

Metro fresh

where value meets freshness

**Metro Fresh is situated in
Kleine Kuppe at Metro Hyper**

**PRICES VALID:
20 NOVEMBER - 04 DECEMBER 2024**

149.99
EACH
DOUWE
EGBERTS
200G

39.99
EACH
CLOVER
UP MILK
2LTR

60
POTJIE COMBO
1kg Baby Potatoes
1kg Small Onions
1kg Carrots

20.99
COKE
2LTR

79.99
BATATA CHIPS
9MM
2KG

79.99
EACH
PARMALAT
SALTED
BUTTER
500G

99.99
EACH
LANCEWOOD
GOUDA
CHEDDAR
900G

350
BRAAI COMBO
6X Beef Sosaties
6X Pork Bellies Rashes
6X Lamb Braai Chops
6X Boerewors
2X Garlic Loafs
Free Galito Sauce

59.99
EACH
KITTEN SOFT
2 PLY
9'S

49.99
EACH
OLA
RICH 'N' CREAMY
ICE CREAM
1.8LTR



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

DOWNLOADED FROM

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Fruits & Vegetables



24.99
EACH
SPANSPEK
EACH



16.99
EACH
BLUEBERRIES
125G



49.99
EACH
WHITE
GRAPES
PUNNET



69.99
EACH
WATERMELON
MEDIUM
EACH



200
COMBO

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



34.99
BANANAS
LOOSE
P/KG



49.99
EACH
NECTARINES
PUNNET



99.99
SALAD COMBO

- 750g Cocktail Tomatoes
- 1X Lettuce
- 1X English Cucumber
- 1X 200g Clover Feta Cheese



19.99
EACH
CARROTS
1KG



49.99
EACH
PEACHES
PUNNET



24.99
EACH
GREEN
PEPPER
POLY BAG
500G



29.99
EACH
TOMATOES
1KG



89.99
EACH
POTATOES
MEDIUM
7KG



29.99
EACH
ONIONS
2KG

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Butchery



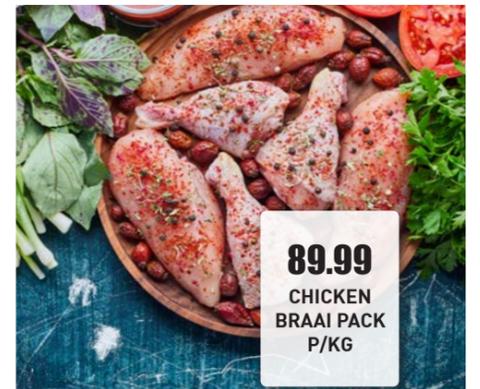
99.99
BEEF
GOULASH
P/KG



149.99
BEEF SIRLOIN
P/KG



89.99
BEEF
RASHERS
P/KG



89.99
CHICKEN
BRAAI PACK
P/KG



99.99
LAMB SHANKS
P/KG



109.99
LAMB
BULK PACK
P/KG



119.99
CHICKEN
SOSATIES
P/KG



79.99
MARINATED
CHICKEN
FLATTIES
P/KG



89.99
PORK NECK
CHOPS
P/KG



119.99
PORK
MARINATED
RIB
P/KG



99.99
PORK
SCHNITZELS
P/KG



99.99
CHICKEN
SUNDOWNERS
P/KG



89.99
PORK
CHIPOLATAS
P/KG



89.99
METRO
TRADITIONAL
BOERWORS
P/KG



109.99
PURE PLAAS
KAASWORS
P/KG



99.99
BEEF TOMATO
& ONION
MEATBALLS
P/KG

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24.99
DOUGHNUT
MINI
6'S

89.99
HOMEMADE
VANILLA OR
CHOCOLATE
CAKE

59.99
1/2 CHICKEN
&
CHIPS

39.99
VETKOEK &
MINCE
6'S

15.99
EACH
GARLIC
ROLLS
6'S

24.99
EACH
MILK TART
EACH

49.99
HAKE &
CHIPS

129.99
2LTR PESPI
10PC CHICKEN
400G CHIPS
COLESLAW SALAD

19.99
EACH
NAMMILK
FRESH MILK
1 LTR

19.99
EACH
MELLO
HOTDOG OR
BURGER
6'S

2 FOR 100
COMBO
Pizza
Assorted

65.99
EACH
PRESIDENT
FETA
400G

29.99
EACH
LANCEWOOD
DIP & TOP
175G

29.99
EACH
STORK
COUNTRY
SPREAD
500G

29.99
EACH
PARMALAT
CHEESE
SLICES
200G

16.99
EACH
SIMBA
LAYS
105G

46.99
EACH
NATURES
GARDEN
COUNTRY MIX
900G

54.99
EACH
NATURES
GARDEN
AMERICAN
FRIES
1KG

69.99
EACH
CRYSTAL GOLD
SUFLOWER OIL
OLIVE BLEND
1LTR