

# 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



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

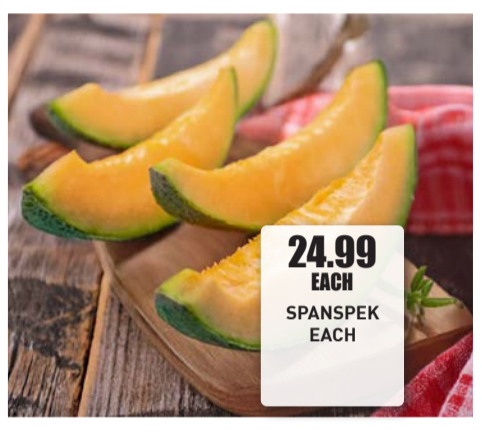
ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT TIME GOING TO PRESS. HOWEVER THE MANAGEMENT OF METRO CANNOT BE HELD RESPONSIBLE FOR ANY CHANGES OR PRINTING ERRORS THAT MAY OCCUR. ALL PRICES ADVERTISED INCLUDE VAT UNLESS OTHERWISE STATED & O.E WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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## Fruits & Vegetables



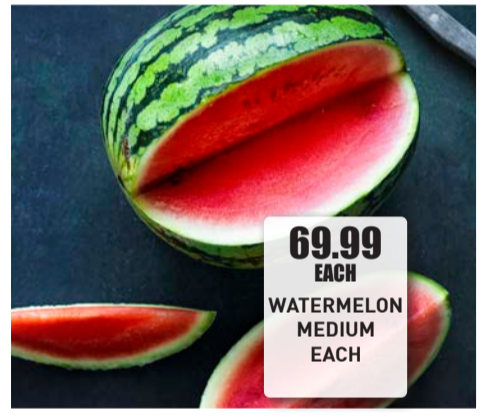
**24.99**  
EACH  
SPANSPEK  
EACH



**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

Metro  
**fresh**

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**Butchery**



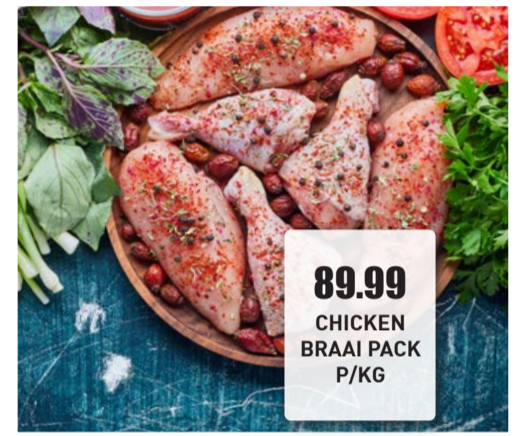
**99.99**  
BEEF  
GOULASH  
P/KG



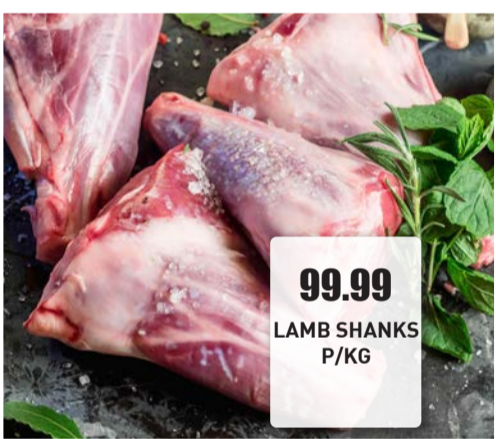
**149.99**  
BEEF SIRLOIN  
P/KG



**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



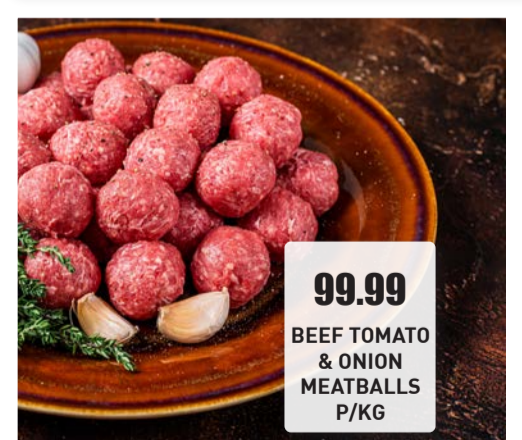
**89.99**  
PORK  
CHIPOLATAS  
P/KG



**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