

GET THE BEST FOR LESS



SPAR
Margarine
Brick
500 g

12⁹⁹

Guaranteed to be as good as the best for less

SPAR



PRODUCTS

SPAR
Flavoured
Soft Drink
(Selected)
2 litre

9⁹⁹
each

SPAR
2 Ply
Toilet Tissue Rolls
(White)
9s

42⁹⁹
per pack

SPAR
Refined White Sugar
2.5 kg

34⁹⁹



Valid from Tuesday,
9 August - 21 August 2016



18⁹⁹
each

SPAR
Large Eggs
18s

21⁹⁹
per tray

SPAR
Mayonnaise or
Low Oil Salad Dressing
750 g/ 780 g

We're better together

my

SUPERSPAR



Rich cottage pie with mustard thyme crust

Ingredients

10 ml SPAR Sunflower Oil
 1 SPAR Freshline Onion, finely chopped
 700 g SPAR Beef Mince
 1 x 410 g Tin SPAR Tomato & Onion Mix
 1 Packet SPAR Brown Onion Soup Powder
 250 g SPAR Frozen Baby Carrots
 250 g SPAR Frozen Peas
 8 SPAR Freshline Large Potatoes, peeled and quartered
 65 ml SPAR Milk
 SPAR Salt and Pepper, to taste
 30 ml SPAR Butter
 2 SPAR Large Eggs, beaten
 10 ml SPAR Whole Grain Mustard
 15 ml thyme, freshly chopped
 400 ml water

Method

Grease a casserole dish, and preheat the oven to 180°C. Fry onion in oil until transparent. Add the mince and fry until crumbly. Add the tomato & onion mix, water, contents of the sachet of brown onion soup powder and simmer for 45 minutes, adding a little extra water if needed. Add the carrots and peas and mix together well. Place in a casserole dish. Boil the potatoes until tender. Drain, mash with milk and butter until smooth. Beating quickly, add the eggs and freshly chopped thyme and mustard. Season to taste with salt and pepper. Spread over the surface of the mince and make a pattern on top using a fork. Bake for 25 minutes until lightly golden brown, bubbling and heated through.

Preparation Time: 25 minutes
 Cooking Time: 60 minutes
 Serves: 6

Quality products at prices you can afford

For more recipes join us on <http://www.spar.co.za/recipes>

749 each

1499 each

1149 each

999 each

1899 each

1699 each

899 each

BUY ANY 3 FOR 1099

2299 each

1299 each

1999 each

1399 each

3599 each

BUY ANY 2 FOR 3000

2199 each

2499 each

2499 each

3799 each

3899 each

3699 each

2299 each

2299 each

BUY ANY 6 FOR 3000

1299 each

1299 each

3999 each

1499 each



my **SUPERSPAR**

Find us on [f /myspar](https://www.facebook.com/myspar)



SPAR Clean-IT All Purpose Cleaner (Selected) 750 ml

13⁹⁹ each



SPAR Wash-IT Dish Wash-IT (Selected) 750 ml

16⁹⁹ each



27⁹⁹ each



SPAR Baby Aqueous Cream (Selected) 250 ml

11⁹⁹ each



SPAR Baby Petroleum Jelly (Selected) 250 ml

16⁹⁹ each



SPAR Biodegradable Baby Wipes (Selected) 72s

22⁹⁹ per pack



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A whole lot of fun, whole lot of yum!



SPAR Squillos Cereal (Hazelnut & Chocolate or White Chocolate) 350 g

31⁹⁹ each



SPAR Squillos Triangles Cheese Spread 140 g

19⁹⁹



SPAR Squillos Snacks (Cheese or Savoury) 150 g

8⁹⁹ each

Exclusive to **SPAR**

We've got great savings!

BUY 2 FOR **20⁰⁰**



Willard's Flanagan's Kettle Fried Chips (Selected) 125 g

12⁹⁹ each



Bakers Good Morning Breakfast Biscuits (Selected) 300 g

22⁹⁹ each



Messaris Peanuts (Selected) or Peanuts and Raisins 450 g

29⁹⁹ each



Beacon Chocolate Slab (Selected) 80 g

9⁹⁹ each



Lipton Flavoured Ice Tea (Selected) 500 ml

9⁹⁹ each



Refreshhh Energy Drink 440 ml

5⁹⁹



Bakers Original and Best Tennis Biscuits (Selected) 200 g

Super C Gums (Selected) 125 g

10⁹⁹ each



Appletiser or Grapetiser (Selected) or Peartiser 1.25 litre

21⁹⁹ each



Daly's Concentrated Fruit Drink Blend (Selected) 1.25 litre

18⁹⁹ each



Simba Nik Naks (Selected) 150 g

BUY ANY 2 FOR **16⁹⁹**



Tsitsikamma Sparkling Flavoured Water (Selected) 500 ml

BUY ANY 2 FOR **8⁹⁹**

CHOOSE LOCAL
PRODUCED LOCALLY

Baked here for local freshness

Freshline Muffins (Selected) 4s **19⁹⁹** per pack

Assorted Pretzels 80 g **7⁹⁹** each

SERVING SUGGESTION

Freshline Large Garlic Bread 330 g **25⁹⁹** each

SPAR Assorted Speciality Bread **19⁹⁹** each

CHOOSE LOCAL
PRODUCED LOCALLY

Unique Eastern Cape Flavour

Farmhouse Floorworts **54⁹⁹** per kg

Bulk Stewing Beef **49⁹⁹** per kg

Butchery specials available from 8 - 14 August 2018

SERVING SUGGESTION

Crumbed Chicken Breast **59⁹⁹** per kg

Anchor Brand Pack 6 Piece **39⁹⁹** per kg

CHOOSE LOCAL

and help make a better life for us all
#chooselocal Read more on [f](#) SPAR EC in Action **SUPERSPAR**

CHOOSE LOCAL
PRODUCED LOCALLY

Grown around the corner

Freshline Soup Mix (Selected) 400 g **18⁹⁹** each

SERVING SUGGESTION

Golden Delicious Apples 1.5kg **18⁹⁹**

CHOOSE LOCAL
PRODUCED LOCALLY

Prepared Locally with love

Five Goshine ROOSTERHOEF
COUNTRY EGG + CHICKEN

15⁹⁹ Available until **11am**

SPAR Cold Meat Range (Selected) 200 g **15⁹⁹** each

Pork products only available at selected SUPERSPAR stores

SERVING SUGGESTION

Enterprise Salsami (Selected) or Cervelat **17⁴⁹** per 100 g

Enterprise Country Smoked or Peppered Ham **13⁹⁹** per 100 g

Pork products only available at selected SUPERSPAR stores

I find the best prices here

179⁹⁹ per pack



Nestle Cerelac No. 1 Baby Cereal (Selected) 250 g

23⁹⁹ each

Pampers Active Baby Jumbo Pack Disposable Nappies (Midi 76's, Maxi 66's, Maxi + 62's or Junior 52's) or Premium Care (Maxi 52s or Midi 60s)



Down Hand and Body Lotion 400 ml or Cream 250 ml / 280 ml (Selected incl. Men's)

13⁹⁹ each



Colgate Total, Max, Advance, Sensifoam or Neutralise Toothpaste 75 ml

14⁹⁹ each



Aquafresh Fluoride Toothpaste (Fresh & Minty Blue, Mild & Minty, Herbal or Lemon Mint) 100 ml

6⁹⁹ each



Coty Deodorant for Men and Women (Selected) 90 ml / 120 ml

29⁹⁹ each



Shield Roll-on Deodorant for Men or Women (Selected) 50 ml

12⁹⁹ each



L'Oréal Elvive Shampoo 250 ml or Conditioner 200 ml (Selected)

36⁹⁹ each



Dettol Soap (Selected) 175g

8⁹⁹ each



Kotex Ultra Pads With Wings (Normal, Super or Young) 8s / 10s

19⁹⁹ per pack



Kleenex 2 Ply Facial Tissues (Shades or White) 180s

19⁹⁹ per pack



Brut Deodorant Spray For Men (Selected) 120 ml

21⁹⁹ each

The best choice for me is here!

39⁹⁹ each



OMO Auto Washing Powder 3 kg, Liquid 900 ml or Capsules 514 ml

58⁹⁹ each



Harpic Power Toilet Cleaner (Selected) 500 ml

15⁹⁹ each



Ariel Hand Washing Powder (Selected) 2 kg

Comfort Concentrated Fabric Conditioner (Selected) 800 ml

39⁹⁹ each



Domestos Thick Bleach (Lavender Blast, Lemon Fresh or Summer Fresh) 750 ml

21⁹⁹ each



Garbie Supersaver Refuse Bags 10s

15⁹⁹ per pack



Handy Andy Refill Pouch (Selected) 750 ml

14⁹⁹ each

BUY ANY 2 FOR **22⁰⁰**



Vitagen Dog Food (Selected) 6 kg / 8 kg

109⁹⁹ each



BUY ANY 5 FOR **30⁰⁰**

AS SEEN ON TV



Husky Dog Food (Selected) 775 g

17⁹⁹ each



Marltons Semi Moist Treats (Selected) 120 g

15⁹⁹ each

We're better together

my

SUPERSPAR



SAY "CHEERS!"
with these savings!

SAVE R20

SPAR Good Living Glass Mixing Bowl Set 3 Piece **50⁰⁰**

SPAR Good Living Willy Beer Glass **8⁰⁰** each

COMBO DEAL
50⁰⁰ per combo

SPAR Good Living Hi Ball Tumblers 6 x 280 ml, or Zombie Tumblers 6 x 310 ml PLUS THIRSTY WATER 1.5 LITRE

I've found the lowest prices

Ola Cornetto Classic 120 ml **15⁰⁰**

AS SEEN ON TV

Danone Nutriday Smooth or Fruit Yoghurt (Selected) 1 kg **24⁹⁹** each

Sunshine D Life Medium Fat Spread Tub 1.2 kg **24⁹⁹**

Today Original Puff Pastry 400 g **9⁹⁹**

Clover The Classic Smooth Yoghurt (Selected) 6 x 100 g **12⁹⁹** each

Lancewood Cheddar (Selected) or Gouda 900 g **79⁹⁹** each

JUICY Burger.

Juicy Burgers 1 kg **26⁹⁹**

County Fair Crumbed Chicken Breast Steaks (Selected) 400 g **37⁹⁹** each

tops!
at SPAR

PARTY COMRADES ALWAYS BRING THE MAGIC

Southern Comfort (Selected) 750ml **134⁹⁹**

Klipdrift Export Brandy 750ml **109⁹⁹**

Hunter's Extreme Handies 6 x 275ml **59⁹⁹** per pack

Perdeberg Soft Smooth Red, Chateau Blanc and Sauvignon Blanc 750ml **BUY 3 FOR 100⁰⁰**

Namaqua Natural Sweet Wine (Rose Only) 5L **99⁹⁹**

BECOME A PARTY COMRADE AND WIN!
Stand a chance to WIN a party of 4 winners for you and 3 friends on the DRAGON Party cruise!
Plus monthly giveaways up for grabs!
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www.dragonparty.com



Best prices available at all SPAR stores, please see store call number 0800 31 3147 or visit our website: www.dragonparty.com

My Seafood choice

OVEN-ROASTED BABY HAKE

INGREDIENTS
1,5 kg SPAR Baby Hake (thawed)
4 T olive oil, plus extra for drizzling
3 cloves garlic, crushed
1/2 cup Italian flat-leaf parsley, finely chopped
100 g SPAR Choice Butter
Fresh oregano, for sprinkling

COOKING INSTRUCTIONS
Preheat the oven to 180°C. Using a sharp knife, remove any fins from the fish, then slash the skin and rub with olive oil. Stuff the slits with the garlic, most of the parsley and a slice of lemon, then drizzle over a little more oil if necessary. Roast for 15 to 20 minutes, or until firm but still moist. In a small saucepan over a medium heat, melt the butter with a sprinkling of parsley and drizzle over the roasted hake. Sprinkle with oregano to finish.

SPAR Baby Hake 1.5 kg **49⁹⁹**

Chapmans Calamari Rings 800 g **64⁹⁹**

Serving Suggestion

Not for Sale to Persons Under the Age of 18.

I get much more at these prices!

Jacobs Krönung Instant Coffee (Rich Aroma or Mild) 200 g or Economy Pack 250 g



Trinco Tagless Teabags 100s

16⁹⁹ per pack

94⁹⁹ each



Nestlé Milo Malt Energy Drink 500 g

39⁹⁹



Café Enrista Coffee 3 in 1 (Selected) 500 g

72⁹⁹ per pack

AS SEEN ON TV



All Gold Super Fine Apricot Jam 900 g

19⁹⁹



Futurelife Smart Oats (Selected) 500 g

25⁹⁹ each



Kellogg's Rice Krispies Rice Grain Cereal 400 g

29⁹⁹



BUY 2 FOR **20⁰⁰**

First Choice Vanilla Custard 500 ml



Bokomo Corn Flakes (Original Only) 1 kg

39⁹⁹ each



Bokomo Weet-Bix 450 g

21⁹⁹



Knorr Lasagne Maité (Selected)

25⁹⁹ each



Robertson's Rajah Curry Powder (Selected) 50 g

11⁴⁹ each

AVAILABLE AT THE FOLLOWING SUPERSPAR STORES:

PORT ELIZABETH SUPERSPARS: Bluewater Bay, Despatch, Gelvandale, Hunters Retreat, Mount Pleasant, Newton Park, Our, Summerbreezz, Sunridge, Stamford Square, Waterfront
EAST LONDON SUPERSPARS: Amalinda, Ashmel, Gonubie, Nahoon, Spargs Beacon Bay, Southernwood, Vincent • KNYNSNA SUPERSPAR: Knynsna
GEORGE SUPERSPAR: Heather Park • JEFFREY'S BAY SUPERSPAR: Jeffrey's Bay • ST. FRANCIS BAY SUPERSPAR: Village Square • PORT ALFRED SUPERSPAR: Rosehill
UITENHAGE SUPERSPAR: Levyvale • QUEENSTOWN SUPERSPAR: Protea, Queenstown • PLETTENBERG BAY: Melville's • CRADOCK SUPERSPAR: Tams

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visit www.spar.co.za

Specials only available at the above selected SUPERSPAR stores from 8 August up to and including 21 August 2016, while stocks last. We reserve the right to limit quantities. TV products available nationally. Prices include VAT.

FASTENET