

Metro fresh

where value meets freshness

Metro Fresh is situated in
Kleine Kuppe at Metro Hyper

PRICES VALID:
25 AUGUST - 07 SEPTEMBER 2025



219⁹⁹
VEG. COMBO

7kg Potatoes
1X Cabbage
3kg Onions
3kg Butternut



- Salami
- Salami & Olive
- Mexican
- Margherita

149⁹⁹
HOT DELI

2x Small Pizza Asst
+
2 Ltr Coca-Cola
Original Only



279.99
COMBO

DEEPCATCH PRAWN MEAT 400G +
DEEPCATCH CALAMARI RINGS 800 G +
DEEPCATCH SEAFOOD MIX 700 G



499⁹⁹
BRAAI COMBO

6x Lamb Chops
6x Pork Chops
6x Boerewors
6x Buffalo Wings
6x Beef Sotaties
6x Beef Rashers



65.99
COMBO

MILKTART &
SWISS ROLL



A brand you can
TRUST

Metro
"making HAPPIER
Friends"

café Metro

Grab & Go

Check out our Café and Grab and Go
in store for a variety of ready made meal options

Find us on: 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



Fruits & Vegetables



39.99
EACH
STRAWBERRIES
250 G



29.99
NAARTJIES
P/KG



39.99
EACH
APPLES
ASSORTED
1.5 KG



29.99
SWEET
POTATOES
P/KG

Butchery



189.99
RUMP STEAK
P/KG



89.99
BEEF
GROUND
MINCE
P/KG



89.99
PORK BULK
PACK
P/KG



94.99
BOSKAMP
BRAAIWORS
P/KG

Hot Deli



39.99
EACH
CHICKEN
WRAP



49.99
EACH
GOLDEN
POCKETS
4'S



29.99
EACH
RUSSIAN &
CHIPS



19.99
EACH
GAMMON
BRÖTCHEN

Bakery



47.99
BLUEBERRY
TART
EACH



89.99
BLACK FOREST
CAKE
EACH



14.99
SOURDOUGH
BAGUETTE
EACH



19.99
GARLIC
ROLLS
6 S

Groceries/Perishables



99.99
EACH
REALGOOD
CHICKEN MIXED
PORTION
2 KG



94.99
EACH
CATERCRAF
CHIPS 10 MM
2.5 KG



34.99
EACH
HARVESTIME
MIXED
VEGETABLES
900 G



21.99
EACH
FIRST CHOICE
UHT
1 LTR