

Chop, Blend, Eat Repeat

Meal prep made easy!

SHOP COLLECT SAVE

Get one SPAR sticker with every R100 you spend in-store
Fill your collector card with 10 stickers
on Royalvkb Stainless Steel Knives

royalvkb

Get your
collector card
today!

SPAR



Clover
Go Nuts
Peanut
Butter
400 g

24⁹⁹
each



Jacobs
Krönung
Coffee Bottle
Assorted
200 g
or Refill Pouch
230 g

99⁹⁹
each



Nestlé
Milo
Energy Drink
500 g

54⁹⁹
each



Ouma
Rusks
Assorted
450 g /
500 g

37⁹⁹
each



Nestlé
Cremora
Coffee
& Tea
Creamer
750 g

42⁹⁹
each



Nescafé
Gold
Cappuccino
Sticks
Assorted
8s / 10s

MULTI-BUY
Buy any 2 and get
R5 off
Rewards Customers Pay
105⁰⁰



SPAR
Cornflakes
1 kg

43⁹⁹
each



Futurelife
Smart
Oats
Assorted
500 g

31⁹⁹
each

SUPERSPAR



Specials only available at selected SUPERSPAR stores in the Eastern Cape from 21 June up to and including 3 July 2022, while stocks last. We reserve the right to limit quantities. Prices include VAT.