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SAVE UP TO
80%
on **nutrifresh™**
Kitchen Essentials



COMPLETE YOUR
COLLECTOR'S CARD
TO REDEEM

Ts & Cs Apply



Home Care Value

64⁹⁹ per pack
WITH RewardsCARD

27⁹⁹ per pack
WITH RewardsCARD

19⁹⁹ each
WITH RewardsCARD

50⁰⁰
WITH RewardsCARD

69⁹⁹ per pack
WITH RewardsCARD

39⁹⁹ each
WITH RewardsCARD

179⁹⁹ each
WITH RewardsCARD

26⁹⁹ each
WITH RewardsCARD

25⁰⁰
WITH RewardsCARD

19⁹⁹ each
WITH RewardsCARD

16⁹⁹ each
WITH RewardsCARD

Super Pet Deals

159⁹⁹ each
WITH RewardsCARD

75⁹⁹ each
WITH RewardsCARD

45⁰⁰
WITH RewardsCARD

19⁹⁹ each
WITH RewardsCARD

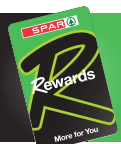
219⁹⁹ each
WITH RewardsCARD

Bulk Deals

99⁰⁰ per combo
WITH RewardsCARD

99⁰⁰ per combo
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.

SPAR: • BIRCHGATE • BLOEMHOF • BONUS • BOTHAVILLE • BREDELL • CONSTANTIA • CRYSTAL GATE • DANIELSKUIL • DELAREYVILLE • DELTA • DERICKS • DIAS • DOUGLAS • FAMILY SAVE • FERRYVALE • FRANKFORT • GHANDI SQUARE • GOLDFIELDS • RANDGATE • GREENHILLS • HARTSWATER • HEIDELBERG • HILLBROW • KALAHARI • KISMET • KLOPPER PARK • KROONDAL • LIME ACRES • LEONDALE • McLEANS • MOUNTAIN VIEW • NABOOMSPRUIT • NOORDWYK • ORCHARDS • POST OFFICE • PRIESKA • RANDJESPAK • REITZ • ROOSVILLE • SAFI • SCHWEIZER RENEKE • SELCOURT • SIMUNYE • SPARTAN • STRUBENVALE • THE PALMS • THREE MONKEYS • VENTERSBURG • VREDE • WESSELBRON • SUPERSPAR: • BALFOUR • BENONI • BERTRAMS • BETHAL • CHRISTIANA • GEOLAINE • KATHU • KURUMAN • MIDRAND • POSTMASBURG • PRIMROSE • RANDFONTEIN • SOUTHERN • SUN VILLAGE • SYLVANIA • XAVIER • V.C. • VOLKSRUST • VRYBURG

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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](https://www.facebook.com/myspar)

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SPAR

SUPERSPAR