

Fill up your trolley

FOR LESS!



Nutriday  
Smooth Yoghurt  
(Excl. Fruit)  
6 x 100 g

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



Today's  
Puff Pastry  
400 g

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



Fry's  
Pea Protein Mince  
300 g

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



Yogi Sip  
Assorted  
500 g

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

I&J  
Light & Crispy  
Crumbed Hake Fillet  
500 g

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



Rainbow  
Simply Chicken  
Crumbed Chicken  
400 g

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



Eskort  
Pork Sausages  
375 g

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



Lancewood  
Double Cream Yoghurt  
1 kg

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



The secret ingredient is always

**CHEESE!**



SPAR



Sunshine D  
40% Fat Spread  
Lite Tub  
1 kg

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



Stork  
Bake Margarine 80% Brick  
500 g

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



McCain  
Country Crop,  
Garden Mix or Mixed Veg  
1 kg

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



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

President  
Creamy Blue Cheese  
100 g



Lancewood  
Cream Cheese  
230 g

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



Lancewood  
Cheese  
900 g

Get  
**R5 off**  
Rewards Customers Pay  
**89<sup>99</sup>**  
each



President  
Simonzola or  
Blaauwberg Cheese  
100 g

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



Get  
**R2 off**  
Rewards Customers Pay  
**19<sup>99</sup>**  
each

The Laughing Cow  
Cheese Wedges  
120 g



President  
Brie or Camembert  
125 g

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



SUPERSPAR