

Super Savings



Selati
Golden Brown
Sugar
2 kg

42⁹⁹
each

WITH RewardsCARD

R2 460.42

Total **savings** across this leaflet



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

34⁹⁹
each

WITH RewardsCARD



Bokomo
Weet-bix
Biscuits
450 g
or
Flavours
Assorted
375 g

29⁹⁹
each

Save R6
WITH RewardsCARD



Flora
Regular or Light 50% Fat Spread
500 g
Assorted

37⁹⁹
each

WITH RewardsCARD



Huggies
Dry Comfort
Value Pack
Diapers
Assorted

148⁹⁹
per pack

WITH RewardsCARD



SPAR
Toilet
Tissue
2 ply
9s

64⁹⁹
per pack

WITH RewardsCARD



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

174⁹⁹
each

Save R45
WITH RewardsCARD

Quality Meat. Unbeatable Value



Bulk
Pork
Packs

69⁹⁹
per kg



SPAR
Tender and Tasty
Rib Eye Roast

159⁹⁹
per kg



Your Butcher
by SPAR
Pork Belly
Roast

119⁹⁹
per kg

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SPAR



Fresh value

Super
BUNDLE
DEAL



Buy any
SPAR
Bakery
Hot Pudding
Assorted 450 g
and
SPAR
Vanilla Flavoured
Custard 1 litre

BUY
BOTH
FOR

80⁰⁰

WITH RewardsCARD

Bake Up Value



Blue Ribbon
Classic
White Sliced Bread
700 g

17⁹⁹
per loaf



SPAR
Bakery
Syrup Waffles
6s

34⁹⁹
per pack



SPAR
Bakery
Pita Bread
White or Brown
6s

39⁹⁹
per pack

Quality Meat



SPAR
Tender and Tasty
Skewered Chicken
Wings
BBQ / Peri Peri

89⁹⁹
per kg



SPAR
Tender and Tasty
Pork Texan Steak

99⁹⁹
per kg



Your Butcher
By SPAR
Chicken Fillet

79⁹⁹
per kg

Fresh Produce



SPAR
freshline
Soft Citrus
Minibox 1.2 kg

34⁹⁹
per box



SPAR
freshline
Potjie
Pack
1 kg

39⁹⁹
per pack
Save R10



SPAR
freshline
Sweet
Potatoes
1 kg

19⁹⁹
per pack



SPAR
freshline
Banana
Snack Pack
500 g

10⁹⁹
per pack

Delicious Made Easy

Fresh & Convenient

Pieman's
Mini Pies
Assorted



BUY
ANY
5
FOR

30⁰⁰

PIEMAN'S
MADE JUST RIGHT

Sorted for lunch

Chikka Chicken
Cheeky Burger &
Chips 100 g



29⁹⁰
per meal

ATE &
LEFT NO
CRUMBS

CHIKKA
CHICKEN

Fridge Essentials. Super Value



SPAR
Cheddar or Gouda
Individually Wrapped
Cheese
200 g

29⁹⁹
per pack

WITH RewardsCARD



Bel
Laughing
Cow
Wedges
120 g
Assorted

28⁹⁹
per pack

WITH RewardsCARD



Clover
Vacuum Packed Cheese
Gouda, Cheddar or Tussers
550 g

99⁹⁹
each

WITH RewardsCARD

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.

Specials available at selected **SUPERSPAR** and **SPAR** stores (excluding KwikSPAR and SPAR Express stores) from **08 July 2026**, up to and including **21 July 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT.

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TV products available nationwide. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).

Shop, swipe, save!



SPAR
Extra Large Eggs
18s

52⁹⁹
per pack

WITH RewardsCARD

Fridge Super Value



Sunshine D
80% Fat Spread Brick
500 g

22⁹⁹
each

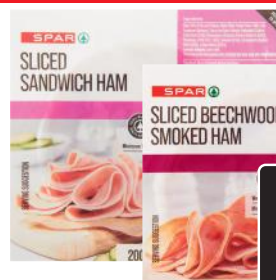
WITH RewardsCARD



D'lite
37%
Fat Spread
1 kg

34⁹⁹
each

WITH RewardsCARD



SPAR
Prepacked
Cold Meat
200 g
Assorted

27⁹⁹
per pack

WITH RewardsCARD



SPAR
Hot Doggers
Red, Smoked
or Chicken
Viennas
1 kg

74⁹⁹
per pack

WITH RewardsCARD



Rainbow
Simply Chicken Polony
700 g / 1 kg
Assorted

74⁹⁹
each

WITH RewardsCARD



SPAR
Beechwood Smoked
Chicken Viennas
(Incl. Cheese)
500 g

54⁹⁹
per pack

Save R20
WITH RewardsCARD



SPAR
Long Life Cream
300 ml

24⁹⁹
each

WITH RewardsCARD



Clover
Classic
Smooth
Yoghurt,
Incl. Noloc
(Excl. Fruits
of the Forest)
6 x 100 g
Assorted

18⁹⁹
per pack

WITH RewardsCARD



SPAR
Feta Cheese
400 g
Assorted

64⁹⁹
each

WITH RewardsCARD



Lancewood
Double Cream
Yoghurt
1 kg
Assorted

46⁹⁹
each

WITH RewardsCARD



Danone
Nutriday
Smooth, Fruit, Plain Low Fat,
Plain Full Cream Yoghurt
(Excl. Plain Double Cream)
900 g
Assorted

34⁹⁹
each

Save R13
WITH RewardsCARD

Freezer Super Value



Nature's Garden
Country Mix
900 g
or
Garden Mix
900 g

39⁹⁹
per pack

WITH RewardsCARD



McCain
Skinny Fries or
Slap Chips
1 kg

46⁹⁹
each

WITH RewardsCARD



Sea Harvest
Crisp & Chunky 500 g
or
Hake Medallions 450 g
Assorted

92⁹⁹
each

WITH RewardsCARD



SPAR
Frozen Mixed
Chicken Portions
4 kg

169⁹⁹
per pack

Save R30
WITH RewardsCARD



I&J
Air-Fri'n
Amazing Dippers,
Pops, Rollers,
Burgers or
Schnitzels
240 g / 280 g
Assorted

49⁹⁹
per pack

WITH RewardsCARD



SPAR
Crumbed Hake
Fish Fingers
400 g

42⁹⁹
per pack

WITH RewardsCARD



Eskort
Kiddos
Pork Range
400 g
Assorted

49⁹⁹
each

WITH RewardsCARD



SPAR
Mini Puffs or
Sausage Rolls 40s
Assorted

92⁹⁹
per pack

WITH RewardsCARD



Ola
Magnum
Ice Cream Stick
90 ml / 100 ml
Assorted

24⁹⁹
each

WITH RewardsCARD



Ola
Gino Ginelli
Ice Cream
1.4 litre
Assorted

94⁹⁹
each

WITH RewardsCARD



Ola
Rich n Creamy
Ice Cream
1.8 litre
Assorted

51⁹⁹
each

WITH RewardsCARD

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

SPAR2U **DOWNLOAD NOW ON**

Available on the
App Store

GET IT ON
Google Play

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Don't wait. Save now!

Pantry Super Savers

SPAR
SUPER MAIZE MEAL

SPAR
LONG GRAIN WHITE PARBOILED RICE

SPAR
CAKE WHEAT FLOUR

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

BUY ALL FOR

99⁰⁰

WITH Rewards CARD

Excella Sunflower Oil 2 litre 72⁹⁹ each WITH Rewards CARD	SPAR Extra Virgin Mediterranean Olive Oil 1 litre 169⁹⁹ each WITH Rewards CARD	SPAR Tomato Sauce 700 ml 25⁹⁹ each WITH Rewards CARD	Ina Paarman's Pasta Sauce 400 g Assorted 56⁹⁹ each WITH Rewards CARD	Bull Brand Curried Mince with Vegetables 400 g Assorted 25⁹⁹ each WITH Rewards CARD	SPAR Corned Meat 300 g Assorted 26⁹⁹ each WITH Rewards CARD	Rhodes Baked Beans in Tomato Sauce 400 g 12⁹⁹ each WITH Rewards CARD
SPAR Pilchards in Tomato or Chilli Sauce 400 g 23⁹⁹ each WITH Rewards CARD	Rhodes Butter Beans in Brine or Curry Sauce 410 g, Chakalaka Hot & Spicy or Mild & Spicy 410 g or Creamstyle Sweetcorn 420 g 19⁹⁹ each WITH Rewards CARD	MIAMI Tomato & Onion Mix 410 g 16⁹⁹ each WITH Rewards CARD	Royco Sauces, Gravies or Marinades 32 g - 48 g Assorted 30⁰⁰ each WITH Rewards CARD	Royco Dry Cook in Sauce or Potato Bake 37 g - 50 g Assorted 35⁰⁰ each WITH Rewards CARD	Hinds Spices or Curry Powder 100 g - 170 g Assorted 19⁹⁹ each WITH Rewards CARD	Imana Packet Soup 45 g / 50 g Assorted 20⁰⁰ each WITH Rewards CARD
Imbo Red Speckled Beans 500 g 23⁹⁹ each WITH Rewards CARD	SPAR Macaroni or Spaghetti 500 g 29⁰⁰ each WITH Rewards CARD	Maggi Noodles 5s Assorted 56⁰⁰ each WITH Rewards CARD	Golden Delight Parboiled Thai Rice 2 kg 27⁹⁹ each WITH Rewards CARD	Snowflake Cake, White or Brown Wheat Flour 2.5 kg 36⁹⁹ each WITH Rewards CARD	White Star Super Maize Meal 5 kg 49⁹⁹ each WITH Rewards CARD	

Rise Savers

SPAR REFINED WHITE SUGAR 47⁹⁹ each WITH Rewards CARD	SPAR CORN FLAKES TOASTED CORN CEREAL 49⁹⁹ each WITH Rewards CARD	BOKOMO Traditional Oats WHOLEGRAIN ROLLED OATS 1 kg 34⁹⁹ each WITH Rewards CARD	Kellogg's Coco Pops, Crunchers, Frosties, Froot Loops (Original or Bubblegum) or Rice Krispies (Vanilla, Strawberry or Mash-Ups) 340 g / 350 g / 375 g / 400 g Assorted 45⁹⁹ each WITH Rewards CARD	Parmlat Everfresh Full Cream, Low Fat or Fat Free Long Life Milk 6 x 1 litre 99⁹⁹ per pack WITH Rewards CARD
Nescafé Ricoffy Tin 250 g or Pouch 280 g (Excl. Decaf) 62⁹⁹ each WITH Rewards CARD	Laager Pure Rooibos Tagless Teabags 40s 25⁹⁹ per pack WITH Rewards CARD	Tetley PREMIUM TEA BLEND STRONG FULL-FLAVOURED TEA 102s 39⁹⁹ per pack WITH Rewards CARD	Future life Tots Cereal 250 g Assorted 27⁹⁹ each WITH Rewards CARD	Ellis Brown Coffee Creamer 750 g 49⁹⁹ each WITH Rewards CARD
Nestlé Nespray 850 g 115⁹⁹ each WITH Rewards CARD	Black Cat Peanut Butter 400 g Assorted 36⁹⁹ each WITH Rewards CARD	SPAR Honey 500 g 59⁹⁹ each WITH Rewards CARD	JACOBS Cappuccino Sticks (Incl. Ice Range) 8s / 10s Assorted 100⁰⁰ each WITH Rewards CARD	

SPAR Rewards deals available while stocks last.

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Super low prices!



Coca-Cola
Original Less Sugar,
Coca-Cola Zero,
Fanta, Sprite or
Stoney
PET Bottles
6 x 300 ml

49⁹⁹
per pack

WITH RewardsCARD

Treat Yourself!

Super BUNDLE DEAL

SAVE EXTRA

SPAR Carbonated Soft Drink 2 litre Assorted

BUY ANY 2 FOR

24⁰⁰

Save R4 WITH RewardsCARD

Super BUNDLE DEAL

Appetiser or Grapetiser Original 1.25 litre

BUY ANY 2 FOR

80⁰⁰

WITH RewardsCARD

Mr Orange or Rascals Sport Ready to Drink (Excl. Rascals Fruit Drink) 6 x 300 ml Assorted

26⁹⁹ per pack

WITH RewardsCARD

Super BUNDLE DEAL

Power Play Energy Drink (incl. Zero) 440 ml Assorted

BUY ANY 2 FOR

28⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Red Bull Energy Drink (Incl. Sugar Free) 250 ml Assorted

BUY ANY 2 FOR

30⁰⁰

WITH RewardsCARD

Energade Sports Drink Flavoured Drink 6 x 500ml Assorted

64⁹⁹ per pack

WITH RewardsCARD

Tasty Treats Roskys Biscuits 350 g Assorted

19⁹⁹ per pack

WITH RewardsCARD

Super BUNDLE DEAL

SPAR Cream Biscuits 125 g Assorted

BUY ANY 2 FOR

15⁰⁰

WITH RewardsCARD

Futurelife Smart Oat Energy Bar 38 g Assorted

10⁹⁹ each

WITH RewardsCARD

Jungle Energy Bar 40 g / 47 g Assorted

12⁹⁹ each

WITH RewardsCARD

Nestlé Kit Kat Chocolate Tablets 99 g Assorted

32⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

SAVE EXTRA

Nestlé Kit Kat, Aero, Bar-one, Smarties, Tex, Milkybar Chocolate Bars 40 g / 41.5 g / 52 g

BUY ANY 2 FOR

24⁰⁰

Save R6 WITH RewardsCARD

Cadbury Chocolate Slabs Includes Bubbly and Special Edition (Excl. Fudge Mint Crisp, Fudge Cookie Crumble, Astro, P.S. 5 Star and Crunchie) 136 g / 150 g Assorted

41⁹⁹ each

WITH RewardsCARD

Manhattan Mallows 150 g, Strips 4 x 25 g or Chewy Mints 125 g Assorted

17⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

Beacon Allsorts Liquorice or Mint Imperials 75 g or Maynards Jelly Beans or Fruit Pastilles 60 g Assorted

BUY ANY 2 FOR

25⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

SPAR Potato Chips 120 g Assorted

BUY ANY 2 FOR

26⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

SPAR Flavoured Puffs 100 g Assorted

BUY ANY 2 FOR

24⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

SAVE EXTRA

Doritos Corn Chips 145 g Assorted

BUY ANY 2 FOR

42⁰⁰

Save R8 WITH RewardsCARD

Super BUNDLE DEAL

Lay's Potato Chips 120 g Assorted

BUY ANY 2 FOR

42⁰⁰

WITH RewardsCARD

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

SPAR2U DOWNLOAD NOW ON

Available on the App Store

GET IT ON Google Play

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Shop, swipe, save!



SPAR
Facial Tissues
200s
Assorted

23⁹⁹
per pack
WITH RewardsCARD

Care & Save

Dettol
12HR PROTECTIVE
3x CLEANSING
NEW
Dettol Hygiene Soap 175 g Assorted
BE 100% SURE
BUY ANY 2 FOR
30⁰⁰
WITH RewardsCARD

LUX
Even Tone
PURIFYING CLAY, VITAMIN C & NIACINAMIDE
LUX Beauty Soap 150 g Assorted
BUY ANY 2 FOR
27⁰⁰
WITH RewardsCARD

mentadent P
HERBAL WITH GERM PROTECTION
CLINICALLY PROVEN FLUORIDE TOOTHPASTE
mentadent P
GEL PROTECTION LONG LASTING PROTECTION AGAINST PLAQUE
Mentadent P Toothpaste (Excl. Sensitive & Whitening) 100 ml Assorted
31⁹⁹
each
WITH RewardsCARD

Old Spice
Deodorant Spray 150 ml Assorted
49⁹⁹
each
WITH RewardsCARD

NIVEA
Roll-On for Male or Female 50 ml Assorted
25⁹⁹
each
WITH RewardsCARD

Vaseline
Body Cream or Lotion (Excl. Q10 Range) 400 ml Assorted
55⁹⁹
each
WITH RewardsCARD

Lil-Lets essentials
thick pads with wings
Lil-Lets Essential Sanitary Pads 8s
11⁹⁹
per pack
WITH RewardsCARD

Lil-Lets
10 maxi thick pads with wings
Lil-Lets Maxi Sanitary Pads 10s Assorted
14⁹⁹
per pack
WITH RewardsCARD

Lil-Lets smartfit
25 scented thick pantyliners
Lil-Lets Pantyliners 20s Assorted
16⁹⁹
per pack
WITH RewardsCARD

Baby & You Value

PURITY
CREAM OF MAIZE Baby's Soft Porridge
PURITY
Just Add Milk Strawberry Flavour
Baby Cereal
Purity 3rd Baby Cereal Just Add Milk 200 g or Cream of Maize 400 g Assorted
24⁹⁹
each
WITH RewardsCARD

PURITY
Just Add Milk Instant Oats
Baby Cereal Original
Purity Jungle 250 g Assorted
23⁹⁹
each
WITH RewardsCARD

Johnson's
baby aqueous cream
Johnson's Baby Aqueous Cream 500 ml Assorted
49⁹⁹
each
WITH RewardsCARD

Panado
Paracetamol 500 mg
For relief of mild to moderate headache • pain • fever
Panado Headache Capsules 20s or Effervescent 16s
48⁹⁹
each
WITH RewardsCARD

aspen
ONE-DAY FLU CURE
SUSPENSION
ASSISTS IN RELIEVING THE S...
One-Day Flu Cure 100 ml
66⁹⁹
each
WITH RewardsCARD

HouseHold Value

TWINSaver
Roller Towel 2s
24⁹⁹
per pack
WITH RewardsCARD

SPAR
FIRELIGHTERS
Long Lasting Individually Wrapped Locally Sourced
SPAR Firelighters 3s
22⁹⁹
per pack
WITH RewardsCARD

SPAR
BRIQUETTES
Long Lasting Locally Sourced
SPAR Briquettes 3 kg
49⁹⁹
each
WITH RewardsCARD

SPAR
FIREWOOD
MIXED BUSHVELD HARDWOOD WITH SPLIT & UNSPLIT PIECES
5 kg
SPAR Firewood 5 kg
44⁹⁹
each
WITH RewardsCARD



SPAR Rewards deals available while stocks last.

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6_SC_SSR5677 TV products available nationwide. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).

Savings of the year



Goldair
Quartz Heater

199⁹⁹ each
WITH RewardsCARD

Everyday Value



SPAR
goodliving
Travel Mug
Assorted

49⁹⁹ each
WITH RewardsCARD



Addis
Everyday Gloves
(Medium or Large)

19⁹⁹ per pack
WITH RewardsCARD



Addis
Sponge Scourers
Scrubbi Plus
4's
or
Rainbow
5's

22⁹⁹ per pack
WITH RewardsCARD



Lion
Shoe Polish
50 ml
Assorted

14⁹⁹ each
WITH RewardsCARD



Olima
Lock Box
4 litre

24⁹⁹ each
WITH RewardsCARD



Supa Mama
Value
Drawstring
Refuse Bags
20s

34⁹⁹ each
WITH RewardsCARD



Supa
Mama
Embossed
Heavy Duty Foil
5 Meter

29⁹⁹ each
WITH RewardsCARD



SaveMor
Fluted Candles
400 g

27⁹⁹ per pack
WITH RewardsCARD



SPAR
goodliving
3 way Adaptor

21⁹⁹ each
WITH RewardsCARD



SPAR
goodliving
light Duty
Extension Cord
3 Meter

84⁹⁹ each
WITH RewardsCARD



SPAR
goodliving
LED Opal
light Bulbs
5W
or
9W A60 B22

16⁹⁹ each
WITH RewardsCARD



Duracell
Plus AA
or
AAA
4s

69⁹⁹ per pack
WITH RewardsCARD

tops!
at SPAR

08 July up to and including 21 July 2026



Scan HERE
and find the
drink to match
your Kulcha!

WELCOME
to our
WORLD
of KULCHA



Buffelsfontein
Brandy 750ml
+
Coca-Cola
(Assorted) 1L

BUY BOTH FOR
199⁰⁰



Van Loveren
Chenin Blanc,
Chardonnay
or Sauvignon Blanc
750ml

99⁹⁹ each



Kanonkop
Kadette Cape Blend
750ml

129⁹⁹ each



Savanna
Premium Dry Cider NRB
6 x 500ml

145⁰⁰ per pack



Sunlite
Moscato White or Rosè
750ml

69⁹⁹ each



Tokara
Cabernet Sauvignon
750ml

159⁹⁹ each



Ken Forrester
Assorted Wines
750ml

79⁹⁹ each



South Side
Spirit Cooler Cans
6 x 440ml
Assorted

114⁹⁹ per pack



Amstel
Lager Handies
6 x 330ml

BUY 2 FOR
160⁰⁰

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 at all TOPS at SPAR stores from 08 July up to and including 21 July 2026 (including the Free State, Mpumalanga and North West Province) while stocks last. Not available in KwaZulu-Natal, Lowveld, Limpopo, Eastern, Northern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary by region. 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.

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

Not For Persons Under The Age Of 18.

SC_SSR5677_7

Super Savings



Ariel Auto Power Gel 3 litre or Capsule Pods 30s Assorted

179⁹⁹ each

WITH RewardsCARD

Our biggest deals ever!



Jeyes Home Guard Thick Bleach 750 ml Assorted

23⁹⁹ each

WITH RewardsCARD



Home Care By SPAR All Purpose Cleaner 750 ml Assorted

21⁹⁹ each

WITH RewardsCARD



Home Care By SPAR Air Freshener 210 ml Assorted

13⁹⁹ each

WITH RewardsCARD



SPAR Mini Toilet Tissue 1 ply 9s

26⁹⁹ per pack

WITH RewardsCARD



Sunlight 5in1 Hand Washing Powder 2 kg Assorted

56⁹⁹ each

WITH RewardsCARD



Sunlight 5 in 1 Regular or Extra Strength Dishwash Tablets 46s/ 56s

169⁹⁹ each

WITH RewardsCARD



Sunlight Dishwashing Liquid Refill 750 ml

24⁹⁹ each

Save R5 WITH RewardsCARD



Comfort Fabric Conditioner Pouch 800 ml Assorted

39⁹⁹ each

WITH RewardsCARD

Super Pet Savings



Epol Dog Food (Incl. Puppy) 7 kg / 8 kg Assorted

179⁹⁹ each

WITH RewardsCARD

SAVE EXTRA



SPAR Purrfect Cat Food 4 kg Assorted

139⁹⁹ each

WITH RewardsCARD



Whiskas Cat Food In Jelly or Gravy 85 g Assorted

BUY ANY 4 FOR

50⁰⁰

WITH RewardsCARD

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.

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

SPAR

SUPERSPAR

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