

My BUTCHER'S Choice



SERVING SUGGESTION



County Fair
Fresh Chicken Breast
Fillets

74⁹⁹
per kg



SERVING SUGGESTION

**TENDER
and
TASTY**

Rewards
customers
**BUY 2 AND GET
R6 off**

SPAR Select
Bulk Rump Steak
124⁹⁹
per kg

SPAR
Tender & Tasty Bacon
and Cheese Wors
420 g
43⁹⁹

FEAST of FRESH!

My DELI Choice



SERVING SUGGESTION

Hartlief
Windhoek Salami
24⁹⁹
per 100g

Guy's
Gourmet Pate
125 g
22⁹⁹
each

My FRESH Choice



SERVING SUGGESTION

SPAR
freshline

Freshline
Chopped Mixed
Mushrooms
350 g
19⁹⁹
each



SERVING SUGGESTION

SPAR
freshline

Freshline
Nectarine or Yellow
Cling Peaches
Mini Box
29⁹⁹
per box



SERVING SUGGESTION

SPAR
freshline

Freshline
White, Red or Black
Seedless Grapes
500 g
19⁹⁹
per punnet

My CHEF'S Choice



SERVING SUGGESTION

DELICIOUS

DELICIOUS
Family Meals
1 kg
114⁹⁹
each

Freshline
DELICIOUS Filled Roll
Assorted, 1's
35⁹⁹
each

My BAKER'S Choice



SERVING SUGGESTION

SPAR
freshline

Freshline
Muffins Assorted
6s + 3 Free
47⁹⁹
each

Ciabatta Bread
13⁹⁹
each



KVV
Roodeberg Red
750ml
89⁹⁹
each

Diemersdal
Sauvignon Blanc
750ml
69⁹⁹
each

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www.aware.org.za

Not For Persons Under The Age Of 18.

MONDAY



SERVING SUGGESTION

MEGA-MUNCH
MONDAYS

20⁰⁰
RUSSIAN & CHIPS

Only on Monday. Only at SPAR.

SPAR

Available in the Western Cape only. Prices valid from 24 January - 9 February 2022.

TUESDAY



SERVING SUGGESTION

CHICKA
CHICKEN
TERRIFIC
TUESDAYS

22⁵⁰
4 CHEEKY CHICKA WINGZZ & CHIPS
Boneless formed chicken snack

Only on Tuesday. Only at SPAR.

SPAR

Available in the Western Cape only. Prices valid from 24 January - 9 February 2022.

WEDNESDAY



SERVING SUGGESTION

MUNCHDOWN
WEDNESDAYS

25⁰⁰
BATTERED HAKE & CHIPS

Only on Wednesday. Only at SPAR.

SPAR

Available in the Western Cape only. Prices valid from 24 January - 9 February 2022.

THURSDAY



SERVING SUGGESTION

THRIFTY
THURSDAYS

27⁵⁰
EACH
BEEF BURGER & CHIPS

Only on Thursday. Only at SPAR.

SPAR

Available in the Western Cape only. Prices valid from 24 January - 9 February 2022.

Specials available from **24 JANUARY** at SPAR Aurora, Bellville, Brackenfell, Cape Quarter, Cedar (Bothasig), Century Village, Fish Hoek, Glenwood, Grassy Park, Groote Schuur, Hout Bay, Kasselsvlei, Old Oak, Palm Grove, Platteklouf, Protea Hoogte, Sea Point, Uitzicht, Vredokloof, Van Riebeeckshof, Yzerfontein, Woodstock Quarter & SPAR on 12th (Kensington) stores, up to and including **07 FEBRUARY 2022**, while stocks last. Offers exclude George, Knysna & Plettenberg Bay stores. Prices include VAT. No traders please.