

**SUPEREASY DINNERS FOR
UNDER €10**



**ONLY
€6.50**



**ONLY
€6**



**ONLY
€5**

OR

OR

Inishella Fresh Whole Irish Chicken (Pre Pack) 1.8kg €3.61 per kg

Inishella Pork Steak (Pre Pack) 600g €10 per kg

Inishella Irish Pale Ham Fillet (Pre Pack) 700g €7.14 per kg

+ ANY 3 VEG



**ONLY
€1**



**ONLY
€1**



**ONLY
€1**

Fresh Choice Market Carrots Tray 400g See in store for details

Fresh Choice Market Turnip See in store for details

Fresh Choice Market Baby Potatoes 750g See in store for details

BETTER THAN HALF PRICE



Kellogg's Coco Pops 420g €2.60/Krave Milk Chocolate 410g €2.70/Special K 440g €2.50/Rice Krispies 430g €2.60/Crunchy Nut 460g €2.60 See in store for details



**ONLY
€13.49
PER KG**

Housekeeper's Cut From the Butcher Counter €13.49 per kg



Offers available 21/08/25 to 10/09/25, unless otherwise stated.
Prices correct at time of going to print. In participating stores only, while stocks last. Customer quotas may apply. All savings shown are versus recommended retail price. *Programme applicable at participating EUROSPAR Stores only. See eurospar.ie for full T&Cs

www.eurospar.ie

 @eurosparireland  @eurospar_ireland

CHICKEN CURRY OR SWEET & SOUR
UNDER €6.50



ONLY
€4

Inishella Mini Chicken Fillets
 350g €11.43 per kg



FROM
€1.39

SPAR Sauce Jar Thai Mild Curry €1.49/**Sweet & Sour** €1.39 490g €2.84/€3.04 per kg



ONLY
99c

SPAR No1 Parboiled Rice
 4 Pack 4x100g €2.48 per kg



Hake Fillets Skin On €17.25 per kg | **Fresh Salmon Darnes** €23.99 per kg
 From the Fish Counter



ONLY
€14.99
 PER KG

Irish Eye of the Round Roast From the Butcher Counter €14.99 per kg



ONLY €3 EACH

Inishella Gammon Steak Unsmoked (Pre Pack) 340g €8.82 per kg | **Chicken Wings Family Pack** 720g €4.17 per kg | **Chicken Drumsticks** 800g €3.75 per kg



ONLY
€4

Inishella Irish Breaded Chicken Fillets (Pre Pack) 250g €16 per kg



ONLY
€5

Inishella Basted Pork Chops (Pre pack) 550g €9.09 per kg



ONLY
€22.49
 PER KG

Denny Old Style Original Ham
 From the Deli Counter €22.49 per kg

FRESH CHOICE KITCHEN RANGE



Fresh Choice Kitchen Curry Ready Meals Range 450g €10 per kg

Fresh Choice Kitchen Carvery Dinners Range 600g €9.17 per kg

Fresh Choice Kitchen Mashed Potato/Carrot & Parsnip Mash/Swede Mash 400g €5.63 per kg

RECIPES OF THE WEEK



HONEY GLAZED SALMON SALAD



VEGAN COCONUT CURRY



Dolmio Pasta Stir In Sauce Range 150g €16.67 per kg



Cream of the Crop Rooster Potatoes 5kg €1.20 per kg



Knorr Mealmaker Range Various See in store for details

ONLY €2 EACH



Fused Katsu Curry/Sweet Chilli/Thai Green Curry Stir Fry 110g/Teriyaki Stir Fry 100g/Spice Bag Mix 100g/Chinese Curry Sauce Mix 120g/Organic Original/Light Coconut Milk 400ml See in store for details



HALF PRICE
€8.99

Dreams Pinot Grigio/ Merlot
750ml €8.99 per 75cl



ONLY
€8.99
EACH

Just/Altivo Wines Range
750ml €8.99 per 75cl



ONLY
€9.99
EACH

Hardys Main Road/Casillero del Diablo Wines Range
750ml €9.99 per 75cl



ONLY
€10.99

Makutu Bay New Zealand Sauvignon Blanc
750ml €10.99 per 75cl



ONLY
€11.99
EACH

Wakefield Promised Land Pinot Grigio/ Shiraz
750ml €11.99 per 75cl



ONLY
€12.99
EACH

Torres San Valentin White/ Red
750ml €12.99 per 75cl

FROM €21.99



Captain Morgan €21.99 | Gordon's Original €22.49 | Smirnoff/Fireball €22.99 EACH | Paddy €24.99 | Bushmills €26.99 700ml See in store for details



ONLY
€9.99
EACH
+ 60c Deposit

Captain Morgan & Cola Gordon's & Tonic
4x250ml €9.99 per lt



ONLY
€10.99
+ 60c Deposit

Bacardi & Coca-Cola
4 Pack 4x250ml €10.99 per lt



ONLY
€4.50

Buzzballz Cocktails Range
200ml €22.50 per lt



ONLY
€11.99

Piranha Schnapps Range
500ml €23.98 per lt



ONLY
€12
EACH
+ 60c Deposit

White Claw Hard Seltzer Range
4 Pack 4x330ml €9.09 per lt

**CHEAPEST PRICE
IN IRELAND**
ONLY €20.36
+ €1.80 Deposit



Carlsberg Lager Cans Multi Pack
12 Pack 12x500ml €3.39 per It

ONLY €11.25
+ €1.20 Deposit



Tennents Lager Cans Multi Pack
8 Pack 8x440ml €3.20 per It

ONLY €15.95
+ €1.20 Deposit



Budweiser Cans Multi Pack
8 Pack 8x500ml €3.99 per It

ONLY €14.95 EACH
+ €1.20 Deposit



Carlsberg Lager | Rockshore Lager/Apple Cider Cans 8 Pack
8x500ml €3.74 per It

ONLY €3 EACH



Bavaria/Budweiser/Estrella Galicia/Angelo Poretti 660ml €4.55 per It
| Franziskaner/Leffe Blonde/Stiegl Hell/Goldbrau 500ml €6 per It

ONLY €15.99 EACH



Budweiser 12x300ml €4.44 per It | San Miguel/Corona Ligera/Bavaria 12x330ml €4.04 per It

0.0 ALCOHOL



Bulmers Irish 0.0% Cider Bottles
4 Pack 4x330ml €4.17 per It



Rockshore 0.0% Cans
4 Pack 4x500ml €2.75 per It



Corona Cero 0.0% Non Alcoholic Lager Bottles
4 Pack 4x330ml €5.11 per It



Irish Yogurts Diet Berries/Custard Style Live Yogurt 8 Pack 8x125g €5.50 per kg



Müller Strawberry, Peach & Apricot/Banana, Vanilla & Chocolate 4 Pack See in store for details



Tropicana Fresh & Light Orange/Apple/Tropical Juice 850ml €3.52 per lt



Müller Rice Raspberry & Apple/Strawberry 6 Pack 6x170g €3.92 per kg



Elmlea Double/Single Cream 270ml €5.56 per lt



Charleville Select Red Cheddar Block 200g/Grated 180g/Sliced 160g | Mature Red Cheddar Block 200g See in store for details



Dairygold Original/Light Spread 454g €6.61 per kg



Fresh Choice Market Medium Free Range Eggs 12 pack See in store for details



Fit Foods Ready Meal Range 400g / 385g See in store for details



Green Farm Chargrilled/Cajun Chicken Breast Bites 80g €31.25 per kg



Denny Premium Oven Baked Ham/Hand Crumbed Ham/Honey Roast Ham/Roast Chicken/Cajun Roast Chicken Shavings 90g €27.78 per kg

COOL DEALS

BETTER THAN HALF PRICE EACH



Aunt Bessie's Homestyle Chips 800g €2.50 | **French Fries** 700g €2.15 | **Birds Eye Fish Fillets Battered/Battered** 2 Pack 200g €2.20 | **Omega 3 Fish Fingers** 10 Pack 280g €2.60 | **Crispy/Southern Fried Chicken** 2 Pack 170g €2.50 | **Chicken Quarter Pounder** 2 Pack 227g €2.50 | **Chicken Burgers** 4 Pack 200g €2.50



ONLY
€4.50

Dr Oetker Suprema Range
Various See in store for details



ONLY
€2.50

Birds Eye Potato Dippers/ Waffle Fries
500g €5 per kg



ONLY
€1.50

Green Isle Frozen Vegetable Range
450g €3.33 per kg



ONLY
€3.99

HB Magnum Multipack Range
3 Pack 3x100ml €13.30 per lt



ONLY
€4.50

HB Loop the Loop Ice Lolly
6 Pack 390ml €11.54 per lt



ONLY
€2

HB Hazelbrook Farm Vanilla/Raspberry Ripple Ice Cream
568ml €3.52 per lt

BACK TO SCHOOL dinners



EUROSPAR
SUPEREASY
Rewards

SPECIAL PRICES for
EUROSPAR Supereasy
Rewards Members Only

Earn points and exchange for discounts off your shopping bill. 100 points = €1 off your shopping*



Members pay
BETTER THAN HALF PRICE
€2.09
 Non Member Price
€4.30
 €20.19 per kg

John West Wild Pacific Pink Salmon 213g €9.81 per kg



Members pay
From €4.75
 Non Member Price
€6.50/€6.45
 €6.50/€6.45 per lt
 + 60c Deposit

Red Bull Regular €4.75/Sugarfree €4.50 Energy Drink
 4 Pack 4x250ml €4.75/€4.50 per lt



Members pay
BETTER THAN HALF PRICE
€1.70
 Non Member Price
€3.50
 €13.46 per kg

Willowbrook Farm Chicken & Bacon Pasta Salad
 260g €6.54 per kg



Members pay
€10.99
EACH
 Non Member Price
€16
 See in store for details

Bold All-in-1 Pods Lavender & Camomile/ Spring Awakening
 51 Wash See in store for details



Members pay
BETTER THAN HALF PRICE
€2.95
 Non Member Price
€5.99
 €14.98 per kg

Oakpark BBQ Pulled Pork Loin/Turkey Breast
 400g €7.38 per kg



Members pay
€2.75
 Non Member Price
€3.92
 €9.80 per kg

Müller Bliss Whipped Greek Style Strawberry/ Lemon/ Salted
 Caramel 4 Pack 4x100g €6.88 per kg



Members pay
HALF PRICE
€1.30
 Non Member Price
€2.59
 €15.24 per kg

Oakpark American Style Super Thin & Crispy Bacon
 170g €7.65 per kg



Members pay
€2.69
 Non Member Price
€4.69
 €9.38 per lt
 + 15c Deposit

Mocking Bird
 Smoothie Range
 500ml
 €5.38 per lt



NEW SUPEREASY REWARDS APP

Download the
app today!





***SAVE UP TO 33% VERSUS BRANDED EQUIVALENTS IN SPAR.**
THIS EXCLUDES SPAR NATURAL AND SPAR ECO RANGES.



ONLY
€2.75

SPAR
Coconut Water
1lt
€2.75 per lt



ONLY
79c

SPAR
Fine Salt
750g
€1.05 per kg



ONLY
€1.50

SPAR
Granulated Sugar
1kg
€1.50 per kg



ONLY
€2.49

SPAR No.1 Fruit & Nut Muesli 32%
1kg €2.49 per kg



ONLY
99c

SPAR No.1 Porridge Oats
1kg 99c per kg



ONLY
€1 EACH

**SPAR Rice Cakes with Sea Salt 100g /
Chocolate/Yoghurt 105g** €10/€9.52 per kg



ONLY
€1.25

SPAR Hazelnut Chocolate/Duo Spread
400g €3.13 per kg



ONLY
€1.99

SPAR Speculoos Spread Creamy
400g €4.98 per kg



ONLY
€1.55 EACH

SPAR Peanut Butter Creamy/Crunchy
350g €4.43 per kg



FROM
€1.50

SPAR Tuna Chunks In Sunflower Oil 190g
€1.59/ Brine 200g €1.50 MSC Certified
€8.37/€7.50 per kg



ANY 2 FOR
€3

SPAR Tortilla Chips Range
200g €7.50 per kg



ONLY
€7.59

SPAR Toilet Tissue White
18 Rolls 42c per roll



ONLY
€1.49

SPAR Tissues 3 layers
10 Pack See in store for details



ONLY
€1.29

SPAR Soft & Gentle Tissues
60 Pack See in store for details



ONLY
€1.50

SPAR N°1 Kitchen Towel
2 Roll 75c per roll



FRESHLY BAKED

We make fresh bread and cakes in store every day.

Straight from our ovens to your home, now that's Supereasy!



ONLY
€1.50



ONLY
€2

Cuisine De France Raspberry & Vanilla Plait 103g €14.56 per kg

Gateaux Mini Rolls Double Chocolate/ Original Cream 22g €9.01 per kg

SPAR RANGE
SAVE
UP TO 33%



ONLY
€2.50

SPAR Butterfly Buns 6 Pack 185g €13.51 per kg



ONLY
€5.75

SPAR Filled Premium Cupcakes 9 Pack 395g €14.56 per kg



ONLY
€3.50

SPAR Mini Berry/Chocolate Cupcakes 9 Pack See in store for details



FROM €1.15

Organix Pouch Range 100g €1.75 | Oaty Bar Range 6 Pack 6x23g €3.95 | Melty Carrot Puffs Baby Finger Food Snack 20g €1.15 See in store for details



ONLY €1.39

SMA PRO Follow-on Milk 6 Month+ Ready to Drink 200ml €6.95 per lt



FROM €1

Cow & Gate 3 Growing Up Milk Formula 200ml €1 | 2 Follow On Baby Milk Formula 200ml €1.15 | 2 Follow On Baby Milk Formula 6 Pack 6x200ml €6 See in store for details



ONLY €7.75

Aptamil Follow On Milk 6-12 Months 6 Pack 6 x 200ml €6.46 per lt



ONLY €1.49

Aptamil 3 Toddler Milk 1-3 Years 200ml €7.45 per lt



ONLY €4.50

Aveeno Baby Daily Care Hair and Body Wash 250ml €18 per lt



ONLY €1.75

Johnson's Baby Cotton Buds 200's See in store for details



ONLY €4.75

Johnson's Natural Baby Powder 400g €11.88 per kg

HEALTH & BEAUTY



ONLY €3.50

Always Ultra Range Various See in store for details



ONLY €11.50

L'Oréal Paris Magic Root Touch Up Range 75ml €153.33 per lt



FROM €3

Colgate Medium Toothbrush 3 Pack €5 | Toothpaste Max White/Deep Clean Whitening 75ml €3.50 / Total 75ml €3.45 | Mouthwash Deep Clean/Plax Soft Mint 500ml €3 See in store for details



ONLY €2 EACH

Dove Liquid Hand Wash Range 250ml €8 per lt | Dove Men+Care Body, Face & Hair Wash Clean Comfort/Extra Fresh 250ml €8 per lt



ONLY €2.50

Dove Body Wash Range 225ml €11.11 per lt



ONLY €2.99

Dove Anti Perspirant Range 150ml €19.93 per lt



ONLY
€6.50

Dylon Detergent Blossom/Dark
30 Wash €4.33 per Lt



ONLY
€3

Colour Catcher Protection
22 Pack See in store for details



ONLY
€7 EACH

Vanish Gold Oxi Action Powder Colour Safe/ Crystal White Stain Remover 470g €14.89 per kg



ONLY
€14 EACH

Persil Bio/Non Bio Laundry Capsules
58 Wash See in store for details



ONLY
€3 EACH

Comfort Fabric Conditioner Range
30 Wash See in store for details



ONLY
€2.50

Windolene Glass & Shiny Surfaces
750ml €3.33 per Lt



ONLY
€2.25 EACH

Cif Cream Original/Lemon
500ml €4.50 per Lt



ONLY
€1.50 EACH

Fairy Hand Dish Wash Lemon/Original
320ml €4.69 per Lt



ONLY
€2 EACH

Domestos Power 5 Ocean/Lime Toilet Rimblock 50g €40 per kg

PET CARE



ONLY
€2.75 EACH

Pedigree DentaStix Large 4 Pack 154g/Medium 5 Pack 128g/Small Dog 7 Pack See in store for details



ONLY
€5.39 EACH

Cesar Dog Food Classic Terrine Mixed/Senior 10+ in Delicate Jelly 4 Pack 4x150g €8.98 per kg



ONLY
€5 EACH

Bakers Dry Dog Food Range 1.1kg / 1kg See in store for details



ONLY
€6.50 EACH

Felix As Good As It Looks Pouch Range 12 Pack 12x85g €6.37 per kg



ONLY

€2

Tayto Snax
6 Pack 6x17g
€19.61 per kg



ONLY

€1.75

Tayto Occasions Cheese & Onion/Salt & Vinegar/Sweet Chilli 125g €14 per kg



ONLY

€4

Walkers Cheese & Onion
12 Pack 12x25g
€13.33 per kg



ONLY

€2.50

Kellogg's Rice Krispies Squares Range
4 Pack See in store for details



ONLY

€3

Cadbury Snack Sandwich Bar Multi Pack
6 Pack 132g €22.73 per kg



ONLY

€1

Burtons Jammie Dodgers
140g €7.14 per kg



ANY 2 FOR

€6

Cadbury Pouch Range
103g €29.13 per kg



BETTER THAN
HALF
PRICE

€2.95

Belvita Breakfast Biscuits Soft Bake Range
250g €11.80 per kg

ONLY €2.50* EACH



Club Orange Zero/Regular/ Rock Shandy/Lemon 1.75 lt *+ 25c Deposit | **Mi Wadi Fruit Squash Range** 1 lt *+ 25c Deposit | **Nature Valley Protein Range** 4 Pack | **Jacob's Mikado** 250g/**Kimberley** 300g/**Coconut Creams** 200g | **Chivers Jam Range** 370g See in store for details

PRICE MATCH OR BETTER

WE CHECK
COMPETITOR PRICES
SO YOU DON'T HAVE TO!*

LOOK OUT FOR THIS SIGN ON SHELVES

ADS OF DEALS...



ONLY
€2

Oatly! Oat Drink Range
1lt €2 per lt



ONLY €2.50 EACH

Good 4 U Salad Topper Garlic & Chilli 125g/Super Seeds 150g | **Knorr Pastaria** Range Various | **Fused** Chinese Curry Sauce Mix 120g See in store for details



ONLY
€2.25

Koka Noodle Bowl Chicken / Curry
90g €25 per kg



ONLY
€1.50

Knorr Packet Soup Range
Various See in store for details



ONLY
€4

Batchelors Baked Beans
4 pack 4x420g €2.38 per kg



ONLY
€3.50
EACH

Hellmann's Light/Real Mayonnaise
400g €8.75 per kg



ONLY
€3
EACH

Chef Tomato Ketchup 490g €6.12 per kg/
Brown Sauce 485g €6.19 per kg



ONLY
€4.95

Nescafé Gold Blend Instant Coffee
95g €52.11 per kg



ONLY
€1

Flahavan's High Protein Porridge Pot Range
45g €22.22 per kg



FROM
€3

Lyons Tea Bags Original Blend €3/Gold Blend
€3.50 80's 232g €12.93/€15.09 per kg



ONLY
€4

Weetabix
24 Pack 430g €9.30 per kg

BACK TO School



ONLY
€1
EACH

Fresh Choice Market Cucumber/Tomatoes 4 Pack
See in store for details



ANY 2
PUNNETS
€4

Fresh Choice Market Punnets- Nectarine/Donut Peach/ Peach 500g/Plums 400g See in store for details



ANY 2 FOR
€3

Fresh Choice Market Gala Apples Bag 7 Pack/Easy Peelers 600g/Kiwi Tray 4 Pack/Granny Smith Apples Bag 7 Pack | Freddy Fyffes Bananas Bag 7 Pack | Extra Sweet Pineapple See in store for details



ONLY
€1.75

Fitzgeralds Wholemeal/Plain/Multiseed Bagel Slims 6 Pack See in store for details



ONLY
€1.50

Fitzgeralds Soft Kids Wraps + 2 Extra Free 6 Pack 320g €4.69 per kg



5 FOR
€3.50

Cuisine De France Brown Petit Pain 80g €8.75 per kg



ONLY
€3.50

Innocent Kids Smoothie Range 4 Pack 4x150ml €5.83 per lt



BETTER THAN
HALF
PRICE
€1.80

Pom-Bear Multipack Range 6 Pack 78g €23.08 per kg



ONLY
€3

Strings & Things Cheestrings 160g €18.75 per kg



ONLY
€2
EACH

Dairylea Lunchers Chicken & Cheese 60g / Ham & Cheese 65g | Snackers Oreo 56.5g See in store for details



ONLY
€3
EACH

Dairylea Dunkables Multi/ Ritz/ Breadsticks 3 Pack See in store for details

LUNCH BOX FILLERS