

Picnic

At SPAR we want to make sure that whatever your lifestyle and food preference, we have a quality range of better choices available in our stores.

Prepack Meats

SPAR Tikka Chicken Pieces
 SPAR Roast Chicken Pieces
 SPAR Chicken Pieces
 SPAR Chicken Wafer Thin
 SPAR Carved Turkey Slices
 SPAR Turkey Wafer Thin
 Green Farm Chicken Pieces Plain
 Green Farm Roast Chicken Slices
 Green Farm Cajun Chicken Pieces
 Green Farm Tikka Chicken Pieces
 Green Farm Sliced Roast Beef
 Denny Roast Chicken Slices
 Denny Roast Turkey Slices

Grocery

SPAR Pittas Round Brown
 Kelkin Sourdough Gluten Free Bread
 Kelkin Sourdough With Seeds Gluten Free Bread
 Kelkin Free From White Bread
 Kelkin Free From Brown Bread
 Ryvita Crackerbread original
 Ryvita Crackers Original
 Pat the Baker Slimbos Plain White
 Pat the Baker Slimbos Brown Mixed Seed
 Pat the Baker Slimbos Sesame & Linseed
 SPAR Rice Cakes Seasalt
 Kelkin Rice Cakes Unsalted
 Hellmann's Mayonnaise Light
 Hellmann's Mayonnaise Light Squeazy
 Hellmann's Mayonnaise Extra Light
 Flora Light
 Low Low Cheese Red/White Block
 Low Low Red/White Cheese Slices
 Babybel Light Mini
 Laughing Cow Light/Extra Light
 Glensik Greek Yoghurt Raspberry/Blueberry/
 Mango/Strawberry/Vanilla

Glenisk Greek Yoghurt Greek Natural
 Danone Activia 0% Vanilla/0% Strawberry
 Müller Light Vanilla
 Müller Light Greek Style Lemon/Strawberry/
 Raspberry & Cranberry
 Benecol Light Spread
 Connaught Gold Low Fat Butter
 Flora Pro Activ Light

Confectionery & Drinks & Snacks

SPAR Fruit Nut Seed Mix
 SPAR Dried Mango
 SPAR Protein Mix
 SPAR Natural Organic Nut Bar Cashew & Figs
 SPAR Unsalted Cashews
 Tayto Velvet Crunch
 Tayto Popcorn Pleasure
 Manhattan Popcorn Salted
 Manhattan Popcorn Cheese
 Walkers Baked Cheese & Onion
 Walkers Baked Salt & Vinegar
 Snack A Jacks Cheese & Onion
 Snack A Jacks Sour Cream & Chive
 Snack A Jacks Sweet Chilli
 SPAR Water Still 500ml / 750ml / 1lt / 2lt / 5lt
 SPAR Water Sparkling 2lt
 SPAR Lemonade Vitamin Water
 SPAR Raspberry & Apple Vitamin Water
 SPAR Orange & Passion Fruit Vitamin Water
 Volvic Touch of Fruit Strawberry 500ml / 750ml
 Volvic Touch of Fruit Summer Fruits 500ml
 Volvic Touch of Fruit Summer Fruits 500ml
 Fresh Choice Orange Juice 330ml
 Fresh Choice Apple Juice 330ml
 Naked Lean Berry
 Vit Hit Citrus Revive
 Vit Hit Immunita
 Vit Hit Detox Mandarin

All fruit and vegetables are SPAR Better Choices