

6 WEEKS LEFT TO COLLECT STICKERS!

UNLEASH YOUR INNER CHEF

with **nutrifresh**TM

Ends 8 November 2026

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

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

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price
R399.99

Discounted Price:
79⁹⁹

19cm
Cook's
Knife

COLLECT
30
STICKERS

nutrifreshTM



SPAR
Frozen Chicken
Mixed Portions
5 kg

199⁹⁹ per pack
WITH RewardsCARD



SPAR or
Sunfoil
Sunflower
Oil
2 litre

69⁹⁹ each
WITH RewardsCARD



Coca-Cola
Regular Only
2 litre

50⁰⁰
WITH RewardsCARD



Koo
Baked Beans in
Tomato Sauce
Only
(Excl. Lite and
Variants)
400 g

30⁰⁰
Save R6
WITH RewardsCARD



Stork
Country Spread
40% Medium
Fat Spread Tub
1 kg

44⁹⁹ each
Save R15
WITH RewardsCARD



Sunlight
Hand
Washing
Powder
3 kg
Assorted

79⁹⁹ each
WITH RewardsCARD



SPAR
Super
Maize Meal
12.5 kg

86⁹⁹ each
WITH RewardsCARD

Made For Real Family Moments

Full of flavour.



SPAR
Country Value
Mzansi Braai Wors

99⁹⁹ per kg

SPAR



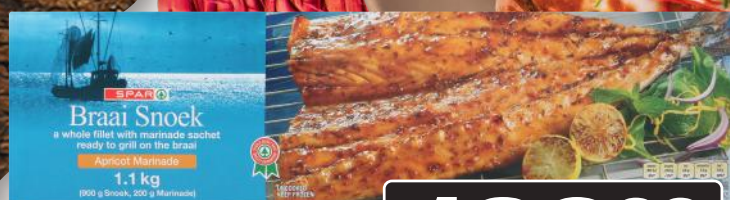
Home is Where Our Heritage *Lives.*

SPAR 
**COUNTRY
VALUE**

WHAT'S
YOUR FAVOURITE
HERITAGE DAY

MEAL, MZANSI?

SPAR 



SPAR
Braai Snoek with
Apricot Marinade
1.1 kg

169⁹⁹
each

WITH *Rewards* CARD



SPAR
Country Value
Chicken Necks
500 g

24⁹⁹
each



SPAR
Country Value
Beef Liver
500 g

29⁹⁹
each



SPAR
Country Value
Smokey or Chilli
Russians

49⁹⁹
per kg



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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Our Stories. Our Flavours. Our Heritage.



SPAR
Country Value
Potatoes
3 kg

49⁹⁹
per pack



ONIONS 1 kg

SPAR
Country Value
Onions
1 kg

21⁹⁹
per pack



Blue Ribbon
Classic
White Sliced Bread
700 g

17⁹⁹
per loaf

WITH RewardsCARD



SPAR
Bakery
Black Forest Cake

129⁹⁹
each



SPAR
Country Value
Tomatoes
1 kg

21⁹⁹
per pack

Our Food Tells Our Story.



SPAR
Country Value
Oranges
2.5 kg

25⁹⁹
per pack



SPAR
Country Value
Scones
10s

50⁰⁰
BUY 2 FOR



SPAR
Country Value
Ginger Cakes
10s

16⁹⁹
per pack



LOVE IT? SPAR GETS IT DELIVERED

Download now!

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SHOP & CHOP

with **nutrifresh™**



Fridge and Freezer Super Savers

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Clover
Ultra Pasteurised Full Cream or Low Fat Fresh Milk Carton or Jug 2 litre

29⁹⁹ each
WITH RewardsCARD

SPAR
Full Cream Maas 4 kg

61⁹⁹ each
WITH RewardsCARD

SPAR
Cheddar or Gouda Vacuum Packed Cheese 400 g

66⁹⁹ per pack
WITH RewardsCARD

SPAR
Large Eggs 48s

119⁹⁹ per pack
WITH RewardsCARD

Rama
70% Original Fat Spread Brick 500 g

26⁹⁹ each
Save R10 WITH RewardsCARD

SPAR
French or Chicken Polony 2 kg Assorted

56⁹⁹ each
WITH RewardsCARD

SPAR
Country Crop 1 kg

46⁹⁹ each
WITH RewardsCARD

SPAR
STRAIGHT CUT POTATO CHIPS

SPAR
CRINKLE CUT POTATO CHIPS

36⁹⁹ each
WITH RewardsCARD

I&J
FISH FINGERS

32 ORIGINAL CRISPY FISH FINGERS

109⁹⁹ per pack
WITH RewardsCARD

Delicious made easy

2 x Econo Russians and 100 g Chips



SERVING SUGGESTION

39⁹⁰ per meal



CHIKKA CHICKEN
Chikka 2 & 100 g Chips



ATE & LEFT NO CRUMBS

SERVING SUGGESTION

35⁹⁰ per meal



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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Savings made super!



BUY
me for a
BONUS
sticker!

59⁹⁹
each

WITH RewardsCARD

Dairymaid
Country Fresh
Ice Cream
1.8 litre
Assorted



Fridge and Freezer Super Savers



Super
BUNDLE
DEAL

Clover
Classic, Smooth,
Nolac Lactose
Free Yoghurt
(Excl. Fruits of the
Forest)
6 x 100 g
Assorted

BUY
ANY
2
FOR

34⁰⁰

WITH RewardsCARD



Clover
Tropika Dairy Fruit
Mix
2 litre
Assorted

34⁹⁹
each

WITH RewardsCARD



Parmalat
Steri
Stumpie
350 ml
Assorted

14⁹⁹
each

WITH RewardsCARD



BUY
me for a
BONUS
sticker!

Super
BUNDLE
DEAL

Danone
Nutriday Yoghurt
900 g
Assorted

BUY
ANY
2
FOR

70⁰⁰

WITH RewardsCARD



Clover
Double Cream
Bliss Yoghurt
1 kg
(Incl. Authentikos
750 g)
Assorted

39⁹⁹
each

WITH RewardsCARD



BEEFERS

16 ECONO BEEF BURGERS
WITH SWEET CHILLI
Delicious and juicy econo beef burgers,
individually wrapped.

I&J
Beefers or Chicksters
Beef Patties
800 g
Assorted

99⁹⁹
per pack

WITH RewardsCARD



Great South African Chicken Every Day!



**FROZEN CHICKEN
MIXED PORTIONS
WITH BRINE-BASED MIXTURE**

CHICKEN 80%, BRINE-BASED MIXTURE 10% (WATER 24.8%)
RAW. KEEP FROZEN BELOW -12°C

IDEAL FOR: GRILLING, STEW, BAKING, FRYING, BOILING

PRODUCT OF SOUTH AFRICA

Goldi
Frozen Chicken
Mixed Portions
5 kg

209⁹⁹
each

WITH RewardsCARD



Super
BUNDLE
DEAL

SPAR
Large Eggs 60s
+ SPAR
Frozen Chicken
Mixed Portions
5 kg
+ SPAR
Margarine Brick
500 g

BUY
ALL
FOR

365⁰⁰
per combo

WITH RewardsCARD

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LOOK OUT FOR PARTICIPATING PRODUCTS TO GET BONUS STICKERS

BUY me for a BONUS sticker!

29⁹⁹ each
WITH Rewards CARD

Tastic Parboiled Rice 2 kg Assorted

Super Start Value

Laager Rooibos Tagless Tea Bags 80s

39⁹⁹ per pack
WITH Rewards CARD

Five Roses Tagless Teabags 100s

54⁹⁹ per pack
Save R18 WITH Rewards CARD

Jacobs Krönung Gold Jar 200 g or Refill Pouch 230 g (Excl. Decaf)

156⁰⁰ each
Save R49 WITH Rewards CARD

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

139⁹⁹ each
WITH Rewards CARD

House of Coffees Hug in a Mug 8s Assorted

71⁹⁹ per pack
WITH Rewards CARD

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

92⁹⁹ per pack
WITH Rewards CARD

Nestlé Nespray 850 g

119⁹⁹ each
WITH Rewards CARD

Ellis Brown Coffee Creamer 750 g

49⁹⁹ each
WITH Rewards CARD

Selati White Sugar 2.5 kg

57⁹⁹ each
WITH Rewards CARD

Hulett's SunSweet Brown Sugar 3 kg

64⁹⁹ each
WITH Rewards CARD

Bokomo Weet-Bix 900 g

51⁹⁹ each
WITH Rewards CARD

Kellogg's Corn Flakes 1 kg

72⁹⁹ each
WITH Rewards CARD

Jungle Oats 1 kg

37⁹⁹ each
WITH Rewards CARD

Morvite Instant Porridge 1 kg Assorted

27⁹⁹ each
WITH Rewards CARD

SPAR Rusks 450 g / 500 g Assorted

42⁹⁹ each
WITH Rewards CARD

SPAR Apricot or Mixed Fruit Jam 900 g

38⁹⁹ each
WITH Rewards CARD

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

36⁹⁹ each
WITH Rewards CARD

Save on Pantry Favourites

Maggi 2 Minute Instant Noodles 5s Assorted

55⁰⁰
WITH Rewards CARD

Excella Parboiled Rice 2 kg + Excella Sunflower Oil 750 ml

59⁹⁹ per combo
WITH Rewards CARD

SPAR Cake Wheat Flour 10 kg

109⁹⁹ each
WITH Rewards CARD

Fatti's & Moni's Macaroni or Spaghetti 500 g

29⁰⁰
WITH Rewards CARD

SPAR Long Grain Parboiled Rice 10 kg

109⁹⁹ each
WITH Rewards CARD

Tastic Long Grain Parboiled Rice 10 kg

129⁹⁹ each
WITH Rewards CARD

White Star Super Maize Meal 10 kg

96⁹⁹ each
WITH Rewards CARD

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Fill Your Pantry for Less

nutrifresh™

BUY 1 GET 1 BONUS

All Gold
Tomato Sauce
700 ml

32⁹⁹ each

Save R7
WITH Rewards CARD

BUY 1 GET 1 BONUS

NOLA
Mayonnaise
Original or Tangy 750 g.
Sweet & Creamy
or Reduced Oil 780 g
(Excl. Squeeze
Bottle 500 g)

41⁹⁹ each

WITH Rewards CARD

Nando's
Sauce or Peri-naise
250 ml / 265 g
Assorted

41⁹⁹ each

WITH Rewards CARD

Jan
Braai Basting Sauce
750 ml
Assorted

34⁹⁹ each

WITH Rewards CARD

SPAR
White or Brown
Vinegar
2 litre

26⁹⁹ each

WITH Rewards CARD

SPAR
Shredded Tuna
in Oil
or Water
170 g

18⁹⁹ each

WITH Rewards CARD

Super BUNDLE DEAL

Bull Brand
Corned Meat
300 g
Assorted

27⁹⁹ each

WITH Rewards CARD

Lucky Star
Pilchards
400 g
Assorted

29⁹⁹ each

WITH Rewards CARD

KOO
Chakalaka
410 g
Assorted

18⁹⁹ each

WITH Rewards CARD

MIAMI
Braai Relish
or Seshebo Mix
410 g

15⁹⁹ each

WITH Rewards CARD

SPAR
Sliced or Grated
Beetroot
780 g

29⁹⁹ each

WITH Rewards CARD

Super BUNDLE DEAL

Knorr
Aromat
Seasoning
70 g / 75 g
Assorted

29⁰⁰

WITH Rewards CARD

Cerebos
Iodated Sea or
Table Salt
1 kg

17⁹⁹ each

WITH Rewards CARD

Super BUNDLE DEAL

Royco
Gravy, Sauce
and Marinade
32 g - 48 g

30⁰⁰

WITH Rewards CARD

Smash
Instant Mash Potato
104 g
Assorted

21⁹⁹ each

WITH Rewards CARD

KNORROX
Flavoured Stock
Cubes
24s
Assorted

21⁹⁹ per pack

WITH Rewards CARD

Hinds
Southern Coating
or Grill
200 g
Assorted

18⁹⁹ each

WITH Rewards CARD

Super BUNDLE DEAL

Knorr
Packet Soup
(Incl. Tasty Range)
45 g
Assorted

21⁰⁰

WITH Rewards CARD

Robertson's
Herbs and Spices
Medium Refill
(Excl. White, Black
Pepper and Whole Spices)
12 g - 100 g
Assorted

27⁰⁰

WITH Rewards CARD

Super Baking Deals

SNOWFLAKE
too fresh to flop
cake wheat
flour

11⁹⁹ each

WITH Rewards CARD

SNOWFLAKE
too fresh to flop
easy mix

33⁹⁹ per pack

WITH Rewards CARD

SNOWFLAKE
too fresh to flop
corn flour
vanilla flavoured
custard powder
baking powder

25⁹⁹ each

WITH Rewards CARD

Super BUNDLE DEAL

DANONE
Ultra Mel
2x the cream
Vanilla Flavour

54⁰⁰

WITH Rewards CARD

LOVE IT? SPAR GETS IT DELIVERED **SPAR2U**



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PERSONAL CARE BY



YOUR
Everyday
Elevated



39⁹⁹
each
WITH RewardsCARD

Mitchum
Roll-on for Women
50 ml
Assorted



23⁹⁹
each
WITH RewardsCARD

Dolly Varden
Tissue Oil
100 ml
Assorted



Playgirl
Body Spray
(Excl. Playgirl Deodorant 150 ml)
90 ml
Assorted

31⁹⁹
each
WITH RewardsCARD

Stay Fresh.
Stay Confident.



42⁹⁹
each
WITH RewardsCARD

Yardley
Body Spray
For Female
90 ml
Assorted



31⁹⁹
each
WITH RewardsCARD

Revlon
Charlie Body Spray
90 ml
Assorted

34⁹⁹
each
WITH RewardsCARD

Revlon
Body Spray
for Female
90 ml
Assorted



Vaseline
Intensive Care
Body Lotion
or Cream
for Female
625 ml
Assorted

89⁹⁹
each
WITH RewardsCARD

Vaseline
Body Lotion or Cream
for Female
(Excl. Q10 Range)
400 ml
Assorted

54⁹⁹
each
WITH RewardsCARD



99⁹⁹
each
WITH RewardsCARD

Vaseline
Cera-Glow Body Gel-Oil
200 ml

149⁹⁹
each
WITH RewardsCARD

Vaseline
Cera-Glow
Even Tone &
Moisture Body
Lotion or
Cream
400 ml
Assorted

Comfort
Your Skin

Smooth Starts Here



Vaseline
Petroleum Jelly
250 ml
Assorted

39⁹⁹
each
WITH RewardsCARD



Bic
Soleil Blades
5 Blades
2s

79⁹⁹
per pack
WITH RewardsCARD



Bic
Pure Lady
Disposable
Razors
4+2
6s

59⁹⁹
per pack
WITH RewardsCARD



Twin Blade Fixed Head
Disposable Razors

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Level Up Your Grooming

Game!

Look Sharp.

Feel Fresh



Status
Deodorant for Men
130 ml
Assorted

31⁹⁹
each

WITH Rewards CARD



Brut
Anti-Perspirant
Roll-On for Men
50 ml
Assorted

50⁰⁰
each

WITH Rewards CARD



39⁹⁹
each

WITH Rewards CARD

Mitchum
Roll-On for Men
50 ml
Assorted



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

32⁰⁰
each

WITH Rewards CARD



Stay Fresh.

Stay Ready.

Playboy
Aerosol
Deodorant
125 ml /
150 ml
Assorted

31⁹⁹
each

WITH Rewards CARD

Revlon
Fire & Ice
Body Spray for Men
120 ml
Assorted

31⁹⁹
each

WITH Rewards CARD



Axe
Fragrance for Men
150 ml
Assorted

48⁹⁹
each

WITH Rewards CARD

34⁹⁹
each

WITH Rewards CARD

Axe
Aerosol
Deodorant for Men
150 ml
Assorted



42⁹⁹
each

WITH Rewards CARD

Yardley
Body Spray For Men
125 ml
Assorted

69⁹⁹
each

WITH Rewards CARD

Dove Men
Shower Gel
400 ml
Assorted

Dove

NIVEA

Nivea Men
Body Cream or Lotion
for Men
400 ml
Assorted

54⁹⁹
each

WITH Rewards CARD

69⁹⁹
each

WITH Rewards CARD

Nivea Men
Shower Gel
500 ml
Assorted

Precision Starts Here

Care By SPAR
Fixed Head Twin Blade
Disposable Razors for Men
5s

23⁹⁹
per pack

WITH Rewards CARD



56⁹⁹
per pack

WITH Rewards CARD

Bic
3 Sensitive
Shaver 4+2



21⁹⁹
per pack

WITH Rewards CARD

Bic
1 Normal Shaver
5s



112⁹⁹
each

WITH Rewards CARD

Bic
3 Hybrid Easy Razor
6+2



84⁹⁹
per pack

WITH Rewards CARD

Bic
Flex 5
2s



Home Care
by SPAR
Shaving Gel
200 ml
Assorted

59⁹⁹
each

WITH Rewards CARD

Healthy Skin.

Confident You



89⁹⁹
each

WITH Rewards CARD

Vaseline
Lotion for Men
625 ml
Assorted

54⁹⁹
each

WITH Rewards CARD

Vaseline
Body Lotion or Cream for Men
Incl. Argan Oil
400 ml
Assorted

Confidence Begins with a *Smile*

Make Your Smile Part of the
Routine



Colgate
Bluey Kids
Toothbrush
2-5 years
2s

59⁹⁹
per pack
WITH Rewards CARD



Colgate
Bluey Kids
Toothpaste
50 ml

29⁹⁹
each
WITH Rewards CARD



Colgate
Harry Potter
Toothpaste
50 ml

39⁹⁹
each
WITH Rewards CARD



Colgate
Harry Potter
Toothbrush

39⁹⁹
each
WITH Rewards CARD



SPAR
Oral-Pro
Toothbrush
Everyday Clean
Soft

7⁹⁹
each
WITH Rewards CARD



Colgate
Total Pro
Toothpaste
75 ml
Assorted

54⁹⁹
each
WITH Rewards CARD



Dove Baby
Cotton Wool
Ovals 40s
or Wands 80s

21⁹⁹
per pack
WITH Rewards CARD



Dove Baby
Cotton Wool
Clouds
60 g

31⁹⁹
each
WITH Rewards CARD



Dove Baby
Cotton Wool
Circles
80s

32⁹⁹
per pack
WITH Rewards CARD



LISTERINE
COOL MINT
MILDER TASTE

62⁹⁹
each
WITH Rewards CARD



LISTERINE
FRESH BURST



LISTERINE
COOL MINT



LISTERINE
SMART RINSE



LISTERINE
SMART RINSE



SPAR
Oral Pro
Mouthwash
250 ml
Assorted

29⁹⁹
each
WITH Rewards CARD

Care That Moves With You

Be Unstoppable



Stayfree
Maxi
Sanitary Pads
or Panty Liners
10s / 20s
Assorted

17⁹⁹
per pack
WITH Rewards CARD



Lil-lets
Intimate
Care Wipes
20s
Assorted

37⁹⁹
per pack
WITH Rewards CARD



SPAR
Petals Pads & Pantyliners
Multipack
18s

22⁹⁹
per pack
WITH Rewards CARD



SPAR
Petals
Maxi Plus
Sanitary
Pads
8s / 9s
Assorted

16⁹⁹
per pack
WITH Rewards CARD



Always
Maxi Night Duo
12s

34⁹⁹
per pack
WITH Rewards CARD



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

34⁹⁹
per pack
WITH Rewards CARD



Lil-lets
Thin
Pantyliners
100s
Assorted

39⁹⁹
per pack
WITH Rewards CARD



Lil-lets
Drylock Pads for
Bladder Weakness
Long
12s

46⁹⁹
each
WITH Rewards CARD



Lil-lets
Intimate Care
Crème Wash
150 ml

67⁹⁹
each
WITH Rewards CARD



Lil-lets
Maternity Pads
10s
Assorted

49⁹⁹
per pack
WITH Rewards CARD



Lil-lets
Tampons
32s
Assorted

42⁹⁹
per pack
WITH Rewards CARD



Lil-lets
Pads Teen Maxi
Regular
10s
Assorted

15⁹⁹
per pack
WITH Rewards CARD



Lil-lets
Maxi Pads
10s
Assorted

14⁹⁹
per pack
WITH Rewards CARD



Lil-lets
Drylock
Pantyliners for
Bladder Weakness
Regular
34s
Assorted

49⁹⁹
per pack
WITH Rewards CARD



Lil-lets
Drylock
Pantyliners for
Bladder Weakness
Long
14s

34⁹⁹
per pack
WITH Rewards CARD



Assure
Adult
Incontinence
Diaper
Slips or Pants
10s
Assorted

149⁹⁹
per pack
WITH Rewards CARD

Your Daily Beauty Reset



34⁹⁹ each
WITH Rewards CARD

Care By SPAR
Body Wash
500 ml
Assorted



32⁰⁰ each
WITH Rewards CARD

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

NIVEA

IS FOR SKIN

129⁹⁹ each
WITH Rewards CARD

Nivea
Perfect and
Radiant
Face
Wash
150 ml
Assorted



89⁹⁹ each
WITH Rewards CARD

Nivea
Rose Care
Face Mist
150 ml



Nivea
Luminous Skin
Glow Whip
Cleansing Foam
100 ml

56⁹⁹ each
WITH Rewards CARD



Nivea
Micellar Water
400 ml
Assorted

109⁹⁹ each
WITH Rewards CARD

107⁹⁹ each
WITH Rewards CARD

Nivea
Clear Up Face Scrub
75 ml



Dove
Soap Bar
for Female
4s
Assorted

66⁹⁹ per pack
WITH Rewards CARD

Dove
Body Wash
for Female
1 litre
Assorted

179⁹⁹ each
WITH Rewards CARD

Dove
Aerosol
Antiperspirant
for Female
250 ml
Assorted

69⁹⁹ each
WITH Rewards CARD

Dove
Deodorant
Stick
for Female
50 ml
Assorted

67⁹⁹ each
WITH Rewards CARD

Dove
Body Wash
for Female
400 ml
Assorted

69⁹⁹ each
WITH Rewards CARD



Dove
Shampoo,
2in1 or
Conditioner
350 ml / 400 ml
Assorted

86⁹⁹ each
WITH Rewards CARD



Dettol
Shower Gel
500 ml
Assorted

49⁹⁹ each
WITH Rewards CARD



Sanex
Skin Therapy
Wash
450 ml
Assorted

86⁹⁹ each
WITH Rewards CARD



SPAR
Germex
Hygiene Soap
175 g
Assorted

23⁰⁰ each
WITH Rewards CARD



Savlon
Antiseptic
Liquid
750 ml

76⁹⁹ each
WITH Rewards CARD

Your Wellness Made Simple

Panado
Headache
Capsules
20s

48⁹⁹ per pack
WITH Rewards CARD



Panado
Paracetamol Tablets
Blister Pack
24s

31⁹⁹ per pack
WITH Rewards CARD

54⁹⁹ each
WITH Rewards CARD

Benlylin
Cough Syrup
(Excl. 4-Way)
100 ml
Assorted



Calpol
Paediatric
Syrup
100 ml
Assorted

64⁹⁹ each
WITH Rewards CARD



Bioplus
Sachet
10 ml
Assorted

30⁰⁰ each
WITH Rewards CARD

Sela
Blood Clean
or Blood Sugar
Tea
20s

47⁹⁹ per pack
WITH Rewards CARD



Sela
Tea Strong
Man
20s

39⁹⁹ per pack
WITH Rewards CARD

42⁹⁹ per pack
WITH Rewards CARD

Sela
Slimming
Tea
20s
Assorted

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

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



Treat Yourself

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

Valpré
Spring Water
Still or Sparkling
6 x 500 ml

59⁹⁹ per pack

WITH RewardsCARD

Fanta,
Stoney or Sprite
(Excl. Coca-Cola and
Zero or Light Range)
2 litre

38⁰⁰

WITH RewardsCARD

Rhodes
100% Fruit Juice
Blend
6 x 200 ml
Assorted

42⁹⁹ per pack

WITH RewardsCARD

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

26⁹⁹ per pack

WITH RewardsCARD

aQuellé
Sparkling or Still
Natural Spring Water
1.5 litre

22⁰⁰

WITH RewardsCARD

Go
Sports Drink
500 ml
Assorted

18⁰⁰

WITH RewardsCARD

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

44⁰⁰

Save R12
WITH RewardsCARD

Powerade
Sports
Flavoured Drink
6 x 500 ml
Assorted

75⁹⁹ per pack

WITH RewardsCARD

Marie Biscuits
Multipack
3 x 150 g

23⁹⁹ per pack

WITH RewardsCARD

Beacon
Liquorice or
Mint Imperials
75 g or
Maynards
Gums or Jellies
60 g
Assorted

23⁰⁰

WITH RewardsCARD

Maynards
Wine Gums
39 g
Assorted

20⁰⁰

WITH RewardsCARD

Manhattan
marshmallows
400 g

39⁹⁹ per pack

WITH RewardsCARD

Bakers
Eet-Sum-Mor
Shortbread Biscuits
200 g
Assorted

60⁰⁰

WITH RewardsCARD

Willards
Cheese Curls
or Flings
90 g
Assorted

22⁰⁰

WITH RewardsCARD

Flyers
Puff Corn or
Spookies Chips
100 g
Assorted

18⁰⁰

WITH RewardsCARD

Simba
Potato Chips
120 g
Assorted

32⁰⁰

Save R12
WITH RewardsCARD

Willards
Big Korn Bites
120 g
Assorted

32⁰⁰

WITH RewardsCARD

Nik Naks
Original Cheese
Flavoured Maize Snack
135 g
Assorted

22⁰⁰

WITH RewardsCARD

SPAR Rewards deals available while stocks last.

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Soft Care Super Savings



Dettol
ORIG
CLEANS AND
HYGIENE BA

BE 100% SURE
175 g



Dettol
COOL
CLEANS AND PROTECTS AGAINST 99.9% GERMS**
HYGIENE BATH SOAP WITH MINT FRAGRANCE

BE 100% SURE
175 g

Dettol
Hygiene Soap
175 g
Assorted

29⁰⁰
WITH RewardsCARD



mentadent^P
HERBAL WITH GERM PROTECTION
CLINICALLY PROVEN FLUORIDE TOOTHPASTE



mentadent^P
PROTECTION LONG LASTING PROTECTION AGAINST PLAQUE
CLINICALLY PROVEN FLUORIDE TOOTHPASTE

Mentadent P
Toothpaste
(Excl. Sensitive & Whitening)
100 ml
Assorted

31⁹⁹
each
WITH RewardsCARD



Libresse
dailies V-Protection & Freshness
20 REGULAR 660
LIBRESSE
goodnight 7 MAXI NIGHT* WITH WINGS
TRIPLE PROTECTION

Libresse
Maxi Pads
7s, 9s, 10s
or
Pantyliners 20s
Assorted

16⁹⁹
per pack
WITH RewardsCARD



Gillette
Mach3 Razor 2up

109⁹⁹
each
WITH RewardsCARD



LAXA
-BISACODYL
For the treatment of occasional constipation
30 TABLETS

Laxador
Bisacodyl Tablets
30s

34⁹⁹
per pack
WITH RewardsCARD



Dark & Lovely
OIL MOISTURISING SPRAY
250 ml

Dark & Lovely
Oil Moisturising Spray
250 ml

47⁹⁹
each
WITH RewardsCARD



Dark & Lovely
precise
DIAMOND
STRAIGHT & SHINE
RELAXER CREAM
SUPER

Dark & Lovely
Relaxer Cream
250 ml

45⁹⁹
each
WITH RewardsCARD

Baby & You Value



PURITY
Guava & Yogurt
Apple, Mango & Oats
Banana & Mango
fruit

Purity
Baby Food Jar 125 ml
or Pouch 110 ml
Assorted

13⁹⁹
each
WITH RewardsCARD



Nestle
Cerelac
BABY CEREAL WITH MILK
6+ months
JUST ADD WATER
FREE from preservatives and artificial colours
EASY to digest
Agaves softens up
Ready to eat
Savory & sweet
4 easy to eat
6-12 months
Over 12 months

Nestlé
Cerelac
Baby Cereal
Just Add
Water
200 g
Assorted

35⁹⁹
each
WITH RewardsCARD



Nestle
Nestum
BABY CEREAL
honey
Add milk
8+ months
PREPARED
Scan for more recipes!

Nestlé
Nestum
No. 1 Baby Cereal
Just Add Milk
200 g
Assorted

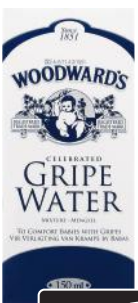
23⁹⁹
each
WITH RewardsCARD



Nestle
NIDO
Powdered Drink
For Growing Children
PRE-SCHOOL
from 3 - 5 years

Nestlé
Nido
3+ Powdered
Drink
900 g

152⁹⁹
each
WITH RewardsCARD



WOODWARD'S
CELEBRATED
GRIPE WATER
150 ml

Woodward's
Gripe Water
150 ml

42⁹⁹
each
WITH RewardsCARD



Little Munchkins
baby wipes
sensitive
suitable for sensitive skin

Little Munchkins
By SPAR
Wipes
80s
Assorted

29⁹⁹
each
WITH RewardsCARD



HUGGIES
extra care
4 IN 1
SOFT DISCREET BABYWEAR
HYPOALLERGENIC
Special extra care
and absorbent pillow

Huggies
Extra Care
Nappies
Value Pack
Assorted

219⁹⁹
per pack
WITH RewardsCARD



HUGGIES
GOLD
Skin Soft
Ultra Soft Layers
PREPARED IN SECONDS

Huggies
Gold
Nappies
or Pants
Jumbo
Pack
Assorted

219⁹⁹
per pack
WITH RewardsCARD



Pampers
premium care
ultra skin comfort
pants
6 35
Pants
Fraïdoles-cuecas

Pampers
Premium Care
Nappies or Pants
Value Pack
Assorted

237⁹⁹
per pack
WITH RewardsCARD



COLLECT
THE FULL RANGE WITH SPAR
SAVE UP TO 80%
on **nutrifresh** Kitchen Essentials

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

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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

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Everyday Essentials

FIND THE
FULL RANGE
IN-STORE

nutrifresh

UNLEASH
YOUR INNER CHEF
at SPAR



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

SPAR

UNLEASH
YOUR INNER
CHEF
with **nutrifresh**



22 July - 5 November.
See in-store for details.

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SPAR SERVETTES
IDEAL FOR EVERYDAY DINING
100 SERVETTES
300 mm x 200 mm
1 Ply
Dermatologically Tested

SPAR
Serviettes
1 Ply
100s

19⁹⁹ per pack

WITH RewardsCARD

SPAR PAPER PLATES
50 PLATES
230 mm
50s

SPAR
Paper Plates
230 mm
50s

39⁹⁹ per pack

WITH RewardsCARD

SPAR DISPOSABLE CUPS
20 CUPS
90 ml

SPAR
Poly Cups
20s

29⁹⁹ per pack

WITH RewardsCARD

goodliving
Tumbler
Hi Ball,
Whiskey
or Zombie

BUY ANY
2 FOR

22⁰⁰

WITH RewardsCARD

Home Care By SPAR
Dish Cloth
1s

17⁹⁹ each

WITH RewardsCARD

Scotch-Brite
POWER CLEAN
MULTI-COLORED
DELICATE CARE
HOUSEHOLD SCOURERS

Scotch-Brite
Scrub Sponge,
Multi-Colored
Scrub Sponge or
Delicate Care Scourers
4s / 5s / 3s

26⁹⁹ each

WITH RewardsCARD

SPAR MEGA ROLLER TOWELS
DESIGNS
2 ROLLS
100% Absorbent
Soft Towels
2 Ply
100% Cotton
100% Machine Washable

SPAR
Mega
Roller Towels
2 Ply
2s
Assorted

44⁹⁹ per pack

WITH RewardsCARD

ALUMINIUM FOIL
5 METRES

SPAR
Aluminium Foil
5 m

39⁹⁹ each

WITH RewardsCARD

SHIELD SHEEN
Vinyl, Plastic and Rubber Care
300 ml
Assorted

Shield Sheen
Vinyl, Plastic and Rubber Care
300 ml
Assorted

41⁹⁹ each

WITH RewardsCARD

GARBIE SUPER SAVER REFUSE BAGS
20s

Garbie
Super Saver
Refuse Bags
20s

39⁹⁹ per roll

WITH RewardsCARD

Home Care By SPAR
Dustpan & Brush
Black or Grey
1s

49⁹⁹

WITH RewardsCARD

goodliving
Cooler Box
26 litre
Assorted

199⁹⁹ each

WITH RewardsCARD

SPAR BRIQUETTES
Long Lasting
Locally Sourced
5 kg

SPAR
Briquettes
5 kg

79⁹⁹ each

WITH RewardsCARD

SPAR FIRELIGHTERS
Long Lasting
Locally Sourced
12 Piece

SPAR
Firelighters
12s

19⁹⁹ each

WITH RewardsCARD

Russel Hobbs
Microwave
20 litre

1099⁹⁹ each

WITH RewardsCARD

Super Pet Deals

Beeno
MALLOWS
SOFT & CHEWY TREATS
Bourbon peanut butter
flavour swirl
500 g

Beeno
CRUNCHY
BISCUITS
Bliss
800 g

Beeno
Mallows
500 g
or
Biscuits
800 g
Assorted

69⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

Husky
Chunky
Dog Food in Gravy
or Jelly
775 g
Assorted

BUY ANY
3 FOR

100⁰⁰

WITH RewardsCARD

WOOF
DRY CHUNKS
ROAST CHICKEN FLAVOUR

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

159⁹⁹ each

WITH RewardsCARD

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EVERYONE

WINS!!

R500 MILLION

IN GUARANTEED PRIZES



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

Deals valid from **22 September to 7 October 2026.**

479⁹⁹ WITH Rewards CARD Jameson Select Reserve Irish Whiskey 750ml	479⁹⁹ WITH Rewards CARD The Glenlivet Founder's Reserve Single Malt Scotch Whisky 750ml	349⁹⁹ WITH Rewards CARD Jameson Triple Distilled Irish Whiskey 750ml	219⁹⁹ WITH Rewards CARD Bell's Blended Scotch Whisky 750ml
179⁹⁹ WITH Rewards CARD Firstwatch Extra Fine Whisky 750ml	579⁹⁹ WITH Rewards CARD Rémy Martin V.S. Supérieur Cognac 750ml	519⁹⁹ WITH Rewards CARD Hennessy V.S. Cognac 750ml	469⁹⁹ WITH Rewards CARD Martell VS Cognac 750ml
229⁹⁹ WITH Rewards CARD Klipdrift Premium Brandy 750ml	149⁹⁹ each WITH Rewards CARD Russian Bear Triple Distilled Vodka (Incl. Flavours) 750ml	169⁹⁹ each WITH Rewards CARD Gordon's London Dry Gin (Incl. Variants) 750ml	139⁹⁹ each WITH Rewards CARD Wild Africa Cream Premium Liqueur (Incl. Variants) 750ml
309⁹⁹ each WITH Rewards CARD Jägermeister Herbal or Orange Liqueur 750ml	240⁰⁰ WITH Rewards CARD Savanna Premium Dry Cider Cans 6 x 500ml	199⁰⁰ WITH Rewards CARD Windhoek Premium Draught or Lager Cans 6 x 500ml	89⁹⁹ per pack WITH Rewards CARD Annabelle Cuvée Sparkling Wine Cans 6 x 250ml
200⁰⁰ WITH Rewards CARD Brutal Fruit Sparkling Spritzer Cans 6 x 500ml	175⁰⁰ WITH Rewards CARD Castle Lite Original or Draught Cans 6 x 500ml	250⁰⁰ WITH Rewards CARD Smirnoff Twist or Storm Spirit Cooler Cans 6 x 440ml	
94⁹⁹ per pack WITH Rewards CARD Hunter's Iced Cans 6 x 500ml	185⁰⁰ WITH Rewards CARD Corona Extra Cans 6 x 410ml	125⁰⁰ WITH Rewards CARD Tall Horse Reds or Whites 750ml	74⁹⁹ each WITH Rewards CARD Porcupine Ridge Sauvignon Blanc, Chenin Blanc, Chardonnay, Merlot, Cabernet Sauvignon, Syrah or Rosé 750ml
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	119⁹⁹ each WITH Rewards CARD Hartenberg Doorkeeper Shiraz, Merlot Malbec, Reserve Red or Shiraz/Mourvèdre/ Grenache 750ml	74⁹⁹ WITH Rewards CARD Glühwein Red Grape 750ml	89⁹⁹ each WITH Rewards CARD Pierre DuMont Sauvignon Blanc, Chenin Blanc, Chardonnay, Merlot, Cabernet Sauvignon or Seven Centuries 750ml
		39⁹⁹ each WITH Rewards CARD Rain Dance Dry Red, Natural Sweet Red, Natural Sweet Rosé or Johannesburg White 1L	129⁹⁹ each WITH Rewards CARD Robertson Winery Smooth Dry Red, Natural Sweet Red, Johannesburg Red, Natural Sweet White, Sweet Rosé, Johannesburg White, Extra Light, Golden Nectar or Crisp Dry White 3L
			84⁹⁹ each WITH Rewards CARD Jakkalsvlei White, Pink or Red Moscato 750ml

WIN



Food Vouchers



Shopping Vouchers



Travel Vouchers



Entertainment Vouchers



Experience Vouchers

WHEN YOU BUY ANY OF THESE PRODUCTS.

200 MB FREE DATA

With each product purchase!

Cross, Ebony Park, Jubilee, Maluleke, Marapyane, Mmabana, Moloto, Renbro, Rosslyn, Soshanguve, Soshanguve Crossing, West Park, Brits, City Centre / Taxi, Elim, Giyani, Tzaneen, Lebogakgomo, Levubu, Marula, Modjadji, Mopani, Mofago, Ntshole, Palet, Polokwane, Prieska, Sibasa, Siyabuswa, Thohoyandou, Boundary, Braamfischerville, Edie Street, Eldo, Elsburg, Foro, Fontana Highpoint, Kathorus, Kattlehong, Klopper Park, Lanseria, Mathambo, Meiringspark, Randfontein, Sebokeng Corporate, Stretford, Tsakane Mall, Vosloorus, Windsor, Bonus and Kimberley. For your nearest TOPS at SPAR store, visit our website: www.topsatspar.co.za. Specials available at the listed TOPS at SPAR stores from 22 September up to and including 7 October 2026 (including the Free State, Mpumalanga, North West Province and Limpopo) while stocks last. Not available in KwaZulu-Natal, Lowveld, Eastern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary in certain country areas. 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

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.

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



COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Ts & Cs Apply



Home Care Value



Super Combo Savers



YOU CAN DO IT ALL, RIGHT HERE AT SPAR

Pay your bills in a flash

DStv pay@ Lesaka EasyPay AVON

Top up your chances

Blo VOUCHER HOLLYWOOD BETS betway bucks

Pre-paid entertainment vouchers

NETFLIX Voucher Google Play ROBLOX Apple Store Card PlayStation OTT

Top up pre-paid electricity

MTN CellC vodacom Telkom mobile

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



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: • DOBSONVILLE • DIEPKLOOF • EMALAHLENI • JACOBSDAL • MAFIKENG • MATHAMBO/SPRUITVIEW • OGIES • SANTINHOS • WARRENTON

SUPERSPAR: • BOTSHABELO • ERMELO • EVATON • FICKSBURG • FORO • KATHORUS • KATHU • KATLEHONG • KENWORTH • KRIEL • MALVERN • STAR HYPER (CARLETONVILLE) • TASBET • WITFIELD

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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)

SPAR

SUPERSPAR