

It's not just

Pampers  
Jumbo Pack  
Disposable  
Nappies or Pants  
(Incl. Premium Care Value Pack  
Nappies or Pants)  
Assorted

**239<sup>99</sup>**  
per pack

Save **R59**  
WITH RewardsCARD



**Baby & Family Essentials**



Purity  
Puree Pouch  
110 ml  
Assorted

**12<sup>99</sup>**  
each



Nestlé  
Cerelac  
Baby Cereal  
with Milk  
200 g  
Assorted

**34<sup>99</sup>**  
each



Purity  
2nd  
Foods Jar  
125 ml  
Assorted

**12<sup>99</sup>**  
each



Disprin  
Tablets  
Regular 24s  
or  
Extra Strength  
16s

**45<sup>99</sup>**  
per pack



Purity  
Baby  
Aqueous Cream or  
Petroleum Jelly  
450 ml  
Assorted

**44<sup>99</sup>**  
each



Infacare  
100%  
Juice Blend  
200 ml  
Assorted

BUY  
ANY  
2  
FOR  
**21<sup>00</sup>**



Twinsaver  
Toilet  
Tissue  
1 Ply  
15s

**84<sup>99</sup>**  
per pack

WITH RewardsCARD



Baby Soft  
2 Ply  
Toilet Rolls  
24s

**169<sup>99</sup>**  
each

Save **R60**  
WITH RewardsCARD

The **SPAR & TOPS** you love, now online! **2U** DOWNLOAD NOW ON



Specials available at selected SPAR stores in the Eastern Cape from 23 July up to and including 6 August 2024 while stocks last. We reserve the right to limit quantities. Prices include VAT.

It's not just

Lay's  
Potato Chips  
120 g  
Assorted

BUY ANY 2 FOR **40<sup>00</sup>**



It's so much more!

That's why we SHOP at **SPAR**

More Snacks More Savings

AS SEEN ON TV

SPAR Vanilla Custard 1 litre

**24<sup>99</sup>** each

WITH RewardsCARD

As good as the best for less

Nestlé Kit Kat 4 Finger or Chunky Assorted, Bar-One Assorted, Smarties, Aero Assorted or Tex

40 g / 41,5 g / 42 g / 52 g / 55 g

BUY ANY 2 FOR **32<sup>00</sup>**

WITH RewardsCARD

Beacon Mallow's 150 g Assorted

BUY ANY 2 FOR **32<sup>00</sup>**

WITH RewardsCARD

AS SEEN ON TV

Simba Potato Chips 120 g Assorted

BUY ANY 2 FOR **33<sup>00</sup>**

Save R7 WITH RewardsCARD

AS SEEN ON TV

Cadbury Dairy Milk Biscuit, Top Deck, Assorted (excl. Bubbly)

80 g

BUY ANY 3 FOR **46<sup>00</sup>**

Save R29 WITH RewardsCARD

Mister Sweet Speckled Eggs Assorted

100 g / 125 g

**28<sup>99</sup>** each

Cadbury Whispers or Tumbles Chocolate 200 g Assorted

**49<sup>99</sup>** each

WITH RewardsCARD

AS SEEN ON TV

Bakers Eet-Sum-Mor Assorted Biscuits 200 g

BUY ANY 2 FOR **48<sup>00</sup>**

Save R16 WITH RewardsCARD

SPAR Still Spring Water 5 litre

BUY 2 FOR **42<sup>00</sup>**

WITH RewardsCARD

As good as the best for less

SPAR 100% Fruit Juice Blend 6 x 200 ml Assorted

**42<sup>00</sup>** per pack

WITH RewardsCARD

As good as the best for less

Monster Energy Drink 500 ml Assorted

BUY ANY 2 FOR **32<sup>00</sup>**

WITH RewardsCARD

AS SEEN ON TV

Coca-Cola Regular Only 1,5 litre

BUY 2 FOR **38<sup>00</sup>**

Save R2 WITH RewardsCARD

**SPAR KIDS!**

WIN A DASH IN A FLASH

BUY ME TO WIN!

SPAR 100% Fruit Juice Blend Assorted 6 x 200 ml

As good as the best for less

Buy any 2 of these participating SPAR products. Swipe your Rewards card Dial \*120\*950# and follow the prompts

**SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.**

Terms and conditions:  
The competition is open to children between the ages of 5 and 12 years, but excludes the children of employees at SPAR, their families and promotions/advertising agents. Competition begins 8 July and ends 6 August 2024. Five winners will be selected at random to win a 2 minute trolley dash. Winners will be contacted by telephone by 13 August 2024. Judges' decision is final and no correspondence will be entered into. Prize may not be exchanged for cash. Parents of the winners must accompany their child at the trolley dash but may not assist during the dash. The trolley dash excludes meat and health and beauty products. Competition is valid in the Eastern Cape only.

**SPAR Rewards** deals. While stocks last.

It's not just

Bobtail  
Dog Food  
5,5 kg / 6,5 kg /  
7 kg / 8 kg  
Assorted

**189<sup>99</sup>**  
each



**MORE**  
FOR YOUR  
FUR FAMILY



Explore all the **best value** pet care brands

Buy any product  
on this page to  
the value of R300,  
and receive a  
**FREE Toy**



Bobtail  
Specialised  
Diet  
Dog Food  
6 kg  
Assorted

**189<sup>99</sup>**  
each



Beeno  
Dog  
Mallovs  
Bites  
500 g  
Assorted

**69<sup>99</sup>**  
each



Beeno  
Dog  
Biscuits  
800 g  
Assorted

**69<sup>99</sup>**  
each



Pamper  
Cat Food  
1 kg  
Assorted

**84<sup>99</sup>**  
each



SPAR  
Purr-fect  
Dry Pellets  
Cat Food  
4 kg  
Assorted

**149<sup>99</sup>**  
each

As good as the best for less



Pamper  
Cat Food  
Pouches  
12 x 85 g  
Assorted

**109<sup>99</sup>**  
each



Husky  
Dog Food  
Pouches  
12 x 85 g  
Assorted

**64<sup>99</sup>**  
each



The **SPAR & TOPS** you love, now online!



**2U** DOWNLOAD NOW ON



Specials available at selected SPAR stores in the Eastern Cape from 23 July up to and including 6 August 2024 while stocks last. We reserve the right to limit quantities. Prices include VAT.



**139<sup>99</sup>** per kg

Your Butcher By SPAR Beef Rump or Sirloin Steak



**149<sup>99</sup>** each

SPAR Tender & Tasty Pork Loin Ribs Sweet & Sticky or BBQ 1 kg



**84<sup>99</sup>** per kg

SPAR Tender & Tasty Chicken Espetada Peri Peri or BBQ



**59<sup>99</sup>** each

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



**39<sup>99</sup>** per pack

SPAR freshline Seasonal Roast Veg or Roast Veg Selection 600 g



## Joy Spreader

Winter meals made simple with our **One Pot Roast Veg and Wors Traybake Recipe**. Spread more joy by adding Lemon Zest and Honey Icing to our **SPAR Bakery muffins**.

Scan me for recipes



## Decadence Seeker

Indulge in our irresistible selection of decadent **SPAR Bakery Cakes**, baked to satisfy your sweet cravings, and celebrate any occasion.



**32<sup>99</sup>** each

SPAR Bakery Garlic Bread or Chilli & Garlic Bread 330 g



**15<sup>99</sup>** each

SPAR Bakery Sliced White Bread Toaster 700 g



**55<sup>99</sup>** per pack

SPAR Bakery Muffins Assorted 6s



**124<sup>99</sup>** each

SPAR Bakery Cakes Assorted



BUY ANY 1 FOR

**159<sup>99</sup>** each

The FOOD STALL at SPAR Family Meals Assorted 1 kg

Save R10 WITH RewardsCARD

The **SPAR & TOPS** you love, now online! **2U** DOWNLOAD NOW ON



Specials available at selected **SPAR** stores in the Eastern Cape from **23 July** up to and including **6 August 2024** while stocks last. We reserve the right to limit quantities. Prices include VAT.

# Homecare made a breeze

## Home Essentials



**Sta-Soft**  
Concentrated Fabric Softener  
Refill Pouch  
(Incl. Aromatherapy Range)  
500 ml  
Assorted

**27<sup>99</sup>**  
each

WITH **Rewards** CARD



Omo  
Auto  
Regular  
Washing  
Powder  
only  
4 kg

**119<sup>99</sup>**  
each



Sunlight  
Hand  
Washing  
Powder  
3 kg  
Assorted

**79<sup>99</sup>**  
each

Save **R17**  
WITH **Rewards** CARD



**31<sup>99</sup>**  
per roll

SPAR  
Budget  
Refuse Bags  
20s



Mr Min  
Multi Surface  
Cleaner  
or Wood Polish  
300 ml  
Assorted

**44<sup>99</sup>**  
each



Airoma  
Air  
Freshener  
210 ml  
Assorted

**19<sup>99</sup>**  
each



Jik  
Bleach  
750 ml  
Assorted

**21<sup>99</sup>**  
each

WITH **Rewards** CARD



Sunlight  
Dishwashing  
Liquid  
Regular Only  
750 ml

**29<sup>99</sup>**  
each



Handy Andy  
Cleaning Cream  
750 ml  
Assorted

**28<sup>99</sup>**  
each



Silicone  
Cake Loaf  
Mould  
Assorted

**69<sup>99</sup>**  
each



Whisk  
Assorted

**34<sup>99</sup>**  
each



Wood Handle  
Spoon Server,  
Skimmer,  
Soup Ladle or  
Spaghetti Spoon

**39<sup>99</sup>**  
each



Loofah  
Bath  
Sponge

**24<sup>99</sup>**  
each



Grey or Black  
Toilet Brush

**69<sup>99</sup>**  
each



SPAR Rewards deals. While stocks last.

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It's not just

Ouma Rusks  
450 g / 500 g  
Assorted

**39<sup>99</sup>** each

Save R15 WITH RewardsCARD

AS SEEN ON TV



It's so much more!

That's why we SHOP at **SPAR**

Cereal Savings



Kellogg's Coco Pops Assorted, Froot Loops, Crunchers or Rice Krispies Assorted 340 g / 350 g

**49<sup>99</sup>** each



SPAR Toasted Granola 1 kg Assorted

**64<sup>99</sup>** each

Save R15 WITH RewardsCARD  
As good as the best for less



Kellogg's Corn Flakes 1 kg

**64<sup>99</sup>** each

Save R15 WITH RewardsCARD



Future Life Smart Food or Zero, Granola Crunch or Kids Cereal 375 g / 400 g / 425 g / 500 g Assorted

**42<sup>99</sup>** each



Future Life Smart Food Bran 460 g

**42<sup>99</sup>** each

Hot Drinks Essentials

AS SEEN ON TV

Nescafé Ricoffy Value Pack (excl. Decaf) 800 g

**99<sup>99</sup>** each

Save R20 WITH RewardsCARD

VALUE REFILL

NEW 800 g NESCAFÉ Ricoffy Share the fresh, smooth taste



AS SEEN ON TV



Freshpak Rooibos Tagless Teabags 80s

**42<sup>99</sup>** per pack

Save R10 WITH RewardsCARD



Joko Tagless Tea Bags 100s

**49<sup>99</sup>** per pack



Nestlé Milo 500 g

**74<sup>99</sup>** each



Hug in a Mug Cappuccino or Hot Chocolate Sticks 8s / 10s Assorted

BUY ANY 2 FOR **120<sup>00</sup>**

The SPAR & TOPS you love, now online! **SPAR 2U** DOWNLOAD NOW ON



Specials available at selected SPAR stores in the Eastern Cape from 23 July up to and including 6 August 2024 while stocks last. We reserve the right to limit quantities. Prices include VAT.

**AS SEEN ON TV**

**It's not just**  
 Nola  
 Original, Tangy or  
 Sweet & Creamy  
 Mayonnaise or Slim  
 Salad Dressing  
 750 g / 780 g

**34<sup>99</sup>** each

**Save R10**  
 WITH RewardsCARD

**Original**  
 Mayonnaise

**Sweet & Creamy**  
 Reduced Oil Mayonnaise

**It's so much more!**

That's why we **SHOP** at **SPAR**

**Pantry Essentials**

**SPAR CAKE WHEAT FLOUR**  
 SPAR Cake Wheat Flour 2,5 kg  
**29<sup>99</sup>** each  
 As good as the best for less

**SPAR REFINED WHITE SUGAR**  
 SPAR Refined White Sugar 2,5 kg  
**54<sup>99</sup>** each  
 As good as the best for less

**SPAR RED SPECKLED BEANS**  
 SPAR Red Speckled Beans 500 g  
**24<sup>99</sup>** each  
 As good as the best for less

**SPAR SOUP MIX**  
 SPAR Soup Mix 500 g  
**14<sup>99</sup>** each  
 As good as the best for less

**KOO PROCESSED PEAS IN SWEETENED BRINE**  
 Koo Peas in Sweetened Brine 400 g  
**14<sup>99</sup>** each

**Rhodes Smooth Apricot Jam**  
 Rhodes Smooth Apricot or Mixed Fruit Jam 900 g  
**36<sup>99</sup>** each

**INA PAARMAN'S VANILLA CAKE**  
 Ina Paarman's Bake Mixes 250 g / 310 g / 390 g / 500 g / 550 g / 580 g / 595 g / 600 g / 650 g / 700 g Assorted  
**56<sup>99</sup>** each

**INA PAARMAN'S KITCHEN READY TO SERVE SAUCE**  
 Ina Paarman's Kitchen Ready to Serve Sauce 200 ml Assorted  
**31<sup>99</sup>** each

**Spekko Parboiled Rice**  
 Long Grain Parboiled White Rice  
 Single Origin 100% Premium  
**39<sup>99</sup>** each  
 WITH RewardsCARD

**WELLINGTON'S SWEET CHILLI SAUCE**  
 Wellington's Sweet Chilli or Jalapeno Sauce 700 ml  
**38<sup>99</sup>** each  
 WITH RewardsCARD

**MRS BALL'S CHUTNEY**  
 Mrs Ball's Chutney 450 g / 470 g Assorted  
**33<sup>99</sup>** each  
 WITH RewardsCARD

**Kellogg's Instant Noodles**  
 5 PACKS Kellogg's Instant Noodles 5s Assorted  
**26<sup>99</sup>** each  
 WITH RewardsCARD

**KOO BAKED BEANS IN TOMATO SAUCE**  
 Koo Baked Beans in Tomato Sauce 410 g  
**28<sup>00</sup>** Save R6 WITH RewardsCARD

**LUCKY STAR PILCHARDS**  
 Lucky Star Pilchards 400 g Assorted  
**50<sup>00</sup>** BUY ANY 2 FOR

**FATTI'S & MONI'S SPAGHETTI OR MACARONI**  
 Fatti's & Moni's Spaghetti or Macaroni 500 g  
**30<sup>00</sup>** BUY ANY 2 FOR WITH RewardsCARD

**ROYCO SOUP**  
 Royco Packet Soup 45 g / 50 g Assorted  
**18<sup>00</sup>** BUY ANY 3 FOR WITH RewardsCARD

**SPAR Rewards deals. While stocks last.**

Specials available at selected SPAR stores in the Eastern Cape from 23 July up to and including 6 August 2024 while stocks last. We reserve the right to limit quantities. Prices include VAT.



**Bernini**  
Classic,  
Blush or Amber  
Sparkling Spritzer  
Handies  
6 x 275ml

**BUY ANY 2 FOR 150<sup>00</sup>**



**Belgravia**  
Gin & Dry Lemon  
(All Variants)  
Handies  
6 x 275ml

**BUY ANY 2 FOR 190<sup>00</sup>**



**Smirnoff**  
Pine Twist or  
Berry Twist  
Spirit Cooler  
Cans  
6 x 440ml

**BUY ANY 2 FOR 220<sup>00</sup>**



**Extreme**  
Energy  
Apple Ale  
Cans  
4 x 440ml

**BUY 2 FOR 180<sup>00</sup>**



**Mayfair**  
Gin & Dry Lemon  
(All Variants)  
Cans  
6 x 440ml

**BUY ANY 2 FOR 180<sup>00</sup>**



**Castle**  
Milk Stout  
Cans  
6 x 500ml

**89<sup>99</sup>** per pack

**Save R15**  
WITH **Rewards** CARD



**Flying Fish**  
Pressed Lemon  
Flavoured Beer  
(Excl. Dry Apple)  
Handies  
6 x 330ml

**BUY 2 FOR 160<sup>00</sup>**



**Miller**  
Genuine Draft  
or Lime  
Handies  
6 x 330ml

**BUY ANY 2 FOR 160<sup>00</sup>**



**Stella Artois**  
Premium Lager  
Cans  
6 x 410ml

**89<sup>99</sup>** per pack

**Save R15**  
WITH **Rewards** CARD



**Amstel Lager**  
Handies  
6 x 330ml

**BUY 2 FOR 150<sup>00</sup>**



**Castle**  
Double Malt  
Lager  
Handies  
6 x 330ml

**BUY 2 FOR 150<sup>00</sup>**



**Castle Lite**  
Handies  
24 x 330ml

**290<sup>00</sup>** per case

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: [www.topsatspar.co.za](http://www.topsatspar.co.za).

Specials available at all TOPS at SPAR town stores in the Eastern Cape from 23 July up to and including 6 August 2024, while stocks last. We reserve the right to limit quantities. Price and product availability may vary by region. To meet our consumers' demands, TOPS at SPAR will always strive to have sufficient stock available, unless a specific limitation is stated. Not available in Mthatha, Western Cape or KwaZulu-Natal. 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.

f X @  
TOPS at SPAR

**SPAR**  
**Rewards**  
More for You



**SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.**  
SPAR Rewards deals. While stocks last.

**#N18** aware!org  
[www.aware.org.za](http://www.aware.org.za)

**Not For Persons Under The Age Of 18.**





WHERE **tops!** at SPAR  
**GREAT STORIES**  
 START

**ALL ITEMS AS SEEN ON TV**

Jameson Triple Distilled Irish Whiskey 750ml

**349<sup>99</sup>**

Johnnie Walker Red Label Blended Scotch Whisky 750ml

**269<sup>99</sup>**

KWV 5 Year Old Brandy 750ml

**184<sup>99</sup>**

Old Buck Dry Gin 750ml

**154<sup>99</sup>**

Captain Morgan Original Spiced Gold Rum 750ml

**174<sup>99</sup>**

Corona Extra Handies 6 x 355ml

**BUY 2 FOR 180<sup>00</sup>**

Heineken Premium Lager or Heineken Silver Cans 6 x 440ml

**BUY ANY 2 FOR 190<sup>00</sup>**

Savanna Premium Dry Cider or Angry Lemon Handies 6 x 500ml

**BUY ANY 2 FOR 270<sup>00</sup>**

Promotion runs from 23 July up to and including 6 August 2024.

f X @ | TOPSatSPAR

**SPAR Rewards**  
More for You



**SIGN UP FOR MORE!** MORE SAVINGS. MORE WINS. MORE FOR YOU.  
 SPAR Rewards deals. While stocks last.

**#NO18** aware!org  
www.aware.org.za

**Not For Persons Under The Age Of 18.**

**It's not just**

SPAR  
Cheddar or  
Gouda  
Processed  
Cheese Slices  
400 g

**54<sup>99</sup>** per pack

As good as the best for less



It's so much **more!**



That's why  
we **SHOP** at  
**SPAR**

**Fridge Favourites**



**Parmalat**  
Steri Stumple  
Flavoured Milk  
350 ml  
Assorted

BUY ANY  
2  
FOR

**28<sup>00</sup>**

WITH **Rewards** CARD



**Danone**  
Yogi Sip  
250 g  
Assorted

BUY ANY  
2  
FOR

**23<sup>00</sup>**



**Darling**  
Amasi  
2 kg

**32<sup>99</sup>**  
each



**Cappy**  
100% Fruit  
Juice Blend  
1,5 litre  
Assorted

**28<sup>99</sup>** each

WITH **Rewards** CARD



**Clover**  
Bliss  
Yoghurt  
1 kg  
Assorted

**39<sup>99</sup>** each



**SPAR**  
Low Fat  
or Full Cream  
Yoghurt  
150 g  
Assorted

BUY ANY  
3  
FOR

**20<sup>00</sup>**



**SPAR**  
Choice  
Salted Butter  
500 g

**59<sup>99</sup>**

As good as the best for less



**Rama**  
Original  
70%  
Fat Spread  
Brick  
500 g

**27<sup>99</sup>** each

WITH **Rewards** CARD



**SPAR**  
Cold  
Meat  
200 g  
Assorted

**27<sup>99</sup>** each

As good as the best for less



**Rainbow**  
Simply Chicken  
Polony  
700 g / 1 kg  
Assorted

**69<sup>99</sup>** each



**Lancewood**  
Low Fat  
Cottage Cheese  
250 g  
Assorted

**41<sup>99</sup>** each

WITH **Rewards** CARD



**Lancewood**  
Medium Fat  
Cream Cheese  
230 g  
Assorted

**49<sup>99</sup>** each



**President**  
Feta  
Cheese  
400 g  
Assorted

**59<sup>99</sup>** each



**Clover**  
Vacuum  
Packed  
Cheese  
800 g  
Assorted

**109<sup>99</sup>** each

WITH **Rewards** CARD

**SPAR Rewards** deals. While stocks last.

Specials available at selected **SPAR** stores in the Eastern Cape from **23 July** up to and including **6 August 2024** while stocks last. We reserve the right to limit quantities. Prices include VAT.



**KWV VS Potstill Brandy**  
750ml

**299<sup>99</sup>**  
Save R60  
WITH RewardsCARD

## HERE'S WHY VS STANDS FOR VERY SPECIAL

Rest assured all brandy lovers out there, there's one distiller who continues to make the 'burnt grape' in the time-honoured, cherished way, befitting of a 100-year-old legacy. Unlike many spirits, KWV VS Potstill Brandy is pot-distilled in batches, ensuring meticulous attention and care. A process that yields a rich, golden liquid with flavours of ripe apple, oak spices and hints of vanilla. You can also look forward to a pleasant, well-balanced finish with a lingering fruity aftertaste. Whether enjoyed neat, on the rocks or mixed, the versatility of KWV VS Potstill Brandy makes it a standout choice for any occasion.

UNLOCK GREATNESS ESTD 1918



**Absolut Vodka**  
(Incl. Flavours)  
750ml

**279<sup>99</sup>**  
each  
Save R30  
WITH RewardsCARD



**SKYY Vodka**  
(Incl. Flavours)  
750ml

**219<sup>99</sup>**  
each



**PO-10-C Spirit Cocktail**  
750ml

**169<sup>99</sup>**  
Save R30  
WITH RewardsCARD



**Strawberry Lips Cream Liqueur**  
750ml

**139<sup>99</sup>**



**Bulldog London Dry Gin**  
750ml

**329<sup>99</sup>**  
Save R40  
WITH RewardsCARD



**299<sup>99</sup>**  
each

**Tanqueray London Dry Gin, Flor de Sevilla or Royale Blackcurrant Distilled Gin**  
750ml



**Jägermeister The Herbal Liqueur**  
750ml

**299<sup>99</sup>**



**Coca-Cola or Schweppes**  
(Incl. Variants)  
1L

BUY ANY 3 FOR **48<sup>00</sup>**



**Heineken 0,0% Non-Alcoholic Premium Lager Handies**  
6 x 330ml

**89<sup>99</sup>** per pack  
Save R10  
WITH RewardsCARD

BUY KWV 5 YO 750ML AND STAND A CHANCE TO  
**WIN 1 OF 5 500W** PORTABLE POWER STATIONS  
AND A RUGBY JERSEY  
SIGNED BY EBEN ETZEBETH

Simply scan the QR code or visit [www.kwvbrandy.co.za](http://www.kwvbrandy.co.za) | T&C's apply | Valid from: 24 June - 6 August 2024



SCAN THE QR CODE TO ENTER



Exclusive to **tops!** at SPAR



SPAR Rewards deals. While stocks last.

**#NO18** aware!org  
[www.aware.org.za](http://www.aware.org.za)

Not For Persons Under The Age Of 18.

You could be  
**1 of 10**  
**MILLIONAIRES**  
 with  
**SPAR** 

Competition ends 6 October 2024



That's why  
 we **SHOP** at  
**SPAR** 

**Double up deals**

**94<sup>99</sup>** per pack

WITH **RewardsCARD**  
 As good as the best for less 

or

**SPAR** UHT Long Life or Lactose Free Milk 6 x 1 litre Assorted

**SPAR** LACTOSE FREE LOW FAT MILK LONG LIFE UHT PROCESS

**BUY 2 FOR 180<sup>00</sup>**

WITH **RewardsCARD**  
 As good as the best for less 

**DOUBLE MONEY BACK QUALITY GUARANTEED**

**AS SEEN ON TV**

**DOUWE EGBERTS** MEDIUM ROAST INSTANT COFFEE PURE GOLD

Douwe Egberts Medium Roast Coffee (excl. Decaf) 400 g

**259<sup>99</sup>** each

Save **R30** WITH **RewardsCARD**

**AS SEEN ON TV**

**Sunfoil** Pure Sunflower Oil the heart of good cooking 2 Litre

SPAR or Sunfoil Sunflower Oil 2 litre

**59<sup>99</sup>** each

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

**DOUBLE MONEY BACK QUALITY GUARANTEED**

**AS SEEN ON TV**

**ALL GOLD** THE ORIGINAL

All Gold Tomato Sauce 700 ml

**31<sup>99</sup>** each

Save **R8** WITH **RewardsCARD**

**Biggest Food Retailer in the Eastern Cape**

**AS SEEN ON TV**

**SPAR** IQF Mixed Chicken Portions 5 kg

SPAR IQF Mixed Chicken Portions 5 kg

**179<sup>99</sup>** each

Save **R35** WITH **RewardsCARD**  
 As good as the best for less 

**DOUBLE MONEY BACK QUALITY GUARANTEED**

**AS SEEN ON TV**

**Stork** COUNTRY SPREAD 40% FAT SPREAD

Stork Country Spread 40% Fat Spread Tub 1 kg

**43<sup>99</sup>** each

Save **R14** WITH **RewardsCARD**

**DOUBLE MONEY BACK QUALITY GUARANTEED**

**SPAR** Low Fat, Full Cream or Fat Free STRAWBERRY YOGHURT 1 kg Assorted

SPAR Low Fat, Full Cream or Fat Free Yoghurt 1 kg Assorted

**34<sup>99</sup>** each

As good as the best for less 

**BOKOMO** VEET-BIX WHOLEGRAIN WHEAT BISCUITS

Bokomo Weet-Bix 900 g

**49<sup>99</sup>** each

Specials available at selected SPAR stores in the Eastern Cape from 23 July up to and including 6 August 2024 while stocks last. We reserve the right to limit quantities. Prices include VAT.

SEC2224

**SPAR Rewards** More for You 

**SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.**  
 SPAR Rewards deals. While stocks last.

**SPAR**



# Look and feel your best for less

SPAR 



## Family Savings



Always Maxi Sanitary Pads 8s / 9s / 10s Assorted

**24<sup>99</sup>** per pack

WITH Rewards CARD



Always Pantyliners 20s Assorted

**19<sup>99</sup>** per pack

WITH Rewards CARD



Colgate Toothpaste Maximum Protection, Herbal, Gel or Herbal White 100 ml or Triple Action 150 ml

**22<sup>99</sup>** each

WITH Rewards CARD



Axe Deodorant for Men 150 ml Assorted

**34<sup>99</sup>** each

WITH Rewards CARD



Shield Roll-On Deodorant 50 ml Assorted

**40<sup>00</sup>**

BUY ANY 2 FOR

Save R16 WITH Rewards CARD



Head & Shoulders Classic Clean 2 in 1 or Shampoo 400 ml Assorted

**84<sup>99</sup>** each

WITH Rewards CARD



Pantene Shampoo Assorted, Conditioner Assorted or 3 in 1 360 ml / 400 ml

**64<sup>99</sup>** each

WITH Rewards CARD



Lifebuoy Hygiene Soap 175 g Assorted

**24<sup>00</sup>**

BUY ANY 2 FOR

Save R12 WITH Rewards CARD



Ingram's Body Cream (Incl. Tissue Oil 300 ml) 450 ml Assorted

**56<sup>99</sup>** each

WITH Rewards CARD




Lil-Lets Tampons 16s / 20s Assorted

**24<sup>99</sup>** each



Sensodyne Clean & Fresh, Fresh Mint, Gentle Whitening, Multi Care or Multi Care Herbal 75 ml

**54<sup>99</sup>** each



Dove Soap 4 x 90 g Assorted

**64<sup>99</sup>** per pack



Nivea Body Lotion or Cream 400 ml Assorted

**59<sup>99</sup>** each




Nivea Men Shower Gel 500 ml

**74<sup>99</sup>** each

SPAR stores: Acres, Algoa Park, Algoa Foods, Aspen, Burgersdorp, Cambridge, Camdeboo, Cradock, De Freitas, Fig Tree, Five Ways, Lighthouse, Linton Grange, Middelburg, Nick's Daily, Oak Cottage, Sherwood, Sunshine Coast, The Stadium, Wellington Square, Wilderness

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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](http://www.spar.co.za) or Find us on  /myspar

SPAR 

You could be  
**1 of 10**  
**MILLIONAIRES**  
with **SPAR**



**HOW TO ENTER:**

**STEP 1**

Buy any participating product.

**STEP 2**

Swipe your Rewards card and you could be a WINNER!

Exclusive to SPAR Rewards customers

Competition ends 6 October 2024

**Fridge Favourites**



Dr Oetker  
Nice 'n Easy  
Frozen  
Ready Meals  
320 g / 325 g / 350 g  
Assorted

**51<sup>99</sup>**  
each



McCain  
Frozen  
Country Crop  
or Garden Mix  
1 kg

**41<sup>99</sup>**  
each



Nature's Garden  
Stir Fry  
700 g  
Assorted

**40<sup>99</sup>**  
each



Fry's  
Plant Based  
Burgers  
Assorted  
320 g,  
Popcorn 300 g,  
Meatballs 240 g,  
Nuggets 380 g  
or Crumbed  
Schnitzels 320 g

**59<sup>99</sup>**  
each



McCain  
Frozen  
Mixed  
Vegetables  
1 kg

**39<sup>99</sup>**  
each



**SPAR Products as good as the best for less**



SPAR  
Pork Sausages  
375 g  
Assorted

**46<sup>99</sup>**  
each



SPAR  
Red or  
Smoked  
Viennas Only  
500 g

**39<sup>99</sup>**  
per pack



SPAR  
Diced or  
Shoulder  
Bacon  
200 g

**29<sup>99</sup>**  
per pack



SPAR  
Crinkle Cut,  
Slap or  
Skinny  
Frozen  
Potato Chips  
1 kg

**44<sup>99</sup>**  
each



SPAR  
Straight Cut  
Frozen  
Potato Chips  
1 kg

**36<sup>99</sup>**  
each



SPAR  
Streaky,  
Back or Lean  
Bacon  
200 g

**36<sup>99</sup>**  
each

The **SPAR & TOPS** you love, now online! **2U** DOWNLOAD NOW ON



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# There's a story starter in every aisle



Glenfiddich  
18 Year Old  
Single Malt  
Whisky  
750ml

**1799<sup>99</sup>**



Glenfiddich  
15 Year Old  
Solera  
Single Malt  
Whisky  
750ml

**949<sup>99</sup>**



Glenfiddich  
12 Year Old  
Special Reserve  
Single Malt  
Whisky  
750ml

**669<sup>99</sup>**



Monkey Shoulder  
The Original  
Blended Malt  
Scotch Whisky  
750ml

**399<sup>99</sup>**  
Save R50  
WITH Rewards CARD

**COMBO DEAL**

**BUY ALL FOR 2999<sup>00</sup>** per combo  
Save R421  
WITH Rewards CARD

Glenfiddich Family Single Malt Scotch Whisky 750ml

**1 COMBO PER CUSTOMER**



**499<sup>99</sup>**  
Save R80  
WITH Rewards CARD

The Glenlivet  
Founder's Reserve  
Single Malt  
Scotch Whisky  
750ml



**449<sup>99</sup>**

Johnnie Walker  
Black Label  
12 Year Old  
Blended Scotch  
Whisky  
750ml



**519<sup>99</sup>**

Hennessy  
Very Special  
Cognac  
750ml



**479<sup>99</sup>**  
Save R110  
WITH Rewards CARD

Bisquit & Dubouché  
V.S.  
Cognac  
750ml

\*The Premium Selection is available at selected stores only.



Three Ships  
5 Year Old  
Premium  
Whisky  
750ml

**209<sup>99</sup>**



Tullamore Dew  
Triple Distilled  
Irish Whisky  
750ml

**299<sup>99</sup>**  
Save R45  
WITH Rewards CARD



Paddy  
Triple Distilled  
Irish Whisky  
750ml

**239<sup>99</sup>**  
Save R40  
WITH Rewards CARD



Firstwatch  
Imported  
Extra Fine  
Whisky  
750ml

**164<sup>99</sup>**

**GREAT DEALS ARE ALSO AVAILABLE ON OUR APP.**



SCAN QR CODE TO DOWNLOAD THE  
**FREE SPAR2U APP**



SPAR Rewards deals. While stocks last.



aware!org  
www.aware.org.za

Not For Persons Under The Age Of 18.

# More Affordability, More Comfort In Every Bite



**BUY ALL FOR 45<sup>00</sup>** per combo

**SPAR freshline**  
Baby Potatoes,  
Carrots and  
Onions  
1 kg



## The Nurturer

Our **Moroccan Grains Chicken Salad Recipe** is a flavourful and nurturing blend of wholesome grains and **SPAR Tender & Tasty Chicken Espetadas**, making for a warm winter's lunch.



## The Healer

Revitalise your meals with our **Lemony Chicken, Pea and Baby Marrow Soup Recipe** paired with health booster shots. Prepare this nourishing duo with our **Your Butcher by SPAR Chicken Braai Pack** for your winter wellness.



**54<sup>99</sup>** per kg

**Your Butcher By SPAR**  
12 Piece  
Chicken  
Braai Pack



**14<sup>99</sup>** per bag

**SPAR freshline**  
Lemons  
1 kg



**BUY 2 FOR 30<sup>00</sup>**

**SPAR freshline**  
Bananas  
750 g



**31<sup>99</sup>** each

**SPAR freshline**  
Soup Mixes  
Assorted  
600 g



**16<sup>99</sup>** each

**SPAR freshline**  
Iceberg  
Lettuce Head



**SPAR Rewards** deals. While stocks last.

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