

PROMOTION VALID FROM: 24 AUGUST 2026 TO 07 SEPTEMBER 2026

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
Long Life
Full Cream,
Low Fat or Fat Free Milk
(Excl. Lactose Free)
6 x 1 litre

92⁹⁹
per pack

WITH **RewardsCARD**

LOOK OUT FOR
BONUS STICKER PRODUCTS

BUY
me for a
BONUS
sticker!



Crosse & Blackwell
Tangy Mayonnaise
750 g

39⁹⁹
each

Save **R10**
WITH **RewardsCARD**



BUY
me for a
BONUS
sticker!

Parmalat
Pre-Packed
Cheese
850 g
Assorted

119⁹⁹
each

Save **R49**
WITH **RewardsCARD**



BUY
me for a
BONUS
sticker!

Bokomo
Weet-Bix
900 g

49⁹⁹
each

WITH **RewardsCARD**



BUY
me for a
BONUS
sticker!

Tastic
Parboiled
Rice
2 kg
Assorted

29⁹⁹
each

Save **R8**
WITH **RewardsCARD**



Sunlight
Hand
Washing
Powder
2 kg
Assorted

59⁹⁹
each

WITH **RewardsCARD**



SPAR
Frozen
Mixed Chicken
Portions
5 kg

199⁹⁹
per pack

WITH **RewardsCARD**

Quality Meat. Unbeatable Value



Bulk
Pork
Packs

59⁹⁹
per kg



Your Butcher
by SPAR
Beef Rump
or
Sirloin Steak

169⁹⁹
per kg



SPAR
Tender and Tasty
Pork Belly Spare Ribs
Sweet & Sticky or BBQ
1 kg

159⁹⁹
each

MI_SSR5836_1

SPAR



Succulent Braai Roast

with a side of Savings



Your Butcher By SPAR
Whole Fresh Chicken in a Bag (no Giblets)

59⁹⁹ per kg



Your Butcher by SPAR
Chicken Drumsticks or Thighs

74⁹⁹ per kg



Your Butcher by SPAR
Beef Topside Roast

159⁹⁹ per kg



Tilapia (Frozen)

34⁹⁹ per kg



SPAR Bakery
Tray Cake
Chocolate and Vanilla

99⁹⁹ each



SPAR Bakery
Muffins 4s
Assorted

39⁹⁹ per pack



Albany
Sliced White Bread
700 g

17⁹⁹ each
WITH RewardsCARD



Albany
Superior Brown or Thick Sliced Bread
700 g

15⁹⁹ each
WITH RewardsCARD



SPAR Country Value
Lunch Buns 6s

BUY 2 FOR 32⁰⁰



SPAR freshline
Potatoes
3 kg

49⁹⁹ per pack



SPAR freshline
Mandarin Beauties Mini Box
1.5 kg

49⁹⁹ per box



SPAR freshline
Seasons Favourite or Red Apples
1.5 kg

29⁹⁹ per pack



SPAR freshline
Potjie Pack
1 kg

39⁹⁹ per pack



YOUR BUTCHER
by **SPAR**
• TRUSTED QUALITY •

Sourced for **quality** and **taste** so you can serve **mouthwatering** meals every day. Our quality chicken is moist, tender and **affordable** too. **Your Butcher** products are available only at **SPAR**.



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 **24 August** up to and including **07 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).

Fridge Super Value

parmalat
gouda flavoured
full cream processed cheese slices

MELROSE
24 individually wrapped
gouda flavoured
full cream processed cheese slices

Parmalat or Melrose
Processed Cheese Slices
(Melrose Melts or Maxi
Slices)
400 g
Assorted

62⁹⁹ per pack
WITH RewardsCARD

SPAR
MARGARINE
80% FAT SPREAD
CREAMY TASTE

500 g

22⁹⁹ each
WITH RewardsCARD

Rama
Original

Flora
LIGHT
40% FAT SPREAD

Regular, Light or Gold
Fat Spread or
Rama
Original
60% Fat Spread Tub
1 kg

52⁹⁹ each
WITH RewardsCARD

SPAR
LARGE EGGS
60 EGGS
GRADE 1-51g

124⁹⁹ per pack
WITH RewardsCARD



Shop, chop, slice
and dice your way
up to

PRESIDENT
SOUTH AFRICAN
FETA
black pepper
400 g

President
Feta
Cheese
400 g
Assorted

62⁹⁹ each
WITH RewardsCARD

SA Champion
FULL CREAM MAAS

29⁹⁹ each
WITH RewardsCARD

SPAR
LONG LIFE CREAM
LONG PROCESS

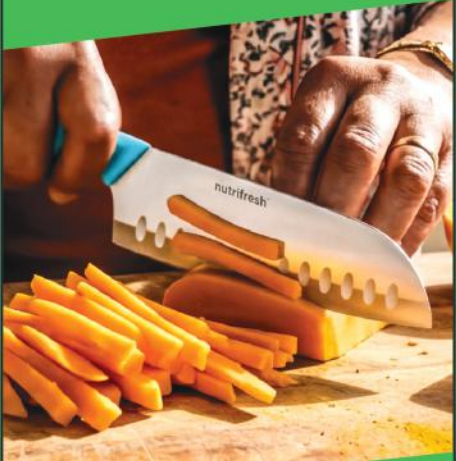
24⁹⁹ each
WITH RewardsCARD

Clover
Fruit of the Forest,
Double Cream
Plain Yoghurt or
Double Cream
Sweetened
Plain Yoghurt
1 kg
Assorted

36⁹⁹ each
WITH RewardsCARD

parmalat
Smooth Dairy
Snack or Kids
6 x 100g
Assorted

21⁹⁹ per pack
WITH RewardsCARD



80% off
nutrifresh™
Kitchen Essentials

Danone
Danup
Multigrain &
Yoghurt
Blend Cream
(Excl. Boost)
950 g
Assorted

22⁹⁹ each
WITH RewardsCARD

Clover
Tropika
Dairy
Fruit Mix
2 litre
Assorted

34⁹⁹ each
WITH RewardsCARD

SPAR
SLICED
SANDWICH HAM

26⁹⁹ each
WITH RewardsCARD

BUY me for a BONUS sticker!

SPAR
FRENCH POLONY
CHICKEN POLONY
2 kg

49⁹⁹ each
WITH RewardsCARD
Save R20

SPAR
DICED BACON
BEECHWOOD SMOKED
200 g

32⁹⁹ each
WITH RewardsCARD

SPAR
BACK BACON
BEECHWOOD SMOKED
200 g

37⁹⁹ each
WITH RewardsCARD

SPAR
SMOKED VIENNAS
BEECHWOOD SMOKED

SPAR
Red or
Smoked
Viennas
500 g

46⁹⁹ each
WITH RewardsCARD



Delicious Made Easy

Pork
Shank
(Eisbein)

144⁹⁰ per kg
The FOOD STALL at SPAR

Your roast is ready!

Chikka Chicken
Roast Chicken* x 1 &
Coca-Cola
Regular Only
1.5 litre

100⁰⁰ per combo
CHIKKA CHICKEN

Fresh & Convenient

Pieman's
Pies or Sausage
Rolls
(Excl. Burger Pie)
Assorted

55⁰⁰
BUY ANY 2 FOR
PIEMAN'S

More Filling

McCOY
Pies or Sausage
Rolls
Assorted

65⁰⁰
BUY ANY 2 FOR
McCOY
REAL DEAL PIES

SPAR
FAMILY VALUE
HAMPER

159⁹⁹ per pack
WITH RewardsCARD

**30
STICKERS
IS ALL IT
TAKES**

Find out more

Ends 8 Nov 2026

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. **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 24 August up to and including 07 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).

SHOP & CHOP

with **nutrifresh™**



Freezer Super Savers

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

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

36⁹⁹ each
WITH RewardsCARD

SPAR
Frozen
Mixed
Vegetables,
Corn
or
Country Mix
1 kg

39⁹⁹ each
WITH RewardsCARD

SPAR
Frozen
Carrots,
Corn and
Peas Mix or
Mediterranean
Roast Mix
1 kg

44⁹⁹ each
WITH RewardsCARD

SPAR
Crumbed
Hake
Portions
480 g
Assorted

82⁹⁹ each
WITH RewardsCARD

I&J
Crumbed
Fish
Fingers
800 g

109⁹⁹ each
WITH RewardsCARD

I&J
Deep Water Hake or
Haddock Medallions
450 g
or Light & Crispy
Hake Portions
600 g
Assorted

106⁹⁹ each
WITH RewardsCARD

SPAR
Frozen Pizza
250 g / 300 g
Assorted

45⁹⁹ each
WITH RewardsCARD

I&J
Beefers or
Chicksters
Beef Patties
800 g
Assorted

104⁹⁹ each
WITH RewardsCARD

SPAR
Frozen Pies or
Sausage Rolls
4s
Assorted

69⁹⁹ per pack
WITH RewardsCARD

SPAR
Southern
Style
Chicken
Mixed
Portions
1 kg

72⁹⁹ each
WITH RewardsCARD

SPAR
Crumbed Chicken
Burger Patties
Original or Cheese
520 g

43⁹⁹ each
WITH RewardsCARD

SPAR
Everyday
Chicken and
Beef Burgers
1.2 kg

56⁹⁹ per pack
WITH RewardsCARD

SPAR
Frozen Chicken
Heads & Feet
1 kg

30⁰⁰
WITH RewardsCARD

Ola
Magnum
Ice Cream
90 ml /
100 ml
Assorted

55⁰⁰
WITH RewardsCARD

SPAR
Frozen
Chicken Drumsticks
5 kg

329⁹⁹ per pack
WITH RewardsCARD

SPAR
Frozen
Chicken Thighs
5 kg

239⁹⁹ per pack
WITH RewardsCARD

Dairymaid
Country Fresh
Ice Cream
1.8 litre
Assorted

64⁹⁹ 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 **24 August** up to and including **07 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).

Savings made super!

Rise & Save

SPAR
SLICED BUTTERMILK RUSKS

450 g

SPAR
CONDENSED MILK & FUDGE RUSKS

450 g

44⁹⁹ each

WITH Rewards CARD

SPAR Rusks 450 g / 500 g Assorted

SPAR
BROWN SUGAR

SPAR Brown Sugar 2 kg

39⁹⁹ each

WITH Rewards CARD

Laager
Pure Rooibos

Laager Rooibos Tagless Tea Bags 80s

39⁹⁹ per pack

WITH Rewards CARD

JOKO
STRONG QUALITY TEA

Joko Tagless Teabags 100s

54⁹⁹ each

WITH Rewards CARD

Super BUNDLE DEAL
Nescafé VANILLA LATTE

Nescafé Cappuccino 8s / 10s Assorted

110⁰⁰

WITH Rewards CARD

Nestlé
Hot Chocolate

Nestlé Hot Chocolate 500 g

89⁹⁹ each

WITH Rewards CARD

SAVE EXTRA
Nescafé CLASSIC

Nescafé Classic Coffee Granules or Doy Pack (Excl. Decaf) 200 g / 230 g Assorted

119⁹⁹ each

Save R29 WITH Rewards CARD

BUY me for a BONUS sticker!
Nescafé Ricoffy

Nescafé Ricoffy Original Instant Coffee (Excl. Decaf) 750 g / 800 g

144⁹⁹ each

WITH Rewards CARD

WHITE STAR
INSTANT MAIZE PORRIDGE

White Star Instant Maize Porridge 850 g / 1 kg Assorted

22⁹⁹ each

WITH Rewards CARD

BUY me for a BONUS sticker!
FUTURELIFE

Futurelife Instant Cereal Original or Zero (Incl. Crunch and Kids, Excl. High Protein) 375 g - 500 g Assorted

45⁹⁹ each

WITH Rewards CARD

Cremora
COFFEE AND TEA CREAMER

Cremora Coffee and Tea Creamer 750 g

49⁹⁹ each

WITH Rewards CARD

SAVE EXTRA
YUM YUM

Yum Yum Peanut Butter (Excl. Choc Dreams & Caramel Dreams) 400 g Assorted

36⁹⁹ each

WITH Rewards CARD

SAVE EXTRA
Rhodes

Rhodes Smooth Apricot or Mixed Fruit Jam 900 g

36⁹⁹ each

WITH Rewards CARD

Super BUNDLE DEAL
Kellogg's

Kellogg's Instant Noodles (Excl. Stir Fry Range) 5 x 70 g Assorted

50⁰⁰

WITH Rewards CARD

Everyday Pantry Value

SPAR
SUNFLOWER OIL

SPAR Sunflower or Canola Oil 2 litre

69⁹⁹ each

WITH Rewards CARD

SPAR
SUNFLOWER OIL

SPAR Sunflower Oil 4 litre

134⁹⁹ each

WITH Rewards CARD

SPAR
MAIZE SAMP

SPAR Samp 2.5 kg

22⁹⁹ each

WITH Rewards CARD

SUNBLEST
MACARONI

Sunblest Pasta 500 g Assorted

13⁹⁹ each

WITH Rewards CARD

Super BUNDLE DEAL
SPAR

SPAR Spaghetti or Macaroni 500 g

25⁰⁰

WITH Rewards CARD

SPAR
REFINED WHITE SUGAR

SPAR Refined White Sugar 10 kg

227⁹⁹ each

WITH Rewards CARD

SPAR
CAKE WHEAT FLOUR

SPAR Cake Wheat Flour 10 kg

109⁹⁹ each

WITH Rewards CARD

SPAR
LONG GRAIN WHITE PARBOILED RICE

SPAR Long Grain Parboiled Rice 10 kg

109⁹⁹ each

WITH Rewards CARD

SPAR
SUPER MAIZE MEAL

SPAR Super Maize Meal 12.5 kg

86⁹⁹ each

WITH Rewards CARD

IWISA
SUPER MAIZE MEAL

Iwisa or Super Sun Super Maize Meal 10 kg

89⁹⁹ each

WITH Rewards CARD

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 **24 August** up to and including **07 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).

LOOK OUT FOR PARTICIPATING PRODUCTS TO GET BONUS STICKERS

BUY me for a BONUS sticker!



14⁹⁹ each

WITH RewardsCARD

Koo Baked Beans in Tomato Sauce 400 g

Save on Pantry Favourites



BUY me for a BONUS sticker!

All Gold Tomato Sauce 700 ml

34⁹⁹ each

WITH RewardsCARD



Nando's Vusa 125 ml, Peri-Peri Sauce 250 ml or Perinaise 265 g Assorted

42⁹⁹ each

WITH RewardsCARD



Mrs Ball's Chutney 470 g Assorted

33⁹⁹ each

WITH RewardsCARD

SAVE EXTRA



Pakco Atchar 385 g Assorted

39⁹⁹ each

WITH RewardsCARD



Knorr Aromat Seasoning 70 g / 75 g Assorted

29⁰⁰

WITH RewardsCARD



Imana Packet Soup 45 g / 50 g Assorted

20⁰⁰

WITH RewardsCARD



Imana Cook-in-Sauce 48 g Assorted

22⁰⁰

WITH RewardsCARD



Robertson's Spice Bottles (Excl. Grinders, Crushed Garlic, Pepper Range, Crushed Chilli & Ground Cloves) 100 ml Assorted

23⁹⁹ each

WITH RewardsCARD



Knorrox Flavoured Stock Cubes 24s Assorted

21⁹⁹ per pack

WITH RewardsCARD



Robertson's Rajah Curry Powder 100 g Assorted

19⁹⁹ each

WITH RewardsCARD



All Gold Tomato & Onion Mix 410 g

18⁹⁹ each

WITH RewardsCARD



Rhodes Boerewors Relish 410 g

21⁹⁹ each

WITH RewardsCARD



Bull Brand Curried Mince 400 g Assorted

26⁹⁹ each

WITH RewardsCARD



Bull Brand Corned Meat 300 g Assorted

27⁹⁹ 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.

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 **24 August** up to and including **07 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).

Always-on savings!



49⁹⁹ per pack

WITH RewardsCARD

Coca-Cola
Coca-Cola Zero, Fanta,
Sprite or Stoney
6 x 300 ml

Treat Yourself



Brookes
Oros Squash
Concentrate
2 litre
Assorted

36⁹⁹ each

WITH RewardsCARD



Liqui-Fruit
100% Fruit
Juice Blend
2 litre
Assorted

49⁹⁹ each

WITH RewardsCARD



SPAR
Smoothie
Fruit Concentrate
1 litre
Assorted

20⁰⁰

WITH RewardsCARD



SPAR
100% Fruit Juice Blend
6 x 200 ml
Assorted

41⁹⁹ per pack

WITH RewardsCARD



aQuellè
Still or
Sparkling
Natural
Spring
Water
6 x 500 ml

36⁹⁹ per pack

WITH RewardsCARD



Fanta, Sprite or
Stoney
Soft Drink
2 litre
Assorted

38⁰⁰

WITH RewardsCARD



Reboost
Energy Drink
500 ml
Assorted

18⁰⁰

WITH RewardsCARD



Red Bull
Energy Drink
(Incl. Sugar Free)
250 ml
Assorted

30⁰⁰

Save R12
WITH RewardsCARD



Coca Cola
Regular Only
2 litre

47⁰⁰

WITH RewardsCARD



Manhattan
or
Mister Sweet
Gums or Jellies
50 g / 60 g
Assorted

24⁰⁰

WITH RewardsCARD



Willard's
Cheasnaks
135 g
Assorted

26⁰⁰

WITH RewardsCARD



Lays
Potato Chips
120 g
Assorted

40⁰⁰

Save R10
WITH RewardsCARD



Oreo
Biscuits
128.8 g / 129 g
Assorted

30⁰⁰

WITH RewardsCARD



De Vries
Ginger Biscuits
200 g

13⁹⁹ each

WITH RewardsCARD



Beacon
Nosh 56 g,
Jelly Tots Bar 48 g,
TV Bar 47 g,
Damascus Nougat 40 g
or Black Cat Bar 56 g / 48 g

24⁰⁰

WITH RewardsCARD



Cadbury
Assorted
Chocolate Slabs
(Incl. Bubbly)
136 g / 150 g

40⁹⁹ each

WITH RewardsCARD

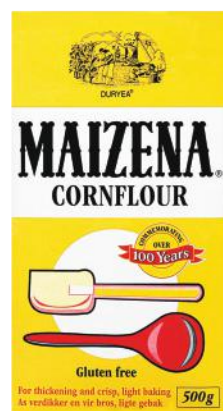
Home Bake Savings



Parmalat
Vanilla
Flavoured Custard
1 litre

27⁹⁹ each

WITH RewardsCARD



Maizena
Cornflour
500 g

31⁹⁹ each

WITH RewardsCARD



Golden Cloud
Cake Wheat Flour
2.5 kg

34⁹⁹ each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED

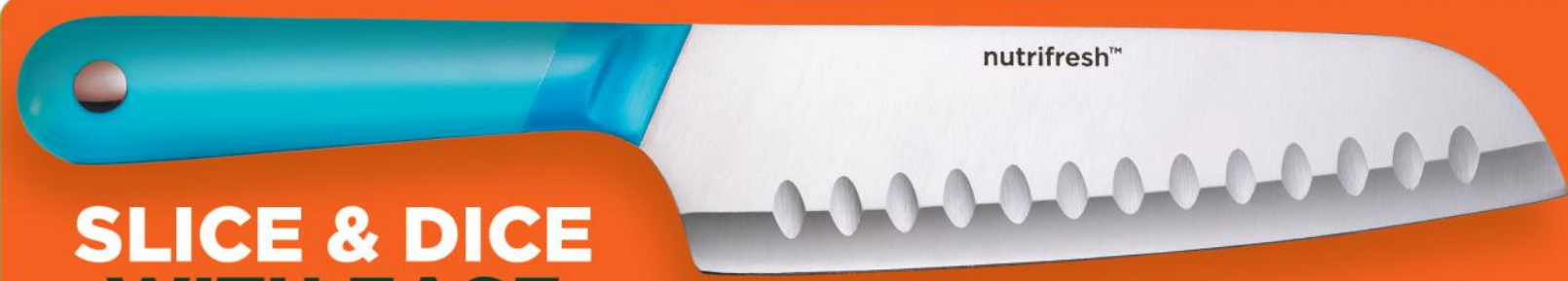


Download now!



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 **24 August** up to and including **07 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).

MI_SSR5836_7



**SLICE & DICE
WITH EASE**

nutrifresh™

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price
R399.99

Discounted Price:
79⁹⁹

16.5cm Santoku Knife

COLLECT 30 STICKERS

Soft Care & Super Savings

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



LUX

Wake Me Up
MINT OIL WITH FLORAL MUSK

For Refreshed Glow
Para uma Pele Refrescada e com um brilho natural

Even Tone
PURIFYING CLAY, VITAMIN C & FOR EVEN TONE

BUY ANY 2 FOR 26⁰⁰

Lux Beauty Soap 150 g Assorted

WITH RewardsCARD



Protex

Protects against 99.9% of germs**

Preserves natural skin barrier. Protege contra 99.9% de germes**

24h germ protection

BUY ANY 2 FOR 30⁰⁰

Protex Hygiene Soap 175 g Assorted

WITH RewardsCARD



Colgate

Herbal

Maximum Cavity Protection

22⁹⁹ each

Colgate Triple Action 150 ml or Maximum Protect, Winterfresh, Herbal, Herbal Salt or White 100 ml Toothpaste

WITH RewardsCARD



SENSODYNE

Cavity Sensitive Toothpaste

75 ml

31⁹⁹ each

WITH RewardsCARD



NIVEA

Dry Comfort

0% Alcohol* Dual Protect

72h Anti-Perispirant

BUY ANY 2 FOR 48⁰⁰

Nivea Roll On For Men or Women 50 ml Assorted

WITH RewardsCARD



PLAYBOY

PLAYgirl

Perfumed BODY SPRAY

ATLANTIS

VIP

PARIS glitz

31⁹⁹ each

Playboy 125 ml or Playgirl 90 ml Aerosol Deodorant (Excl. Playgirl 150 ml) Assorted

WITH RewardsCARD



BRUT

ORIGINAL

TOTAL ATTRACTION

36⁹⁹ each

Brut Cologne Deodorant 120 ml Assorted

WITH RewardsCARD



Vaseline BLUESEAL

rich conditioning jelly cocoa butter

46⁹⁹ each

Vaseline Petroleum Jelly 250 ml Assorted

WITH RewardsCARD



INGRAM'S

Rich Moisture Lotion

Caring Repair Original Camphor

44⁹⁹ each

Ingram's Body Cream or Lotion for Men or Women (Excl. Tissue Oil) 400 ml Assorted

WITH RewardsCARD



dawn

ME

SOOTHING BODY LOTION

26⁹⁹ each

Dawn Body Lotion for Male or Female 400 ml Assorted

WITH RewardsCARD



dawn

31⁹⁹ each

Dawn Cream for Male or Female 400 ml Assorted

WITH RewardsCARD



Dolly Varden

PURE GLYCERINE S.P.

17⁹⁹ each

Dolly Varden Glycerine 100 ml

WITH RewardsCARD



TRESemmé

SHAMPOO

109⁹⁹ each

Tresemmé Shampoo or Conditioner 750 ml / 900 ml Assorted

WITH RewardsCARD



lil-lets

smartfit

100 scented thin pantyliners

44⁹⁹ per pack

Lil-lets Thin Pantyliners 100s Assorted

WITH RewardsCARD



lil-lets

smartfit

32 tampons

41⁹⁹ per pack

Lil-lets Tampons 32s Assorted

WITH RewardsCARD



Kotex

MAXI PROTECT

39⁹⁹ per pack

Kotex Maxi Pads 16s / 20s Assorted

WITH RewardsCARD



Twinsaver

Classic 2-Ply

109⁹⁹ each

Twinsaver Toilet Roll Twin Ply Value Pack 18s

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 **24 August** up to and including **07 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).

8_MI_SSR5836

Baby & You Value



Nestlé Nestum No. 1 Baby Cereal
500 g Assorted

49⁹⁹ each

WITH RewardsCARD



Purity
Baby Food Jar 125 ml or Pouch 110 ml Assorted

42⁰⁰

WITH RewardsCARD



Huggies
Baby Wipes 4s Assorted

95⁹⁹ per pack

WITH RewardsCARD



Johnson's
Baby Aqueous Cream 500 ml Assorted

49⁹⁹ each

WITH RewardsCARD



Little Munchkins
Disposable Nappies for boys and girls

139⁹⁹ per pack

WITH RewardsCARD



Huggies
Dry Comfort Jumbo Pack or Gold Value Pack Diapers or Nappy Pants Assorted

139⁹⁹ per pack

WITH RewardsCARD

Health Care Value



Benylin
Children's Wet Cough Mucus Relief Syrup 100 ml Assorted

54⁹⁹ each

WITH RewardsCARD



Vicks
Vapo Rub 50 g

48⁹⁹ each

WITH RewardsCARD



Lennon
Drops 20 ml Assorted

29⁹⁹ each

WITH RewardsCARD



Grandpa
Powder Sachets 38s

89⁹⁹ per pack

WITH RewardsCARD



COMPLETE YOUR COLLECTOR'S CARD TO REDEEM AND SAVE UP TO 80% on nutrifresh Kitchen Essentials

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



COLLECT 30 STICKERS

SHOP, SWIPE, COLLECT & SAVE!

LOVE IT? SPAR GETS IT DELIVERED

Download now!

Available on the App Store

GET IT ON Google Play

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 **24 August** up to and including **07 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).



nutrifresh™

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

19 CM COOKS KNIFE

COLLECT 30 STICKERS

A CUT ABOVE THE REST

Ends 8 November 2026



CHARKA
BRIKETTE

40+

The heart of your braai for more than 40+ years

The fire brand for the "just now" braai
Ready to cook in about 60 minutes

CHARKA LASTS LONGA™

5kg

Charka Briquettes 5 kg

99⁹⁹ each

WITH RewardsCARD



BIC

24 PRE CUT CUBES

PACKED IN 4 SEPARATELY SEALED FOIL PACKETS

Firelighters

LOW ODOUR

BIC Firelighters 24s

29⁹⁹ per pack

WITH RewardsCARD



SPAR

ROLLER TOWELS

FRESH

2 ROLLS

Versatile

100% Recyclable

Roller Towels 6 Pieces

SPAR Kitchen Towel 2s Assorted

19⁹⁹ per pack

WITH RewardsCARD



Otima Clear Plastic Jug Set (Jug with Lid and 6 Cups) 8 piece

22⁹⁹ per set

WITH RewardsCARD



Otima Plastic Salad Bowl and Lid

39⁹⁹ per set

WITH RewardsCARD



SPAR goodliving Everyday Mug

14⁹⁹ each

WITH RewardsCARD



Sunbeam Double Spiral Hotplate 1s

199⁹⁹ each

WITH RewardsCARD



Sunbeam Air Fryer 6.5 litre

899⁹⁹ each

WITH RewardsCARD

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



Everyday Essentials



goodliving
5W LED A60
Energy saver
525 lumen
3 YEAR WARRANTY
Light Appearance
3000K
WARM

goodliving
5W LED A60
Energy saver
525 lumen
3 YEAR WARRANTY
Light Appearance
4000K
COOL

SPAR
goodliving
LED Opal
5W or
9W A60 B22

15⁹⁹ each
WITH RewardsCARD



Lighthouse SPECIAL
SINCE 1988
6 WHITE FLUTED CANDLES
BOUGIES
CANNELES BLANCHES
VELAS
CANELADAS BRANCAS

Price's
Lighthouse Candles
400 g

31⁹⁹ per pack
WITH RewardsCARD



HTH
POOL CARE
Granular⁺
Chlorine
mi

Hth
Dry Chlorine
4 kg

259⁹⁹ each
WITH RewardsCARD



AAA12
Energizer
M AA12
10 YEAR SHELF LIFE

12 x AA
Energizer
MAX
12 YEAR SHELF LIFE

Energiser
Max AAA or AA
12s

149⁹⁹ per pack
WITH RewardsCARD



GARBIE
SUPER SAVER
REFUSE BAGS

Garbie
Super Saver
Refuse Bags
20s

39⁹⁹ per pack
WITH RewardsCARD

Pet Smart Deals



Epol
Dog Food
7 kg / 8 kg
Assorted
(Incl. Puppy)

179⁹⁹ each
WITH RewardsCARD



BUY me for a BONUS sticker!

22% PROTEIN

8 kg

SPAR
pro-balance
WETTED CHICKEN FLAVOUR WITH RICE

Super BUNDLE DEAL

BUY BOTH FOR

280⁰⁰
WITH RewardsCARD



BRENNCO
WILD BIRD SEED

Brennco
Wild Bird
Seed
2 kg

32⁹⁹ each
WITH RewardsCARD



SPAR
petcare
cat litter
10 kg

64⁹⁹ each
WITH RewardsCARD



whiskas
Dry Cat Food
2.7 kg Assorted

BUY ANY 2 FOR

400⁰⁰
WITH RewardsCARD



Pamper
Bring out their best attitude!

12 Gravy Favourites ADULT (1-7 YRS)

4x Tuna & Salmon Flavour
4x Chicken & Duck Flavour
4x Turkey & Liver Flavour

Pamper
Fine Cuts in
Gravy or Jelly
Multi Pack
12s Assorted

119⁹⁹ per pack
WITH RewardsCARD



nutrifresh™

19 CM BREAD KNIFE

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

COLLECT 30 STICKERS

CHEF QUALITY AT HOME

Ends 8 November 2026

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. **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 24 August up to and including 07 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).

Deals valid from **24 August** to **7 September 2026**.

ALL ITEMS
AS SEEN
ON TV

**EVERYONE
WINS!!
R500
MILLION**
IN **GUARANTEED** PRIZES

BUY
any
participating
products and
spend **R200**
or more.

SWIPE
your SPAR
Rewards
card at the till.

REDEEM

when you scan
the QR code
and upload
your till slip.



Competition valid from 8 July - 7 October 2026.
Ts & Cs apply. One entry per till slip.



499⁹⁹

WITH Rewards CARD

Jameson
Select Reserve
Irish Whiskey
750ml



249⁹⁹

WITH Rewards CARD

Johnnie Walker
Red Label
Blended Scotch Whisky
750ml

SAVE
EXTRA



499⁰⁰ per combo

WITH Rewards CARD

Courvoisier
VS Cognac
750ml and
Appletiser
100% Sparkling Juice
1.25L



189⁹⁹

WITH Rewards CARD

Klipdrift
Export
Brandy
750ml



149⁹⁹

WITH Rewards CARD

Belgravia
London Dry Gin
750ml



149⁹⁹ each

WITH Rewards CARD

Russian Bear
Triple Distilled
Vodka
(Incl. Variants)
750ml



149⁹⁹ each

WITH Rewards CARD

Rain Dance
Natural Sweet Red,
Natural Sweet Rosé,
Dry Red or
Johannesberger White
5L



99⁰⁰

WITH Rewards CARD

Robertson Winery
Chapel White,
Extra Light, Sweet White,
Sweet Rosé, Red or
Sweet Red
750ml



170⁰⁰

WITH Rewards CARD

Castle Lite
Original or Draught
Cans
6 x 500ml



94⁹⁹ per pack

WITH Rewards CARD

Hunter's
Iced
Flavoured
Alcoholic Grain Beverage
Cans
6 x 500ml

WIN



WHEN YOU BUY ANY
OF THESE PRODUCTS.

**200 MB
FREE DATA** mobile

With each
product
purchase!

SWIPE



WIN!

EVERYDAY DEALS!

DELIVERED



Product availability
may vary by store.
While stocks last.

Switch to **SPAR Mobile** now and get guaranteed **FREE DATA** in-store when you buy any participating product.
Ts & Cs apply. Visit www.sparmobile.co.za for more information.

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

**PHUZA
RIGHT**

WIN



WHEN YOU BUY ANY OF THESE PRODUCTS.

200 MB FREE DATA **SPAR mobile**

With each product purchase!

WINE KULCHA

at **tops!**



BUY ANY 6 FOR

450⁰⁰

WITH Rewards CARD

Nederburg
Classic
Chenin Blanc, Lyric,
Sauvignon Blanc,
Stein, Rosé,
Cabernet Sauvignon,
Duet or Merlot
750ml



74⁹⁹

WITH Rewards CARD

Glühwein
Red Grape
750ml



79⁹⁹

each
WITH Rewards CARD

Du Toitskloof
Selected
Shiraz, Merlot, Pinotage,
Cabernet Sauvignon,
Sandsteen or
Cape Blend
750ml



89⁹⁹

each
WITH Rewards CARD

Darling Cellars
Chocoholic Pinotage,
Cabernet Sauvignon,
Merlot, Pinotage,
Shiraz or
Bushvine Malbec
750ml



119⁹⁹

each
WITH Rewards CARD

Hartenberg
Doorkeeper
Shiraz, Merlot Malbec,
Reserve Red or
Shiraz/Mourvèdre/
Grenache
750ml



124⁹⁹

WITH Rewards CARD

Alto
Rouge
750ml



134⁹⁹

WITH Rewards CARD

Darling Cellars
Black Granite
Vintage Reserve
750ml



139⁹⁹

WITH Rewards CARD

Diemersfontein
Pinotage
750ml



159⁹⁹

WITH Rewards CARD

Roodeberg
Black
750ml



170⁰⁰

WITH Rewards CARD

Spier
Signature
Cabernet Sauvignon,
Merlot, Pinotage,
Shiraz or Cabernet/
Merlot/Shiraz
750ml



84⁹⁹

each
WITH Rewards CARD

Jakkalsvlei
White, Pink or
Red Moscato
750ml



84⁹⁹

each
WITH Rewards CARD

Franschhoek Cellar
Chenin Blanc,
Sauvignon Blanc,
Chardonnay, Rosé,
Shiraz, Merlot or
Cabernet Sauvignon
750ml



125⁰⁰

WITH Rewards CARD

Tall Horse
Chenin Blanc,
Sauvignon Blanc,
Chardonnay, Sugar
Berry Sweet Red,
Moscato, Pinotage,
Shiraz, Merlot or
Cabernet Sauvignon
750ml



145⁰⁰

WITH Rewards CARD

Porcupine Ridge
Sauvignon Blanc,
Chenin Blanc,
Chardonnay, Merlot,
Cabernet Sauvignon,
Syrah or Rosé
750ml



150⁰⁰

WITH Rewards CARD

Spier
Signature
Sauvignon Blanc,
Chenin Blanc,
Chardonnay or
Chardonnay/Pinot Noir
750ml



119⁹⁹

each
WITH Rewards CARD

Beyerskloof
Chenin Blanc/
Pinotage,
Pinotage Rosé,
Pinotage or
Cabernet Merlot
750ml



480⁰⁰

WITH Rewards CARD

Durbanville Hills
Chardonnay,
Chenin Blanc,
Chenin Blanc Light,
Sauvignon Blanc,
Dry Merlot Rosé,
Cabernet Sauvignon,
Merlot, Pinotage
or Shiraz
750ml



79⁹⁹

each
WITH Rewards CARD

Annabelle
Cuvée
Sparkling Wine
750ml



194⁹⁹

each
WITH Rewards CARD

Krone
Cap Classique
Borealis Brut,
Brut Rosé,
Night Nectar
Demi-Sec or
Night Nectar Rosé
750ml



129⁹⁹

each
WITH Rewards CARD

Robertson Winery
Golden Nectar,
Natural Sweet Red,
Natural Sweet White,
Natural Sweet Rosé,
Dry Red, Crisp Dry White,
Extra Light or
Johannisberger
Red or White
3L

EXCLUSIVE TO
tops!
at SPAR



180⁰⁰

WITH Rewards CARD

Olive Brook
Shiraz/Cabernet Red Blend,
Pinotage, Merlot, Cabernet Sauvignon/Merlot,
Malbec, Cinsault, Shiraz, Cabernet Sauvignon,
Sauvignon Blanc, Chenin Blanc, Chardonnay,
Moscato White or Moscato Rosé
750ml



130⁰⁰

WITH Rewards CARD

Shortwood
Red, White or
Rosé
750ml

tops!
at SPAR

TURN UP EPIC

WITH A WINE THAT WORKS EVERY TIME

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

PHUZA
ORIGHT

WIN



WHEN YOU BUY ANY OF THESE PRODUCTS.

200 MB FREE DATA **SPAR mobile**

With each product purchase!

COCKTAIL KULCHA

at **tops!**
at SPAR



249⁹⁹ each
WITH Rewards CARD

SKYY Vodka (Incl. Flavours) 750ml



899⁹⁹
WITH Rewards CARD

Don Julio Reposado Tequila 750ml



139⁹⁹ each
WITH Rewards CARD

Wild Africa Cream Premium Liqueur (Incl. Variants) 750ml



179⁹⁹
WITH Rewards CARD

Captain Morgan Original Spiced Gold Rum 750ml



199⁰⁰ per combo
WITH Rewards CARD

Bacardi Spiced Rum 750ml and **Coca-Cola** (Incl. Variants) 1L

Recipes so good they have you channelling your inner mixologist.



SCAN. MIX. ENJOY.

FIND YOUR KULCHA

at **tops!**
at SPAR



Corona Extra Cans 6 x 410ml
BUY ANY 2 FOR **190⁰⁰**
WITH Rewards CARD



260⁰⁰
WITH Rewards CARD

Red Square Clover Tropika Flavoured Spirit Cooler Cans 6 x 440ml



199⁰⁰
WITH Rewards CARD

Strongbow Premium Apple Cider Cans 6 x 440ml or Ultra Strawberry and Lime Cans 6 x 500ml



89⁹⁹ per pack
WITH Rewards CARD

Annabelle Cuvée Sparkling Wine Cans 6 x 250ml



259⁰⁰
WITH Rewards CARD

Chillers Punch Spirit Cooler Cans 6 x 440ml



250⁰⁰
WITH Rewards CARD

Smirnoff Twist or Storm Spirit Cooler Cans 6 x 440ml



290⁰⁰
WITH Rewards CARD

Bacardi Breezer Spirit Cooler Cans 6 x 440ml



199⁹⁹ per pack
WITH Rewards CARD

Savanna Premium Dry Cider Handies 12 x 330ml



200⁰⁰
WITH Rewards CARD

Brutal Fruit Sparkling Spritzer Cans 6 x 500ml



280⁰⁰
WITH Rewards CARD

Gordon's Spirit Cooler Cans 6 x 440ml



199⁰⁰
WITH Rewards CARD

Windhoek Premium Draught or Lager Cans 6 x 500ml

ZERO ZONE

0% Drinks
100% Vibes



79⁹⁹ per pack
WITH Rewards CARD

Brutal Fruit Ruby Apple 0% Cans 6 x 300ml



69⁹⁹ per pack
WITH Rewards CARD

Coca-Cola Original Cans 6 x 200ml



70⁰⁰
WITH Rewards CARD

Monster Energy Drink Cans 500ml



64⁹⁹ per pack
WITH Rewards CARD

Valpré Still or Sparkling Water 6 x 500ml



60⁰⁰
WITH Rewards CARD

Coca-Cola or Schweppes (Incl. Variants) 1L

tops!
at SPAR

TURN UP EPIC

SWIPE



WIN!

EVERYDAY DEALS!

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

PHUZA
ORIGHT

WIN



WHEN YOU BUY ANY OF THESE PRODUCTS.

200 MB FREE DATA **mobile**

With each product purchase!

WHISKY KULCHA

at **tops!**
at SPAR



1. Johnnie Walker
Red Label Blended
Scotch Whisky 750ml

AS SEEN ON TV

R249,99
WITH Rewards CARD

2. Johnnie Walker
Blonde Blended
Scotch Whisky 750ml

R289,99
WITH Rewards CARD

3. Johnnie Walker
12 Year Old
Black Label Blended
Scotch Whisky 750ml

R419,99
WITH Rewards CARD



349⁹⁹
WITH Rewards CARD

Jameson
Triple Distilled
Irish Whisky
750ml



174⁹⁹
WITH Rewards CARD

Firstwatch
Extra Fine
Whisky
750ml



309⁹⁹
each
WITH Rewards CARD

Jack Daniel's
Old No. 7
Tennessee
Whiskey
(Incl. Variants)
750ml



499⁹⁹
WITH Rewards CARD

The Glenlivet
Founder's Reserve
Single Malt
Scotch Whisky
750ml



599⁹⁹
WITH Rewards CARD

The Glenlivet
12 Year Old
Single Malt
Scotch Whisky
750ml

COGNAC KULCHA

at **tops!**
at SPAR



579⁹⁹
WITH Rewards CARD

Rémy Martin
V.S.
Supérieur Cognac
750ml

Rémy Martin
V.S.O.P
Cognac
750ml

869⁹⁹
WITH Rewards CARD



529⁹⁹
WITH Rewards CARD

Hennessy
V.S.
Cognac
750ml

HENNY-RITA
SCAN. MIX. ENJOY



189⁹⁹
WITH Rewards CARD

KWV
3 Year Old
Brandy
750ml

BERRY BLAST
SCAN. MIX. ENJOY

DELIVERED



Product availability
may vary by store.
While stocks last.

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 at all TOPS at SPAR stores from 24 August up to and including 7 September 2026 (including the Free State, Mpumalanga and North West Province) while stocks last. Not available in KwaZulu-Natal, Lowveld, Limpopo, Eastern, Northern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary by region. In the event that an error occurs in an advertisement or incomplete information is printed, a notice will be displayed in-store with the correct details. Prices include VAT. No traders please. The advertised lines are only available at TOPS at SPAR stores.

TOPS at SPAR



aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.



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



COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Ts & Cs Apply



Home Care Value

Sunlight Dishwashing Liquid (Excl. Platinum Range) 750 ml Assorted

29⁹⁹ each

WITH RewardsCARD

Handy Andy All Purpose Cream 750 ml Assorted

23⁹⁹ each

WITH RewardsCARD

Jik Bleach 1.5 litre Assorted

34⁹⁹ each

WITH RewardsCARD

Domestos Multipurpose Stain Removal Thick Bleach Cleaner 750 ml Assorted

28⁹⁹ each

WITH RewardsCARD

Sunlight Laundry Bar 400 g / 500 g Assorted

23⁹⁹ each

WITH RewardsCARD

Finish All in 1 56s, Quantum Tabs 50s or Ultimate Plus Tabs 45s Assorted

219⁹⁹ each

WITH RewardsCARD

Ariel Auto Liquid (2 litre) or Auto Capsules (21s) Assorted

299⁹⁹

WITH RewardsCARD

Mr Muscle Tile Cleaner 750 ml Assorted

49⁹⁹ each

WITH RewardsCARD

Airoa Air Freshener 210 ml Assorted

19⁹⁹ each

WITH RewardsCARD

SPAR Toilet Tissue SUPER SOFT & SUPER STRONG 18 ROLLS

59⁹⁹ per pack

WITH RewardsCARD

Safari White Spirit Vinegar 750 ml + 250 ml FREE

40⁰⁰

WITH RewardsCARD

Robertson's Bicarbonate of Soda 500 g + Safari Spirit Vinegar 750 ml / 1 litre

40⁰⁰

WITH RewardsCARD

Doom Blue Death Powder 500 g

79⁹⁹ each

WITH RewardsCARD

Sta-soft Fabric Softener Refill 500 ml Assorted

50⁰⁰

WITH RewardsCARD

YOU CAN DO IT ALL, RIGHT HERE AT SPAR



Pay your bills in a flash



Top up your chances



Pre-paid entertainment vouchers



Top up pre-paid electricity



Buy data, airtime and social bundles



Doing more with your money at SPAR

Experience a world of easy top-up options. Now available in-store

at **SPAR**

Ts & Cs apply. For updated terms and conditions, please go to www.spar.co.za

Value Meal Combos

SPAR Large Eggs 60 EGGS GRADE 1-51g + SPAR Frozen Chicken Mixed Portions 5 kg + SPAR Eggs Large 60s + SPAR Margarine Brick 500 g

350⁰⁰ per combo

WITH RewardsCARD

SPAR Super Maize Meal 5 kg + SPAR Parboiled Rice 2 kg + SPAR Sunflower Oil 750 ml + SPAR Baked Beans in Tomato Sauce 400 g + SPAR Pilchards in Tomato or Chilli Sauce 400 g

129⁰⁰ per combo

WITH RewardsCARD

SPAR Super Maize Meal 5 kg + SPAR Brown Sugar 2 kg + SPAR Sunflower Oil 2 litre + SPAR Parboiled Rice 10 kg

329⁰⁰ per combo

WITH RewardsCARD

SPAR Rewards
More for You



SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.

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

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 **24 August** up to and including **07 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).

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)

SPAR



SUPERSPAR

