

Metro fresh

where value meets freshness

Metro Fresh is situated in Kleine Kuppe at Metro Hyper

PRICES VALID:
17 DECEMBER 2024 - 05 JANUARY 2025



39.99
EACH
CLOVER
FETA CHEESE
200G



38.99
EACH
FIRST CHOICE
UP MILK
2LTR



199.99
COMBO

7kg Potatoes
3kg Onions
3kg Butternut
1kg Carrots



109.99
EACH
PARMALAT
CHEESE
850G



29.99
ULTRAMEL
CUSTARDS
1LTR



20.99
COKE
2LTR



2 FOR
249.99
LEMON,
NAARTJIE
OR BANANA
TREES



159.99
P/KG
XMAS HAMPER

Gammon
Pickled Tongue
Corned Beef



37.99
EACH
C+B
MAYONNAISE
750G



89.99
BOSKAMP
BOEREWORS
P/KG



A brand you can
TRUST



café Metro



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&O WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

DOWNLOADED FROM

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Fruits & Vegetables



59.99
EACH
WATERMELON
MEDIUM
EACH



29.99
EACH
PLUMS
500G



32.99
EACH
WHITE/RED
GRAPES
PUNNET



17.99
EACH
BLUEBERRIES
125G



34.99
EACH
DESSERT
PEACHES
PUNNET



34.99
EACH
NECTARINES
PUNNET



17.99
EACH
MANGO



24.99
EACH
COLESLAW
500G



18.99
EACH
CARROTS
1KG



15.99
EACH
CUCUMBERS
EACH



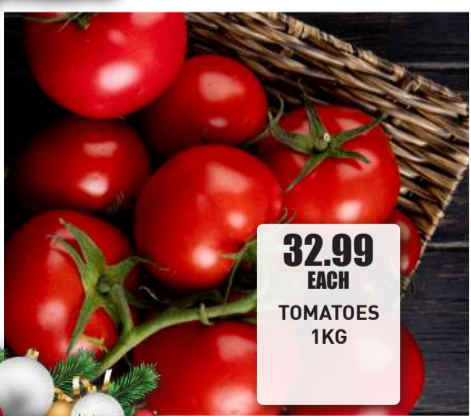
15.99
EACH
ASSORTED
HERBS



16.99
EACH
DICED
PUMPKIN
500G



29.99
EACH
GREEN
PEPPER
POLY BAG
500G



32.99
EACH
TOMATOES
1KG



44.99
EACH
POTATOES
MEDIUM
2KG



29.99
EACH
ONIONS
2KG

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Metro

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Butchery



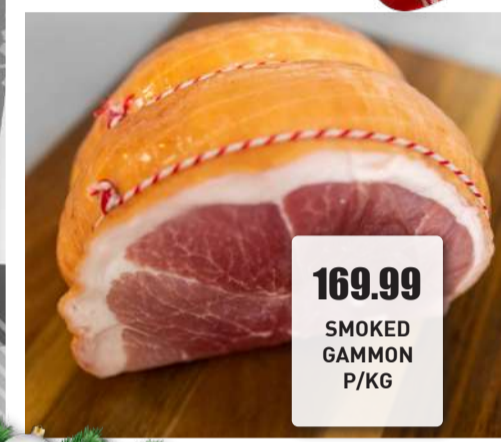
159.99
BEEF
RUMP STEAK
A. GRADE
P/KG



89.99
BEEF
SHORT RIB
P/KG



119.99
BEEF
BRISKET
BONELESS
P/KG



169.99
SMOKED
GAMMON
P/KG



159.99
WHOLE
SIRLOIN STEAK
ROAST
P/KG



189.99
CORNEBEEF
P/KG



139.99
PICKLED
TONGUE
P/KG



99.99
BEEF MINCE
P/KG



99.99
LAMB SHANK
P/KG



109.99
LAMB RACK
"ROAST"
P/KG



139.99
SMOKED
PORK NECK
P/KG



169.99
SMOKED PORK
SPARERIB
P/KG



179.99
SMOKED
CHICKEN
BREASTS
P/KG



129.99
SMOKED
WHOLE
CHICKEN
P/KG



159.99
WHOLE
DUCK
P/KG



89.99
PORK EISBEIN
P/KG

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Bakery & Takeaway



39.99
EACH
PEACH/
PINEAPPLE
TART
EACH



79.99
EACH
FESTIVE
PARTY BREAD
EACH



9.99
CHEESE
STICKS
EACH



29.99
SWISS ROLL
CARAMEL
EACH



79.99
EACH
CHRISTMAS
THEMED
CAKE
EACH



79.99
CHRISTMAS
MIXED
BISCUITS
P/100G



109.99
EACH
FRUIT CAKE
EACH



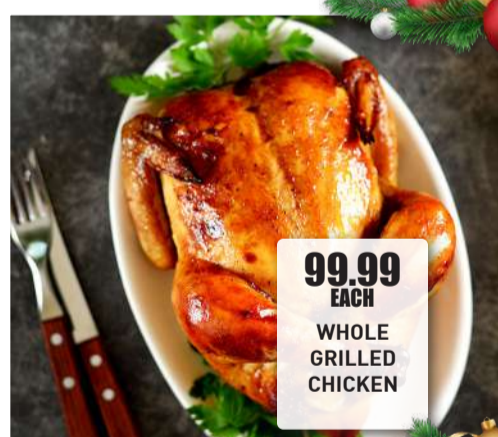
9.99
MALVA
PUDDING
P/100G



249.99
EACH
SWEET
PLATTER
SERVES 6



299.99
EACH
SAVOURY
PLATTER
SERVES 6



99.99
EACH
WHOLE
GRILLED
CHICKEN



19.99
GLAZED
GAMMON
P/100G



19.99
BEEF
WELLINGTON
P/100G



14.99
BEEF TONGUE
IN MUSTARD
SAUCE
P/100G



18.99
LAMB LEG
ROAST
P/100G

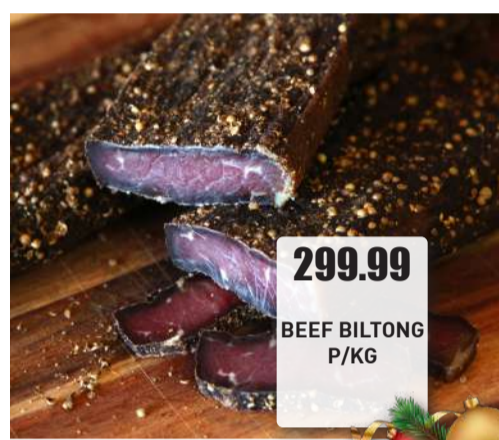


6.99
CURRY NOODLE
SALAD/POTATO
SALAD
P/100G

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299.99
BEEF BILTONG
P/KG



299.99
BEEF
DOERWORS
P/KG



349.99
BEEF
CHILLI BITES
P/KG



64.99
EACH
WDS
JAGDWURST
600G



24.99
EACH
WDS
COOKED HAM
100G



39.99
EACH
HARTLIEF
BACK BACON
150G



39.99
EACH
ESKORT
SMOKED
VIENNAS
500G



26.99
EACH
RENOWIN
FRENCH
POLONY
750G



9.99
EACH
ESKORT
LIVER SPREAD
100G



22.99
EACH
BAKERS
TENNIS
BISCUITS
200G



26.99
EACH
BAKERS
SALTICRAX
200G



19.99
EACH
CADBURY
SLABS
80G



36.99
EACH
LORENZ CLASSIC
TRAY SALTLETTS
STICKS
250G



18.99
EACH
LAYS
POTATO CHIPS
105G



34.99
EACH
THIRSTI
WATER
5LTR



26.99
EACH
LIQ FRU
LIQUIFRUIT
FRUIT JUICE
1LTR

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Perishables & Snacks



29.99
EACH
CLOVER CREAM
OR SOUR CREAM
250ML



44.99
EACH
LANCEWOOD CREAM
CHEESE
230G



29.99
EACH
LANCEWOOD
DIP & TOP
175G



49.99
EACH
DAIRY MAID
COUNTRY
FRESH
1.8LTR



46.99
EACH
MCCAIN
MIXED
VEGETABLES



52.99
EACH
MCCAIN
SLAP CHIPS
OR SKINNY
1KG



39.99
EACH
MCCAIN
STIR FRY
700G



49.99
EACH
EMBORG
CAMENBERT/
BRIE
125G



96.99
EACH
CHICKEN
TIZERS POP/
STRIPS
1KG



38.99
EACH
FLORA
SPREAD
500G



75.99
EACH
DEEPCATCH
NORWEGIAN
SMOKED
SALMON
80G



106.99
EACH
DEEPCATCH
PRAWN MEAT
20/40
400G



69.99
EACH
I+J
FISH FINGERS
600G



48.99
EACH
GREEN VALLEY
CREAMED
SPINACH &
FETA
350G



68.99
EACH
ITAL PIZZA
SLICES
6X71G



59.99
EACH
NICE & EASY
MEALS
ASSORTED
350G

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