

SPAR



For the one you adore

£7.50
Valentine's
meal deal



SPAR Crispy
Salad Bag
- 125g



SPAR Sirloin Steaks
- 340g



SPAR Sweet Potato Wedges
- 350g

Offer subject to availability, valid 08/02/2018 - 28/02/2018.

Offer includes SPAR Sirloin Steak 340g, SPAR Crispy Salad 125g and SPAR Sweet Potato Wedges 350g.

Grocery 15/02/18 - 07/03/18 Fresh & Frozen 08/02/18 - 28/02/18 Alcohol: 01/02/18 - 21/02/18

Breakfast - a great start to your day!



Kingsmill Crumpets 6 Pack /
Pancakes 6 Pack / Muffins 4 Pack



I Can't Believe It's So Good
- 500g



Mullerlight Big Pot Yogurt
Lemon / Coconut / Skinny Latte - 500g



Savse Smoothie
Super Green / Purple - 250ml



Tropicana Orange Smoothie /
Original - 850ml



Kellogg's Bran Flakes 750g /
Weetabix 24s



SPAR Smoked / Unsmoked Rindless
Back Bacon - 250g



L'OR Coffee Classico / Intense
- 100g



Stock up for your night in!



Cadbury Caramel Nibbles 120g / Boost Bites 108g

£1



Walkers Max Strong Jalapeno & Cheese / Chilli & Lime - 150g

£1



Thornton's Bites Caramel Shortcake 146g / Brownie 139g

£1



Uncle Ben's Express Rice Long Grain / Basmati - 250g

2 FOR £2



Uncle Ben's Korma 450g / Medium Curry 440g

2 FOR £2



Old El Paso Stand N Stuff Soft Tortilla BBQ Kit 345g / EMST Kit 329g

£2



Coca Cola Regular/Diet - 1.75ltr

2 FOR £2.75



Staropramen / Cobra - 4x330ml

£4



Hardys VR Chardonnay / Shiraz - 75cl

£5.50

BIG SAVINGS

One week Only



Typhoo Teabags - 240s

£3

Valid 15th - 21st Feb



Buxton Still Water - 8x500ml

£1.50

Valid 22nd - 28th Feb



Surf Tropical - 60 Wash

£6

Valid 1st - 7th Mar

Frozen Meal Deal



Slow Cooked BBQ Pulled Pork - 380g

Or



Slow Cooked Duck Legs - 445g

+



Aunt Bessie's Roast Potatoes - 700g

Or



Aviko Cream & Cheese Gratin - 150g

Offer subject to availability, valid 08/02/2018 - 28/02/2018.
Offer includes any one Slow Cooked BBQ Pulled Pork 380g or Slow Cooked Duck Legs with Port & Orange Sauce 445g and any one Aviko Cream & Cheese Gratin 150g or Aunt Bessie's Roast Potatoes PMP £1.89 170g

Spring Cleaning



Lenor Spring Awake/Summer Breeze - 550ml



Domestos Extended Germ Kill Bleach Regular/Citrus - 750ml



Mr Muscle Bathroom/Kitchen - 750ml



Finish Dishwasher Cleaner - 250ml



Finish Quantum Max Original - 18s



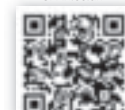
Ariel Laundry Detergent - 1.2 Litres



To find your nearest store scan the code below or visit SPAR.co.uk



drinkaware.co.uk
for the facts



www.SPAR.co.uk

See in-store for selected services. Mobile phone top-up cards and cashback facilities. See in-store for details. *For Multibuy deals see in-store for individual retail price on store shelf edge labels. Prices and savings shown are based on recommended retail prices previously charged in 20% of SPAR stores in Central & South East England and Wales between 03/01/17 - 31/01/18. Offers are subject to availability only in participating SPAR stores.
Offers available from Alcohol: 01/02/18 - 21/02/18 Fresh & Frozen: 08/02/18 - 28/02/18 Grocery: 15/02/18 - 07/03/18. E&OE. Higher retail prices were previously charged in over 300 Meridian and Welsh SPAR stores. Prices correct at time of going to press. Varieties as stocked. See in-store for selected services.