

SPAR



There for...

Winter Warmers

See
inside for
recipe

- Breakfast made easy
- Warming Winter Favourites
- Get Christmassy with our Festive Treats



There for... Breakfast



Kingsmill Crumpets/Pancakes/Muffins
4 Pack/6 Pack



SPAR Medium Eggs - 6 Pack



Flora Original - 500g



Richmond Irish Thick Sausages - 681g



Tropicana Premium/Smooth
Orange Juice - 1.75 ltr



Walls unsmoked Bacon - 368g

Fresh For Less



Fine Beans - 150g



SPAR Value Apples
- 5 Pack



SPAR Baking Potatoes
4 Pack



SPAR Savoy Cabbage
- Single

There for... Tonights Tea



Garlic Baguette - 190g

£1



Dolmio Bolognese Original/ Low fat - 500g

£1



SPAR Tortelloni Spinach & Ricotta/Chicken & Bacon - 250g/ SPAR Sauce Tomato & Herb - 350g

ANY 2 FOR £3



New Covent Garden Soup Carrot & Coriander/ Leek and Potato - 600g

£1



SPAR Pepperoni/Three Cheese Pizza - 365g/375g

ANY 2 FOR £5



SPAR Stewing Steak 300g/SPAR Fresh Chicken Breast 285g/SPAR Pork Chops 400g/ SPAR Lean Mince 300g

ANY 2 FOR £6

Recipe:

Warming Beef and Red Wine Stew

Start by preheating your oven to 180 C. In a large frying pan, add 1 tablespoon of butter and 1 tablespoon of the olive oil. Next brown the stewing steak on all sides in the frying pan and season with salt and pepper. Add the thinly sliced onion and crushed garlic and cook over a medium heat, until the onion is cooked.

Sprinkle over flour and stir to cover the meat then transfer to a casserole dish. Next add the wine, thyme, season with salt and pepper and bring to the boil whilst continuously stirring.

Next, place the casserole dish into the oven ensuring it is firmly covered leaving to stew for 1 hr 40 mins until the beef is soft and tender.

In a separate pan, mix the small onions, carrots and mushrooms. Add the remaining 1 tablespoon of olive oil, 60ml of water and a pinch each of sugar, salt and pepper. Bring to the boil before covering the pan and simmering until most the water has evaporated. Remove the cover and cook on a high heat, until the vegetables are soft and nicely browned. Next add the vegetables to the casserole dish, mix and serve..

INGREDIENTS

- 2 tbsps SPAR olive oil
- 1 tbsp SPAR butter
- 600g SPAR stewing steak
- SPAR ground black pepper
- 1 cup finely chopped onion
- 1 tablespoon crushed garlic
- 75cl bottle dry red wine - *We recommend SPAR South African Pinotage RRP £6.99*
- 1 tablespoon plain white flour
- 15 small white onions, peeled & roughly chopped
- 400g SPAR Closed Cup Mushrooms
- 15 baby carrots, peeled
- Sprinkle of SPAR sugar
- Sprinkle of dried thyme (optional)



There for... Christmas



ANY 2 FOR
£3

Mini Sausage Rolls/Cocktail Sausages/
Savoury Eggs 20/12/18 Pack



£1

SPAR Mince Pies
Deep Fill 6 Pack



£1

Mr Kipling Winter Whirls/Cadbury Snow
Cake Bars - 6 Pack/5 Pack



£2

SPAR Luxury Mince Pies
6 Pack



£2

SPAR Mixed Olives
with soft Cheese - 165g/Chilli - 180g



£2

SPAR Continental Meat Selection - 120g

There for... Treats



Buy 1
Get 1
FREE

Butterkist Popcorn
Toffee - 100g/Sweet - 85g/Sweet & Salted - 85g



50p

Jammie Dodgers - 140g



£1

Twix Biscuits - 9 Pack



£1

Smarties Block - 120g/
Aero Milk Block - 100g



£1

McVities Christmas Penguin Yule Log - 6 Pack/
McVities Mars Cake Bars - 5 Pack



£2

Kelly's Chocolate Brownie Salted Caramel 950ml/
Kelly's Honeycomb Crunch - 950ml

There for... Deals



£1.25

Plenty Seasonal Print Kitchen Towel - 2 pack



£1.75

Triple Velvet White Toilet Roll - 4 Pack



£2

J20 Orange & Passionfruit/Apple & Mango - 4x275ml



£2.50

Felix Pouches Fish/Mixed in Jelly - 12 Pack



£3

Winalot Variety/Gravy Casserole - 6 Pack

There for... Winter Cleaning



£1

Flash Spray & Bleach/Spray Bathroom - 500ml



£1

Flash Wipe & Go - 40's



2 FOR £1.20

SPAR Thick Beach Original/Lemon - 750ml



£2

Febreze Air Cotton Fresh/Spray Classic - 300ml/500ml



£2.29

Daz Go Pods - 12's



£2.29

Ariel Bio Wash - 10 Wash



£2.50

Mr Muscle Oven Cleaner - 300ml



There for... Wines



£3.50

Belgars Mulled Wine 75cl

Aromatic, fruity & spicy mulled wine that is rich in orange, lemon and red berry fruits balanced with spiced aromas. This is a traditional, aromatic and lightly spiced Mulled Wine with seasonal warmth and flavour.



£4.79

Isla Negra Sauvignon Blanc 75cl

A bright, radiant wine. Aromas of citrus fruits and peaches combine with herbaceous notes to give this Sauvignon Blanc an amazing minerality. It is an appealing wine, fresh, balanced and dry, light but sophisticated.



£4.79

Isla Negra Merlot 75cl

A vivid and vigorous dark ruby red Merlot with rich aromas of cherries and black berries that mingle with pleasant notes of cacao. Elegant and velvety, its palate is round and full bodied, with a deliciously long lasting aftertaste.



£5.50

SPAR French Sauvignon Blanc 75cl

Light grassy aromas followed by stone fruit & citrus flavours. Ideal paired with salads, poultry & fish dishes.



£5.50

Barefoot Pinot Grigio 75cl

Perfect for a refreshing drink with friends with flavours of green apple and peach undertones. Try this refreshing white with pizza, pasta and poultry.



£5.50

Barefoot Merlot 75cl

A full bodied wine, this merlot has hints of cherry, plum and chocolate. Pairs well with red meats and tomato based dishes.



£6

Oxford Landing Sauvignon Blanc 75cl

Refreshing, zingy light citrus flavours make this a great summer wine & ideal with salads, fish & poultry.



£6

SPAR Cava 75cl

A lean, clean fizz with hints of lemon sorbet that is an ideal celebration / party wine. Goes well with salty snacks, olives & seafood. Also a great base for sparkling cocktails!



£6

Casillero Del Diablo Sauvignon Blanc 75cl

Crisp, fresh herbal aromas followed by light lychee flavours. Ideal with salads & seafood.



£6

Casillero Del Diablo Cabernet Sauvignon 75cl

A zingy bright cherry nose leads to a medium bodied palate with long, ripe fruit, silky tannins and berry aftertaste.



£6.50

Trivento Reserve Malbec 75cl

A well balanced Merlot, with a velvety finish this wine is aged for 6 months in French Oak barrels giving it aromas of raspberry jam and plum and notes of vanilla.



£6.50

Trivento Reserve Chardonnay 75cl

Ripe tropical fruit aromas balanced out with white chocolate and coconut notes. This is a fresh and delicate wine perfect with fish and tomato based dishes.

Perfect for... Parties



£7.50

Perlozza Prosecco/
Spumante Rosé
75cl



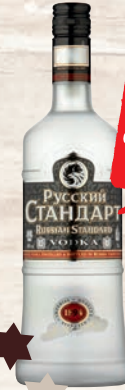
£9

Taylor's
First Estate
75cl



£11

Taylor's
Late Bottled
Vintage Port
75cl



£13

Russian
Standard
Vodka
70cl



£13

Disaronno
Liqueur
50cl



£18

Bombay
Sapphire
Gin
70cl



£10

Carlsberg 15x440ml
Strongbow Dark Fruits
10x440ml
Corona Extra 12x330ml



£4

Budweiser 4x300ml
San Miguel 4x330ml
Estrella 4x330ml

Week 7

£5.50 EACH

Fern Hills Sauvignon Blanc/
SPAR Rios de los Andes Malbec 75cl.
Offer ends 17/11/16 - 23/11/16
Varieties as stocked, Subject to availability, while stocks last.

Week 8

£4

McVitie's Moments 400g.
Offer ends 24/11/16 - 30/11/16
Varieties as stocked. Subject to availability, while stocks last.

Week 9

89p

SPAR Chocolate Santa 150g.
Offer ends 01/12/16 - 07/12/16
Varieties as stocked. Subject to availability, while stocks last.

50p OFF

FRESH MEAT or FRUIT AND VEGETABLES

When you spend £2 or more

Valid 28/11/16 - 04/12/16
Participating Blakemore Retail Stores Only.



£1 OFF

When you spend £10 or more

(Excluding Cigarettes & Tobacco/ Paypoint & National Lottery Services/ Baby Formula & Fuel)

Valid 05/11/16 - 11/12/16
Participating Blakemore Retail Stores Only.



£2 OFF

When you spend £10 or more

(Excluding Cigarettes & Tobacco/ Paypoint & National Lottery Services/ Baby Formula & Fuel)

Valid 12/11/16 - 18/12/16
Participating Blakemore Retail Stores Only.



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



collect+ drinkaware co uk



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. Half price 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 06/10/16 - 28/10/16. Offers are subject to availability only in participating SPAR stores. Offers available from Alcohol: 10/11/16 - 07/12/16 Fresh & Frozen: 17/11/16 - 07/12/16 Grocery: 24/11/16 - 07/12/16. E&OE. Cross out prices shown on this leaflet or 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. Lowest price item Free in BOGOF deals. See in store for selected services.