



Cash 'n Carry & Hyper Stores

CATERING



125<sup>99</sup>  
EACH

PARMALAT  
PODS MILK  
50'S



199<sup>99</sup>  
EACH

PARMALAT  
FULL CREAM  
CHEESE SLICES  
72'S/1.2KG



115<sup>99</sup>  
EACH

CLOVER  
BUTTER MINI  
TUBS BOX  
72 x 7 G



99<sup>99</sup>  
EACH

CATERCRAFT  
CATERING  
CHIPS  
2.5KG



129<sup>99</sup>  
EACH

POLANA  
MAC / ELBOW  
5KG



179<sup>99</sup>  
EACH

FAMILY  
FAVORITE  
RICE  
10 KG



59<sup>99</sup>  
EACH

POLANA  
FUSILLI  
2KG



26<sup>99</sup>  
EACH

CATERING  
SPAGHETTI  
1KG



157<sup>99</sup>  
EACH

INA PAARMAN  
SEASONING  
SPICE ASST  
1KG



159<sup>99</sup>  
EACH

ROBERTSONS  
PAPRIKA  
700G



369<sup>99</sup>  
EACH

CRYSTAL GOLD  
SUNFLOWER OIL  
10LT



97<sup>99</sup>  
EACH

WELLINGTON  
TOMATO  
SAUCE  
2LT



79<sup>99</sup>  
EACH

CRYSTAL GOLD  
SWEET CHILLI  
SAUCE  
2KG



352<sup>99</sup>  
EACH

JIMMY  
CHIPS & BURGER  
SAUCE  
5LT



265<sup>99</sup>  
EACH

MAGGI  
WORCESTER  
SAUCE  
5LT



157<sup>99</sup>  
EACH

NOLA  
MAYONNAISE  
3KG



179<sup>99</sup>  
EACH

MONTAGU  
CHUTNEY  
ASST  
5LT



154<sup>99</sup>  
EACH

TOP ECONOMY  
SOYA MINCE  
ASST  
5KG



159<sup>99</sup>  
EACH

RHODES  
TOMATO  
PUREE  
3KG



145<sup>99</sup>  
EACH

LIBERTY  
STEMS & PIECES  
MUSHROOMS  
3KG



276<sup>99</sup>  
EACH

JACOBS  
BARISTA  
BEANS ASST  
1KG



81<sup>99</sup>  
EACH

LAAGER  
ROOIBOS TEA  
160'S



74<sup>99</sup>  
EACH

JACOBS  
INSTANT 2 IN  
1 / 3 IN 1 ASST  
STICKS 20'S



275<sup>99</sup>  
EACH

RICOFFEY  
STICKS  
200'SX2.7G



255<sup>99</sup>  
EACH

ELLIS BROWN  
CREAMER  
STICKS  
200X4G

A brand you can  
**TRUST**

**Bigger Butter  
and Always  
CHEAPER!!**

**Metro**  
"making HAPPIER  
families"

DATES: 1 JULY 2025 - 31 JULY 2025



**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.





## Drinks and Treats



**29<sup>99</sup>**  
EACH

OUMA RUSKS  
SINGLE  
SLICED  
8x30G



**129<sup>99</sup>**  
EACH

ENDEARMINTS  
SWEETS  
1KG



**129<sup>99</sup>**  
EACH

CAPRICORN  
ENJOYMINTS  
1KG



**239<sup>99</sup>**  
EACH

INTERPACK  
CONCENTRATE  
5LT



**49<sup>99</sup>**  
EACH

BOSTON  
LEMON JUICE  
2 LT

## PACKAGING



**19<sup>99</sup>**  
EACH

NOVA  
KITCHEN  
TOWELS 50SH  
2 PLY 2'S



**139<sup>99</sup>**  
EACH

NOVA 1 PLY  
VIRGIN  
SERVIETTES  
1000'S



**279<sup>99</sup>**  
EACH

NOVA TIDY  
WIPES  
GARAGE ROLL  
210X500 4KG



**779<sup>99</sup>**  
EACH

VALUPAK  
ECONO WRAP  
FILM  
100M X 380MM



**239<sup>99</sup>**  
EACH

LIBERTY  
HEAVY FOIL  
70M

## CLEANING PRODUCTS



**149<sup>99</sup>**  
EACH

METRO  
NAMGEL  
5LT



**199<sup>99</sup>**  
EACH

SUNLIGHT  
DISHWASHING  
LIQUID  
5LT



**129<sup>99</sup>**  
EACH

DOMESTOS  
PROFESSIONAL  
BLEACH  
3LT



**299<sup>99</sup>**  
EACH

SUNLIGHT  
WASHING  
POWDER AUTO  
9KG



**99<sup>99</sup>**  
EACH

STA-SOFT  
FAB SOFTNER  
4LT



**1299<sup>99</sup>**  
EACH

EGOLI  
ALUMINIUM  
CATERING  
POT 33LT  
M106768



**899<sup>99</sup>**  
EACH

BON VOYAGE  
CATERING  
POT SET  
M132057



**2499<sup>99</sup>**  
EACH

SALTON  
S/STEEL URN  
20L  
M106735



**549<sup>99</sup>**  
EACH

CHAFING  
DISHS  
SINGLE/  
DOUBLE  
M153609/  
M153610



**129<sup>99</sup>**  
EACH

STERLING  
H/DUTY DANNY  
CHAIR BLK  
(PLASTIC)  
M156544



**1099<sup>99</sup>**  
EACH

TOTAL  
CANTEEN  
TABLE  
M107930



**2099<sup>99</sup>**  
EACH

TOTAL 3 POT  
BOILING  
TABLE  
M125732



**899<sup>99</sup>**  
EACH

TOTAL  
FOLDABLE  
PLASTIC  
TABLE  
M107929



**19<sup>99</sup>**  
EACH

GLOBAL  
CHAFING  
FUEL  
200ML  
M110506



**199<sup>99</sup>**  
EACH

FLAZZ  
CHAFING  
FUEL GEL  
5LT  
M137972

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