

Metro

hyper

Flip it UP



Best Price!

TOP SCORE
SUPER MAIZE MEAL
5 kg

68⁹⁹ EACH

Top Score Maize Meal 5Kg

BOKOMO VEET-BIX
WHOLEGRAIN WHEAT BISCUITS
72 Biscuits

75⁹⁹ EACH

Bokomo Weet-Bix 1.35Kg

Rama
Original
60% Fat Spread
HIGH IN OMEGA 3

55⁹⁹ EACH

Rama Original Spread Tub 1Kg

First Choice
FULL CREAM MILK
1 Litre

20⁹⁹ EACH

First Choice UHT Milk 1Ltr

20 Pack N\$119.99 = N\$19.99 each

CHEAPER BUY THE BOX

I'm New!

ALESSI
GOLD ITALIAN STYLE
200g

125⁹⁹ EACH

Alessi Gold Instant Coffee 200g

Grand Chef
SALSICHA TIPO FRANKFURT
350g

23⁹⁹ EACH

Grand Chef Viennas 350g

clover
FULL CREAM MILK
2Ltr

39⁹⁹ EACH

Clover Fresh Milk 2Ltr

Best Price!

BEST CHOICE
LONG GRAIN PARBOILED PREMIUM THAI RICE
2 kg

35⁹⁹ EACH

Best Choice Rice 2Kg

Best Price!

Pringles
Original
165g

49⁹⁹ EACH

Pringles Chips Assorted 165g

OROS
2L

39⁹⁹ EACH

Brookes Oros Assorted 2Ltr

Best Price!

WELLINGTON'S
SERIOUSLY SMOOTH
KETCHUP & TOMATO SAUCE
700 ml

25⁹⁹ EACH

Wellington's Tomato Sauce 700ml

best choice
PURE WHITE SUGAR
5 kg

97⁹⁹ EACH

Best Choice White Sugar 5Kg

DINU
ROSE COLLEGE
18's

129⁹⁹ EACH

Dinu Toilet Paper 2Ply 18's

Sunlight
Dishwashing Liquid
1.5Ltr

59⁹⁹ EACH

Sunlight Dishwashing Liquid 1.5Ltr



"making HAPPIER families"

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: 17 JULY - 03 AUGUST 2025



Perishables

89⁹⁹
EACH

Realgood IQF Chicken Drumsticks/Thighs - 1.5Kg

29⁹⁹
EACH

Realgood IQF Chicken Liver Bag 1Kg

55⁹⁹
EACH

McCain Skinny Fries 1Kg

49⁹⁹
EACH

McCain Country Crop or Garden Mix 1Kg

79⁹⁹
EACH

Dr. Oetker Pizzinis Assorted 32's

24⁹⁹
EACH

Fatima's Puff Pastry 400g

52⁹⁹
EACH

Nam Pie Mini Sausage Rolls 40's

25⁹⁹
EACH

Windhoek Schlachtereij Sandwich Ham 100g

199⁹⁹
EACH

Klein Windhoek Streaky Bacon 1Kg

106⁹⁹
EACH

Klein Windhoek Viennas or Russians 2.2Kg

39⁹⁹
EACH

Fairview Brie or Camembert 125g

29⁹⁹
EACH

Melrose Cheese Slices Assorted 200g

42⁹⁹
EACH

Clover Feta Cheese 200g

45⁹⁹
EACH

Président Cream Cheese Assorted 230g

79⁹⁹
EACH

Clover Springbok Unsalted Butter 500g

32⁹⁹
EACH

Clover Fresh Cream 250ml

42⁹⁹
EACH

Clover Bliss Yoghurt Assorted 1Kg

65⁹⁹
EACH

Naarmann Cream 1Ltr

21⁹⁹
EACH

Parmalat Dairy Snack 4's

6 For N\$89.99

Steri Stumple Flavoured Milk Assorted - 350ml

VI savings
Each N\$89.99
Rewards Card! N\$88.99

Supreme Crumbed Chicken Assorted - 1Kg

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

I & J Fish Fingers 600g

VI savings
Each N\$55.99
Rewards Card! N\$54.99

Hartlief Russians 380g

VI savings
Each N\$95.99
Rewards Card! N\$94.99

Parmalat Hard Cheese Gouda/Cheddar - 600g

2 For N\$49.99

Renown French Polony 750g

Foods



18⁹⁹
EACH

Bokomo
Self Raising
Flour
1Kg



39⁹⁹
EACH

Tastic
Rice
2Kg



29⁹⁹
EACH

Spekko
Brown Rice
1Kg



79⁹⁹
EACH

Nestlé
Hot Chocolate
Doy Bag
450g



61⁹⁹
EACH

Five Roses
Tagless Teabags
100's



39⁹⁹
EACH

Ina Paarman
Seasoning
Spice Assorted
200ml



16⁹⁹
EACH

Knorr
Cup-A-Soup
Assorted
80g



24⁹⁹
EACH

Knorrox
Soya Mince
Assorted
400g



16⁹⁹
EACH

Koo
Baked Beans
410g



28⁹⁹
EACH

Prima
Luncheon Roll
280g



Any 1 For
N\$16.99

Rhodes Braai Relish or
Tomato & Onion Mix 410g



44⁹⁹
EACH

Jimmy's
Steakhouse
Sauce
750ml



34⁹⁹
EACH

Clover
Caramel
Dairy Dessert
360g



29⁹⁹
EACH

Rhodes
Mixed Fruit Jam
or Apricot Jam
600g



69⁹⁹
EACH

Yum Yum
Peanut Butter
Spread
1Kg



75⁹⁹
EACH

Kellogg's
Corn Flakes
1Kg



29⁹⁹
EACH

Bakers
Eet-Sum-Mor
Biscuits
200g



14⁹⁹
EACH

Wonder
Wafers
100g



23⁹⁹
EACH

Tasty Treats
Krit Biscuits
Assorted
150g



21⁹⁹
EACH

Haribo
Sweets
Assorted
100g



Any 2 For
N\$34.99

Cadbury Slabs
80g



49⁹⁹
EACH

Mars/ Snickers/
Twix/Bounty Mini
Bags
227g



17⁹⁹
EACH

Lays
Chips Assorted
105g



12⁹⁹
EACH

Family Favorite
Dairy Blend
Assorted
1Ltr



Any 6 For
N\$54.99

Pepsi/Mountain Dew/7up/Mirinda
Assorted - 2 x 500ml



Each
N\$61.99
Rewards Card!
N\$59.99

Jacobs Cappuccino Assorted
10's



Each
N\$38.99
Rewards Card!
N\$37.99

Joko Rooibos Teabags
80's



Each
N\$71.99
Rewards Card!
N\$69.99

Crystal Gold Mayonnaise
1.5Kg



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

Bonaqua Still Water
1.5Ltr



24 Pack
N\$189.99
=N\$47.49
6Pack

49⁹⁹
6Pack

Rhodes
Juice 100%
Assorted
200ml

Cosmetics



Nivea Radiant Beauty Body Cream/
Lotion 400ml

Each
N\$59.99
Rewards
Card!
N\$57.99

Excluding
Premium
Range



49⁹⁹
EACH

Sensodyne
Toothpaste
Assorted
75ml



13⁹⁹
EACH

Lux
Soap
Assorted
175g



47⁹⁹
EACH

Mitchum
Deodorant
Assorted
120ml



Yardley Roll On Assorted
50ml

Any 2 For
N\$49.99

Men or
Ladies



Sanex Shower Gel Assorted
500ml

Each
N\$59.99
Rewards
Card!
N\$57.99



45⁹⁹
EACH

Bodidoc
With Urea
450ml/500ml



79⁹⁹
EACH

Elvive
Shampoo or
Conditioner
300ml/400ml



85⁹⁹
EACH

Savlon
Antiseptic
Liquid
750ml



39⁹⁹
EACH

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

Baby



Pampers Active Baby Nappies/
Pants Jumbo Pack

Each
N\$259.99
Rewards
Card!
N\$249.99



55⁹⁹
EACH

Epi-Max
Baby & Junior
Bathe
250ml



75⁹⁹
EACH

Epi-Max
Baby Bum
Barrier
50g



75⁹⁹
EACH

Epi-Max
Baby & Junior
Lotion
450ml



85⁹⁹
EACH

Epi-Max
Baby & Junior
Sensitive Wipes
Value Pack

Cleaning



Ariel Capsules 21's or
Liquid 2Ltr

Each
N\$139.99
Rewards
Card!
N\$137.99



29⁹⁹
EACH

Toilet Duck
Assorted
750ml



39⁹⁹
EACH

Jik
Bleach Liquid
Assorted
1.5Ltr



42⁹⁹
EACH

Handy Andy
Trigger Gun
Assorted
500ml



67⁹⁹
EACH

Sunlight
Auto Washing
Powder
2Kg



Sunlight Dishwashing Tablets
28's

Each
N\$119.99
Rewards
Card!
N\$117.99



54⁹⁹
EACH

Sta-Soft Fabric
Conditioner
Assorted
2Ltr



19⁹⁹
EACH

Sunlight
Laundry Bar
500g



34⁹⁹
EACH

Mr. Sheen
Tile Cleaner
Assorted
1Ltr



29⁹⁹
EACH

Glade
Air Freshener
Pump Assorted
400ml

Pet Food

Any 1 For N\$75.99

OV

Montego Treats Assorted-1Kg

Marltons Semi Moist Tub Assorted-500g

429⁹⁹ EACH

Canine Cuisine Dog Food 10Kg

369⁹⁹ EACH

Montego Classic Puppy Dog Food 10Kg

599⁹⁹ EACH

Bobtail Dog Food Assorted 25Kg

Any 2 For N\$80.00

OV

Pedigree Multipack Assorted 4 x 100g

109⁹⁹ EACH

Pamper Multipack 12 x 85g

229⁹⁹ EACH

Whiskas Cat Food Assorted 2.7Kg

Any 1 For N\$45.99

OV

Propet Wild Bird Seed 2Kg

Propet Garden Seed 2Kg

79⁹⁹ EACH

Bob Martin Dog Shampoo Tick & Flea 200ml

Large N\$114.99

Medium N\$99.99

Small N\$79.99

Marltons Collar & Lead Set each

4Ltr

99⁹⁹ EACH

Marltons Stainless Steel Dog Bowls each

45⁹⁹ EACH

Marltons Calcium Milk Bones 6Piece - 50g

22⁹⁹ EACH

Marltons Rawhide Hoof Chew each

Insecticides

38⁹⁹ EACH

Mortein Insecticides Assorted 300ml

74⁹⁹ EACH

Doom Blue Death 500g

54⁹⁹ EACH

Model Moth-Ex Marbles 200g

29⁹⁹ EACH

Doom Rattex Deadly Powder 100g

145⁹⁹ EACH

Roundup Weedkiller Concentrate 140ml

74⁹⁹ EACH

Efekto Ant Dust 200g

Any 1 For N\$89.99

OV

Efekto Malasol 100ml

OV

Efekto Zero Roach Bait 2's

Efekto No Insect Indoors 100ml

99⁹⁹ EACH

Efekto Karbadust 200g

Household Items

29⁹⁹ EACH

Nova Serviettes 300x300 1Ply 200's

24⁹⁹ EACH

Dinu Kitchen Towels Plain White 2's

49⁹⁹ EACH

Tuffy Zipper Bags Variety Pack 15's

38⁹⁹ EACH

Tuffy Black Refuse Bag on Roll 20's

99⁹⁹ EACH

Glad Perforated Wrap 100x330mm

Household Items



29⁹⁹
EACH

Goldenmarc
Microfibre Cloths
2Pack
M106673



49⁹⁹
EACH

Blitz Tear-Off
Multi-Purpose
Cloths 35Pack
M155721



39⁹⁹
EACH

Goldenmarc
Sponges
10Pack
M146882



49⁹⁹
EACH

Blitz Spin Mop
with Soap
Dispenser
M155722



129⁹⁹
EACH

Tuffy Red
Multi-Purpose
Threaded Rod
M135594

189⁹⁹
EACH

Tuffy Soft
Broom Head
300mm
M135596



59⁹⁹
EACH

Tuffy
Spunlace
Mop Head
M135599



49⁹⁹
EACH

Shield
Splash Car
Shampoo 1Ltr
M106095



59⁹⁹
EACH

Shield
Tyre Gloss
Paste 400ml
M106105



19⁹⁹
EACH

Eveready
Everlite
LED Bulbs
M155558/9



59⁹⁹
EACH

Energizer
Alkaline AA/AAA
Batteries 4pack
M151189/59



199⁹⁹
EACH

African Electric
11Way Multi-Plug
M100217



199⁹⁹
EACH

Addis
Step Stool
M105190



199⁹⁹
EACH

Addis Rough
Tote Storage
Container 68Ltr
M105074



299⁹⁹
EACH

Pride
Storage Box
With Wheels
110Ltr



89⁹⁹
EACH

Plastic
Hipster Linen
Bin Assorted
M138907



199⁹⁹
EACH

Plastic
Folding Table
Assorted
M146529

Kitchen Items



Any 5 For
N\$100.00

Ceramic Mugs
Assorted



29⁹⁹
EACH

Ceramic
Printed Dinner
Plates
M103650



19⁹⁹
EACH

Ceramic
Side
Plates
M103774



39⁹⁹
EACH

Ceramic
Pasta Bowls
20x8.5cm
M141431



25⁹⁹
EACH

Ceramic
Bowls
M135406



12⁹⁹
EACH

Glass
Tumblers
Hi-Ball 270ml
M103714



1599⁹⁹
EACH

Bennett Read
Copper Rock
Pot Set 12Piece
M150606



269⁹⁹
EACH

Presitige
Deep Roaster
330x260x60
M105426



299⁹⁹
EACH

Decakila
Stainless Steel
Tumblers 566ml
M152231/32



199⁹⁹
EACH

Electric Hot
Water Bottle
Assorted
M157711/2/3



1399⁹⁹
EACH

Decakila
Cordless Food
Processor 1.25Ltr
M152225/24



399⁹⁹
EACH

Pineware
2Slice
Sandwich Maker
M135964



399⁹⁹
EACH

Whistling Kettle
3Ltr
M155644/643



499⁹⁹
EACH

Decakila
Heavy Duty
Dry Iron (Large)
M152276



999⁹⁹
EACH

Decakila
Aluminium
Pressure Cooker
7Ltr - M152274

Cheaper Buy the Box Offerings



CHEAPER BUY THE BOX
20 Pack
N\$396.99
=N\$19.84
each

Best Choice White Sugar
1Kg



CHEAPER BUY THE BOX
20 Pack
N\$396.99
=N\$19.84
each

Marathon Brown Sugar
1Kg



CHEAPER BUY THE BOX
12 Pack
N\$189.99
=N\$15.83
each

Crystal Gold Sunflower Oil
375ml



CHEAPER BUY THE BOX
10 Pack
N\$219.99
=N\$21.99
each

Nice Rice
1Kg



CHEAPER BUY THE BOX
8 Pack
N\$271.99
=N\$33.99
each

Ace Maize Meal
2.5Kg



CHEAPER BUY THE BOX
5 Pack
N\$115.99
=N\$23.19
each

Top Class Soya Mince Assorted
400g



CHEAPER BUY THE BOX
6 Pack
N\$95.99
=N\$15.99
each

Lucky Star Pilchards Assorted
155g



CHEAPER BUY THE BOX
6 Pack
N\$165.99
=N\$27.66
each

Yum Yum Peanut Butter
250g



CHEAPER BUY THE BOX
20x10's
N\$89.99
=N\$4.49
each

Tea Time Strips
20x10's



CHEAPER BUY THE BOX
12 Pack
N\$179.99
=N\$14.99
each

Ellis Brown Coffee Creamer
125g



CHEAPER BUY THE BOX
30 Pack
N\$118.99
=N\$3.96
each

Simba Chips Assorted (E-Packs)
30 x 25g



CHEAPER BUY THE BOX
40 Pack
N\$459.99
=N\$11.49
each

Cadbury Countlines Assorted
40 x 40g



CHEAPER BUY THE BOX
50 Pack
N\$59.99
=N\$1.19
each

Nik-Naks Baler Pack Assorted
50 x 20g



CHEAPER BUY THE BOX
12 Pack
N\$84.99
=N\$7.08
each

Oreo Biscuits Assorted
12 x 36.8g



CHEAPER BUY THE BOX
12 Pack
N\$549.99
=N\$45.83
each

Rose's Cordials Assorted
750ml



CHEAPER BUY THE BOX
6 Pack
N\$65.99
=N\$10.99
each

Dettol Bath Soap Assorted
125g



CHEAPER BUY THE BOX
6 Pack
N\$159.99
=N\$26.66
each

Dove Roll-On Assorted
50ml



CHEAPER BUY THE BOX
12 Pack
N\$143.99
=N\$11.99
each

Colgate Triple Action Toothpaste
50ml



CHEAPER BUY THE BOX
6 Pack
N\$179.99
=N\$29.99
each

Vaseline Lotion Assorted
200ml



CHEAPER BUY THE BOX
6 Pack
N\$239.99
=N\$39.99
each

Nivea Shower Gel or Creme Assorted
250ml



CHEAPER BUY THE BOX
12 Pack
N\$149.99
=N\$12.49
each

Jik Bleach Liquid Assorted
500ml



CHEAPER BUY THE BOX
144 Pack
N\$979.99
=N\$6.79
each

Sunlight Laundry Bar
125g



CHEAPER BUY THE BOX
6 Pack
N\$119.99
=N\$19.99
each

Sunlight Washing Powder
600g



CHEAPER BUY THE BOX
6 Pack
N\$125.99
=N\$20.99
each

Reef 2in1 Washing Powder
500g



CHEAPER BUY THE BOX
6 Pack
N\$125.99
=N\$20.99
each

Sunlight Dishwashing Liquid
400ml

Cheaper Buy the Box Offerings



CHEAPER BUY THE BOX
6 Pack
N\$499.99
=N\$83.33
each

KWV Classic Wine Assorted
750ml



CHEAPER BUY THE BOX
6 Pack
N\$1289.99
=N\$214.99
each

Anthonij Rupert Optima
750ml



CHEAPER BUY THE BOX
12 Pack
N\$2499.99
=N\$208.33
each

KWV 5YO Brandy
750ml



CHEAPER BUY THE BOX
12 Pack
N\$4679.99
=N\$389.99
each

Jameson Irish Whiskey
750ml



CHEAPER BUY THE BOX
12 Pack
N\$2299.99
=N\$191.66
(10Pack)

Jägermeister Liqueur
20ml

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

Metro hyper

Hype it UP



Tafel Lager NRB's/Cans 330ml



Carling Black Label 500ml



Bahama Rum RTD 440ml



Flying Fish 500ml



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

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