

# Metro

## hyper

# FLY UP



**Best Price!**

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

Tastic Rice  
2Kg

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

Weet-Bix Assorted  
375g / 450g

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

First Choice  
Fresh Milk  
2Ltr

**Best Price!**

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

Clover  
UHT Milk  
1Ltr

**Best Price!**

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

C & B  
Mayonnaise  
750g

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

Crystal Gold  
Olive Blend  
Oil  
1Ltr

**75<sup>99</sup> EACH**

Clover  
Butro  
500g

**159<sup>99</sup> EACH**

Nescafé  
Gold Coffee  
Jar Assorted  
200g

**124<sup>99</sup> EACH**

Nova Luxury  
Soft Toilet  
Paper 2Ply  
18's

**95<sup>99</sup> EACH**

Parmalat  
Cheese  
Assorted  
600g

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

Lucky Star  
Shredded  
Tuna Assorted  
170g

**Best Price!**

**65<sup>99</sup> EACH**

Family Favorite  
Sunflower Oil  
2Ltr

**18<sup>99</sup> EACH**

Cadbury  
Slabs  
Assorted  
80g

**16<sup>99</sup> EACH**

Pepsi  
Original  
ONLY  
2Ltr



A brand you can TRUST

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

PRICES VALID: 24 MARCH - 05 APRIL 2025



# Perishables

**XL savings**

**Each**  
N\$99.99  
**Rewards Card!**  
N\$98.99



Chicken Tizers Crumbed Schnitzels  
1Kg



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

Realgood IQF Chicken Drumsticks  
1.5Kg



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

Realgood Whole Bird with Giblets  
each



**42<sup>99</sup>**  
EACH

Natures Garden Peas or Sweetcorn  
750g



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

McCain Country Crop  
1Kg

**XL savings**

**Each**  
N\$62.99  
**Rewards Card!**  
N\$61.99



Sea Harvest Fish Fingers  
600g



**86<sup>99</sup>**  
EACH

I & J Light & Crispy  
500g



**165<sup>99</sup>**  
EACH

Eskort Pre Cooked Marinated Ribs  
1Kg

**I'm New!**



**56<sup>99</sup>**  
EACH

Nam Pie Mini Sausage Rolls  
40's

Price Per Unit  
N\$1.42



**55<sup>99</sup>**  
EACH

McCain Slap Chips  
1Kg



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

Deepcatch Seafood Mix  
700g



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

Deepcatch Calamari Rings  
800g



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

Deepcatch Half Shell Black Mussel  
450g



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

Hartlief Windhoek Salami Sliced  
100g



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

Hartlief Chicken Bacon  
150g



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

Windhoek Schlachtereijagdwurst (Roll)  
100g



**75<sup>99</sup>**  
EACH

Hartlief Smoked Viennas  
500g



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

Klein Windhoek Viennas or Russians  
2.2Kg

**XL savings**

**Each**  
N\$69.99  
**Rewards Card!**  
N\$68.99



Emborg German Cheese Slices  
Assorted - 150g



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

Naarmann Cream  
1Ltr



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

Flora Spread Tub Assorted  
500g



**45<sup>99</sup>**  
EACH

Lancewood Double Cream Yoghurt  
1Kg



**18<sup>99</sup>**  
EACH

Nammilk Snackies Multi-Pack  
6x80g



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

Super M Flavoured Milk Assorted  
1Ltr

**I'm New!**



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

Aylesbury Royalty Ice-Cream  
2Ltr

# Foods



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

Bokomo  
Vetkoek Flour  
2.5Kg



**25<sup>99</sup>**  
EACH

Polana  
Spaghetti  
1kg



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

Iwisa Quick  
Cook Samp  
2.5Kg



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

Maggi Multipack  
Noodles  
Assorted  
5Pack



Each  
N\$59.99  
Rewards  
Card!  
N\$58.99

Bokomo Corn Flakes  
1Kg



Each  
N\$69.99  
Rewards  
Card!  
N\$68.99

Nescafé Cappuccino Assorted  
10's



**62<sup>99</sup>**  
EACH

Five Roses  
Tagless  
Teabags  
100's



**59<sup>99</sup>**  
EACH

Nestlé  
Cremora  
750g



**16<sup>99</sup>**  
EACH

Koo  
Chakalaka  
Assorted  
410g



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

Top One  
Corned Meat  
300g



Each  
N\$52.99  
Rewards  
Card!  
N\$49.99

Tabasco Red / Green Sauce  
60ml



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

Ina Paarman  
Salad Dressing  
Assorted  
300ml



**23<sup>99</sup>**  
EACH

Robertson's  
Spice Assorted  
Refill  
Large



**23<sup>99</sup>**  
EACH

Top Class  
Soya Mince  
Assorted  
400g



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

Rhodes  
Peaches  
825g



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

Cani  
Rusks  
Assorted  
500g



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

Snowflake  
Creations  
Assorted  
each



**147<sup>99</sup>**  
EACH

Little Bee  
Honey  
1kg



Each  
N\$85.99  
Rewards  
Card!  
N\$84.99

Yum Yum Peanut Butter  
1kg



Both For  
N\$39.99

Lays 105g + Doritos 145g  
Assorted



**11<sup>99</sup>**  
EACH

Bakers  
Mini Cheddars  
4 x 25g



Each  
N\$35.99  
Rewards  
Card!  
N\$32.99

Bakers Provita Assorted  
250g



**25<sup>99</sup>**  
EACH

Tasty Treat  
Krit Biscuits  
Assorted  
150g



**25<sup>99</sup>**  
EACH

Diddle Diddle  
Popcorn  
Assorted  
150g



**12<sup>99</sup>**  
EACH

Cadbury  
Countlines  
Assorted  
40g



**18<sup>99</sup>**  
EACH

Freetree  
Juice  
Assorted  
1Ltr



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

Brookes  
Oros  
Assorted  
2Ltr



Each  
N\$11.99  
Rewards  
Card!  
N\$10.99

Coca-Cola Original  
600ml



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

Bonaqua  
Still or Sparkling  
Water  
1.5Ltr



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

Monster  
Energy Drinks  
500ml

**XL savings**



Each N\$13.99  
Rewards Card!  
N\$12.99

Lux Soap Assorted 175g



Each N\$39.99  
Rewards Card!  
N\$38.99

Dove Deodorant Men/Ladies 150ml



Each N\$449.99  
Rewards Card!  
N\$445.99

Pampers Active Baby Nappies/Pants Mega Box



Each N\$169.99  
Rewards Card!  
N\$168.99

Sunlight Dishwashing Tablets 56's



Each N\$18.99  
Rewards Card!  
N\$17.99

Viva Detergent Bar 200g



Each N\$39.99  
Rewards Card!  
N\$38.99

Family Favourite Pine Gel 1Kg

**Cosmetics**



69<sup>99</sup> EACH

Compral Headache Powders 38's



49<sup>99</sup> EACH

Colgate Total Toothpaste Assorted 75ml

Men or Ladies



39<sup>99</sup> EACH

Yardley Body Spray Assorted 90ml / 125ml

Men or Ladies



Any 2 For N\$49.99

Yardley Roll-On Assorted 50ml



89<sup>99</sup> EACH

Elvive Shampoo or Conditioner 300ml/400ml



Any 2 For N\$99.99

Sanex Shower Gel Assorted 500ml



89<sup>99</sup> EACH

Epi-Max Cream Assorted 400g



32<sup>99</sup> EACH

Always Sanitary Maxi Value Pack 16's/18's/20's

**Baby**



Any 2 For N\$24.99

Infacare Juice Assorted 200ml



35<sup>99</sup> EACH

Nestlé Cerelac Infant Cereal 200g



399<sup>99</sup> EACH

Alula Gold Kid 4 1.8Kg



119<sup>99</sup> EACH

Johnson's Baby Wipes 4Pack

**Cleaning**

Any One For:



29<sup>99</sup> EACH

Sunlight Dishwashing Liquid 750ml



29<sup>99</sup> EACH

Harpic White & Shine 750ml



29<sup>99</sup> EACH

Domestos Bleach Assorted 750ml



29<sup>99</sup> EACH

Handy Andy Household Cleaner 750ml



32<sup>99</sup> EACH

Mr. Sheen Multi-Surface Cleaner 300ml



39<sup>99</sup> EACH

Air Scents Mist Spray Assorted 350ml



39<sup>99</sup> EACH

Comfort Luxury Fabric Conditioner 800ml



Any 1 For:

89<sup>99</sup> EACH

Omo Auto Washing Powder 2Kg or Capsules 16's or Liquid 1.5Ltr

# Pet Food

Any One For:



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

Bobtail  
Gravy Chunks  
Multipack  
8x85g



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

Catmor  
Multipack  
Assorted  
10 x 70g



**45<sup>99</sup>**  
EACH

ProPet  
Sunflower Seed  
2Kg



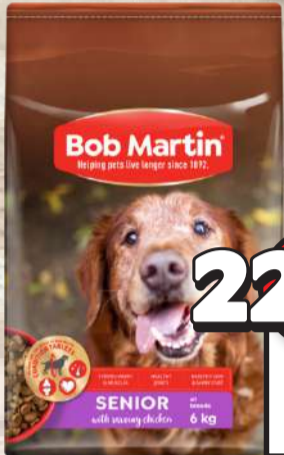
**89<sup>99</sup>**  
EACH

Montego Bags o'  
Wags Chewies  
Assorted  
500g



**75<sup>99</sup>**  
EACH

Montego  
Treats/Crunchies  
Assorted  
1Kg



**229<sup>99</sup>**  
EACH

Bob Martin  
Dog Food  
Assorted  
6Kg



Canine Cuisine Dog Food  
Assorted - 10Kg

Each  
N\$429.99  
Rewards  
Card!  
N\$425.99



**45<sup>99</sup>**  
EACH

ProPet  
Wildbird Seed  
2Kg



**279<sup>99</sup>**  
EACH

Feline Cuisine  
Cat Food  
Assorted  
4Kg



**95<sup>99</sup>**  
EACH

Marltons  
Dog Bowl  
Stainless Steel  
2.2Ltr

# Pest Control



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

Doom  
Mosquito Coils  
125g



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

Doom  
Blue Death  
500g



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

Doom Destroyer  
Room Spray  
300ml



**59<sup>99</sup>**  
EACH

Doom  
Destroyer  
Plug in Unit +  
Refill



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

Moth-ex  
Balls  
100g

Any One For:



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

Efeko  
Malasol  
100ml



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

Efeko  
Everdeath  
500g



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

Efeko  
Garden RTU  
500ml



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

Efeko  
No Insect  
Indoors  
100ml



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

Efeko  
Fendona  
50ml

# Household Items



**499<sup>99</sup>**  
EACH

Blitz Spin Mop  
with Built-In  
Soap Dispenser  
M155722



**119<sup>99</sup>**  
EACH

Goldenmarc  
Long Handle  
Broom  
M144498



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

Blitz Tear-Off  
Cloths  
35Pack  
M155721



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

Dish Swab  
10 Pack  
M143913



**25<sup>99</sup>**  
EACH

Easyclean  
Rainbow  
Sponges  
5's



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

Melbro  
Zombi Tumblers  
M131977



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

Stainless Steel  
Coloured Fork/  
Knife/Spoon Set  
M155144/121



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

Ceramic  
Mugs  
Assorted  
M153687



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

6 Sided  
Grater  
Assorted Colours  
M155156



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

Varta Longlife  
Batteries  
AA  
4's

# Household Items

Assorted Colours

- 12<sup>99</sup> EACH**  
Plastic Beer Mugs Assorted M101360
- 79<sup>99</sup> EACH**  
Contour Tub with Rope Handles 75Ltr M101343
- 199<sup>99</sup> EACH**  
Contour Folding Table M14529
- 29<sup>99</sup> EACH**  
Plastic Microwave Cover M111205
- 169<sup>99</sup> EACH**  
Food Container Set 20Pcs M155626/628
- 99<sup>99</sup> EACH**  
African Electric Extention Lead 10m M100208
- 99<sup>99</sup> EACH**  
Total Tools 13 in 1 Ratchet Screwdriver Set M151712
- 49<sup>99</sup> EACH**  
Shield Dashboard Spray Assorted 300ml
- 49<sup>99</sup> EACH**  
Shield Splash Car Shampoo 1Ltr
- 199<sup>99</sup> EACH**  
Eveready EverLite LED 5W Cool Bayonet/ Screw Globe

# Pool/Braai

- 279<sup>99</sup> EACH**  
HTH Pace 4in1 Floater 1.6Kg M101621
- 179<sup>99</sup> EACH**  
HTH Dry Acid 3Kg M101631
- 279<sup>99</sup> EACH**  
HTH Dry Chlorine 2Kg M101627
- 159<sup>99</sup> EACH**  
Camping Chair Blue M155287
- 49<sup>99</sup> EACH**  
Pool Noodles 1.5m M141748
- 35<sup>99</sup> EACH**  
Family Favorite Charcoal 4Kg
- 45<sup>99</sup> EACH**  
Family Favorite Briquettes 4Kg
- 26<sup>99</sup> EACH**  
Family Favorite Firelighters 12's
- 35<sup>99</sup> EACH**  
Family Favorite Wood 8Kg
- 129<sup>99</sup> EACH**  
Prestige Braai Tong & Fork Set M105407

# Appliances

- 699<sup>99</sup> EACH**  
Berkart 2in1 Aeroforce Vacuum M150612
- 299<sup>99</sup> EACH**  
Bennett Read Powerglide Iron 2200W M135109
- 899<sup>99</sup> EACH**  
Bennett Read Powder Blender 1000W M135139
- 449<sup>99</sup> EACH**  
Pineware Sandwich Maker 2Slice M135964
- 499<sup>99</sup> EACH**  
Russell Hobbs Blade Coffee Grinder M128681
- 599<sup>99</sup> EACH**  
Pineware Starter Pack M106750
- 189<sup>99</sup> EACH**  
Decakila Stainless Steel Kettle - 1.8Ltr M152252
- 799<sup>99</sup> EACH**  
Bennett Read Vacuum Sealer M135182
- 6699<sup>99</sup> EACH**  
Bennett Read Eco Tech Washing Machine 7Kg
- 2499<sup>99</sup> EACH**  
Samsung Metallic Microwave 32Ltr

**Starter Pack**

**Metro BUY Available Now!**

# Metro home

where value meets home

**Bennett Read Digital Airfryer 10ltr**  
**N\$1799.99**

**Hillhouse Airfryer Liner Asst.**  
**N\$59.99 - 79.99**

**Melamine Tubeware Asst.**  
**N\$26.99 - 74.99**

**Ceramic Mugs Asst.**  
**N\$14.99 - 25.99**

**Ceramic/Glass Vases Asst.**  
**N\$49.99 - 269.99**

**Natural Fibre Candle/Tealight Holder Asst.**  
**N\$39.99 - 99.99**

**BOHO - Style Decor Asst.**  
**N\$89.99 - 199.99**

**Natural Mirrors Asst.**  
**N\$179.99 - 199.99**

**Pierre Cardin Silky Feel Duvet Cover Sets Asst.**

- S N\$169.99**
- TQ N\$179.99**
- D N\$209.99**
- Q N\$239.99**

**Horrockses Embellished Duvet Sets**

- S N\$269.99**
- TQ N\$299.99**
- D N\$369.99**
- Q N\$419.99**
- K N\$449.99**
- SK N\$499.99**

**Pierre Cardin 3pc Pinsonic Quilt Asst. (240X240)**  
**N\$329.99**

**Velvet Scatters 60x60 Asst.**  
**N\$99.99**

**Horrockses Fitted Sheets 144 Tc(S-K)**  
**N\$129.99 - 199.99**

**Horrockses Black Bag Duvet Inner**

- S N\$199.99**
- TQ N\$229.99**
- D N\$299.99**
- Q N\$359.99**
- K N\$399.99**

**Pierre Cardin Pinsonic Quilted Pillow 700gsm**  
**N\$89.99**

**Bathroom Accessories Asst.**  
**N\$89.99 - 399.99**

**Glodina Onda Range Luxury Towels**  
**N\$24.99 - 299.99**

**Shower Curtains Asst.**  
**N\$79.99 - 119.99**

**Shower Curtain Hooks Asst.**  
**N\$99.99**

# Metro hyper

# Hype it UP



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

Spier Wine Assorted 750ml



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

Protea Wines Assorted 750ml



**84<sup>99</sup>** EACH

KWV Classic Wine Assorted 750ml



**94<sup>99</sup>** EACH

Guardian Peak Wine Assorted 750ml



**137<sup>99</sup>** EACH

Kanonkop Kadette Red Blend 750ml



**92<sup>99</sup>** EACH

Diemersdal Sauv. Blanc 750ml



**164<sup>99</sup>** EACH

Springfield Life From Stone Sauv. Blanc 750ml



**235<sup>99</sup>** EACH

Rupert & Rothchild Classique 750ml



**124<sup>99</sup>** EACH

Silk & Spice Red Blend 750ml



**219<sup>99</sup>** EACH

Anthonij Rupert Optima 750ml



**197<sup>99</sup>** EACH

White Horse Whisky 750ml



**329<sup>99</sup>** EACH

Jack Daniel's Whisky 750ml



**394<sup>99</sup>** EACH

Jameson Irish Whisky 750ml



**204<sup>99</sup>** EACH

Red Heart Rum 750ml



**296<sup>99</sup>** EACH

Tanqueray Premium Gin 750ml



**Each N\$176.99**  
**Rewards Card! N\$174.99**

Richelieu Export Brandy 750ml



**159<sup>99</sup>** EACH

Smirnoff 1818 Vodka 750ml



**429<sup>99</sup>** EACH

Jägermeister Liqueur 1Ltr



**287<sup>99</sup>** EACH

Olmeca Tequila 750ml



**158<sup>99</sup>** EACH

Amarula Cream Liqueur 750ml

**CHEAPER BUY THE BOX**

**24 Pack N\$469.99**  
**=N\$117.49**  
**6Pack**



**119<sup>99</sup>** 6Pack

Bahama Rum 5% 24 x 400ml

**CHEAPER BUY THE BOX**

**24 Pack N\$339.99**  
**=N\$84.99**  
**6Pack**



**86<sup>99</sup>** 6Pack

Flying Fish Cans 500ml

**CHEAPER BUY THE BOX**

**24 Pack N\$389.99**  
**=N\$97.49**  
**6Pack**



**99<sup>99</sup>** 6Pack

Corona Extra 24 x 355ml

**CHEAPER BUY THE BOX**

**24 Pack N\$399.99**  
**=N\$99.99**  
**6Pack**



**104<sup>99</sup>** 6Pack

Heineken NRB's 24 x 330ml

**CHEAPER BUY THE BOX**

**24 Pack N\$319.99**  
**=N\$79.99**  
**6Pack**



**82<sup>99</sup>** 6Pack

Windhoek Draught NRB's 24 x 440ml

Liquor Not For Sale To Persons Under The Age Of 18. Metro Liquor Supports Responsible Alcohol Consumption.

Available at: **Hyper (KLEINE KUPPE)**

**Bigger, Better and Always CHEAPER!!**