

# 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



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



**99<sup>99</sup>**  
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



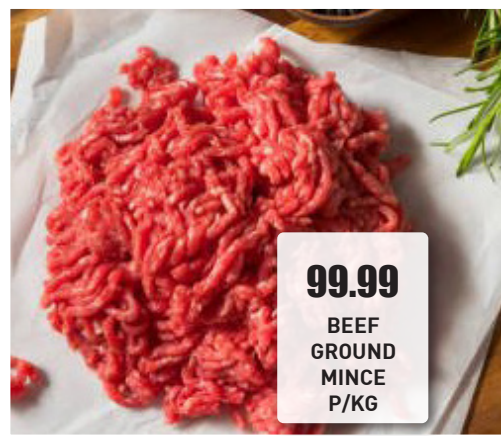
**24.99**  
EACH  
GREEN  
PEPPER POLY  
BAG  
500G



# 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

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



# Metro fresh

where value meets freshness

