

# 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



**94<sup>99</sup>**  
Combo

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

## Salad Combo



**100**  
Combo

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



Strawberries  
250g

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



Blue Berries  
125g

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



Apples  
Assorted 1Kg

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



Naartjies  
Loose P/Kg

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



Bananas  
Loose P/Kg

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



Pears  
1Kg

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



Pineapples  
each

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



Avocado  
each

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



Cabbage  
each

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



Tomatoes  
1Kg

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



Potatoes  
Medium 7Kg

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



Onions  
2Kg

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



Spinach  
each

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

# BUTCHERY

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

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Rump Steak  
P/Kg

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



T-Bone Steak  
P/Kg

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



Pork Bulk  
Pack P/Kg

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



Pork Texan  
Steak P/Kg

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



Pork Sausage  
P/Kg

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



Kameelhout  
Boerewors  
P/Kg

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



Beef Goulash  
P/Kg

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



Mutton Stew  
P/Kg

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



Leg of Lamb  
Roast P/Kg

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



Chicken  
Breast Fillets  
P/Kg

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



Chicken  
Braai Pack  
P/Kg

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



Beef Oxtail  
P/Kg

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

## Family Deal!



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

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



Mini Burgers  
or Vetkoek  
6x

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



Wraps  
Assorted  
each

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



Marinated  
Spare Ribs  
300g & Chips

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



**2 For**

Cream  
Doughnuts  
2 For

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



Ciabatta  
Bread  
each

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



Poppy Seed  
Buns  
each

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



Black  
Forest Cake  
each

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



Metro Fresh  
Meals Assorted  
Frozen 400g

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



McCain  
Slap Chips  
1Kg

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



Harvestime  
Mixed Veg.  
900g

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



Tastic  
Rice  
2Kg

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



Nammilk  
Fresh Milk  
1Ltr

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



Nola  
Mayonnaise  
750g

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



Ina Paarman  
Spice  
200ml

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