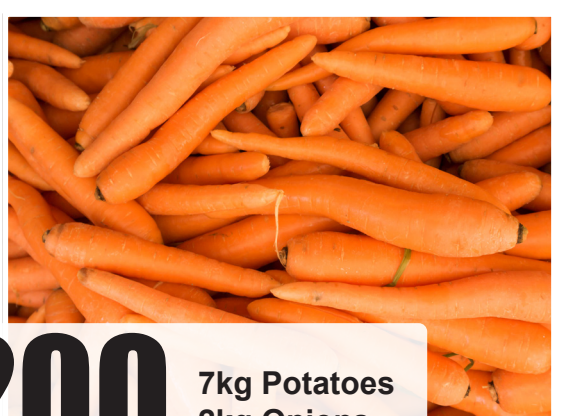


Metro fresh

where value meets freshness

Metro Fresh is situated in
Kleine Kuppe at Metro Hyper

PRICES VALID:
25 APRIL - 09 MAY 2025



200
COMBO
7kg Potatoes
2kg Onions
1kg Carrots
3kg Butternut



899.99
FAMILY COMBO
2kg Ground Mince
2kg Boerewors
2kg Beef Stew
2kg Mutton Stew
2kg Chicken Braai Pack
1kg Tenderized Steak



A brand you can
TRUST

Metro
"making HAPPIER families"

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

DOWNLOADED FROM **specials**

Metro fresh

where value meets freshness

Fruits & Vegetables



24.99
EACH
APPLES
ASSORTED
1KG



24.99
EACH
PEARS
PACKHAM
1KG



32.99
BANANAS
LOOSE
P/KG



59.99
EACH
ORANGES
CARRY
POCKET
3KG



99⁹⁹
SALAD COMBO

250g Cocktail Tomato
1X Lettuce
1X English Cucumber
1X Feta Cheese 200g



29.99
NAARTJIES
1KG



15.99
PUMPKIN
P/KG



29.99
GRAPEFRUIT
LOOSE
P/KG



24.99
EACH
SPINACH
300G



39.99
EACH
TOMATO
750G



29.99
EACH
SWEETCORN
4'S



15.99
BUTTERNUT
LOOSE
P/KG



14.99
EACH
ENGLISH
CUCUMBER



24.99
EACH
BABY
POTATOES
1KG



29.99
EACH
BEETROOT
1KG



39.99
EACH
CABBAGE

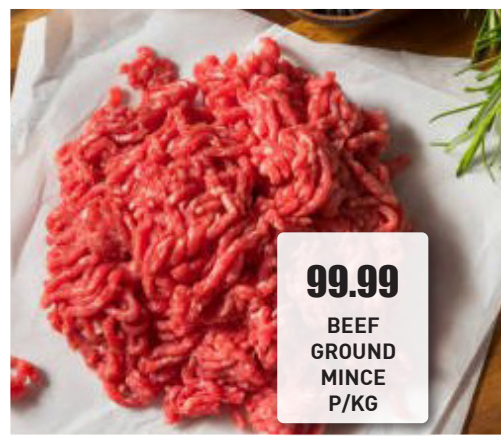


24.99
EACH
GREEN
PEPPER POLY
BAG
500G

Metro fresh

where value meets freshness

Butchery



99.99

BEEF
GROUND
MINCE
P/KG



179.99

BEEF
RUMP STEAK
P/KG



89.99

STEWING
BEEF
P/KG



119.99

KAMEELDORING
BOEREWORS
P/KG



89.99

EISBEIN
P/KG



99.99

MUTTON
BULK PACK
P/KG



129.99

LAMB SHANK
P/KG



149.99

LAMB
LEG ROAST
P/KG



129.99

HAKE FILLETS
(FROZEN)
1KG



119.99

PORK
NECK CHOPS
P/KG



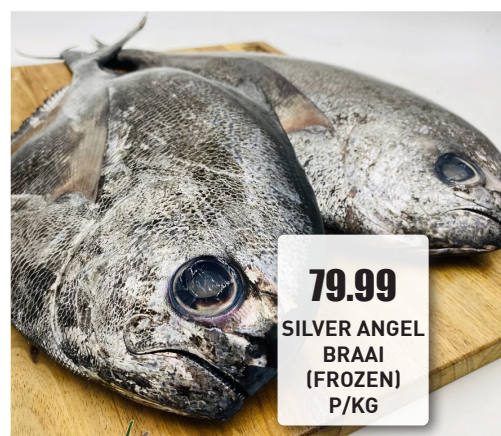
149.99

PORK
ROAST
P/KG



109.99

PORK SPARE
RIB
P/KG



79.99

SILVER ANGEL
BRAAI
(FROZEN)
P/KG



159.99

GAMMON
SMOKED/
COOKED
P/KG



79.99

CHICKEN
WINGS
P/KG



99.99

CHICKEN
BREAST
FILLETS
P/KG

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Metro fresh

where value meets freshness



28.99
HAM &
CHEESE
LOAF



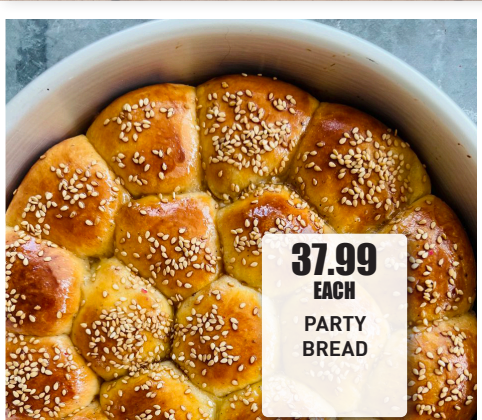
15.99
CHELSEA
BUNS
6'S



12.99
SWEET BUNS
6'S



79.99
BLACK
FOREST CAKE



37.99
EACH
PARTY
BREAD



24.99
EACH
MULTI SEEDED
BREAD



29.99
EACH
GAMMON
BRÖTCHEN



café Metro
34.99
HAKE & CHIPS
PREPACK



1X Whole Grilled
Chicken
6X Rolls
2ltr Coke
149.99
WHOLE
CHICKEN
COMBO



69.99
EACH
BEEF
LASAGNA
PORTION



12.99
STICKY PORK
RIBS
P/100G



9.99
MALVA
PUDDING
P/100G



Full Range Instore
fresh
CRUMBED CHICKEN
POPS
ORIGINAL
800g
59.99
FRESH ECONO
CHICKEN POPS
ASSORTED
800G



36.99
EACH
FLORA
SPREAD
500G



29.99
EACH
ARLA
CREAM
CHEESE
230G



56.99
EACH
OLA
RICH 'N CREAM
ICE CREAM
1.8LTR



25.99
EACH
CLOVER
CREAM
250ML



65.99
EACH
I & J
HAKE POPS
400G



54.99
EACH
MCCAIN
SKINNY FRIES
OR SLAP
CHIPS
1KG



45.99
EACH
NATURES
GARDEN MIX OR
COUNTRY MIX
900G