

SuperValu SHOP
IN-STORE
& ONLINE

**Still Super,
Now Better Value**

TASTE THE SUMMER

HAPPY FATHER'S DAY Sunday 21st June

SuperValu
Signature Tastes

**STEAK
+ 2 SIDES
FOR
€15**

1 Week
Only
18th - 24th
June

Choose from 1 x Signature Tastes Steak

Choose from 2 x Signature Tastes Sides

SuperValu Signature Tastes Irish Hereford Côte De Boeuf or Striploin or Rib Eye or Fillet Steak
370g - 550g, **€16.49 - €19.99 Each**, SuperValu Signature Tastes Sides Selected Range
300g - 500g, **€3.50 - €3.75 Each** (Details In-Store or Online)
(Supplier of Blas Award: Ballymaguire Foods)

REAL REWARDS PRICES

Exclusive to our members

€6 EACH
NON REAL REWARDS PRICE

was ~~€7.50~~

€5 EACH
REAL REWARDS PRICE

Lindt Lindor Milk Chocolate/Assorted Truffles 137g

Non Real Rewards Price: €43.80/kg

Real Rewards Price: €36.50/kg

€10.50
NON REAL REWARDS PRICE

€8
REAL REWARDS PRICE

Ferrero Rocher 16 Piece Chocolate Box 200g

Non Real Rewards Price: €52.50/kg

Real Rewards Price: €40/kg

**FROM
€12***



See Page 24 For More Details

Offers valid from Thursday 11th - Wednesday 24th June 2026, unless otherwise stated. Prices correct at time of going to print.
Offers available in participating stores only, while stocks last. Customer quotas may apply. Please drink sensibly. Images are for
illustrative purposes only and may include serving suggestions. *Deposit applies to drink containers featuring the Re-Turn logo.
15c for 150ml - 500ml and 25c for 501ml - 3ltr.

Guaranteed Irish
Supporting business
that supports Ireland

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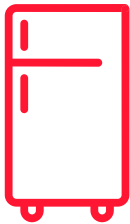
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SuperValu | SHOP
IN-STORE
& ONLINE

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Guaranteed Irish
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TASTE THE SUMMER



€**20**
OFF

Your first online
shop over €80*

Shop
online
today
SuperValu

Try me,
I'm New



ISSUE 33 | MAY 2026

Real Food

Summer Magazine

[View Digital Magazine](#)

Introducing:
The Real Irish Wagyu Experience



Offers valid until Wednesday 17th June 2026, unless otherwise stated. Prices correct at time of going to print. Offers available in participating stores only, while stocks last. Customer quotas may apply. Images are for illustrative purposes only and may include serving suggestions. *T&C's apply.

 **Guaranteed Irish**
Supporting business
that supports Ireland

TASTE THE SUMMER

From Our Counter To Your Table

1 Week Only 11th - 17th June



Fresh Irish Beef
Rib Eye Steak

**SAVE
33%**

was €35.99/kg

IRISH Now €24.11/kg
SuperValu Fresh Irish Beef Rib Eye Steak
(Butcher Counter Only)
was €35.99/kg



Fresh Irish Spring
Lamb Leg

**SAVE
33%**

was €17.49/kg

IRISH Now €11.72/kg
SuperValu Fresh Irish Spring Lamb Leg
(Butcher Counter Only)
was €17.49/kg

1 Week Only 18th - 24th June



Fresh Irish Beef
Sirloin Steak

**HALF
PRICE**

was €24.99/kg

IRISH Now €12.49/kg
SuperValu Fresh Irish Beef Sirloin Steak
(Butcher Counter Only)
was €24.99/kg



Fresh Irish Pork Steak

**SAVE
33%**

was €9.99/kg

IRISH Now €6.69/kg
SuperValu Fresh Irish Pork Steak
(Butcher Counter Only)
was €9.99/kg



Fresh Irish Pork Steak With
Sage & Onion Stuffing

**SAVE
33%**

was €11.99/kg

IRISH Now €8.03/kg
SuperValu Fresh Irish Pork Steak With
Sage & Onion Stuffing
(Butcher Counter Only)
was €11.99/kg



Fresh Irish Pork Loin With
Alabama Glaze

**BETTER THAN
HALF
PRICE**

was €14.49/kg

IRISH Now €7/kg
SuperValu Fresh Irish Pork Loin With
Alabama Glaze
(Butcher Counter Only)
was €14.49/kg

TASTE THE SUMMER

2 FOR €11
Meals
MIX & MATCH

STOCK UP FOR A SUMMER OF SOCCER

Caramico/The Happy Pear/Easy Meals/Clean Cut Meals
Selected Range 370g – 600g (Details In-Store or Online)

The Happy Pear **Clean Cut** **CARAMICO** **Easy Meals**
EAT WELL • FEEL GOOD • LIVE BETTER MEALS PIZZA COMPANY

€5 EACH
Family Pack Meats

TraceBack

QUALITY

IRISH

SuperValu Fresh Irish Meat Selected Range
340g – 1kg, €14.71/kg – €5/kg

2 FOR €10
MIX & MATCH

€6.50 Each
SuperValu Slow Cooked Meats Selected Range 500g – €13/kg

Prices correct at time of going to print. Available in participating stores only, while stocks last. Customer quotas may apply.

Fresh Meat/Meals



STOCK UP FOR A SUMMER OF SOCCER

3 FOR €10
Fresh Meat & Fish
MIX & MATCH

Fresh Meats/Fish 140g - 1.2kg
(Included are a selection of Chicken, Pork, Lamb, Beef, Turkey & Fish Products)
(Details In-Store or Online)

IRISH QUALITY

FROM €15

€15 Carlsberg Danish Pilsner Bottles 12 Pack 300ml - €4.17/ltr,
€15.62 Bavaria Beer Bottles 12 Pack 330ml - €3.94/ltr,
€17 Each Heineken Lager/Moretti Bottles 12 Pack 330ml - €4.29/ltr,
€18 Corona Extra Bottles 12 Pack 330ml - €4.55/ltr

ONLY €2.50

Hellmann's Tomato Ketchup/
Salad Dressing Selected Range
250ml - 430ml, €5.81/ltr - €10/ltr

€3.50 EACH

Hellmann's Flavoured Mayo Squeezy
Selected Range 430ml - €8.14/ltr

€3.50 EACH

Green Isle Straight/Rustic Chips/
Croquettes 550g - 800g,
€6.36/kg - €4.38/kg

€5 EACH

Goodfella's New York Style Pizzas
Selected Range 532g - 570g,
€9.40/kg - €8.77/kg

3 FOR €5*
MIX & MATCH

(Details In-Store or Online)

SuperValu

June is Food & Drink Month

Look out for the When you shop in-store

Guaranteed Irish
Supporting business that supports Ireland

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*Deposit applies to drink containers featuring the Re-Turn logo. 15c for 150ml - 500ml and 25c for 501ml - 3ltr.

Fish Offers



Prawn Toast ONLY €2.50

SuperValu Prawn Toast
140g - €17.86/kg



Boneless Sea Bass Fillets ONLY €2.50

SuperValu Boneless Sea Bass Fillets (Fish Counter Only)
100g - €25/kg



SuperValu Signature Tastes King Prawns €4 EACH

SuperValu Signature Tastes King Prawn Pil Pil/Garlic & Herb King Prawns 140g - €28.57/kg



Cajun Salmon Darnes ONLY €4.49

SuperValu Cajun Salmon Darnes
220g - €20.41/kg



Salmon Joint SAVE 25% was €29.99/kg

Now €22.49/kg
SuperValu Fresh Salmon Joint (Fish Counter Only)
was €29.99/kg



Large Raw Peeled King Prawns SAVE 25% was €43.99/kg

Now €32.99/kg
SuperValu Large Raw Peeled King Prawns (Fish Counter Only)
was €43.99/kg

Freshly Cut From Your Deli Counter



€2.49 per 100g

Carroll's Crumbed/Traditional Ham
Selected Range 1kg - €24.99/kg



€2.90 per 100g

Ballyfree Supreme Roast Turkey Breast 1kg - €29/kg



€3.09 per 100g

Premium Irish Roast Angus Beef
1kg - €30.96/kg

TASTE THE SUMMER

Save up to 50% on fresh favourites

Save 30%

SuperValu Loose Red Pepper 1pce

NOW
69c
was 99c

Save 47%

SuperValu Cherry Vine Tomatoes
300g - €4.97/kg

NOW
€1.49
was €2.79

Save 47%

Living Butterhead Lettuce 1pce

NOW
79c
was €1.49

SUPER
FRESH +1
★ 5 ★

NOW
29c
was 55c

Save 47%

SuperValu Pink Lady Loose Apple 1pce

ONLY
€1.29

SuperValu Signature Tastes
Avocado Ripe & Ready 2pce

NOW
89c
was €1.79

Save 50%

SuperValu Orange Net 5pce

3 FOR €10

MIX & MATCH

Larger
Packs

(Details In-Store or Online)



SuperValu
Signature Tastes

Tomatoes are in season

Irish Red & Gold Candy tomatoes are grown exclusively for SuperValu by Eoin & Conor O'Rourke in Swords, Co Dublin. A naturally sweet duo, each delivers a burst of sweetness, red for a deeper, classic tomato richness, and gold for a mellow, honey-like sweetness.



SuperValu Signature Tastes Red & Gold Sweet Candy Tomatoes 220g

2 FOR €5

MIX & MATCH



SuperValu Signature Tastes Tomatoes Selected Range (Details In-Store or Online)

Organic Fruit & Veg

€2.79
SuperValu Organic Avocado 2pce



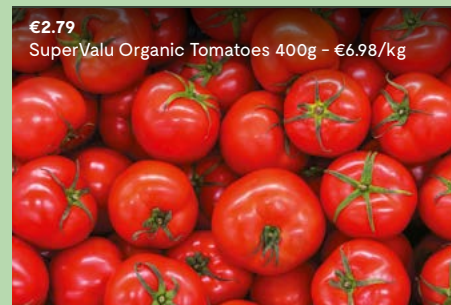
€2.99
SuperValu Organic Red Apple Tray 4pce



2 FOR €5

MIX & MATCH

€2.79
SuperValu Organic Tomatoes 400g - €6.98/kg



€2.99
SuperValu Organic Blueberries 125g - €23.92/kg



€2.89
SuperValu Organic Leaf Spinach 200g - €14.45/kg



€2.99
SuperValu Organic Pear Tray 4pce



Fresh Bakery

€1.59
EACH



Campagne/Classique Baguette
230g - €6.91/kg

€12
EACH



Lemon Cheesecake/Banoffee Pie/
Profiterole Gateau
550g - 600g, €21.82/kg - €20/kg

ONLY
€3.50



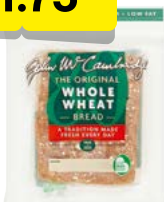
White Sourdough Bloomer
600g - €5.83/kg

€5.85



SuperValu Signature Tastes Profiteroles
With Belgian Chocolate
300g - €19.50/kg

ONLY
€1.75



McCambridge Whole Wheat Soda
Bread 500g - €3.50/kg

ONLY
€1.85



Pat The Baker White Sliced Pan
800g - €2.31/kg

FROM
€2.49



Irish Pride The Pan/Big Toast/
Sandwich Sliced Pan 780g
(Details In-Store or Online)

2 FOR €4
MIX & MATCH



Fitzgeralds Wraps
Selected Range 370g
(Details In-Store or Online)

FROM
€2



Gateaux Log/Swiss Roll/Mini Rolls
Selected Range 185g - 222g
(Details In-Store or Online)

€2
EACH



The Happy Pear Dip & Snack
Selected Range 100g - €20/kg

REAL REWARDS PRICES

Exclusive to our members



Cadbury Chocolate/Raspberry/Caramel Mini Rolls 10 Pack 265g - 278g
Non Real Rewards Price: €15.09/kg - €14.39/kg
Real Rewards Price: €11.32/kg - €10.79/kg

€4 EACH
NON REAL REWARDS PRICE

€3 EACH
REAL REWARDS PRICE

Feeling Super Starts with Real Nourishment

Here are some simple tips to eat well ...

What's in a GAA Player's Kit Bag?

We spoke with our ambassadors Eoghan Frayne, Luke Fahy, Emma Cleary and David Clifford and asked them what they always keep in their kit bag for real nourishment.

Kit Bag Must-Haves

- Water
- The Happy Pear Energy Balls
- Rice Cakes
- Fresh Fruit, Bananas, Oranges, Apples, Raisins
- Breakfast or Cereal Bar
- Protein Yogurt Pouches
- Jellies or Fruit Pastilles



SINÉAD O'DONOVAN

Registered Dietitian & Performance Nutritionist

SuperValu is working with Sinéad O'Donovan, Registered Dietitian and Performance Nutritionist, to support GAA players and families with practical, trusted nutrition advice.

- Recovery, hydration and everyday habits
- Supporting busy family life through food

About Sinéad O'Donovan

Sinéad has a special interest in women's health, sports nutrition and corporate wellbeing. She is passionate about making nutrition practical, realistic and easy to understand for everyday life.

Sinéad will be sharing simple tips on:

- Performance nourishment for adults and young players
- Fueling training and match days

Pre Match Snacks



Half Time Snacks



Post Match Snacks



Top Fuel Tips

- Don't train on empty — eat before you go
- Carbohydrates are your main fuel for training and matches
- Protein helps your body recover — aim to eat protein every day
- Stay on top of hydration — not just during training or matches
- Stick to familiar foods before matches — don't try anything new!
- After intense exercise you will be more hungry. Don't ignore those hunger signals!
- Keep it simple — everyday foods work best. Make sure you enjoy your meals and snacks!



The perfect on-the-go pre- and post-training snack

WIN €1,000 & a Nutritionist support programme for your club

SCAN HERE TO ENTER



Terms & Conditions apply.



See Online or In-Store for details

Best Value On Summer Eating

89c
EACH

**I'm
New**



SuperValu Bake At Home Demi Baguettes 2 Pack/Petit Pains 4 Pack
300g - €2.97/kg

99c
EACH



SuperValu Coleslaw/Light Coleslaw
250g - €3.96/kg

€1.49
EACH



SuperValu Egg Mayonnaise/
Cheese Coleslaw 250g - €5.96/kg

€2.25
EACH



SuperValu Carved Roast Chicken/
Turkey Breast Slices
100g - 120g, €22.5/kg - €18.75/kg

85c
EACH



SuperValu Pitted Green/Black Olives
In Brine 340g - €2.50/kg

2 FOR €5
MIX & MATCH



€3 Each
SuperValu Prosciutto Crudo &
Scamorza/Salami Spianata & Smoked
Scamorza Cheese 80g - €37.50/kg

€1.69

FROZEN



SuperValu Battered Chicken Dippers
450g - €3.76/kg

€2.19



SuperValu Mild Salsa
455g - €4.81/kg

3 FOR
€1.50

MIX & MATCH

**I'm
New**



75c Each
SuperValu Raspberry/Strawberry/
Vanilla Kids Yogurt 90g - €8.33/kg

€1.39



SuperValu Fresh Cream Bottle
250ml - €5.56/ltr

€1.99



SuperValu Raspberry Ripple
Ice Cream Tub 1ltr

3 FOR €5
MIX & MATCH

**We're
New**



SuperValu Assorted Fruit Splits 6 Pack
438ml/Ice Cream Swirls 5 Pack 250ml/
Fusion Lollies 6 Pack 50g/Rocket Lollies
8 Pack 55g/Tropical Ice Lolly 3 Pack 71g
(Details In-Store or Online)

99c

**I'm
New**



SuperValu Desiccated Coconut
200g - €4.95/kg

FROM
99c



99c SuperValu Couscous
500g - €1.98/kg/€1.19 Chick Peas
500g - €2.38/kg

FROM
€1.49



€1.49 SuperValu Cannellini
500g - €2.98/kg/€2.29 Butter Beans
500g - €4.58/kg

€2
EACH



SuperValu Caramel/Rocky Road
Squares 4 Pack 180g - 200g,
€11.11/kg - €10/kg

Best Value On Baby Care Essentials



79c
EACH



SuperValu Organic Mini
Apple/Apple & Raspberry
Rice Cakes 40g - €19.75/kg

99c



SuperValu Strawberry &
Apple Fruit Pouch
120g - €8.25/kg

€1.29



SuperValu Apple & Pear Fruit
Pot 260g - €4.96/kg

€1.50



SuperValu Organic Kiddies
Raisins From 18+ Months
168g - €8.93/kg

55c



SuperValu Cotton Buds 200pce

FROM
83c



83c SuperValu Fragrance Free/
89c Fragranced Baby Wipes 60pce

€1.43



Cotton Tree Petroleum Jelly
226g - €6.33/kg

€1.45



SuperValu Fragranced Nappy Bags
200pce

€1.69



SuperValu XL Fragrance Free Baby
Wipes 60pce

€3.50



SuperValu Fragrance Free Baby Wipes
4 Pack 60pce

99c



SuperValu Dry n' Cosy Newborn Size 1
Nappies 24pce

€1.95



SuperValu Dry n' Cosy Size 2 Mini
Nappies 44pce

FROM
€2.79



€2.79 SuperValu Dry n' Cosy Size 5
Junior Nappies 40pce/**€2.99** Size 4
Maxi Nappies 48pce

€3.09



SuperValu Dry n' Cosy Size 6 XL
Nappies 30pce

FROM
€3.23



€3.23 SuperValu Dry n' Cosy Size 3/
€3.25 Size 7 XXL Nappies 22pce - 56pce

FROM
€4.15



€4.15 SuperValu Dry n' Cosy XL Size 6
32pce/**€4.19** XXL Size 7 Nappy Pants
28pce

Baby Event

FROM
€2.75

€3
EACH

3 FOR
€4.50
MIX & MATCH



Liga Biscuits Selected Range 175g - 245g
(Details In-Store or Online)



Heinz By Nature Fruit Medley/Pear & Apple/
Banana Custard Dessert Pots 6+ Months
400g - €7.50/kg



€1.90 Each
Heinz By Nature Risotto/Potato Bake/
Saucy Pasta Stars Jars 200g - €9.50/kg

€1.50
EACH



Bunalun Organic Kids Blueberry/
Apple Mini Rice Cakes 40g

€2
EACH



Cow & Gate Veggie & Lemon
Chicken/Sweet Potato, Veggies &
Chicken 12 Months 230g - €8.69/kg

€2
EACH



Farley's Rusk Original/Reduced Sugar
6+ Months Biscuits 150g - €13.33/kg

2 FOR €2
MIX & MATCH



€1.59 Each
Kiddylicious 6+ Months Pouches
Selected Range 100g - €15.90/kg

SAVE
20%



€3.19 Each
Milupa Cereals Selected Range
210g - €15.19/kg

2 FOR
€3.50
MIX & MATCH



€2.15 Each
Ella's Kitchen Stage 2 Pouches
Selected Range 130g - €16.54/kg

3 FOR €4



€1.60 Each
Aptamil 3 Ready To Drink Toddler Milk
1+ Years 200ml - €8/ltr

2 FOR
€4.50
MIX & MATCH



€2.64 Each
Ella's Kitchen Stage 3 Pouches
Selected Range 190g - €13.89/kg

2 FOR €4
MIX & MATCH



€2.80 Each
Heinz By Nature Dinner Trays
Selected Range 200g - €14/kg

4 FOR €5
MIX & MATCH



€1.60 Each
Heinz 6+ Months Pouches Selected
Range 85g - 100g, €18.82/kg - €16/kg

6 FOR
€6.50
MIX & MATCH



€1.39 Each
SMA Pro Follow-On/Toddler Milk
Selected Range 200ml - €6.95/ltr

2 FOR
€6.50
MIX & MATCH



€4.15 Each
Organix Melty Carrot Puffs
6+ Months 18g

Baby Event

**2 FOR
€7.50**

MIX & MATCH



€4.50 Each

Organix Flavoured Oaty Bars 6 Pack Selected Range 138g - €32.61/kg

REAL REWARDS PRICES

Exclusive to our members



was
€15.50

€11.50
NON REAL REWARDS PRICE
€8.50
REAL REWARDS PRICE

Huggies Pure Wipes 12 Pack

**ONLY
€1.50**



WaterWipes 3-In-1 Sensitive
On The Go 10pce

**FROM
€2.60**



Johnson's Baby Powder Natural
Cornstarch/With Aloe & Vitamin E
200g - 400g, €15/kg - €11.25/kg

**FROM
€3**



Milton Selected Range
(Details In-Store or Online)

**€3.29
EACH**



WaterWipes 3-In-1 Original/
Sensitive 60 Pack

**€4.50
EACH**



Huggies DryNites Carry Packs
Selected Range 9pce - 10pce

**€4.70
EACH**



Aveeno Kids Shampoo/Conditioner/
Face & Body Lotion 150ml - 250ml,
€31.33/ltr - €18.80/ltr

**FROM
€5**



Aveeno Baby Care Selected Range
100ml - 400ml
(Details In-Store or Online)

**€5
EACH**



Huggies Little Swimmers Carry Packs
Selected Range 11pce - 12pce

**FROM
€5**



Tommee Tippee Selected Range
(Details In-Store or Online)

**FROM
€6**



MAM Accessories Selected Range
(Details In-Store or Online)

**FROM
€7**



MAM Soothers/Bottles Selected Range
(Details In-Store or Online)

**€8
EACH**



Munchkin Miracle 6+/7+Months Cups/
Tip & Sip Cup 6+Months 1pce

Selected Stores Only

Stock up with SuperValu Signature Tastes




€1.49



SuperValu Signature Tastes
Creamy Coleslaw
260g - €5.73/kg

85c

Try me, I'm New



SuperValu Signature Tastes
Pomodorini Cherry Tomatoes
400g - €2.13/kg

€2.99


Try me, I'm New



SuperValu Signature Tastes
Wild Rocket & Parmesan
Salad 110g - €27.18/kg

€3.49

Try me, I'm New



SuperValu Signature Tastes
Greek Style Salad Bowl
185g - €18.86/kg

€3
was €3.29



SuperValu Signature Tastes
Madagascar Vanilla Luxury Custard
440g - €6.82/kg was €3.29

3 FOR €3
MIX & MATCH



€1.19 Each
SuperValu Signature Tastes Rhubarb/
Strawberry/Lemon Curd Yogurt Jars
140g - €8.50/kg

€3.39
EACH

Try me, I'm New



SuperValu Signature Tastes Organic
Wholegrain/Basmati Rice
500g - €6.78/kg

2 FOR €4
MIX & MATCH



€2.49 Each
SuperValu Signature Tastes Sauces
Selected Range 245g - 330g,
€10.16/kg - €7.55/ltr

2 FOR €4
MIX & MATCH



€2.29 Each
SuperValu Signature Tastes Seeded/
Plain Brioche Burger Buns 4 Pack
200g - €11.45/kg

2 FOR €8
MIX & MATCH

FROZEN



€5.49 Each
SuperValu Signature Tastes
Margherita/Roasted Vegetables &
Goats Cheese/Diavola Pizza
412g - 475g, €13.33/kg - €11.56/kg

€4
EACH



SuperValu Signature Tastes
Chocolate/Coffee & Walnut/
Salted Caramel Cakes 400g - €10/kg

2 FOR €4
MIX & MATCH



€2.50 Each
SuperValu Signature Tastes Crisps
Selected Range 125g - €20/kg

2 FOR €6
MIX & MATCH

FROZEN



€4 Each
SuperValu Signature Tastes Passion Fruit/
Coffee & Vanilla Duo/Salted Butter Caramel
Ice Cream 460ml - €8.70/ltr

3 FOR €6*
MIX & MATCH
Signature Tastes Brunch



SuperValu Signature Tastes Breakfast
Selected Range
(Details In-Store or Online)
(Blas Award Winner: Supplier Sunshine Juice Ltd)
1 Week Only 18th - 24th June

REAL REWARDS PRICES

Exclusive to our members



Yoplait Petits Filous Small Pots Strawberry/Raspberry/Apricot 12 Pack 564g
 Non Real Rewards Price: €4.43/kg
 Real Rewards Price: €3.55/kg



Glenisk Greek Style Organic Yogurts Selected Range 450g - 500g
 Non Real Rewards Price: €5.56/kg - €5/kg
 Real Rewards Price: €4.44/kg - €4/kg

€2.99
EACH



Kerrygold Irish Creamery Butter With Avocado/Olive Oil 200g - €14.95/kg
 was €3.29

€3
EACH
was €3.99



Dairygold Original/Lighter Spread 454g - €6.61/kg
 was €3.99

3 FOR €5
MIX & MATCH



Philadelphia Cream Cheese/Cottage Cheese Selected Range 140g - 200g
 (Details In-Store or Online)

€2
EACH



Strings & Things Cheestrings 4 Pack Selected Range 20g - €25/kg

€3
EACH



Kerrygold Dubliner Cheese Selected Range 175g - 200g.
 €17.14/kg - €15/kg

I'm New

FROM €2



Müller X MyProtein Selected Range 180g - 500ml/Kerrygold Spreadable 200g (Details In-Store or Online)

€4.25
EACH



Danone Actimel Original/Strawberry/0% Strawberry/Multifruit 12 Pack 1.2kg - €3.54/kg

€3.50
EACH
was €4.49



Innocent Kids Juices 4 Pack Selected Range 600ml - €5.83/ltr
 was €4.49

€4*
EACH
was €5.49



Innocent Smooth/Orange Juice With Bits/Apple/Tropical Juice 1.35ltr - €2.96/ltr
 was €5.49

€3
EACH



Ballyfree Chicken/Turkey Sausages/Turkey Rashers/Smoked Turkey Rashers 150g - 240g, €20/kg - €12.50/kg

€3
EACH



Denny Big Value Cooked/Crumbed Irish Ham Selected Range 245g - €12.24/kg

€3.50
EACH



Carroll's Crumbed/Traditional Ham Twin Pack 80g - €21.88/kg

€4
EACH



Brady Family Thinly Sliced/At The Deli Ham Selected Range 160g - 165g.
 €25/kg - €24.24/kg

REAL REWARDS PRICES

Exclusive to our members

€5.50 EACH
NON REAL REWARDS PRICE

was ~~€6.99~~

€3.50 EACH
REAL REWARDS PRICE

Batchelors Baked Beans Original/
No Added Sugar 6 Pack 225g
Non Real Rewards Price: €4.07/kg
Real Rewards Price: €2.59/kg
1 Week Only 18th - 24th June

€4.50 EACH
NON REAL REWARDS PRICE

€3.50 EACH
REAL REWARDS PRICE

Dolmio Pasta Sauces Selected Range 675g
Non Real Rewards Price: €6.67/kg
Real Rewards Price: €5.19/kg

€4 EACH
NON REAL REWARDS PRICE

€3.50 EACH
REAL REWARDS PRICE

Heinz Original/50% Less Salt &
Sugar Ketchup 570ml
Non Real Rewards Price: €7.01/ltr
Real Rewards Price: €6.14/ltr

€6.50 EACH
NON REAL REWARDS PRICE

was ~~€8.39~~

€5 EACH
REAL REWARDS PRICE

Koka The Original Chicken/Curry
Flavoured Noodles 10 Pack 850g
Non Real Rewards Price: €7.65/kg
Real Rewards Price: €5.88/kg

€2 EACH

Barilla Pasta Selected Range
500g - €4/kg

€3 EACH

John West Tuna Chunks In Brine/
Sunflower Oil/Spring Water 3 Pack
80g - €17.85/kg

ONLY €3.50

Old El Paso Gluten Free Fajita Kit
462g - €7.58/kg

2 FOR €5
MIX & MATCH

Ben's Original Ready to Heat Rice
Selected Range 220g - €12.68/kg

FROM €2.25

Kühne Selected Range 100g - 810g
(Details In-Store or Online)

ONLY €3.50

Hellmann's 100% Plant Based Mayo
400g - €8.75/kg

50% EXTRA FREE

Chef 50% Extra Free
Selected Range 350g - 490g
(Details In-Store or Online)

50% EXTRA FREE

Now **€3.79**
YR 50% Extra Free Spicy Brown Sauce
480g - €7.90/kg

€4 EACH

Heinz Squeezy Mayonnaise/
HP Brown Sauce
600ml - 800ml, €6.67/ltr - €5/ltr

€4.50 EACH

Heinz Baked Beans/No Added Sugar/
Hoops 4 Pack 400g - 415g,
€2.81/kg - €2.71/kg

2 FOR €5
MIX & MATCH

€3.29 Each
Heinz Pasta Sauce Jars
Selected Range 350g - €9.40/kg

€7 EACH

Don Carlos Olive Oil
Selected Range 500ml - €14/ltr

REAL REWARDS PRICES

Exclusive to our members

€2.50
EACH
REAL REWARDS PRICE



Ben's Original Street Food/Favourites, Dolmio Classics/Feasts Selected Range 250g
Real Rewards Price: €10/kg

was
~~€7.05~~

€5 EACH
NON REAL REWARDS PRICE
€3.50
EACH
REAL REWARDS PRICE



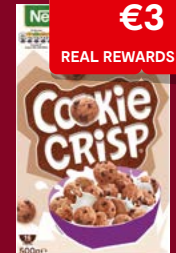
John West Tuna Chunks In Brine/
Sunflower Oil 3 Pack 435g
Non Real Rewards Price: €17.54/kg - €16.33/kg
Real Rewards Price: €12.28/kg - €11.43/kg

€2 EACH
NON REAL REWARDS PRICE
€1.50
EACH
REAL REWARDS PRICE



Oatly Barista Edition/
Whole Oat Drink 1ltr

€3.50
NON REAL REWARDS PRICE
€3
REAL REWARDS PRICE



Nestlé Cookie Crisp 500g
Non Real Rewards Price: €7/kg
Real Rewards Price: €6/kg

3 FOR €10*
MIX & MATCH



(Details In-Store or Online)

€2
EACH
was €2.99



Flahavan's Oat Drink
Selected Range 1ltr was €2.99

€2.50
EACH



Fruitfield Little Chip Orange
Fine Cut/No Peel Marmalade
454g - €5.51/kg

ONLY
€3



Siúcrá Jam Sugar 1kg

€3
EACH



Rowse Original Honey Jar/
Squeezey 340g - €8.82/kg

FROM
€3.25



Bonne Maman
Selected Range 250g - 370g
(Details In-Store or Online)

Prices correct at time of going to print. Available in participating stores only, while stocks last. Customer quotas may apply.
*Deposit applies to drink containers featuring the Re-Turn logo. 15c for 150ml - 500ml and 25c for 501ml - 3ltr.

Cupboard Fillers

REAL REWARDS PRICES

Exclusive to our members



Nestlé Multigrain Cheerios 800g
Non Real Rewards Price: €7.19/kg
Real Rewards Price: €5.63/kg



Nestlé Cereal Selected Range
500g - 800g
(Details In-Store or Online)



Nescafé Coffee Sachets
Selected Range 99.4g - 146.3g
Non Real Rewards Price:
€30.18/kg - €20.51/kg
Real Rewards Price:
€25.15/kg - €17.09/kg



L'OR Classeque/Decaf/Intense Instant
Coffee Jars 150g
Non Real Rewards Price: €59.67/kg
Real Rewards Price: €46.67/kg



Jacob's Dark/Milk/Yogurt Rice Cakes
6 Pack 90g - €22.22/kg



Nestlé KitKat 8 Pack Selected Range
165.6g - €15.10/kg



Jacob's Elite Selected Range
132g - 176g, €22.73/kg - €17.05/kg



Arnott's Tim Tam Original
163g - €18.40/kg

Selected Stores Only



McVitie's Twin Packs Selected Range
600g - 700g, €5.83/kg - €5/kg



Nature Valley Cereal Bars
Selected Range 320g - 420g,
€12.50/kg - €9.52/kg



Kellogg's Cereal Selected Range
350g - 750g, €11.43/kg - €5.33/kg



Coffee House Lane 1690 Wholebean/
Freshground Coffee 227g - €30.84/kg



Weetabix Family Value Pack
48 Pack 860g - €6.98/kg



Nescafé Dolce Gusto
16 Capsules 88g - 256g,
€68.18/kg - €23.44/kg



Lavazza Qualità Rossa/
Qualità Oro Roast Ground
Coffee 250g - €32/kg

REAL REWARDS PRICES

Exclusive to our members

€3.50
NON REAL REWARDS PRICE

€3

REAL REWARDS PRICE



Green Isle French Fries Extra Crispy
800g
Non Real Rewards Price: €4.38/kg
Real Rewards Price: €3.75/kg

€5 EACH
NON REAL REWARDS PRICE

€4 EACH

REAL REWARDS PRICE



Dr. Oetker Suprema Pizza
Selected Range 424g - 454g
Non Real Rewards Price:
€11.79/kg - €11.01/kg
Real Rewards Price: €9.43/kg - €8.81/kg

€5 EACH
NON REAL REWARDS PRICE

€4 EACH

REAL REWARDS PRICE



HB Solero/ Twister XXL
6 - 10 Pack 500ml - 540ml
Non Real Rewards Price: €10/ltr - €9.26/ltr
Real Rewards Price: €8/ltr - €7.41/ltr

was
€7.49

€5.99 EACH
NON REAL REWARDS PRICE

€5 EACH

REAL REWARDS PRICE



Trü Frü Selected Range 200g
Non Real Rewards Price: €29.95/kg
Real Rewards Price: €25/kg

ONLY
€3



Green Isle Mixed Berries 375g - €8/kg

2 FOR €6
MIX & MATCH



HB/Magnum Ice Cream
Selected Range 270ml - 420ml,
€18.15/ltr - €8.33/ltr

ONLY
€2.75



Green Isle Hash Brown Bites
500g - €5.50/kg

€3
EACH



Green Isle Sweet Potato Fries/
Mini Corn On The Cob
250g - 600g, €6.67/kg - €5/kg

2 FOR €5
MIX & MATCH



€2.99 Each
Slicey Margherita/Pepperoni/Diavola Air Fryer Pizza
128g - 140g, €23.36/kg - €21.36/kg

2 FOR €6
MIX & MATCH



€4.25 Each
Dr. Oetker Ristorante Pizza
Selected Range 355g - €11.97/kg

€3.50
EACH



Glenhaven Southern Fried/Breaded
Chicken Goujons 360g - €9.72/kg

ONLY
€3



Donegal Catch Omega 3 Breaded
Fish Fingers 250g - €12/kg

€6
EACH



Donegal Catch Irish Pale Ale Crispy
Battered Haddock/Chip Shop
Battered Cod XL Fillets 2 Pack
270g - 300g, €22.22/kg - €20/kg

ONLY
€8.50



Donegal Catch Breaded Cod 6 Atlantic
Fillets Family Pack 519g - €16.38/kg

REAL REWARDS PRICES

Exclusive to our members

€2.50 EACH
NON REAL REWARDS PRICE

€1.50
EACH
REAL REWARDS PRICE



Keogh's Crisps Share Bags Selected Range 125g
Non Real Rewards Price: €20/kg
Real Rewards Price: €12/kg

1 Week Only 11th - 17th June

€4* EACH

REAL REWARDS PRICE



Monster Cans 4 Pack Selected Range 500ml
Real Rewards Price: €2/ltr

€4.25 EACH
NON REAL REWARDS PRICE

€3 EACH
REAL REWARDS PRICE



Tayto/King Selected Range 12 Pack 300g
Non Real Rewards Price: €14.17/kg
Real Rewards Price: €10/kg

1 Week Only 18th - 24th June

€2.50
EACH



Tayto Occasions Crisps Share Bags Selected Range
80g - 125g, €31.25/kg - €20/kg

€2.75
EACH



Tayto/King Crisps 6 Pack
Selected Range 150g - €18.33/kg

€2*
EACH



The Happy Pear Orange & Passionfruit/Raspberry/
Lemon & Lime Gut Soda 250ml - €8/ltr

€5*
EACH



Diet Coke/Coca-Cola Zero Sugar/
Zero Caffeine Cans
4 Pack 330ml - €3.79/ltr

€5.20*
EACH



Ballygowan Still/Sparkling Water
Bottles 4 Pack
Selected Range 1.5ltr - 87c/ltr

€5.50*
EACH



Lucozade Original/Zero/Orange
Bottles 6 Pack 380ml - €2.41/ltr

€9.50*
EACH



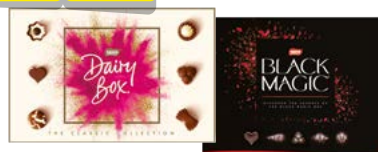
7Up/Pepsi/Club Cans
12 Pack Selected Range
330ml - €2.40/ltr

€2.75
EACH
was €3.75



Ferrero Rocher White/Milk/70% Dark Chocolate Bars
90g - €30.56/kg
was €3.75

€8.50
EACH



Nestlé Dairy Box/
Black Magic Chocolate Box
326g - 348g, €26.07/kg - €24.43/kg

€9
was €10



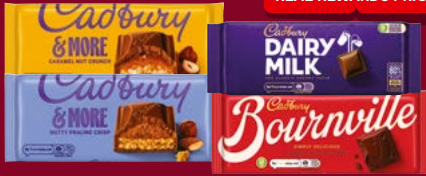
Lily O'Brien's Chocolate
Gift Selection 160g - €56.25/kg
was €10

REAL REWARDS PRICES

Exclusive to our members

€3.50 EACH
NON REAL REWARDS PRICE

€2.50
EACH
REAL REWARDS PRICE



Cadbury Chocolate Bars
Selected Range 160g - 180g
Non Real Rewards Price: €21.88/kg - €19.44/kg
Real Rewards Price: €15.63/kg - €13.89/kg

€5.50
NON REAL REWARDS PRICE

€4
REAL REWARDS PRICE



After Eight Carton 300g
Non Real Rewards Price: €18.33/kg
Real Rewards Price: €13.33/kg

€8.75
NON REAL REWARDS PRICE

€6
REAL REWARDS PRICE



Maltesers Large Box 310g
Non Real Rewards Price: €28.23/kg
Real Rewards Price: €19.35/kg

€1.50
EACH



Haribo Bags Selected Range
140g - 160g, €10.71/kg - €9.38/kg

€1.75
EACH



Rowntree's Sugar Pouches
Selected Range 115g - 150g,
€15.22/kg - €11.67/kg

€2
EACH



Chewits Bites, Fox's Glacier, Haribo Bags Selected Range 115g - 200g
(Details In-Store or Online)

€2.75
was €3.50



Reese's Dipped Peanuts Pouch
90g - €30.56/kg
was €3.50

€3
EACH



Lily O'Brien's Chocolate Pouches
Selected Range 100g - €30/kg

€3.50
EACH
was €4.10



Twix/Galaxy Ripple/Snickers/Bounty/
Mars/Milky Way Multipacks Selected
Range 107.5g - 228g, €32.56/kg - €15.35/kg
was €4.10

€4.75
EACH



M&M's/Galaxy Minstrels/Maltesers
More To Share Pouches
Selected Range 158g - 200g,
€30.06/kg - €23.75/kg

HAPPY FATHER'S DAY

Sunday 21st June

€5
EACH
was €9



Toblerone Bar/Truffles Selected Range
180g - 340g, €27.78/kg - €14.71/kg
was €9

€5
was €7



Toffifee 400g - €12.50/kg
was €7

ONLY
€10



Butlers The Chocolate
Collection Box 185g - €54.05/kg

€11.50
was €14.30



Lily O'Brien's Desserts Collection
210g - €54.76/kg
was €14.30

HALF PRICE



Simple Skincare Selected Range 30ml - 400ml
(Details In-Store or Online)

HALF PRICE



Palmolive Naturals Shower Gel Selected Range
500ml (Details In-Store or Online)

HALF PRICE



Colgate Mouthwash Plax Soft Mint/White/Total
Peppermint 500ml (Details In-Store or Online)

€2.15
EACH



Radox Shower Gel
Selected Range 450ml - €4.78/ltr

€2.50
EACH



L'Oréal Men Expert Deodorant
Selected Range 50ml - €50/ltr

€2.50
EACH



Gillette Series Shaving Foam/Gel 200ml - 250ml,
€12.50/ltr - €10/ltr

€2.90
EACH



Oral B Pro Expert Toothpaste
Selected Range 75ml - €38.67/ltr

€4
EACH



L'Oréal Elvive Shampoo/Conditioner Selected Range
300ml - 500ml, €13.33/ltr - €8/ltr

€5.50
EACH



Pantene Pro-V Miracles Lift 'n' Volume Shampoo/
Conditioner 275ml - 400ml, €20/ltr - €13.75/ltr

€4
EACH
was €7.99



Sure Non-Stop Protection Deodorant Selected
Range 250ml - €16/ltr

2 FOR €8
MIX & MATCH



Always/Tampax Selected Range
14pce - 68pce
(Details In-Store or Online)

2 FOR €9
MIX & MATCH



€6 Each
Tampax Pearl Selected Range
20pce - 22pce

REAL REWARDS PRICES

Exclusive to our members

was €6.75
€5
 REAL REWARDS PRICE



Andrex Complete Clean
6 XL Roll

€7
 NON REAL REWARDS PRICE
€5
 REAL REWARDS PRICE



Plenty Original Kitchen Roll
Big Family Pack 4 Roll

€11 EACH
 NON REAL REWARDS PRICE
€8 EACH
 REAL REWARDS PRICE



Bold First Day of Spring/Camomile &
Lavender Liquid Laundry 63 Wash 1.95ltr
 Non Real Rewards Price: €5.64/ltr
 Real Rewards Price: €4.10/ltr

1 Week Only 11th - 17th June

€7.50 EACH
 NON REAL REWARDS PRICE
€6 EACH
 REAL REWARDS PRICE



Comfort Blue Skies/Pure Hypoallergenic XXL Fabric
Conditioner 100 Wash 3ltr
 Non Real Rewards Price: €2.50/ltr
 Real Rewards Price: €2/ltr

was €13
 €12
 NON REAL REWARDS PRICE
€10
 REAL REWARDS PRICE



Andrex Family Soft Toilet
Tissue 24 Roll

1 Week Only 18th - 24th June

€2.50
 EACH
 was €3



Domestos Regular/Citrus Bleach
1.25ltr - €2/ltr
 was €3

€3
 EACH



Mr Muscle Platinum Kitchen Citrus/
Shower Shine/Glass & Window Spray
750ml - €4/ltr

€3.50
 EACH
 was €4.50



Brillo Spray/Drain Unblocker
Selected Range 500ml - 600ml,
€7/ltr - €5.83/ltr
 was €4.50

2 FOR €4
 MIX & MATCH



€3 Each
 Cif Cream Lemon/White
500ml - €6/ltr

€4.25
 EACH



Fairy Fresh/Lemon Skip The
Soak 500ml - €8.50/ltr

FROM
€4.35



Fairy/Lenor Outdoorable
Fabric Conditioner 60 Wash
Selected Range 840ml
(Details In-Store or Online)

€9.50
 EACH



Fairy/Ariel Platinum Stain
Removal Laundry Pods
Selected Range 30pce

€13
 EACH



Fairy/Ariel Platinum Stain
Remover Liquid Pods 44pce

ONLY
€5.50



KittenSoft Quilted Dreams
Toilet Tissue 9 Roll

2 FOR €18
 MIX & MATCH



(Details In-Store or Online)

1 Week Only 11th - 17th June

ONLY
€5



Regina Blitz Giant Household Towel

€20
 was €25.50



Pedigree Mixed Selection in Jelly
4kg - €5/kg was €25.50

1 Week Only 11th - 17th June

Beers & Spirits



STOCK UP FOR A
SUMMER OF SOCCER

FROM
€12*



€12 Heineken Lager Cans 6 Pack 500ml - €4./ltr, **€12.50** Coors Cans 6 Pack 500ml - €4.17/ltr, **€16** Each Guinness Draught/Carlsberg Danish Pilsner Cans 8 Pack 500ml - €4./ltr, **€16.50** Bulmers Original Irish Cider Cans 8 Pack 500ml - €4.13/ltr

FROM
€18.94*



€18.94 Rockshore Irish Lager Cans 12 Pack 500ml - €3.16/ltr, **€20** Guinness Draught Cans 12 Pack 500ml - €3.33/ltr, **€20.36** Carlsberg Pilsner Lager Cans 12 Pack 500ml - €3.39/ltr, **€24.85** Guinness Draught Cans 15 Pack 500ml - €3.31/ltr, **€25.45** Each Coors/Heineken Cans 15 Pack 500ml - €3.39/ltr

FROM
€19.33



€19.33 Southern Comfort Original Liqueur 70cl, **€22.09** Paddy Irish Whiskey 70cl

FROM
€2.75



€2.75 Budweiser Lager Bottle 660ml - €4.17/ltr, **€3** Each Stella Artois/Birrificio Angelo Poretti/Rockshore Irish Lager Bottles 660ml - €4.55/ltr, **€3.25** Heineken Lager Bottle 650ml - €5/ltr

**ONLY
€3.35**



Rye River Retro IPA Bottle
500ml - €6.70/ltr

**€22.50
EACH**



Smirnoff Vodka 70cl, Captain Morgan Spiced Rum 70cl

FROM
€21



€21 Gordon's London Dry Gin 70cl, **€24** Jameson Irish Whiskey 70cl, **€25** Powers Three Swallows 70cl, **€25.97** Paddy Share Triple Distilled 70cl, **€28** Jameson Black Barrel Irish Whiskey 70cl

1 Week Only 18th - 24th June

**ONLY
€18.50***



Heineken Lager 10 Pack
500ml - €3.70/ltr

**ONLY
€25**

Skellig Six 18
Artisan Gin 70cl

1 Week Only 18th - 24th June



DO WHAT MOVES YOU

WIN A SONY SPEAKER
EVERY WEEK WITH
BACARDÍ
See instore for details

BACARDÍ
CARTA BLANCA
SUPERIOR WHITE RUM

Rosé Event

**€8
EACH**



Gallo Family White Grenache 75cl was €10,
Bubblicious Rosé Spritz 75cl was €10,
Faustino VII Rosado 75cl



SCAN HERE FOR
MORE DETAILS

A WORD FROM OUR EXPERT

These rosés have been curated and carefully selected for you to ensure you can find a high-quality option no matter your budget.

Kevin O'Callaghan



**ONLY
€12**



Screaming
Devil Côtes De
Provence 75cl

**ONLY
€10**



Provence Rosé
Bendel - Cuvée
Caroline 75cl

€10



Villa Maria
Sauvignon Blush 75cl
was €13.50

Wine of
the month

**ONLY
€9**



Campo Viejo Rosé 75cl

€10



Porta 6 Rosé
was €13

€12



The Pale Rosé
By Sacha Lichine 75cl
was €16.49

Wines Chosen By Our Expert

Wine Buyer's Choice: I developed these wines for you to explore the unique and wonderful styles out of Chile.

Aresti Mystique Mystery
One Reserva Red Blend
75cl

ONLY
€10

Aresti Mystique Mystery
Two Reserva Carignan
75cl

ONLY
€10

ONLY
€10

Aresti Mystique Mystery
Three Riesling 75cl



**HALF
PRICE**

Now €7.49 Each Montemar Reserva Cabernet Sauvignon/Sauvignon Blanc 75cl was €14.99,
Now €9.99 Chateau Pey La Tour Bordeaux 75cl was €19.99, Now €9.99 Fonte Real Alicante Bouschet
Reserva 75cl was €19.99, Now €14.99 Chateau Tricot Montagne St Emilion 75cl was €29.99



**€8
EACH**

Santa Rita 120 Sauvignon Blanc/Cabernet Sauvignon 75cl, Gallo Family Cabernet Sauvignon/
Sauvignon Blanc 75cl, Faustino VII Red/White 75cl

Wines Chosen By Our Expert

€8
EACH



Torres Sangre de Toro/Viña Sol 75cl

€9
EACH



Barefoot Cellars Pinot Grigio/
White Zinfandel 75cl
was €10

€10
EACH



Villa Maria Sauvignon Blanc 75cl/
Fado Reserva 75cl

€12
EACH



Niel Joubert Reserve Shiraz/
Chenin Blanc 75cl

**PREMIUM
SELECTION**

Don Simon Bellini 75cl
was €7

€5

Don Simon Mimosa 75cl
was €14

€12



€12



Cava Jaume Serra Ice
White Semi Dry 75cl
was €15

TASTE THE SUMMER

SuperValu
Signature Tastes

SuperValu Signature Tastes Irish Raspberries

SuperValu Signature Tastes Irish Raspberries are grown in North County Dublin.

Varieties such as Maravilla are known for their premium quality and are bursting with flavour to deliver a satisfying sweet-tart experience



Scan me, for some delicious raspberry recipes.

3 FOR €10

MIX & MATCH



€5 Each

SuperValu Signature Tastes
Irish Grown Raspberries
200g - €25/kg

Offers valid from Thursday 11th - Wednesday 24th June 2026, unless otherwise stated. All offers subject to availability while stocks last. Details In-store or Online. Customer quotas apply. Images are for illustrative purposes only and may include serving suggestions.

Guaranteed Irish
Supporting business
that supports Ireland

SuperValu