

UNLEASH YOUR INNER CHEF

with **nutrifresh**™

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

**4 WEEKS LEFT
TO COLLECT STICKERS**

BUY
me for a
**BONUS
sticker!**



SPAR
Frozen Chicken
Mixed Portions
4 kg

154⁹⁹ each

Save R44
WITH **RewardsCARD**



SPAR
Full Cream
or Low Fat
Ultra Pasteurised
Fresh Milk
2 litre

32⁹⁹ each

Save R5
WITH **RewardsCARD**



SPAR
Sunflower
or Canola
Oil
2 litre

69⁹⁹ each

WITH **RewardsCARD**

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

Ends 8 November 2026



Selati
Golden
Brown
Sugar
2 kg

42⁹⁹ each

WITH **RewardsCARD**



Surf
Hand
Washing
Powder
2 kg

49⁹⁹ each

WITH **RewardsCARD**



**Douwe
Egberts**
Freeze Dried
Instant Coffee
200 g
Assorted or
Pouch 230 g
(Excl. Decaf)

179⁹⁹ each

Save R50
WITH **RewardsCARD**

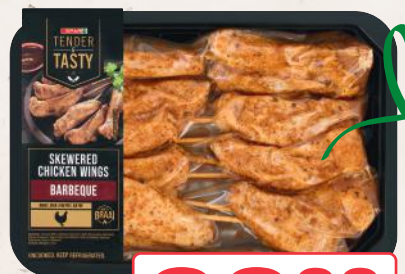
BUY
me for a
**BONUS
sticker!**



Bokomo
Weet-Bix
375 g / 450 g
Assorted

27⁹⁹ each

WITH **RewardsCARD**



SPAR
Tender & Tasty
Chicken
Skewered Wings
(Peri-Peri / BBQ)

99⁹⁹ per kg



**Your Butcher
By SPAR**
Pork Loin Chops

79⁹⁹ per kg



**Your Butcher
By SPAR**
Grabouw
Boerewors

109⁹⁹ per kg



SPAR



Be a super saver



SPAR
freshline
Cherry Tomatoes
250 g or Mini
Plum Tomatoes
200 g

BUY
ANY
2
FOR

35⁰⁰

Fresh Savings



SPAR
freshline
Pears
1.5 kg

24⁹⁹
per pack



SPAR
freshline
Potatoes
2 kg

36⁹⁹
per pack

Super
BUNDLE
DEAL



SPAR
freshline
Crisp Lettuce 150 g,
Butter Lettuce 100 g,
Season's Value 120 g or
Herb Lettuce 120 g
Pillow Packs

BUY
ANY
2
FOR

40⁰⁰

Quality Meat. Unbeatable Value



SPAR
Tender & Tasty
Pork Kebabs
(BBQ or Texan)

129⁹⁹
per kg



Bulk Chicken Feet
(Previously Frozen)

44⁹⁹
per kg



Your Butcher
By SPAR
Tenderised Beef Steak

149⁹⁹
per kg

Bake & Save



SPAR
Bakery
Core Cakes
Black Forest, Death by
Chocolate, Hot Chocolate,
Chocolate & Peanut Butter,
Chocolate & Hazelnut

129⁹⁹
each



SPAR
Bakery
Scotch Pancakes
8s

34⁹⁹
per pack



SPAR
Bakery
Pita Bread
White or Brown
6s

39⁹⁹
per pack



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

Sorted for Lunch

Chikka Chicken
Peri-Peri Chicken
Livers 200 g
and 1 Roll



29⁹⁰
per meal

Sorted for Lunch

Chikka Chicken
2 Piece and 100 g
Chips



39⁹⁰
per meal

ATE & LEFT NO CRUMBS

SERVING SUGGESTION

CHIKKA CHICKEN

Fridge Essentials. Super Value



Bonnita
Bulk
Cheddar
or Gouda
Cheese

99⁹⁹
per kg

WITH RewardsCARD



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

99⁹⁹
each

Save R43
WITH RewardsCARD



Clover
Processed
Cheese
Slices
400 g
Assorted

54⁹⁹
per pack

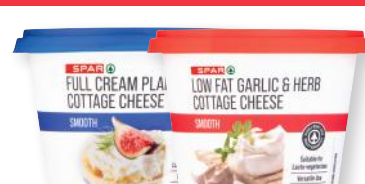
WITH RewardsCARD



The Laughing Cow
Flavoured
Medium Cheese
Spread Wedges
120 g
Assorted

29⁹⁹
each

WITH RewardsCARD



SPAR
Cottage
Cheese
250 g
Assorted

29⁹⁹
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.
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SHOP & CHOP

with **nutrifresh™**



Fridge Essentials. Super Value

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SPAR
Prepacked Cold Meat
200 g Assorted

50⁰⁰

WITH **RewardsCARD**

Save **R20** WITH **RewardsCARD**

39⁹⁹ each

WITH **RewardsCARD**

SPAR
Daily Spread Tub
1 kg

22⁹⁹ each

WITH **RewardsCARD**

SPAR
Margarine Brick
500 g

28⁰⁰

WITH **RewardsCARD**

SPAR
Active Breakfast Drink
300 ml Assorted

44⁹⁹ per pack

WITH **RewardsCARD**

SPAR
Large Eggs
18s

69⁹⁹ per pack

WITH **RewardsCARD**

SPAR
Hot Doggers Red, Smoked or Chicken Viennas
1 kg

29⁹⁹ each

WITH **RewardsCARD**

Eskort
Round, Shoulder, Back or Diced Bacon
200 g

36⁹⁹ each

WITH **RewardsCARD**

Clover
Fruits of the Forest Full Cream Yoghurt with Fruit Pieces or Plain Double Cream (Incl. Sweetened)
1 kg Assorted

21⁹⁹ per pack

WITH **RewardsCARD**

Parmalat
Dairy Snack Smooth or Kids Yoghurt
6 x 100 g Assorted

24⁹⁹ each

WITH **RewardsCARD**

SPAR
Burst Dairy Fruit Juice Blend
2 litre Assorted

27⁹⁹ each

WITH **RewardsCARD**

SPAR
Medium Fat Maas
2 kg

Freezer Essentials. Super Value

54⁹⁹ each

WITH **RewardsCARD**

Rainbow
Simply Chicken Chickies Crumbed Range
400 g Assorted

130⁰⁰

WITH **RewardsCARD**

Dr Oetker
Ital Pizza
370 g - 544 g Assorted

109⁹⁹ each

WITH **RewardsCARD**

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

42⁹⁹ per pack

WITH **RewardsCARD**

SPAR
Crumbed Hake Fish Fingers
400 g

60⁰⁰

WITH **RewardsCARD**

Magnum
Ice Cream 90 ml Assorted

100⁰⁰

WITH **RewardsCARD**

McCain
Skinny Fries or Slap Chips
1 kg

50⁰⁰

WITH **RewardsCARD**

Harvestime
Gourmet Frozen Veg
250 g Assorted

39⁹⁹ per pack

WITH **RewardsCARD**

Nature's Garden
Country Mix 900 g or 1 kg, Garden Mix 900 g, Broccoli or Cauliflower 750 g

120⁰⁰

WITH **RewardsCARD**

Dairymaid
Country Fresh Ice Cream 1.8 litre Assorted

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!



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Save on Pantry Favourites

GET YOUR COLLECTOR'S CARD & START COLLECTING TODAY



SHOP

Get a sticker for every R100 you spend.

COLLECT

Fill your collector's card with 30 stickers and hand it in at the till.

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

nutrifresh
UNLEASH YOUR INNER CHEF
at **SPAR**



FIND THE FULL RANGE IN-STORE

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BUY me for a BONUS sticker!

Crosse & Blackwell Tangy Mayonnaise 750 g

41⁹⁹ each

WITH **RewardsCARD**

SPAR Pilchards In Tomato or Chilli Sauce 400 g

23⁹⁹ each

WITH **RewardsCARD**

SPAR Corned Meat 300 g Assorted

29⁹⁹ each

WITH **RewardsCARD**

Miami Boerie or Hammy Relish 450 g Assorted

19⁹⁹ each

WITH **RewardsCARD**

Nando's Seasonke All-in-1 Seasoning 200 g

19⁹⁹ each

WITH **RewardsCARD**

SPAR Tomato Sauce 700 ml

26⁹⁹ each

WITH **RewardsCARD**

SPAR White or Brown Vinegar 750 ml

10⁹⁹ each

WITH **RewardsCARD**

All Gold Tomato & Onion Mix 410 g

17⁹⁹ each

WITH **RewardsCARD**

Super BUNDLE DEAL Rhodes Baked Beans in Tomato Sauce 400 g

BUY 2 FOR 24⁰⁰

WITH **RewardsCARD**

Super BUNDLE DEAL HINDS SPICES PAPRIKA 12 g - 90 g Assorted

BUY ANY 2 FOR 25⁰⁰

WITH **RewardsCARD**

Knorr Creamy Cheese Sauce or Gravy 38 g / 43 g Assorted

14⁹⁹ each

WITH **RewardsCARD**

Spekko Long Grain Parboiled White Rice 2 kg Assorted

29⁹⁹ each

WITH **RewardsCARD**

Super BUNDLE DEAL Polana Macaroni Pasta 500 g

BUY ANY 2 FOR 25⁰⁰

WITH **RewardsCARD**

Snowflake Cake Wheat Flour 2.5 kg

36⁹⁹ each

WITH **RewardsCARD**

Rhodes Peach Slices or Halves 410 g

19⁹⁹ each

WITH **RewardsCARD**

Clover Condensed Milk or Caramel Double Cream Dairy Dessert 360 g / 385 g

34⁹⁹ each

WITH **RewardsCARD**

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

BUY ANY 2 FOR 54⁰⁰

WITH **RewardsCARD**

Bulk Savings

Clover Low Fat or Full Cream UHT Milk 6 x 1 litre Assorted

99⁹⁹ per pack

WITH **RewardsCARD**

SPAR Super Maize Meal 10 kg

69⁹⁹ each

WITH **RewardsCARD**

Golden Delight Long Grain White Parboiled Thai Rice 10 kg

119⁹⁹ each

WITH **RewardsCARD**

White Star Super Maize Meal 5 kg

49⁹⁹ each

WITH **RewardsCARD**

SPAR Rewards deals available while stocks last.

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Super Breakfast & Treats Deals

Super BUNDLE DEAL
BUY ANY 2 FOR

100⁰⁰
WITH Rewards CARD

VALUE REFILL

109⁹⁹ each
WITH Rewards CARD

39⁹⁹ per pack
WITH Rewards CARD

59⁹⁹ per pack
WITH Rewards CARD

59⁹⁹ each
WITH Rewards CARD

45⁹⁹ each
WITH Rewards CARD

39⁹⁹ each
WITH Rewards CARD

35⁹⁹ each
WITH Rewards CARD

36⁰⁰
WITH Rewards CARD

24⁹⁹ per pack
WITH Rewards CARD

45⁰⁰
WITH Rewards CARD

23⁰⁰
WITH Rewards CARD

40⁰⁰
WITH Rewards CARD

30⁰⁰
WITH Rewards CARD

22⁰⁰
WITH Rewards CARD

43⁰⁰
WITH Rewards CARD

22⁰⁰
WITH Rewards CARD

22⁹⁹ each
WITH Rewards CARD

37⁰⁰
WITH Rewards CARD

20⁰⁰
WITH Rewards CARD

26⁹⁹ each
WITH Rewards CARD

32⁹⁹ per pack
WITH Rewards CARD

28⁰⁰
WITH Rewards CARD

38⁰⁰
WITH Rewards CARD

17⁰⁰
WITH Rewards CARD

34⁰⁰
WITH Rewards CARD

25⁹⁹ each
WITH Rewards CARD

Every 500ml bottle you buy, **donates** to breast cancer support.

SPAR



CANCERVIVE
CREATING AWARENESS - CARING - CELEBRATING LIFE

LOVE IT? SPAR GETS IT DELIVERED



Download now!



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Everyday savings!



35⁹⁹ each
WITH RewardsCARD

Rexona Shield Anti-Perspirant for Men or Women 150 ml Assorted

Care & Save



TRESemmé Shampoo, Conditioner or Styling Spray 300 ml / 400 ml / 750 ml / 900 ml Assorted

114⁹⁹ each
WITH RewardsCARD



Dove Beauty Bar Soap 90 g Assorted

17⁹⁹ each
WITH RewardsCARD



Protex Hygiene Soap 175 g Assorted

30⁰⁰ each
WITH RewardsCARD



Clere Body Cream or Lotion for Male or Female 300 ml / 400 ml Assorted

26⁹⁹ each
WITH RewardsCARD



Playboy or Playgirl Aerosol Deodorant For Male or Female 90 ml / 150 ml Assorted

31⁹⁹ each
WITH RewardsCARD



Radox Body Wash 400 ml Assorted

52⁹⁹ each
WITH RewardsCARD



Always Maxi Duo Night, Maxi Plus or Maxi Soft Sanitary Pads 12s / 14s / 16s / 20s or Pantyliners 40s Assorted

70⁰⁰ each
WITH RewardsCARD

MediCare Value



Lacson Syrup for Relief of Constipation 150 ml

54⁹⁹ each
WITH RewardsCARD



Brooklax Senna Laxative Tablets 4s

27⁹⁹ per pack
WITH RewardsCARD

Baby Value



Purity Cream of Maize 400 g Assorted

22⁹⁹ each
WITH RewardsCARD



Purity Instant Oats 250 g Assorted

23⁹⁹ each
WITH RewardsCARD

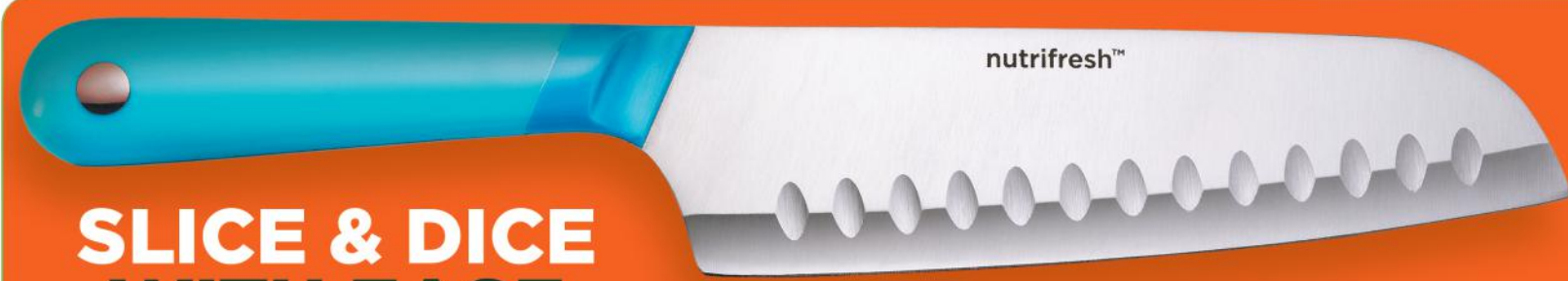


Pampers Active Baby Nappies Value Pack or Pants Value Pack Assorted

179⁹⁹ per pack
WITH RewardsCARD



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SLICE & DICE WITH EASE

nutrifresh™

16.5cm Santoku Knife

Retail Price R399.99

Discounted Price: **79⁹⁹**

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

COLLECT 30 STICKERS

Everyday Essentials



24 PRE CUT CUBES

Firelighters

LOW ODOUR

Bic Firelighters 24s

26⁹⁹ per pack

WITH RewardsCARD



RUBBER GLOVES

1 PAIR

Goldenmarc Rubber Gloves 1s

24⁹⁹ per pack

WITH RewardsCARD



BRIQUETTES

SPAR Briquettes 5 kg

79⁹⁹ each

WITH RewardsCARD



goodliving Mini Braai

249⁹⁹ each

WITH RewardsCARD



Hth Floater Plus

1.6 kg

169⁹⁹ each

WITH RewardsCARD



BLU52 GRANULAR CHLORINE

4 kg

199⁹⁹ each

WITH RewardsCARD



Home Care By SPAR Mop

200 g

59⁹⁹ each

WITH RewardsCARD



Home Care By SPAR Dustpan & Brush

Black or Grey

49⁹⁹ per set

WITH RewardsCARD



tuffy BUDGET REFUSE BAGS

20s

34⁹⁹ per roll

WITH RewardsCARD



DURACELL PLUS

100% EXTRA LIFE with POWER BOOST

Duracell Plus AA or AAA 4s

69⁹⁹ per pack

WITH RewardsCARD



eurolux

LED A60 B22 6W / 9W

14⁹⁹ each

WITH RewardsCARD



goodliving Premium Cooler Box

10 litre

149⁹⁹ each

WITH RewardsCARD

tops! at SPAR

07 October up to and including 18 October 2026





Unbelievable

Dry White, Dry Red, Sweet Rosé, Semi-Sweet or Sweet Red 750ml

125⁰⁰

WITH RewardsCARD



Bon Courage

Blush Sparkling Wine 750ml

99⁹⁹ each

WITH RewardsCARD



Laborie

Merlot, Shiraz, Sauvignon Blanc, Merlot/Cabernet Sauvignon or Pinotage 750ml

84⁹⁹ each

WITH RewardsCARD



Kanonkop Kadette Pinotage

750ml

139⁹⁹ each

WITH RewardsCARD



Protea

Assorted Wine 750ml

84⁹⁹ each

WITH RewardsCARD



Allesverloren

Shiraz or Tinta Barocca 750ml

159⁹⁹ each

WITH RewardsCARD



Arabella

Assorted Wine 750ml

69⁹⁹ each

WITH RewardsCARD



Porcupine Ridge

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

74⁹⁹ each

WITH RewardsCARD



Pongrácz

Cap Classique Brut, Rosé or Noble Nectar 750ml

189⁹⁹ each

WITH RewardsCARD



J.C. Le Roux

Sparkling Wine (Incl. Non-Alcoholic) 750ml Assorted

94⁹⁹ each

WITH RewardsCARD

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 07 October up to and including 18 October 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

Super BUNDLE DEAL

BUY ANY 2 FOR

80⁰⁰

WITH Rewards CARD

Comfort Fabric Conditioner Pouch 800 ml Assorted

Super BUNDLE DEAL

BUY ANY 2 FOR

25⁰⁰

WITH Rewards CARD

Home Care By SPAR Thin Bleach 750 ml Assorted

Super BUNDLE DEAL

BUY ANY 2 FOR

22⁹⁹ each

WITH Rewards CARD

Home Care By SPAR All Purpose Cleaner 750 ml Assorted

Super BUNDLE DEAL

BUY ALL FOR

65⁰⁰ per combo

WITH Rewards CARD

Maq Dishwashing Liquid + All Purpose Cleaner + Thick Bleach 750 ml Assorted

Super BUNDLE DEAL

BUY ALL FOR

52⁹⁹ each

WITH Rewards CARD

Pro-Wash Liquid Everyday or Heavy Duty 1.5 litre

Super BUNDLE DEAL

BUY ANY 2 FOR

34⁹⁹ each

WITH Rewards CARD

Mortein Multi Insect Killer 300 ml Assorted

Super BUNDLE DEAL

BUY ALL FOR

23⁹⁹ each

WITH Rewards CARD

Sunlight Laundry Bar 400 g / 500 g Assorted

Super BUNDLE DEAL

BUY ALL FOR

54⁹⁹ per pack

WITH Rewards CARD

Twinsaver Luxury 2 Ply Toilet Roll 9s

Furry Value Picks

Super BUNDLE DEAL

BUY ANY 4 FOR

50⁰⁰

WITH Rewards CARD

Whiskas Cat Food In Jelly or Gravy 85 g Assorted

Super BUNDLE DEAL

BUY ALL FOR

34⁹⁹ each

WITH Rewards CARD

Top Cat Cat Food 800 g Assorted

Super BUNDLE DEAL

BUY ALL FOR

34⁹⁹ each

WITH Rewards CARD

Boss Canned Dog Food 775 g / 820 g Assorted

Super BUNDLE DEAL

BUY ALL FOR

79⁹⁹ each

WITH Rewards CARD

SPAR Purr-fect Dry Cat Pellets 2 kg Assorted

Super BUNDLE DEAL

BUY ALL FOR

159⁹⁹ each

WITH Rewards CARD

SPAR Woof Dry Dog Food (Excl. Puppy) 8 kg Assorted

Super BUNDLE DEAL

BUY ALL FOR

249⁹⁹ each

WITH Rewards CARD

SPAR Pro Balance Dry Dog Food (Incl. Plus Range) 8 kg Assorted

Value Meal Combos

Super BUNDLE DEAL

BUY ALL FOR

149⁰⁰ per combo

WITH Rewards CARD

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

Super BUNDLE DEAL

BUY ALL FOR

320⁰⁰ per combo

WITH Rewards CARD

Spekko Long Grain Parboiled White Rice 10 kg + SPAR Super Maize Meal 10 kg + SPAR Sunflower Oil 2 litre + SPAR Brown Sugar 2 kg

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 • GREENHILLS • HARTSWATER • HEIDELBERG • HILLBROW • KALAHARI • KISMET • KLOPPER PARK • KROONDAL • LEONDALE • McLEANS • MOUNTAIN VIEW • NOORDWYK • ORCHARDS • POST OFFICE • PRIESKA • RANDGATE • RANDJESPAK • REITZ • ROOSVILLE • SAFI • SCHWEIZER RENEKE • SELCOURT • SETARIA • SILVERTON • SIMUNYE • SOUTPANSBERG • SPARTAN • STRUBENSVALE • THE PALMS • THREE MONKEYS • VENTERSBURG • VREDE • WESSELBRON • WOLMARANSTAD • ZEEDERBERG

SUPERSPAR: • BALFOUR • BENONI • BERTRAMS • BETHAL • CHRISTIANA • GEOLINE • 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 [f /myspar](https://www.facebook.com/myspar)

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SPAR

SUPERSPAR