

# Metro fresh

where value meets freshness

Metro Fresh is situated in  
Kleine Kuppe at Metro Hyper

PRICES VALID:  
25 MARCH - 09 APRIL 2025



**79.99**  
EACH  
CRYSTAL GOLD  
OLIVE BLEND  
1LTR



**39.99**  
EACH  
FIRSTCHOICE  
FRESH MILK  
2LTR



**249.99**  
COMBO

- 7kg Potatoes
- 2kg Onions
- 1kg Carrots
- 3kg Butternut
- 1X Cabbage



**69.99**  
CLOVER  
BUTTER  
SPREAD  
500G



**35.99**  
C&B  
MAYONNAISE  
750G




**36.99**  
EACH  
CLOVER FETA  
CHEESE  
200G



**59.99**  
EACH  
EMBORG  
SLICED  
MUSHROOMS  
450G



**25.99**  
EACH  
FF  
SUNFLOWER  
OIL  
750ML




**65.99**  
EACH  
SOFT & GENTLE  
TOILET PAPER  
350 SHTS 2PLY  
9'S



**169.99**  
EACH  
DOUWE  
EGBERTS  
COFFEE  
200G



**96.99**  
EACH  
PARMALAT  
HARD CHEESE  
600G

**380**  
BRAAI COMBO

- 6x Lamb Chops
- 6x Braai Wors
- 6x Chicken Sundowners
- 6x Beef Sosaties
- 6x Pork Belly
- Garlic Rolls 6's



A brand you can  
**TRUST**



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

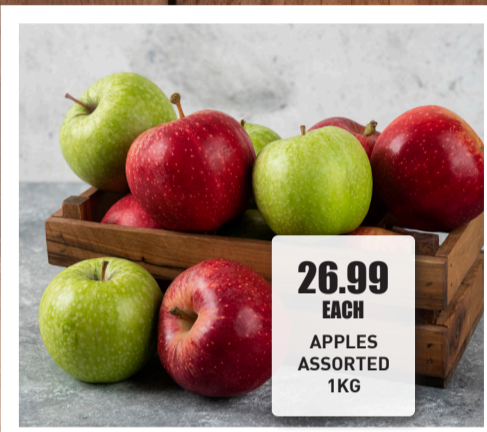
ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT TIME GOING TO PRESS. HOWEVER THE MANAGEMENT OF METRO CANNOT BE HELD RESPONSIBLE FOR ANY CHANGES OR PRINTING ERRORS THAT MAY OCCUR. ALL PRICES ADVERTISED INCLUDE VAT UNLESS OTHERWISE STATED & O.E WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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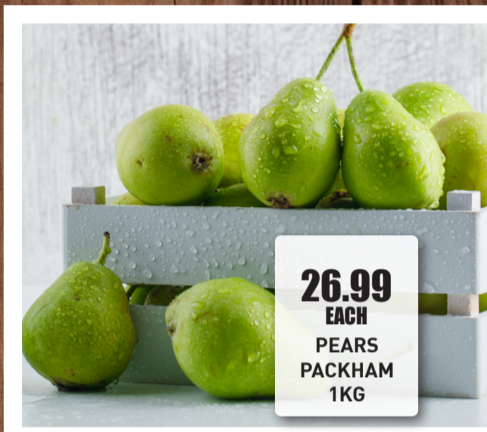
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## Fruits & Vegetables



**26.99**  
EACH  
APPLES  
ASSORTED  
1KG



**26.99**  
EACH  
PEARS  
PACKHAM  
1KG



**34.99**  
BANANAS  
LOOSE  
P/KG



**34.99**  
EACH  
RED PLUMS  
500G



**9.99**  
SALAD COMBO  
250g Cocktail Tomato  
1X Lettuce  
1X English Cucumber  
1X Clover Feta Cheese 200g



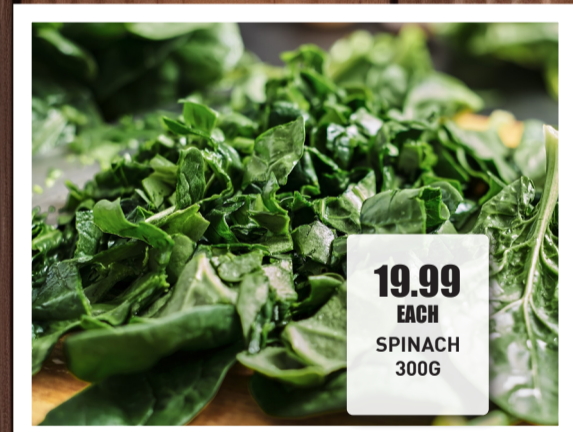
**79.99**  
RED/YELLOW  
PEPPERS  
LOOSE  
P/KG



**29.99**  
EACH  
GEMS SQUASH  
1KG



**32.99**  
EACH  
PINEAPPLE



**19.99**  
EACH  
SPINACH  
300G



**19.99**  
EACH  
COCKTAIL  
TOMATO  
250G



**14.99**  
PUMPKIN  
QUARTER  
P/KG



**14.99**  
BUTTERNUT  
LOOSE  
P/KG



**14.99**  
EACH  
ENGLISH  
CUCUMBER



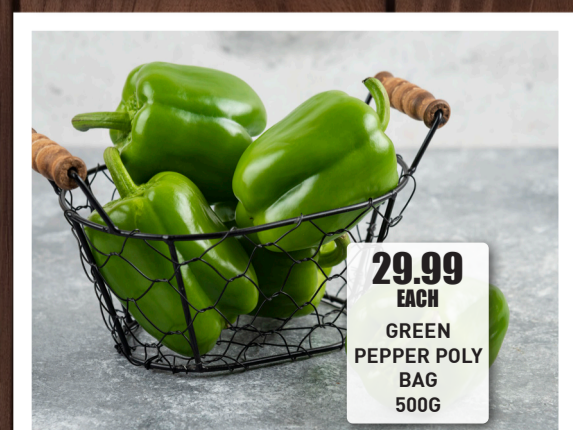
**15.99**  
EACH  
HERBS  
ASSORTED  
30G



**19.99**  
EACH  
BETROOT  
1KG



**34.99**  
EACH  
FRESH CHIPS  
1KG



**29.99**  
EACH  
GREEN  
PEPPER POLY  
BAG  
500G

Metro

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## Butchery



**99.99**  
BEEF  
GROUND  
MINCE  
P/KG



**209.99**  
BEEF  
RIBEYE STEAK  
P/KG



**139.99**  
BEEF  
SCHNITZEL  
P/KG



**119.99**  
METRO  
TRADITIONAL  
BOEREWORS  
P/KG



**159.99**  
LAMB  
LOIN CHOPS  
P/KG



**119.99**  
BEEF  
CLUB STEAK  
P/KG



**89.99**  
BEEF SHIN  
P/KG



**349.99**  
BEEF BILTONG,  
DROEWORS,  
CHILLI BITES  
P/KG



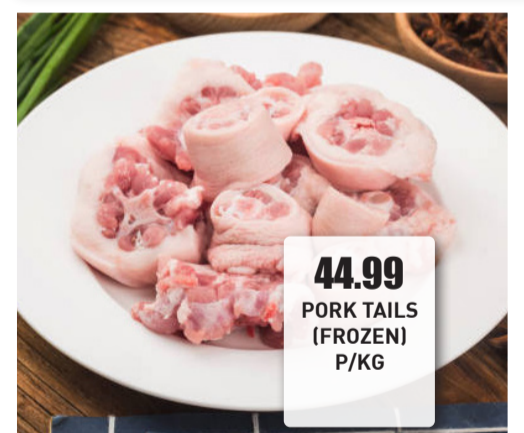
**189.99**  
DEBONED  
LAMB  
LEG ROAST  
P/KG



**119.99**  
PORK  
NECK CHOPS  
P/KG



**39.99**  
PORK  
TROTTERS  
(FROZEN)  
P/KG



**44.99**  
PORK TAILS  
(FROZEN)  
P/KG



**59.99**  
EACH  
METRO FRESH CRUMED  
CHICKEN BAGS ASST.  
800G



**79.99**  
CHICKEN  
FLATTIES  
P/KG



**39.99**  
CHICKEN  
BACKS  
(FROZEN)  
P/KG



**99.99**  
CHICKEN  
BREAST  
FILLETS  
P/KG

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**9.99**  
DOUGHNUT  
CREAM



**119.99**  
CAKE +  
4 CUPCAKES  
COMBO



**6.99**  
POTATO SALAD  
P/100G



**19.99**  
NPC  
SAUSAGE  
ROLL PIE  
EACH



**19.99**  
EACH  
HOMEMADE  
BANANA  
BREAD



**12.99**  
EACH  
MILK TART  
SLICE



**39.99**  
EACH  
KAPANA  
BROTCHEN



**19.99**  
PORK  
SCHNITZEL +  
CHIPS  
150G



**12.99**  
EISBEIN  
P/100G



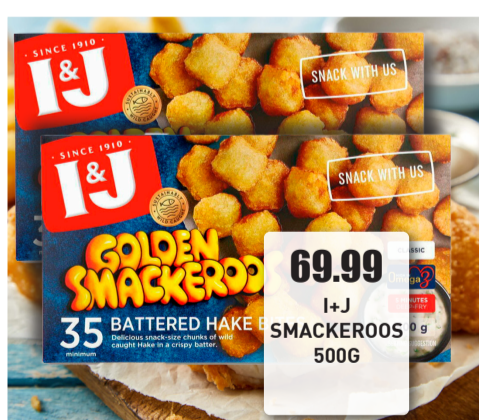
**29.99**  
CHICKEN  
SCHNITZEL  
BROTCHEN



**34.99**  
EACH  
MELLO  
SEEDED  
LOW GI



**2 FOR**  
**140**  
PIZZA  
VARIANTS



**69.99**  
I+J  
SMACKERODS  
500G



**25.99**  
EACH  
RAMA  
500G



**45.99**  
EACH  
LANCEWOOD  
CREAM  
CHEESE  
230G



**49.99**  
EACH  
DAIRY MAID  
COUNTRY  
FRESH  
ICE CREAM  
1.8LTR



**29.99**  
EACH  
CLOVER  
CREAM  
250ML



**24.99**  
EACH  
FATIMA PUFF  
PASTRY  
400G



**54.99**  
EACH  
MCCAIN  
SKINNY FRIES  
1KG



**45.99**  
EACH  
NATURES  
GARDEN MIX OR  
COUNTRY MIX  
900G