



Cash 'n Carry & Hyper

CRAZY Cash-Back

Competition

Buy any 3 Participating Products and Swipe your Metro Rewards Card to be automatically entered-
WIN Your Share of N\$ 25 000
1 X WEEKLY WINNER OF N\$ 5 000.

T & C's apply



Jungle Oats
1kg

39⁹⁹
EACH



Tastic Rice
2kg

39⁹⁹
EACH



C&B Mayonnaise
3kg

159⁹⁹
EACH



All Gold Tomato Sauce
700ml

36⁹⁹
EACH



PRICES VALID: 20 FEBRUARY - 29 MARCH 2026



METRO NAMIBIA

ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT TIME GOING TO PRESS. HOWEVER THE MANAGEMENT OF METRO CANNOT BE HELD RESPONSIBLE FOR ANY CHANGES OR PRINTING ERRORS THAT MAY OCCUR. ALL PRICES ADVERTISED INCLUDE VAT UNLESS OTHERWISE STATED E&OE WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



CRAZY Cash-Back



32⁹⁹
EACH

Lucky Star
Pilchards Asst.
400g



18⁹⁹
EACH

Koo Cream Style 415g or
Whole Kernel Corn 410g

Shredded ONLY



21⁹⁹
EACH

Lucky Star Shredded
Tuna Asst.
170g



19⁹⁹
EACH

Koo Chakalaka Asst.
410g



16⁹⁹
EACH

Koo Baked Beans in
Tomato Sauce
400g



32⁹⁹
EACH

Top One
Corned Meat
300g



19⁹⁹
EACH

Tomato & Onion Mix
or Braai Relish
410g



18⁹⁹
EACH

Koo Garden Peas in Brine
400g



18⁹⁹
EACH

Lucky Star Soya Mince
Asst.
400g



18⁹⁹
EACH

Koo Mixed Vegetables
420/410g



37⁹⁹
EACH

Hugo's Mixed Fruit Jam
900g



24⁹⁹
EACH

Holbrooks
Worcester Sauce
250ml



77⁹⁹
EACH

Mrs. Balls Chutney
Asst.
1.1kg



32⁹⁹
EACH

Beetroot
Slices & Grated
780g



39⁹⁹
EACH

Mrs. Balls Chutney
Asst.
470g



42⁹⁹
EACH

All Gold Superfine
Apricot Jam
900g



82⁹⁹
EACH

Black Cat Peanut Butter
800g

A brand you can
TRUST



Metro
"making HAPPIER families"

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Tastic Rice
10kg

179⁹⁹
EACH



Taystee Wheat
1kg

59⁹⁹
EACH



Jungle Oats Poly Bag
2kg

85⁹⁹
EACH



Lion Popcorn
500g

14⁹⁹
EACH



Jungle Muesli Asst.
750g

68⁹⁹
EACH



Laager Tea
80's

42⁹⁹
EACH



Tea Time
100's

24⁹⁹
EACH



Tetley Big Tea
102's

52⁹⁹
EACH



Teeco Black Tea
26's

10⁹⁹
EACH



Switch Energy Drink
Asst. 500ml

9⁹⁹
EACH



Pampers Nappies/Pants
Carry Pack

89⁹⁹
EACH



Pampers Nappies/Pants
Value Pack

214⁹⁹
EACH



Pampers Baby Wipes
Asst.

29⁹⁹
EACH



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CRAZY Cash-Back



Nolene Petroleum Jelly
200ml

21⁹⁹
EACH



Old Spice Deodorant Spray Asst.
150ml

39⁹⁹
EACH



Minora Disposable Razors
5s

29⁹⁹
EACH



Always Maxi Pads 9's 10's
Liners 20's

ANY 1 FOR **19⁹⁹**



Nolene Bubble Bath
1ltr

28⁹⁹
EACH



MINORA Blades Long Handle
24's

74⁹⁹
EACH



Minora Blades
5's

5⁹⁹
EACH



Oral-B 123 Medium Toothbrush

14⁹⁹
EACH



19⁹⁹
EACH

Inecto Super Black
28ml



34⁹⁹
EACH

Inecto Hair Color Asst.
50ml



9⁹⁹
EACH

Darling Yaki Braids
Asst.



29⁹⁹
EACH

Darling One Million Braids
Asst.



52⁹⁹
EACH

One Million 2x Extra Length
Braids



49⁹⁹
EACH

Superstar Braids
Asst.



10⁹⁹
EACH

Pamper Asst.
85g



26⁹⁹
EACH

Epol Butch Wet Dog
Food Asst.
820g



129⁹⁹
EACH

Pamper Dry Cat Food
2kg



89⁹⁹
EACH

A&R Wild Bird Seeds
2kg



21⁹⁹
EACH

Pamper Wet Cat Food
385/400g



124⁹⁹
EACH

Pamper Mutlipack
85 x 12



209⁹⁹
EACH

A&R Top Fowl
10kg



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