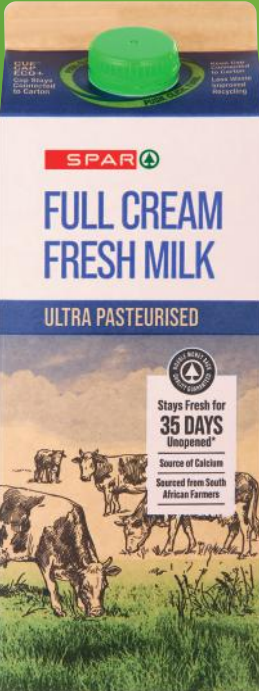


UNLEASH YOUR INNER CHEF

with **nutrifresh**TM

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





SPAR
FULL CREAM FRESH MILK
ULTRA PASTEURISED
Stays Fresh for 35 DAYS Unopened*
Source of Calcium
Sourced from South African Farmers



SPAR
LOW FAT FRESH MILK
ULTRA PASTEURISED
Stays Fresh for 35 DAYS Unopened*
Source of Calcium
Sourced from South African Farmers

BUY me for a **BONUS** sticker!

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

32⁹⁹ each
WITH **RewardsCARD**

BUY me for a **BONUS** sticker!

LOOK OUT FOR
BONUS STICKER PRODUCTS

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM
Retail Price **R399.99**
Discounted Price:
79⁹⁹
16.5cm Santoku Knife

COLLECT **30** STICKERS



SPAR
100% FREEZE-DRIED INSTANT COFFEE
200 g

119⁹⁹ each
WITH **RewardsCARD**



Selati
SPRINKLE JOY
GOLDEN BROWN SUGAR
2 kg

39⁹⁹ each
WITH **RewardsCARD**



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

99⁹⁹ per pack
Save **R43** WITH **RewardsCARD**



SPAR
CORN FLAKES
1 kg

57⁹⁹ each
WITH **RewardsCARD**



SPAR
TOILET TISSUE
ULTRA SOFT & GENTLE
9 ROLLS
2 ply 9s

64⁹⁹ per pack
WITH **RewardsCARD**



Spekko
Long Grain Parboiled White Rice
2 kg Assorted

29⁹⁹ each
Save **R15** WITH **RewardsCARD**

Quality Meat. Unbeatable Value



Your Butcher By SPAR
Pork Loin Chops

79⁹⁹ per kg



SPAR
Tender and Tasty Bacon and Cheese or Chilli Cheese Wors
420 g

59⁹⁹ each



SPAR
Tender and Tasty Buffalo Wings Assorted

109⁹⁹ per kg

SPAR



Be a super saver



15⁹⁹
per loaf

WITH RewardsCARD

Sasko
Premium
Brown Bread
700 g

Bake & Save



SPAR
Bakery
Large Wraps
Brown or White
8s

49⁹⁹
per pack



SPAR
Bakery
Mini Garlic Bread
4s
Assorted

54⁹⁹
per pack



SPAR
Bakery
Puddings
400 g / 450 g
Assorted

59⁹⁹
each

Fresh Savings



SPAR
freshline
Strawberries
250 g

32⁹⁹
each



SPAR
freshline
White
Mushrooms
250 g

BUY
ANY
2
FOR
45⁰⁰



SPAR
freshline
Potatoes
2 kg

36⁹⁹
per pack



SPAR
freshline
Onions
1 kg

26⁹⁹
per pack

Quality Meat. Unbeatable Value



Your Butcher
by SPAR
Bulk Beef Mince

109⁹⁹
per kg



SPAR
Tender and Tasty
Bacon
650 g
Assorted

109⁹⁹
each



Your Butcher
By SPAR
Chicken
Braai Pack
3s / 5s / 8s

74⁹⁹
per kg

Delicious Made Easy

Fresh & Convenient

Pieman's
Mini Pies
30 g / 40 g
Assorted



BUY
ANY
5
FOR
30⁰⁰

PIEMAN'S
MADE JUST RIGHT

Fresh Grilled Taste

Fire & Grill
Grilled Rib Burger
with Chips 100 g



39⁹⁰
per meal

fire grill
LET US DO THE GRILLING

Flaming Good Food

Fire & Grill
Chicken Leg Quarter,
Creamed Spinach 100 g &
Mashed Butternut 100 g



49⁹⁰
per meal

fire grill
LET US DO THE GRILLING

Fridge Essentials. Super Value



Lancewood
Cheddar
Medium Fat
Processed
Cheese
Individually
Wrapped Slices
350 g
Assorted

54⁹⁹
per pack



Clover
Feta
400 g
Assorted

59⁹⁹
each



SPAR
Hot
Doggers
Viennas
500 g
Assorted

42⁹⁹
each



Eskort
Cheese
or
Bacon
Griller
500 g

59⁹⁹
per pack



SPAR
French,
Chilli,
Garlic or
Chicken
Polony
1 kg

32⁹⁹
each



Clover
Krush
100%
Fruit Juice
Blend
1.5 litre
Assorted

42⁹⁹
each



SPAR Rewards deals available while stocks last.

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SHOP & CHOP

with **nutrifresh™**



Fridge Super Value

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D'Lite
37% FAT SPREAD
1 kg

33⁹⁹ each
WITH Rewards CARD

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

27⁹⁹ each
WITH Rewards CARD

SPAR 4
EXTRA LARGE EGGS
18 EGGS
GRADE 1-50 g

48⁹⁹ per tray
WITH Rewards CARD

SPAR
Active Breakfast Drink
300 ml Assorted

14⁹⁹ each
WITH Rewards CARD

Lancewood
Yoghurt
6s Assorted

34⁹⁹ per pack
WITH Rewards CARD

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

36⁰⁰
WITH ANY 2 FOR
WITH Rewards CARD

SPAR 4
FAT FREE PLAIN YOGHURT
1 kg

36⁹⁹ each
WITH Rewards CARD

SPAR
Medium Fat Maas
2 kg

28⁹⁹ each
WITH Rewards CARD

SPAR
PUFF PASTRY
400 g

22⁹⁹ each
WITH Rewards CARD

Fill Your Freezer For Less

McCain
Mixed Vegetable
1 kg

44⁹⁹ each
WITH Rewards CARD

SPAR 4
Choice Grade Stew Mix
250 g

28⁰⁰
BUY ANY 2 FOR
WITH Rewards CARD

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

39⁹⁹ per pack
WITH Rewards CARD

McCain
Slap Chips
1 kg

49⁹⁹ each
WITH Rewards CARD

Rainbow
Simply Chicken Chickees Crumbed
400 g Assorted

51⁹⁹ each
WITH Rewards CARD

Sea Harvest
Oven Crisp
600 g

76⁹⁹ each
WITH Rewards CARD

SPAR 4
MINI BACON & CHEESE PIZZA
8s Assorted

72⁹⁹ per pack
WITH Rewards CARD

SPAR
Frozen Chicken Mixed Portions
2 kg

84⁹⁹ each
WITH Rewards CARD

Paddlepop
TUBES MINIS
10s Assorted

89⁹⁹ each
WITH Rewards CARD

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

65⁰⁰
BUY ANY 2 FOR
WITH Rewards CARD

LOVE IT? SPAR GETS IT DELIVERED



Download now!



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LOOK OUT FOR PARTICIPATING PRODUCTS TO GET BONUS STICKERS

BUY me for a BONUS sticker!



39⁹⁹ each

WITH Rewards CARD

Ina Paarman's Salad Dressing (Excl. Italian Balsamic Vinegar & Red Wine) 300 ml Assorted

Stock the Pantry & Save



Crosse & Blackwell Kasi Magic 330 ml Assorted

24⁹⁹ each

WITH Rewards CARD



Knorr Salad Dressing 340 ml Assorted

29⁹⁹ each

WITH Rewards CARD



SaveMor Cooking Oil 2 litre

56⁹⁹ each

WITH Rewards CARD



Pakco Atchar 385 g Assorted

39⁹⁹ each

WITH Rewards CARD



SPAR Original or Tangy Mayonnaise 750 g

32⁹⁹ each

WITH Rewards CARD



Koo Beetroot Grated or Sliced 780 g

29⁹⁹ each

WITH Rewards CARD



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

19⁹⁹ each

WITH Rewards CARD



SPAR Baked Beans in Tomato Sauce 400 g

23⁰⁰

WITH Rewards CARD



SPAR Pilchards in Tomato or Chilli Sauce 400 g

22⁹⁹ each

WITH Rewards CARD



Robertson's Rajah Curry Powder 50 g Assorted

13⁹⁹ each

WITH Rewards CARD



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

26⁰⁰

WITH Rewards CARD



Hinds Salad Dressing Mix 10 g Assorted

22⁰⁰

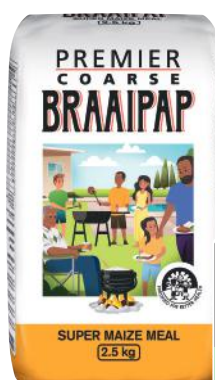
WITH Rewards CARD



SPAR Spaghetti or Macaroni 500 g

26⁰⁰

Save R8 WITH Rewards CARD



Premier or Super Sun Braai Pap 2.5 kg

41⁹⁹ each

WITH Rewards CARD



Iwisa or Super Sun Super Maize Meal 5 kg

49⁹⁹ each

WITH Rewards CARD



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

50⁰⁰

WITH Rewards CARD

Value Baking Picks



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 Rewards CARD



Moir's Baking Powder 200 g

29⁹⁹ each

WITH Rewards CARD



Moir's Jelly 80 g Assorted

20⁰⁰

WITH Rewards CARD



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

99⁹⁹ per pack

Save R23 WITH Rewards CARD

SPAR Rewards deals available while stocks last.

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Everyday savings!



64⁹⁹ each

WITH RewardsCARD

Dove
Body Wash
400 ml
Assorted

Care & Save



SPAR
Germex
Hygiene Soap
175 g
Assorted

BUY ANY
2 FOR

23⁰⁰

WITH RewardsCARD



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

BUY ANY
2 FOR

30⁰⁰

WITH RewardsCARD



No Hair
Hair Removal
Lotion
125 ml
Assorted

61⁹⁹ each

WITH RewardsCARD



Organics
Shampoo or
Conditioner
1 litre
Assorted

79⁹⁹ each

WITH RewardsCARD



Lil-lets
Smartfit
Mini, Regular, Heavy, Light,
Medium, Super or
Super Plus Tampons
16s / 20s
Assorted

26⁹⁹ 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



Lil-lets
Maxi Pads
10s
Assorted

14⁹⁹ per pack

WITH RewardsCARD



Reitzer's
Petroleum Jelly
100 ml

27⁹⁹ each

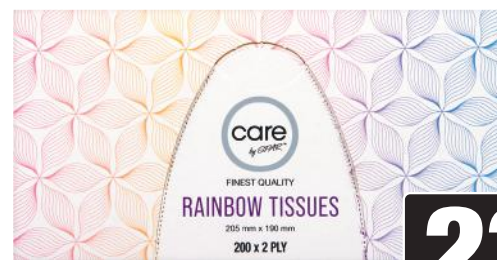
WITH RewardsCARD



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

15⁹⁹ each

WITH RewardsCARD



SPAR
Facial Tissues
200s
Assorted

23⁹⁹ each

WITH RewardsCARD

MediCare Value



Compral
Pain Tablets
100s

89⁹⁹ per pack

WITH RewardsCARD

Baby Value



Cuddlers
Gold
Value Pack
Disposable
Nappies or Pants
Assorted

128⁹⁹ per pack

WITH RewardsCARD



Ashton & Parsons
Infant Teething
Powders
20s

44⁹⁹ each

WITH RewardsCARD



Purity
Mabele
Porridge
350 g
Assorted

18⁹⁹ each

WITH RewardsCARD



Purity
Cream of
Maize
400 g
Assorted

22⁹⁹ each

WITH RewardsCARD



Cherubs
Wipes
64s
Assorted

22⁹⁹ per pack

WITH RewardsCARD



Purity
Baby Petroleum
Jelly
450 ml
Assorted

43⁹⁹ each

WITH RewardsCARD



Purity
Baby Aqueous
Cream or
Petroleum Jelly
450 ml

41⁹⁹ 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)



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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

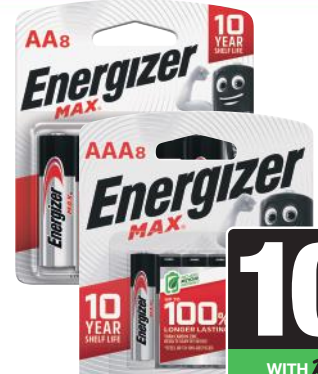
Everyday Essentials



Hth Floater Plus 1.6 kg

179⁹⁹ each

WITH RewardsCARD



AA8 AAA8

Energizer MAX

10 YEAR WARRANTY

100% POWER

Energizer Max AA or AAA 8s

109⁹⁹ per pack

WITH RewardsCARD



Philips LED 5W or 7W Cool White or Warm White Light Bulbs

19⁹⁹ each

WITH RewardsCARD



FLIP THE PACK AND SEE YOUR HANDS DOING GOOD

SUPA MAMA

Refuse Bags VALUE With Drawstring

Supa Mama Value Drawstring Refuse Bags 20s

34⁹⁹ per pack

WITH RewardsCARD

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CHARKA BRIKETTE

40+

The heart of your braai for

Charka Brikettes 5 kg

99⁹⁹ each

WITH RewardsCARD



SPAR goodliving Floor Broom 1s

49⁹⁹ each

WITH RewardsCARD



SPAR goodliving Broom and Mop

69⁹⁹ per set

WITH RewardsCARD



SPAR goodliving Premium Cooler Box (Silver, Blue or Red) 10 litre

149⁹⁹ each

WITH RewardsCARD



Super BUNDLE DEAL

LION

FIRELIGHTERS

12 PIECES

FREE

Lion Firelighters 12s

50⁰⁰

WITH RewardsCARD



SPAR goodliving mini braai carbon steel

259⁹⁹ each

WITH RewardsCARD



Pineware Fan Desk White 30cm 1s

299⁹⁹ each

WITH RewardsCARD

tops! at SPAR

08 September up to and including 21 September 2026



Scan HERE and find the drink to match your Kulcha!

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



Warwick The First Lady Unwooded Chardonnay or Sauvignon Blanc 750ml

114⁹⁹ each

WITH RewardsCARD



Super BUNDLE DEAL

BUY 2 FOR

Nederburg Baronne 750ml

160⁰⁰

WITH RewardsCARD



Darling Cellar Chardonnay or Chenin Blanc 750ml

69⁹⁹ each

WITH RewardsCARD



Miltana Red or White 750ml

54⁹⁹ each

WITH RewardsCARD



Kanonkop Kadette Cape Blend 750ml

129⁹⁹ each

WITH RewardsCARD



Swartland Winery Pinotage, Cabernet Sauvignon, Merlot, Syrah, Pinotage Rosé or Moscato 750ml

79⁹⁹ each

WITH RewardsCARD



De Krans Red or White Moscato 750ml

79⁹⁹ each

WITH RewardsCARD



Simonsig Kaapse Vonkel Brut, Brut Rosé, Demi-Sec or Satin Nectar Rosé 750ml

189⁹⁹ each

WITH RewardsCARD



CIAO Cocktail Spirit Cooler 2L Assorted

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 08 September 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.
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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 Pet Deals



YOU CAN DO IT ALL, RIGHT HERE AT SPAR



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



SPAR: BAILLIE PARK • BEDFORDVIEW • BLAIRGOWRIE • CRAIGHALL • DOWERGLEN • DORINGKRUIN • FAIRLANDS • FERNDAL VILLAGE • FOURWAY GARDENS • GEELHOUT • HARRISMITH • HENNEMAN • HEUWELSIG • KIBLER PARK • KINGFISHER • LADYBRAND • LANGENHOVEN PARK • MACYS • MEDITAS • MEIRINGSPARK • MIEDRPAK • NORTHCLIFF • OUKLIP • PINESLOPES • RADIOKOP • RANDPARK RIDGE • RIDGEWAY GARDENS • RIVERVIEW • ROBINDALE • SANDRINGHAM • STEPHENSON STREET • STRUBENS VALLEY • SUNWARD PARK • SUPER A NORWOOD • TUSCANY • TYRONE • VYFHOEK • WALKERVILLE
SUPERSPAR: 2ND AVENUE • ALJOS • ARTEMIS • ATLAS MALL • BEL AIR • BRACKENGATE • BROADACRES • CARLSWALD • CROWTHORNE • CANTERBURY CROSSING • CANYON • EURO • FIVE STAR • FLORIDA JUNCTION • FLORIDA MARKET • FONTANA THE ZONE ROSEBANK • GLEN ACRES • GORDON ROAD • HIGHLAND • HOBART • KANONKOP • KARAGLEN • KENILWORTH • KS GARDENIA • LANSERIA • M.C.C • MAGALIES • MEYERSDAL • MEYERTON • MIDWATER • MINI MARKET • MOOI NOOI • NORTH POINT • NORTHWOOD • OLIVEDALE • PALM COURT • PALMS SANDS • PARKRAND • POLOFIELDS • POTCHEFSTROOM • RANT 'N DAL • RETAIL CROSSING • ROBERTSBROOM • RUIMSIG • RUSTENBURG SQUARE • RYNFIELD • SAFARI • SASOLBURG • SAVEWAYS • SECUNDA • SPRINGBOK • ST MICHAEL'S • STANDERTON • STEVE'S BLACKHEATH • SUNNINGHILL • THE ANGELO • THE FALLS • THE SQUARE • THE WEDGE • TREVENNA MONUMENT • VAALPARK • VC • VORNA VALLEY • WESTWOOD • WONDERPARK • XAVIER

SPAR Rewards
More for You



SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.
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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 [/myspar](https://www.facebook.com/myspar)

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SPAR

SUPERSPAR