

Metro fresh

where value meets freshness

Metro Fresh is situated in
Kleine Kuppe at Metro Hyper

PRICES VALID:
24 JUNE - 06 JULY 2025



299⁹⁹
VEG. COMBO

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



159⁹⁹
HOT DELI

- Whole Grilled Chicken +
- 6X Brötchens +
- Coke 2ltr



179.99
COMBO

- REALGOOD DRUMSTICK & THIGHTS
- 1.5KG



749⁹⁹
MEAT COMBO

- 2kg Beef Stew
- 2kg Mutton Stew
- 2kg Ground Beef Mince
- 2kg Pork Stew



129⁹⁹
MEATY SOUP COMBO

- 1kg Potatoes
- 1kg Carrots
- 1kg Onions
- 500g Beef Stew



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



23.99
EACH
APPLES
ASSORTED
1KG



49.99
EACH
ORANGES
3KG



39.99
SWEETCORN
4'S



34.99
EACH
TOMATOES
1KG

Butchery



179.99
BEEF
RIB EYE STEAK
P/KG



119.99
BEEF LEAN
MINCE
P/KG



79.99
BEEF
SHORT RIB
P/KG



99.99
CHICKEN
BREAST
FILLETS
P/KG

Hot Deli



49.99
EACH
HAKE & CHIPS
150G



49.99
EACH
BEEF BURGER
& CHIPS 150G



14.99
GLAZED
GAMMON
P/100G



19.99
CRUMBED
CHICKEN
PIECES
P/100G

Bakery



29.99
QUEEN
CUPCAKES
12'S



79.99
EACH
RED VELVET
CAKE
MEDIUM



29.99
EACH
SOURDOUGH
APPLE & CHOC
BREAD



19.99
HAMBURGER
BUNS
6'S

Groceries/Pelishables



49.99
EACH
MCCAIN
MIXED VEG
1KG



29.99
EACH
PARMALAT
SLICES
200G



57.99
EACH
RAMA
SPREAD
1KG



39.99
EACH
FIRST CHOICE
UHT
2LTR