

UNLEASH YOUR INNER CHEF™

with **nutrifresh**

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

BUY
me for a
BONUS
sticker!



SPAR
Frozen Chicken
Mixed Portions
4 kg

159⁹⁹
each

WITH **Rewards**CARD

BUY
me for a
BONUS
sticker!

LOOK OUT FOR
BONUS STICKER PRODUCTS



Omo
Handwashing
Powder
2 kg
Assorted

59⁹⁹
each

WITH **Rewards**CARD



32⁹⁹
each

WITH **Rewards**CARD

SPAR
French, Chilli,
Garlic or Chicken
Polony
1 kg



Spekko
Long Grain
Parboiled Rice
2 kg
Assorted

29⁹⁹
each

Save **R15**



SPAR
Corn Flakes
1 kg

57⁹⁹
each

WITH **Rewards**CARD



Cuddlers
Gold
Value Pack
Disposable Nappies
or Pants
Assorted

128⁹⁹
per pack

WITH **Rewards**CARD



Selati
Golden Brown
Sugar
2 kg

39⁹⁹
each

WITH **Rewards**CARD

Quality Meat.

Unbeatable
Value.

Your Butcher
by SPAR
Farmhouse Wors

99⁹⁹
per kg



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SPAR





Real Value

on your Family Favourites



Country Value
Half Cabbage
& Carrot

11⁹⁹
each



SPAR
Country
Value
Green
Peppers
600 g

19⁹⁹
per pack



SPAR
Country Value
Banana
650 g

16⁹⁹
per pack



SPAR
Country Value
Potatoes
1 kg

15⁹⁹
per pack



Sasko
Premium
Brown Bread
700 g

15⁹⁹
per loaf
WITH RewardsCARD



SPAR
Country Value
Cupcakes
6s

29⁹⁹
per pack



SPAR
Country Value
Queenies
10s

50⁰⁰
BUY 2 FOR



SPAR
Country Value
Rock Buns
1s

12⁹⁹
each

Bulk Pork Trotters
(Previously Frozen)

32⁹⁹
per kg



GREAT DEAL



Bulk Maasbanker
(Frozen)

54⁹⁹
per kg



SPAR
Country Value
Fresh Chicken Livers
500 g

26⁹⁹
each

Super Value, Ready Meals

Delicious **made easy**

The Food Stall
Golden Pockets
Assorted



SERVING SUGGESTION

BUY ANY
2 FOR **29⁹⁹**



Delicious **made easy**

The Food Stall
Battered Hake Fillet
and Chips 100 g



SERVING SUGGESTION

49⁹⁰
per meal



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 **8 September 2026** up to and including **21 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE). 2_MA_SSR5870

COLLECT

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



Freezer and Fridge Super Savers

BUY me for a BONUS sticker!

Super BUNDLE DEAL

Danone Nutriday Smooth Low Fat, Plain Full Cream or Plain Double Cream 6 x 100 g Assorted

BUY ANY 2 FOR 36⁰⁰

WITH RewardsCARD

SPAR DAILY SPREAD 40% FAT SPREAD SMOOTH TASTE 1 kg

39⁹⁹ each

WITH RewardsCARD

BUY me for a BONUS sticker!

Sunshine D ORIGINAL MARGARINE High in Vitamin A & Source of Vitamin E 80% FAT SPREAD 500 g

27⁹⁹ each

WITH RewardsCARD

SPAR GOUDA FLAVOURED FULL FAT PROCESSED CHEESE EXTRA MILD 900 g

109⁹⁹ each

WITH RewardsCARD

AS SEEN ON TV

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

99⁹⁹ per pack

Save R43

SPAR LOW FAT BANANA & OATS DRINKING YOGHURT Assorted 300 ml

14⁹⁹ each

WITH RewardsCARD

SPAR Full Cream, Low Fat or Fat Free Smooth or Fruit Yoghurt (Incl. Aloe & Seeded, Double Cream or Indulge Range) 1 kg Assorted

36⁹⁹ each

WITH RewardsCARD

SPAR MEDIUM FAT MAAS 2 kg

28⁹⁹ each

WITH RewardsCARD

SPAR FULL CREAM FRESH MILK ULTRA PASTEURISED 2 litre

32⁹⁹ each

WITH RewardsCARD

BUY me for a BONUS sticker!

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

42⁹⁹ each

WITH RewardsCARD

Sea Harvest Fish Fingers 24 Portions 600 g

76⁹⁹ per pack

WITH RewardsCARD

SPAR Hot Doggers smoked viennas 500 g Assorted

42⁹⁹ each

WITH RewardsCARD

SAVE EXTRA

SPAR EXTRA LARGE EGGS 18 EGGS GRADE 1 >59 g

48⁹⁹ per tray

WITH RewardsCARD

Super BUNDLE DEAL

Ola Paddlepop 10s Assorted

89⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

Cadbury Crunchie, Dairy Milk or Oreo Ice Cream Stick 90 ml

BUY ANY 2 FOR 65⁰⁰

WITH RewardsCARD

McCain Skinny Fries or Slap Chips 1 kg

49⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

SPAR Frozen Mixed Veg, Peas, Stew Mix, Sweetcorn or Stir Fry (French or Tropical) 250 g

BUY ANY 2 FOR 28⁰⁰

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!



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Must-have Savings

AS SEEN ON TV



99⁹⁹ per pack
Save R23

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

Fill Your Pantry for Less



Frisco
Instant Coffee
(Excl. Decaf)
250 g
Assorted

56⁹⁹ each
WITH RewardsCARD



SPAR
100% Freeze-Dried
Instant Coffee
200 g

119⁹⁹ each
WITH RewardsCARD



Laager
Rooibos
Tagless
Teabags
40s

25⁹⁹ per pack
WITH RewardsCARD



29⁹⁹ per pack
WITH RewardsCARD

Trinco
Tagless Teabags
Pouch
100s



Black Cat
Peanut
Butter
800 g
Assorted

74⁹⁹ each
WITH RewardsCARD



Iwisa or
Super Sun
Instant Breakfast
Porridge
1 kg
Assorted

23⁹⁹ each
WITH RewardsCARD



SPAR
Granola
1 kg
Assorted

62⁹⁹ each
WITH RewardsCARD



Moir's
Baking
Powder
200 g

29⁹⁹ each
WITH RewardsCARD



Super
BUNDLE
DEAL

Moir's
Jelly
80 g
Assorted

20⁰⁰ each
WITH RewardsCARD



Koo
Beetroot
Grated
or Sliced
780 g

29⁹⁹ each
WITH RewardsCARD



Pakco
Atchar
385 g
Assorted

39⁹⁹ each
WITH RewardsCARD



SPAR
Original
or Tangy
Mayonnaise
750 g

32⁹⁹ each
WITH RewardsCARD



Knorr
Salad
Dressing
340 ml
Assorted

29⁹⁹ each
WITH RewardsCARD



Crosse &
Blackwell
Kasi Magic
330 ml
Assorted

24⁹⁹ each
WITH RewardsCARD



Robertson's
Rajah
Curry
Powder
50 g
Assorted

13⁹⁹ each
WITH RewardsCARD



SPAR
Baked
Beans
in Tomato
Sauce
400 g

23⁰⁰ each
WITH RewardsCARD



SPAR
Pilchards
in Tomato
or Chilli
Sauce
400 g

22⁹⁹ each
WITH RewardsCARD



Rhodes
Braai
Relish
410 g

19⁹⁹ each
WITH RewardsCARD



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

19⁹⁹ each
WITH RewardsCARD



Hinds
Salad
Dressing
Mix
10 g
Assorted

22⁰⁰ each
WITH RewardsCARD



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

26⁰⁰ each
WITH RewardsCARD



Iwisa or
Super Sun
Super
Maize
Meal
5 kg

49⁹⁹ each
WITH RewardsCARD



SPAR
Super
Maize
Meal
10 kg

69⁹⁹ each
WITH RewardsCARD



SaveMor
Cooking
Oil
2 litre

56⁹⁹ each
WITH RewardsCARD



SPAR
Spaghetti
or
Macaroni
500 g

26⁰⁰ each
WITH RewardsCARD



SPAR
Instant
Noodles
5s
Assorted

18⁹⁹ per pack
WITH RewardsCARD



SPAR Rewards deals available while stocks last.

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LOOK OUT FOR PARTICIPATING PRODUCTS

BUY me for a **BONUS** sticker!



Super BUNDLE DEAL

SAVE EXTRA

BUY ANY 3 FOR

36⁰⁰

WITH RewardsCARD

Cadbury
5 Star 48.5 g, Lunch Bar 44 g,
Crunchie 40 g, PS 48 g or Astros 40 g
(Excl. PS Duo, Bubbly
& Caramel Slab)

Super Snack Deals

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Doritos
SOUR CREAM & MILD CHILLI
FLAVOURED CORN CHIPS

Doritos
BOLD CRUNCH
Corn Chips
145 g
Assorted

BUY ANY 2 FOR

40⁰⁰

WITH RewardsCARD
Save R10

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Willards
CRINKLE CUT
Potato Chips
120 g
Assorted

BUY ANY 2 FOR

30⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

SPAR
CHEESE FLAVOURED
CHILLI BI FLAVOURED
FRUIT CHUTNEY FLAVOURED PUFFS
100 g
Assorted

BUY ANY 3 FOR

30⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Cadbury
DAIRY MILK
TOP DECK
Chocolate Slabs
(Excl. Bubbly)
80 g
Assorted

BUY ANY 2 FOR

35⁰⁰

WITH RewardsCARD
Save R15

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Risi
Six Love
Coconut Biscuit
200 g

BUY 2 FOR

23⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Bakers
Blue Label
Marie Biscuits
200 g
Assorted

BUY ANY 2 FOR

34⁰⁰

WITH RewardsCARD
Save R10

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Mister Sweet or Manhattan
Gums or Jellies
100 g / 125 g,
Rascals 125 g or
Liquorice 150 g
Assorted

BUY ANY 2 FOR

22⁹⁹ per pack

WITH RewardsCARD

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

SPAR
Gummy Rings
DRACULA TEETH
125 g
Assorted

BUY ANY 2 FOR

21⁹⁹ per pack

WITH RewardsCARD

Manhattan
Marshmallows
Pink and White
400 g

49⁹⁹ each

WITH RewardsCARD

SAVE EXTRA

Rhodes
100% Fruit
Juice Blend
1 litre
Assorted

25⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Monster
Energy Drink
(Incl. Zero)
500 ml
Assorted

BUY ANY 2 FOR

32⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Sparletta
Low Kilojoule
Soft Drink
2 litre
Assorted

BUY ANY 2 FOR

32⁰⁰

WITH RewardsCARD

Aquelle
Flavoured
Sparkling Water
6 x 500 ml
Assorted

44⁹⁹ per pack

WITH RewardsCARD

SPAR
Natural Spring
Still or
Sparkling Water
6 x 500 ml

34⁹⁹ per pack

WITH RewardsCARD

Super BUNDLE DEAL

BUY me for a **BONUS** sticker!

Coca-Cola
Original
Only
1 litre

BUY 2 FOR

36⁰⁰

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED 2U



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Must-have Savings

BUY me for a BONUS sticker!

Super BUNDLE DEAL

ANY 2 FOR 30⁰⁰

WITH RewardsCARD

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

Care & Save

Dove
Body Wash
400 ml
Assorted

64⁹⁹ each

WITH RewardsCARD

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

15⁹⁹ each

WITH RewardsCARD

Reitzer's
Petroleum Jelly
100 ml

27⁹⁹ each

WITH RewardsCARD

Organics
Shampoo or Conditioner
1 litre
Assorted

79⁹⁹ each

WITH RewardsCARD

No Hair
Removal Lotion
125 ml
Assorted

61⁹⁹ each

WITH RewardsCARD

Compral
Pain Tablets
100s

89⁹⁹ per pack

WITH RewardsCARD

SPAR
Facial Tissues
200s
Assorted

23⁹⁹ each

WITH RewardsCARD

SPAR
Germex Hygiene Soap
175 g
Assorted

23⁰⁰

WITH RewardsCARD

Lil-lets
Maxi Pads
10s
Assorted

14⁹⁹ per pack

WITH RewardsCARD

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

45⁰⁰

WITH RewardsCARD

Kotex
Tampons
32s
Assorted

49⁹⁹ per pack

WITH RewardsCARD

Baby you Value

PURITY
CREAM OF MAIZE
Baby's Soft Porridge
Iphahli leshgane

22⁹⁹ each

WITH RewardsCARD

PURITY
Mabele Baby's Soft Porridge
Iphahli leshgane ethimble

18⁹⁹ each

WITH RewardsCARD

cherubs
Wipes
64s
Assorted

22⁹⁹ per pack

WITH RewardsCARD

PURITY
baby petroleum jelly

43⁹⁹ each

WITH RewardsCARD

PURITY
baby aqueous cream

41⁹⁹ each

WITH RewardsCARD

Furry Value Picks

SPAR
WOOF
WET DOG FOOD
CHICKEN FLAVOUR

45⁰⁰

WITH RewardsCARD

SPAR
WOOF
WET DOG FOOD
RICH LAMB FLAVOUR

45⁰⁰

WITH RewardsCARD

SPAR
WOOF
SEMI MOIST TREATS
NOUGHTS & CROSSES BACON FLAVOUR

19⁹⁹ each

WITH RewardsCARD

SPAR
WOOF
SEMI MOIST TREATS
BACON FLAVOUR

19⁹⁹ each

WITH RewardsCARD

Vitagen
Dry Dog Food
6 kg / 8 kg
Assorted

219⁹⁹ each

WITH RewardsCARD

SPAR Rewards deals available while stocks last.

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SHOP

Get a sticker for every **R100** you spend.



Home Comforts

149⁹⁹ each
WITH RewardsCARD

Super BUNDLE DEAL

BUY 4 FOR 10⁰⁰
WITH RewardsCARD

Super BUNDLE DEAL

34⁹⁹ per pack
WITH RewardsCARD

BUY 2 FOR 50⁰⁰
WITH RewardsCARD

99⁹⁹ each
WITH RewardsCARD

259⁹⁹ each
WITH RewardsCARD

299⁹⁹ each
WITH RewardsCARD

199⁹⁹ each
WITH RewardsCARD

19⁹⁹ each
WITH RewardsCARD

69⁹⁹ per set
WITH RewardsCARD

49⁹⁹ each
WITH RewardsCARD

tops!

at SPAR

8 September up to and including 21 September 2026



Scan HERE and find the drink to match your Kulcha!

WELCOME to our **WORLD** of **KULCHA**

Super BUNDLE DEAL

BUY 2 FOR 160⁰⁰
WITH RewardsCARD

79⁹⁹ each
WITH RewardsCARD

189⁹⁹ each
WITH RewardsCARD

159⁹⁹ each
WITH RewardsCARD

219⁹⁹ each
WITH RewardsCARD

114⁹⁹ each
WITH RewardsCARD

129⁹⁹ each
WITH RewardsCARD

109⁹⁹ each
WITH RewardsCARD

119⁹⁹ each
WITH RewardsCARD

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 8 September 2026 up to and including 21 September 2026, while stocks last, at selected TOPS at SPAR stores Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. We reserve the right to limit quantities. Prices include VAT. Errors and Omissions Excepted (E&OE).

LOOK OUT FOR PARTICIPATING PRODUCTS

BUY me for a **BONUS** sticker!



64⁹⁹ per pack

WITH **RewardsCARD**

SPAR Toilet Tissue 2 ply 9s

Home Care Value

Super BUNDLE DEAL

SaveMor All Purpose Cleaner 750 ml Assorted

19⁹⁹ each

WITH **RewardsCARD**

Home Care by SPAR Thin Bleach 750 ml Assorted

BUY ANY 2 FOR

25⁰⁰

WITH **RewardsCARD**

NEW REFILL YOUR BOTTLE

RHAMNO power

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

BUY 2 FOR

50⁰⁰

WITH **RewardsCARD**

Home Care By SPAR Dishwashing Liquid 750 ml Assorted

26⁹⁹ each

WITH **RewardsCARD**

PRO WASH

SOAP BAR 500 g Assorted

16⁹⁹ per pack

WITH **RewardsCARD**

Raid

Liquid Electric Primary 1s, Liquid Refill 2 x 33 ml or Essentials Refill 2 x 33 ml

69⁹⁹ per pack

WITH **RewardsCARD**

SPAR TOILET TISSUE

SUPER SOFT & SUPER STRONG

9 ROLLS

SPAR Mini Toilet Tissue 1 ply 9s

27⁹⁹ per pack

WITH **RewardsCARD**

Airoma

Air freshener 210 ml Assorted

19⁹⁹ each

WITH **RewardsCARD**

DOOM

Insect Killer (Excl. Doom Pro Range) 300 ml Assorted

39⁹⁹ each

WITH **RewardsCARD**

YOU CAN DO IT ALL, RIGHT HERE AT SPAR

DStv pay@ Lesaka EasyPay AVON

Pay your bills in a flash

Blu VOUCHER HOLLYWOOD betway bucks

Top up your chances

NETFLIX Voucher Google Play ROLLEX

Pre-paid entertainment vouchers

Top up pre-paid electricity

MTN CellC vodacom Telkom smobile

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



MOVE WITH MORE!

1GB R38

VALID FOR 30 DAYS

Bulk Savings

GREAT DEAL

Golden Delight Rice 2 kg + Iwisa or Super Sun Super Maize Meal 2.5 kg + Snowflake Cake Wheat Flour, White or Brown Bread Flour 2.5 kg

99⁰⁰ per combo

WITH **RewardsCARD**

GREAT DEAL

SPAR Cake Wheat Flour 2.5 kg + SPAR Sunflower Oil 750 ml + SPAR Parboiled Rice 2 kg + SPAR Super Maize Meal 2.5 kg

99⁰⁰ per combo

WITH **RewardsCARD**

SPAR Rewards



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

