

UNLEASH YOUR INNER CHEF

with **nutrifresh™**

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

69⁹⁹
per kg

Nyama Choma
Braai Wors



nutrifresh™



Surf
Hand Washing
Powder
2 kg

49⁹⁹
each

WITH **RewardsCARD**



Ends 8 November 2026



SPAR
Medium
Fat Maas
2 kg

27⁹⁹
each

WITH **RewardsCARD**



SPAR
Sunflower
or
Canola Oil
2 litre

69⁹⁹
each

WITH **RewardsCARD**



Selati
Golden
Brown Sugar
2 kg

42⁹⁹
each

WITH **RewardsCARD**



SPAR
Super
Maize Meal
10 kg

69⁹⁹
each

WITH **RewardsCARD**



MA_SSR5931_1

SPAR



Real Value

on your Family Favourites



SPAR
Country Value
Beetroot
1 kg

11⁹⁹
per pack



SPAR
Country Value
Bananas
650 g

18⁹⁹
per pack



COUNTRY
VALUE
GREEN PEPPERS
600 g* CLASS 2

SPAR
Country Value
Green Peppers
600 g

19⁹⁹
per pack



SPAR
Country Value
Carrots
1 kg

9⁹⁹
per pack



Bulk Turkey
Drumsticks
(Previously Frozen)

89⁹⁹
per kg



Bulk
Chicken
Gizzards
(Previously
Frozen)

54⁹⁹
per kg



Bulk
Chicken Feet
(Previously
Frozen)

44⁹⁹
per kg



SPAR
Country Value
Chelsea Bun

16⁹⁹
each



Sasko
Premium
Brown Bread
700 g

15⁹⁹
per loaf

WITH RewardsCARD

SPAR
Country Value
Half Swiss Roll

21⁹⁹
each



SPAR
Country Value
Lunch Buns
6s

BUY
2
FOR
30⁰⁰

Super Value, Ready Meals

Fresh & Convenient

1 x Econo Russian and
100 g Chips



SERVING SUGGESTION

25⁹⁰
per meal

Chikka Chicken
2 Piece and
100 g Chips



ATE &
LEFT NO
CRUMBS

SERVING SUGGESTION

39⁹⁰
per meal

CHIKKA
CHICKEN



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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COLLECT

Fill your collector's card
with **30 stickers** to redeem.



Freezer and Fridge Super Savers



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



Download now!



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Must-have Savings



Clover
Low Fat Milk
UHT PROCESS
6 x 1L

99⁹⁹
per pack

WITH **RewardsCARD**

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

Rise & Save



Glen
Tagless Teabags
100s

34⁹⁹
each

WITH **RewardsCARD**



Laager
Pure Rooibos
Teabags
80s

39⁹⁹
per pack

WITH **RewardsCARD**



Frisco
Instant Coffee
Refill Pouch
Original or
Granules
750 g
(Excl. Decaf)

109⁹⁹
each

WITH **RewardsCARD**



JACOBS
CAPPUCCINO
STICKS
(Incl. Ice
Range)
8s / 10s
Assorted

100⁰⁰

WITH **RewardsCARD**



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

179⁹⁹
each

Save **R50**
WITH **RewardsCARD**



Selati
White Sugar
2.5 kg

59⁹⁹
each

WITH **RewardsCARD**



Futurelife
Instant Cereal
Original or
Zero
500 g
Assorted
(Excl. High
Protein)

45⁹⁹
each

WITH **RewardsCARD**



BOKOMO
WEET-BIX
375 g / 450 g
Assorted

27⁹⁹
each

WITH **RewardsCARD**



Rhodes
Smooth
Apricot or
Mixed Fruit
Jam
900 g

35⁹⁹
each

WITH **RewardsCARD**



thokoman
Peanut Butter
Assorted
400 g

39⁹⁹
each

WITH **RewardsCARD**

Pantry Super Savers



SPAR
Corned Meat
300 g
Assorted

29⁹⁹
each

WITH **RewardsCARD**



SPAR
Pilchards
in Tomato
or Chilli
Sauce
400 g

23⁹⁹
each

WITH **RewardsCARD**



All Gold
Tomato &
Onion
Mix
410 g

17⁹⁹
each

WITH **RewardsCARD**



Rhodes
Baked Beans
in Tomato
Sauce
400 g

24⁰⁰

WITH **RewardsCARD**



MIAMI
Boerie or
Hammy
Relish
450 g
Assorted

19⁹⁹
each

WITH **RewardsCARD**



SPAR
Tomato Sauce
700 ml

26⁹⁹
each

WITH **RewardsCARD**



Crosse & Blackwell
Tangy Mayonnaise
750 g

38⁹⁹
each

WITH **RewardsCARD**



SPAR
White or Brown
Vinegar
750 ml

10⁹⁹
each

WITH **RewardsCARD**



Knorr
Creamy Cheese
Sauce
38 g / 43 g
Assorted

14⁹⁹
each

WITH **RewardsCARD**



Nando's
Seasonke
All in 1
Seasoning
200 g

19⁹⁹
each

WITH **RewardsCARD**



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

25⁰⁰

WITH **RewardsCARD**



Polana
Spaghetti,
Macaroni
or Elbows
500 g

25⁰⁰

WITH **RewardsCARD**



Spekko
Long Grain
Parboiled
White Rice
2 kg
Assorted

29⁹⁹
each

WITH **RewardsCARD**



White Star
Super Maize Meal
5 kg

49⁹⁹
each

WITH **RewardsCARD**



Golden Delight
Premium Grade
Long Grain
White Parboiled
Thai Rice
10 kg

119⁹⁹
each

WITH **RewardsCARD**



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

54⁰⁰

WITH **RewardsCARD**

Bake & Save



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

WITH **RewardsCARD**



Snowflake
Cake Wheat Flour,
Brown or White
Bread Flour
2.5 kg

36⁹⁹
each

WITH **RewardsCARD**



Golden Delight
Rice
10 kg

119⁹⁹
each

WITH **RewardsCARD**

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LOOK OUT FOR PARTICIPATING PRODUCTS TO GET BONUS STICKERS

BUY me for a BONUS sticker!



BUY ANY 2 FOR 22⁰⁰
WITH RewardsCARD
Simba NikNaks 135 g Assorted

Super Snack Deals

BUY ANY 2 FOR 40⁰⁰
WITH RewardsCARD
Doritos Corn Chips 145 g Assorted

BUY ANY 2 FOR 30⁰⁰
WITH RewardsCARD
Willards Crinkle Cut Potato Chips 120 g Assorted

BUY ANY 2 FOR 45⁰⁰
WITH RewardsCARD
Mister Sweet or Manhattan Gums, Jellies or Rascals 100 g / 125 g or Liquorice 150 g Assorted

24⁹⁹ per pack
WITH RewardsCARD
De Vries Double Velvet Biscuits 185 g Assorted

BUY ANY 2 FOR 36⁰⁰
WITH RewardsCARD
Bakers Marie Biscuits 200 g Assorted

BUY ANY 2 FOR 23⁰⁰
WITH RewardsCARD
Jungle Energy Bar 40 g Assorted

BUY ANY 2 FOR 22⁰⁰
WITH RewardsCARD
Cadbury Crunchie 40 g or Lunch Bar 40 g (Excl. PS Duos, Bubbly or Caramel Slab) Assorted

BUY ANY 2 FOR 17⁰⁰
WITH RewardsCARD
Reboost Energy Drink 500 ml Assorted

BUY ANY 2 FOR 20⁰⁰
WITH RewardsCARD
SPAR Smoothie Fruit Concentrate 1 litre Assorted

BUY ANY 3 FOR 37⁰⁰
WITH RewardsCARD
Bonaqua Pump Water Still or Flavoured 750 ml Assorted

25⁹⁹ each
WITH RewardsCARD
Rhodes 100% Fruit Juice Blend 1 litre Assorted

22⁹⁹ each
WITH RewardsCARD
SPAR Natural Spring Water 5 litre

BUY ANY 2 FOR 28⁰⁰
WITH RewardsCARD
Coke No Sugar, Fanta, Sprite, Stoney, Sparletta or Twist Soft Drink 1.5 litre Assorted

BUY ANY 2 FOR 38⁰⁰
WITH RewardsCARD
Fanta, Stoney or Sprite Assorted (Excl. Coca-Cola and Zero or Light Range) 2 litre

BUY ANY 2 FOR 34⁰⁰
WITH RewardsCARD
Coca-Cola Light, Coca-Cola No Sugar, Coca-Cola No Sugar No Caffeine, Fanta Zero, Sprite Zero or Stoney Zero (Excl. Coca Cola Original Less Sugar 2 litre) 2.25 litre



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



LOVE IT? SPAR GETS IT DELIVERED 2U

Download now! Available on the App Store GET IT ON Google Play

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Must-have Savings



17⁹⁹
each

WITH RewardsCARD

Dove
Beauty Bar Soap
90 g
Assorted

Baby & You Value

Preserves Natural Skin Barrier
Protects against 99.9% of germs
NEW SIZE 175 g
24h germ protection
12h germ protection

Protex
Deep Clean Charcoal
Fresh
Hygiene Soap
175 g
Assorted

30⁰⁰
each
WITH RewardsCARD

BUY ANY 2 FOR

Clere
REPAIRING Body Lotion
REDUCES THE APPEARANCE OF STRETCH MARKS
NOURISHING Body Cream
FOR RADIANT GLOWING SKIN

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

26⁹⁹
each
WITH RewardsCARD

PLAYBOY
PLAYgirl
Aerosol Deodorant For Male or Female
90 ml / 150 ml
Assorted

31⁹⁹
each
WITH RewardsCARD

Stayfree
MAXI
REGULAR Scented
Everyday Pantyliners
10 SANITARY PADS + WINGS
20 Normal Pantyliners

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

17⁹⁹
per pack
WITH RewardsCARD

BROOKLAX
SENNALAXATIVE CHOCOLATE
FOR THE RELIEF OF OCCASIONAL CONSTIPATION

Brooklax
Senna Laxative Tablets
4s

27⁹⁹
per pack
WITH RewardsCARD

PURITY
CREAM OF MAIZE®
Baby's Soft Porridge
Izihlahli Izingane

Purity
Cream of Maize
400 g
Assorted

22⁹⁹
each
WITH RewardsCARD

PURITY
Just Add Milk
Instant Oats
Jungle
Baby Cereal Original
from 6 months

Purity
Instant Oats
Jungle
Just Add Milk
250 g
Assorted

23⁹⁹
each
WITH RewardsCARD

Pampers
ultra skin comfort
pants
ANTI-RASH SHIELD
lotion with Aloe

Pampers
Active Baby Nappies Value Pack or Pants Value Pack
Assorted

179⁹⁹
per pack
WITH RewardsCARD

Cuddlers GOLD
The Happy Baby Company
size 3 medium 5-9 kg
size 4 large 8-14 kg

Cuddlers Gold
Jumbo Pack Diapers
Assorted

148⁹⁹
per pack
WITH RewardsCARD

Pet Care Value

SPAR WOOF
DRY CHUNKS
RICH LAMB FLAVOUR
20% PROTEIN
9% FAT
ADULT 1+ YEARS

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

159⁹⁹
each
WITH RewardsCARD

BOSS MIGHTY CHUNKS
NEW
GRILLED STEAK
WITH AROMA

BOSS
BIG MEATY TASTE
Beefy MEATLOAF STEAK FLAVOUR
FRESH MEAT NO.1 INGREDIENT

Boss
Canned Dog Food
775 g / 820 g
Assorted

34⁹⁹
each
WITH RewardsCARD

TOP CAT
THE CAT'S CHOICE
FISH FLAVOUR
COMPLETE NUTRITION

TOP CAT
THE CAT'S CHOICE
CHICKEN FLAVOUR
COMPLETE NUTRITION

Top Cat
Cat Food
800 g
Assorted

34⁹⁹
each
WITH RewardsCARD

SPAR Rewards deals available while stocks last.

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6_MA_SSR5931

SHOP

Get a sticker for every
R100 you spend.



Home Comforts



SPAR
Briquettes
5 kg

79.99
each

WITH Rewards CARD



Bic
Firelighters
24s

26.99
per pack

WITH Rewards CARD



goodliving
Mini Braai

249.99
each

WITH Rewards CARD



Eurolux
LED A60
B22
6W / 9W

14.99
each

WITH Rewards CARD



SaveMor
Candles
400 g

29.99
per pack

WITH Rewards CARD



Tuffy
Refuse Bags Budget
750 mm X 950 mm
20s

34.99
per roll

WITH Rewards CARD



Home Care
By SPAR
Mop
200 g

59.99
each

WITH Rewards CARD



Home Care
By SPAR
Dustpan
& Brush
Black or Grey

49.99
per set

WITH Rewards CARD



Goldenmarc
Rubber Gloves
1s

24.99
per pack

WITH Rewards CARD



goodliving
Premium Cooler Box
10 litre
Assorted

149.99
each

WITH Rewards CARD

tops!

at SPAR

7 October up to and including 18 October 2026



Scan HERE
and find the
drink to match
your Kulcha!

WELCOME
to our
WORLD
of KULCHA



Bon
Courage
Blush
Sparkling
Wine
750ml

99.99
each

WITH Rewards CARD



Beyerskloof
Synergy
750ml

139.99
each

WITH Rewards CARD



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

125.00
each

WITH Rewards CARD



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

74.99
each

WITH Rewards CARD



Protea
Assorted
Wine
750ml

84.99
each

WITH Rewards CARD



Pongrácz
Cap Classique
Brut,
Rosé or
Noble Nectar
750ml

189.99
each

WITH Rewards CARD



Vilafonté
Seriously
Old Dirt
750ml

239.99
each

WITH Rewards CARD



J.C. Le Roux
Sparkling Wine
(Incl. Non-Alcoholic)
750ml
Assorted

94.99
each

WITH Rewards CARD



Allesverloren
Shiraz or
Tinta Barocca
750ml

159.99
each

WITH Rewards CARD

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 2026 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. We reserve the right to limit quantities. Prices include VAT. Errors and Omissions Excepted (E&OE).

#N18 aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

PHUZA
RIGHT

MA_SSR5931_7

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



COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Ts & Cs Apply



Home Care Value



Bulk Savings



YOU CAN DO IT ALL, RIGHT HERE 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

SPAR