



Freshline  
Ripe 'n Ready  
Avocados  
2's  
**25<sup>99</sup>**  
per pack



Freshline  
Soft Citrus  
1 kg  
**8<sup>99</sup>**  
each



Freshline  
Potato  
2 kg  
**25<sup>99</sup>**  
each



Freshline  
Cauliflower, Broccoli  
or Mixed Florets  
500 g  
**24<sup>99</sup>**  
each



Freshline  
Soup Mix Assorted  
600 g  
**50<sup>00</sup>**  
BUY ANY 2 FOR



Freshline  
White or Portobello  
Mushrooms  
250 g  
**35<sup>00</sup>**  
BUY 2 FOR



**SPAR Select**

SPAR Select  
Fresh Whole Bird  
in Bag (No Giblets)

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



SPAR Select  
Fresh or Skin Pack  
Chicken Breast Pack  
5-piece

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

Tender & Tasty  
Deboned Chicken  
Thigh Espetada

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



Marinated Deboned  
Chicken Thigh  
Kebabs

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



SERVING SUGGESTION



SPAR Select  
Bulk Beef  
Sirloin Steak

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

SPAR Select  
Bulk Pork  
Rib Chops

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

SIP, SNACK, SAVOUR



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



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



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



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



Four Cousins  
Dry Red or Sweet Red  
3 litre  
**109<sup>99</sup>**  
each



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

Not For Persons Under The Age Of 18.



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



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



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



Elim  
Spiced Beef  
125 g  
**27<sup>99</sup>**  
each

Elim  
Frankfurters Range  
**9<sup>99</sup>**  
per 100g

Elim  
Gypsy Ham  
**13<sup>99</sup>**  
per 100g



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



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

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



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



Get  
**R1 off**  
Spend R100 or more  
**16<sup>99</sup>**



**30<sup>00</sup>**  
per combo



Russian & Chips  
**20<sup>00</sup>**  
per combo

**SUPERSPAR**

