

# Metro fresh

where value meets freshness

Metro Fresh is situated in  
Kleine Kuppe at Metro Hyper

PRICES VALID:  
23 JULY - 03 AUGUST 2025



**219<sup>99</sup>**  
**VEG. COMBO**  
7kg Potatoes  
3kg Butternut  
1X Cabbage  
3kg Onions



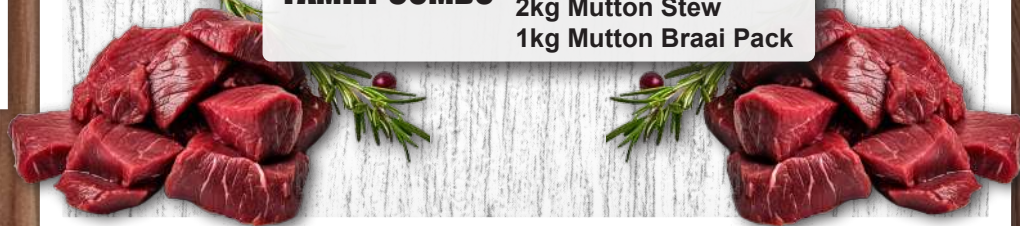
**149<sup>99</sup>**  
**HOT DELI**  
Whole Grilled  
Chicken +  
6X Brötchens  
+ Coke 2ltr



**99.99**  
**MCCAIN MIX  
VEG + MCCAIN  
CHIPS 1KG**



**999.99**  
**FAMILY COMBO**  
2kg Ground Mince  
2kg Boerewors  
2kg Beef Stew  
1kg Tenderized Steak  
2kg Mutton Stew  
1kg Mutton Braai Pack



**199<sup>99</sup>**  
**COLD MEAT COMBO**  
1kg Russian  
1kg Viennas  
750g Jagwurst  
150g Sandwich Ham  
150g Salami  
20g Liverspread



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

Find us on:



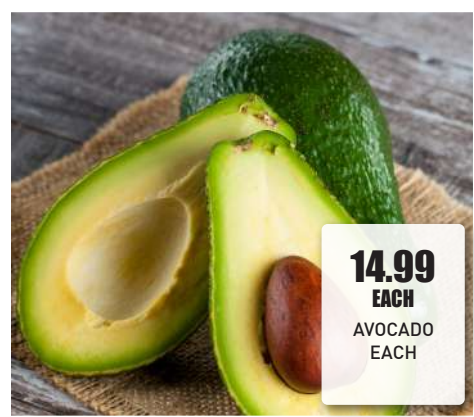
Metro Namibia

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





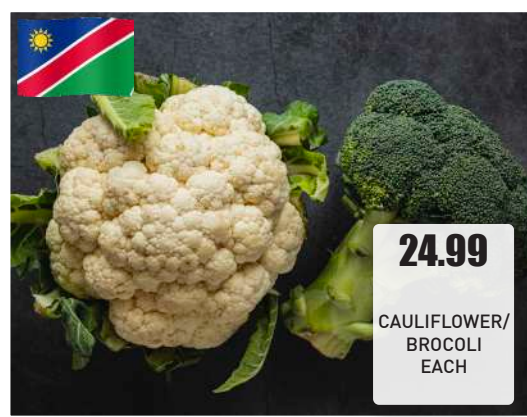
# Fruits & Vegetables



**14.99**  
EACH  
AVOCADO  
EACH



**24.99**  
NAARTJIES  
1KG



**24.99**  
CAULIFLOWER/  
BROCOLI  
EACH



**24.99**  
TOMATOES  
750G

# Butchery



**179.99**  
BEEF  
RIB EYE  
P/KG



**79.99**  
BEEF STEW  
P/KG



**89.99**  
PORK  
BULK PACK



**79.99**  
CHICKEN  
BREAST  
FILLETS  
P/KG

# Hot Deli



**59.99**  
CHICKEN MINI  
BURGERS  
6'S



**29.99**  
SAUSAGE ROLL  
& SCORE  
ENERGY DRINK  
EACH



**15.99**  
GRILLED  
CHICKEN  
PORTIONS  
P/100G

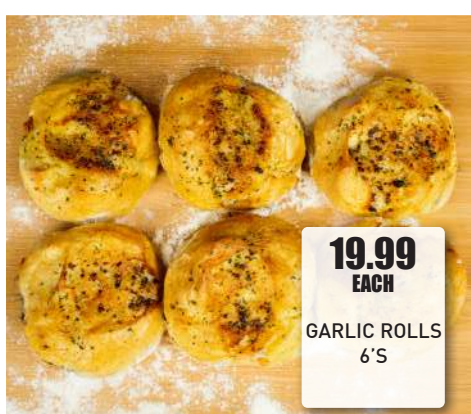


**11.99**  
BEEF STEW  
P/100G

# Bakery



**9.99**  
EACH  
CROISSANTS  
EACH



**19.99**  
EACH  
GARLIC ROLLS  
6'S



**49.99**  
EACH  
CHOCOLATE  
MINI CAKES



**29.99**  
EACH  
MILK TART  
EACH

# Groceries/Pelishables



**79.99**  
EACH  
REALGOOD  
IQF CHICKEN  
1.5KG



**95.99**  
EACH  
PARMALAT  
HARD CHEESE  
GOUDA/CHEDDAR  
600G



**27.99**  
EACH  
RAMA  
BRICK  
500G



**21.99**  
FIRST CHOICE  
UHT MILK  
1LTR