

Metro fresh

where value meets freshness

Metro Fresh is Situated in
Kleine Kuppe at Metro Hyper

19 FEBRUARY - 8 MARCH 2026



139⁹⁹

Nibbles
Plain or Chilli
350g



249⁹⁹

VEG. COMBO

3kg Carrots
7kg Potatoes
3kg Butternut
3kg Onions



59⁹⁹

SALAD COMBO

Lettuce
250g Cocktail Tomatoes
Cucumber



169⁹⁹

4 Beef Burgers +
2Lt Coke

HOT DELI



599⁹⁹

BRAAI COMBO

6x Lamb Chops
6x Boerewors 100gr
6x Pork Belly Rashers
Garlic Rolls 6's
6x Chicken Wings
6x Beef Sosaties

The Big
6 Pack



179⁹⁹

GROCERY COMBO

Realgood
IQF Drumstick
& Thighs
1.5kg



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



34.99 Tomatoes
1kg



34.99 Sweet Potatoes
p/kg



29.99 Apples
Yellow or Red
1kg



39.99 Bananas
p/kg



14.99 Kiwi Fruit
Each

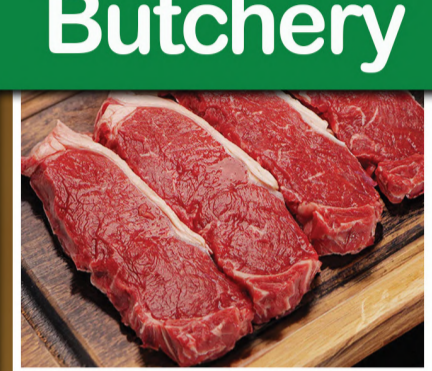
Butchery



109.99 Metro Traditional
Wors
p/kg



119.99 Pork Belly
Rashers
p/kg



199.99 Sirloin Steak
A Grade
p/kg



139.99 Lamb Braai
Chops
p/kg



89.99 Chicken Breast
Fillets
p/kg

Hot Deli



12.99 Eisbein
p/100g



54.99 Beef Stew &
Mashed Potatoes
500g



59.99 Chicken Sliders
6's



49.99 Half
Grilled Chicken
Each



39.99 Chicken Schnitzel
Brötchen
Each

Bakery



24.99 Artisan Bread
Each



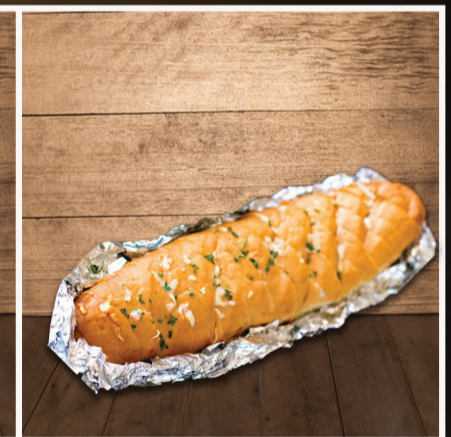
14.99 Chocolate Eclair
Each



79.99 Black forest
Cake
Each



19.99 Queen Cupcakes
6's



24.99 Garlic Loaf
Each

Groceries/Perishables



19.99 Clover
UHT Milk
1Lt



69.99 Butro Spread
500g
Each



99.99 Parmalat Cheese
Assorted
600g



39.99 Emborg
Frozen Veg
450g



155.99 Jacobs Krönung
Coffee Jar/Pouch
200gr/230gr