

Metro fresh

where value meets freshness

MAKING FRESH AFFORDABLE

Hype it UP

Metro Fresh is situated in Kleine Kuppe at Metro Hyper

PRICES VALID: 20 SEPTEMBER - 30 SEPTEMBER 2024

Super Veg Combo

N\$ **249.99**



Potatoes 7Kg



Onions 3Kg



Carrots 3Kg



Cabbage each

Butchery Family Pack



1350
Combo

Ground Beef Mince 2Kg + Boerewors 2Kg + Lamb Mixed Chops 2Kg + Mutton Mixed Chops 2Kg + Pork Mixed Cuts 2Kg + Beef Stew 2Kg + Beef Tenderized Steaks 2Kg + Chicken Portions 2Kg

Cold Meat Combo



150
Combo

Russian 1kg + Viennas 1kg + Sandwich Ham 150g + Salami 150g + Mixed Polony 200g + Liver Spread



119.99

Fair Cape UHT Milk 6x1Ltr



74.99

Clover Butro 500g



114.99

Parmalat Cheese 850g



79.99

Beef Ground Mince P/Kg



19.99

Coca-Cola Original 2Ltr



19.99

Family Favourite Tomato Sauce 700ml



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

FRUIT AND VEGETABLES

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Fruit Combo



94⁹⁹
Combo

Apples 1Kg + Pear 1Kg +
Banana Poly Bag +
Blue Berries PP

Salad Combo



100
Combo

Tomatoes 1Kg + Lettuce +
English Cucumber +
Avocado 1Kg



Strawberries
250g

24⁹⁹



Blue Berries
125g

29⁹⁹



Apples
Assorted 1Kg

28⁹⁹



Naartjies
Loose P/Kg

34⁹⁹



Bananas
Loose P/Kg

29⁹⁹



Pears
1Kg

26⁹⁹



Pineapples
each

32⁹⁹



Avocado
each

21⁹⁹



Cabbage
each

19⁹⁹



Tomatoes
1Kg

28⁹⁹



Potatoes
Medium 7Kg

129⁹⁹



Onions
2Kg

34⁹⁹



Spinach
each

14⁹⁹

BUTCHERY

*Export Beef cuts
(no fat/sinew/boneless)

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Rump Steak
P/Kg

149⁹⁹



T-Bone Steak
P/Kg

139⁹⁹



Pork Bulk
Pack P/Kg

89⁹⁹



Pork Texan
Steak P/Kg

99⁹⁹



Pork Sausage
P/Kg

89⁹⁹



Kameelhout
Boerewors
P/Kg

99⁹⁹



Beef Goulash
P/Kg

109⁹⁹



Mutton Stew
P/Kg

89⁹⁹



Leg of Lamb
Roast P/Kg

99⁹⁹



Chicken
Breast Fillets
P/Kg

79⁹⁹



Chicken
Braai Pack
P/Kg

79⁹⁹



Beef Oxtail
P/Kg

139⁹⁹

Family Deal!



Whole Grill Chicken +
6x Brötchens +
Coca-Cola 2Ltr

139⁹⁹



Mini Burgers
or Vetkoek
6x

49⁹⁹



Wraps
Assorted
each

24⁹⁹



Marinated
Spare Ribs
300g & Chips

69⁹⁹



2 For

Cream
Doughnuts
2 For

19⁹⁹



Ciabatta
Bread
each

27⁹⁹



Poppy Seed
Buns
each

2⁹⁹



Black
Forest Cake
each

79⁹⁹



Metro Fresh
Meals Assorted
Frozen 400g

49⁹⁹



McCain
Slap Chips
1Kg

46⁹⁹



Harvestime
Mixed Veg.
900g

35⁹⁹



Tastic
Rice
2Kg

49⁹⁹



Nammilk
Fresh Milk
1Ltr

19⁹⁹



Nola
Mayonnaise
750g

36⁹⁹



Ina Paarman
Spice
200ml

39⁹⁹