



MOOLA SAVINGS!!

Hyper Kleine Kuppe ONLY

MOOLA MADNESS

GET MORE FOR LESS!!

WIN!

SAVE & EARN!!

SAVE ON NORMAL PROMOTION PRICE PLUS GET MONEY BACK ON YOUR REWARDS CARD
SEE HIGHLIGHTED PRODUCTS

MUCH MORE SPECIALS IN-STORE!



WOW!

67⁹⁹ EACH

Clover Butro Spread 500g



Both For N\$89.99

MOOLA MADNESS DEAL!



Bokomo Corn Flakes 750g + Weet-Bix 900g



WOW!

147⁹⁹ EACH

Jacobs Krönung Coffee 200g or Pouch 230g



23⁹⁹ EACH

Wellington's Tomato Sauce 700ml



EARN

N\$2.00 on your Rewards Card

149⁹⁹ EACH

Maggi Seasoning Sauce 202ml



Any 2 For N\$30.00

Cadbury Slabs Assorted 80g



Free Bag!



119⁹⁹ EACH

Lancewood Cheese Assorted 900g



Each N\$21.99 Rewards Card! N\$19.99

Goldcrest Smoked Mussels 85g



MOOLA MADNESS DEAL!

19⁹⁹ EACH

Excellent Sliced Mushrooms 400g



37⁹⁹ EACH

Tastic Rice 2Kg



WOW!

37⁹⁹ EACH

First Choice Fresh Milk 2Ltr



MOOLA MADNESS DEAL!

137⁹⁹ EACH

Baby Soft Toilet Paper 2Ply 18's



69⁹⁹ EACH

Crystal Gold Olive Blend Oil 1Ltr



WOW!

159⁹⁹ EACH

Bio Classic Washing Powder 3Kg

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: 19 AUGUST - 07 SEPTEMBER 2025

Metro "making HAPPIER families"

Perishables



Foods

XL savings

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

Nando's Sauces 250g or Creamy Sauce 265g

XL savings

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

Five Roses Tagless Teabags 100's

XL savings

Each
N\$50.99
Rewards Card!
N\$49.99

Jacobs Cappuccino Assorted 8 x 19.5g

XL savings

Each
N\$139.99
Rewards Card!
N\$138.99

Little Bee Honey 1Kg

XL savings

Each
N\$32.99
Rewards Card!
N\$29.99

Bakers Provita 250g

XL savings

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

Casupi Drinks Assorted 12x350ml

Spekko

49⁹⁹ EACH

Spekko Basmati Rice 1Kg

BOKOMO

18⁹⁹ EACH

Bokomo Self Raising Flour 1Kg

MARATHON

94⁹⁹ EACH

Marathon Light Brown Sugar 5Kg

CHEAPER BUY THE BOX

4 Pack N\$195.99 = N\$48.99 each

49⁹⁹ EACH

Freshpak Rooibos Tagless Teabags 80's

CHEAPER BUY THE BOX

4 Pack N\$111.96 = N\$27.99 each

28⁹⁹ EACH

Robertsons Spice Bottle Assorted 100ml

CHEAPER BUY THE BOX

4 Pack N\$31.99 = N\$7.99 each

8⁹⁹ EACH

Imana Sauce 38g or Gravy 34g Assorted

CHEAPER BUY THE BOX

5 Pack N\$84.99 = N\$16.99 each

17⁹⁹ EACH

Bakers Red Label Creams 200g

CHEAPER BUY THE BOX

10 Pack N\$119.99 = N\$11.99 each

12⁹⁹ EACH

Nestlé Countlines Assorted 40g-49g

CHEAPER BUY THE BOX

6 Pack N\$54.99 = N\$9.16 each

10⁹⁹ EACH

Coca-Cola/Fanta/Sprite Cans 300ml

27⁹⁹ EACH

Prima Luncheon Roll 280g

WOW!

69⁹⁹ EACH

MRS. Balls Chutney Assorted 1.1Kg

Both For N\$64.99

Rhodes Beetroot + Gherkins Assorted - 780g

Both For N\$129.99

Crystal Gold Mayonnaise 1.5Ltr + Tomato Sauce 2Ltr

EARN N\$1.00 on your Rewards Card

29⁹⁹ EACH

Knorr Salad Dressing Assorted 340ml

19⁹⁹ EACH

Knorr Aromat Canister 200g

64⁹⁹ EACH

Yum Yum Peanut Spread 1Kg

Both For N\$64.99

Nestlé Condensed Milk 385g + Caramel Treat 360g

EARN N\$2.00 on your Rewards Card

69⁹⁹ EACH

Ina Paarman's Bake Mix Assorted each

EARN N\$1.00 on your Rewards Card

49⁹⁹ EACH

Cani Rusks Assorted 500g

16⁹⁹ EACH

Lays Chips Assorted 105g

Any 2 For N\$100.00

Pringles Chips Assorted 165g

Any 2 For N\$36.00

Fruitree Juice Assorted 1Ltr

19⁹⁹ EACH

Creemee Concentrate Assorted 2Ltr

MOOLA MADNESS DEAL!

8⁹⁹ EACH

Switch Energy Drinks Assorted 500ml

Cosmetics



39⁹⁹
EACH

Colgate
Total Toothpaste
Assorted
75ml



Ingram's Body Cream Assorted
450ml

Each
N\$49.99
Rewards Card!
N\$44.99

WOW!



59⁹⁹
EACH

Dove
Body Lotion/
Cream
400ml

Price
Per 50ml
(N\$29.99)

Men or Ladies



59⁹⁹
EACH

Mitchum
Roll-On
Assorted
100ml



35⁹⁹
EACH

Old Spice
Spray
Assorted
150ml

EARN

N\$2.00
on your
Rewards Card



69⁹⁹
EACH

Dove
Soap
Assorted
4Pack



59⁹⁹
EACH

Sanex
Shower Gel
Assorted
500ml



59⁹⁹
EACH

Pantene
Shampoo or
Conditioner
400ml



Any 2 For
N\$29.99

Kotex Maxi Pads Assorted
8's / 10's



139⁹⁹
EACH

Savlon
Antiseptic
Liquid
2Ltr

Baby

MOOLA MADNESS DEAL!



39⁹⁹
EACH

Bennetts
Baby Bath Drops
200ml



39⁹⁹
EACH

Bennetts
Cetoderm
Baby & Junior
450ml



49⁹⁹
EACH

Johnson's
Baby Powder
Natural
400g



99⁹⁹
EACH

Pampers
Wipes
4Pack



Pampers Nappies/Pants
Megabox

Each
N\$459.99
Rewards Card!
N\$449.99

Cleaning



Each
N\$49.99
Rewards Card!
N\$47.99

Sunlight Fabric Conditioner
2Ltr



49⁹⁹
EACH

Handy Andy
Household
Cleaner
1.5Ltr



89⁹⁹
EACH

Omo Auto
Washing Powder
2Kg/Liquid 1.5Ltr/
Capsules 385ml



179⁹⁹
EACH

Ariel
Liquid 3Ltr or
Capsules 30's



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

21⁹⁹
EACH

Jeyes
Homeguard
Liquid
750ml



Each
N\$69.99
Rewards Card!
N\$67.99

Mr. Muscle Tile Cleaner
Assorted - 1.5Ltr



35⁹⁹
EACH

Jik
Bleach Liquid
Assorted
1.5Ltr



18⁹⁹
EACH

Toilet Duck
Advanced
Cleaner
500ml



54⁹⁹
EACH

Sunlight
Dish Washing
Liquid
1.5Ltr



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

22⁹⁹
EACH

Sunlight
Laundry Bar
500g



Each
N\$119.99
Rewards Card!
N\$109.99

Sunlight Dishwashing
Tablets - 28's



69⁹⁹
EACH

Mr. Min
Multipurpose
Cleaner
2x300ml



2 For
N\$35.99

Domestos Rim Block
50g



49⁹⁹
EACH

Glade Air
Freshener
Lav & Clean
Linen 2 x 300ml



6 Pack
N\$209.99
=N\$34.99
each

36⁹⁹
EACH

Cobra
Floor Paste
Assorted
350ml

Pet Food



Perdigree Multipack Assorted
13x100g



Ideal Puppy Dog Food
8Kg



Marltons Tennis Balls
3Pack



Doom Blue Death
500g



Efekto Roundup Weedkiller
140ml



Tuffy Zippy Bags Variety
15's



Whiskas
Multipack
Assorted
12 x 85g



Vitagen
Dog Food
Assorted
8Kg



Marltons
Cat Toy
Large



Montego Chewies or Treats
500g



Montego
Adult or Senior
Dog Food
10Kg



Beeno Biscuits or Bites
800g/500g



Ideal
Dog Food
20Kg



Feline Cuisine
Cat Food
Assorted
4Kg



Montego
Wuma Adult
Dog Food
40Kg



Lopis
Cat Litter
10Kg

Insecticides



Raid
Insecticides
Assorted
300ml



Mortein
Liquid Night
Complete Unit



Moth-Ex
Marbles
200g



Doom
Rattex Deadly
Pellets
100g



Efekto
Malasol
100ml



Efekto
No Ant Bait
Station
4Pack



Wonder
Lawn Booster
1Kg



Kombat
Roaches
RTU
500ml

Packaging



Tuffy
Budget Bag
on Roll
20's



Tuffy
Heavy Duty
Foil
20m



Glad
Perforated
Wrap
100's



Twinsaver
Mighty Big
Roller
Towels - 2Ply - 1's

Household Items



119⁹⁹
EACH

Tuffy Red
Multi-Purpose
Threaded Rod
M135594



169⁹⁹
EACH

Tuffy Soft
Broom Head
300mm
M135596

XL savings

Each
N\$89.99
Rewards Card!
N\$85.99

EARN
N\$5.00
on your
Rewards Card

499⁹⁹
EACH

Incl. Extra
Mop Head

Blitz Spin Mop
with Soap
Dispenser
M155722

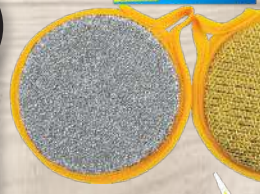
Goldenmarc Dustpan & Brush
Set - M144497



69⁹⁹
EACH

Goldenmarc
Microfibre
Cloths 6Pack
M155622

WOW!



39⁹⁹
EACH

Goldenmarc
Metallic Non-
Scratch Scourer
2Pack M121410



39⁹⁹
EACH

Dream
Kitchen Swab
3Pack
M103900



39⁹⁹
EACH

Goldenmarc
Yellow Rubber
Gloves S/M/L
M106661/62/63



299⁹⁹
EACH

Top Chef
Frying Pan Set
+ Nylon Turner
M155618



179⁹⁹
EACH

Continental
Cast Iron Pot
Set 7 Piece
M153605

EARN
N\$10.00
on your
Rewards Card



199⁹⁹
EACH

Bamboo
Cutting Board
Set 7Piece
M157137



229⁹⁹
EACH

Top Chef
Cutlery Set
16Piece



29⁹⁹
EACH

Ceramic
Printed Dinner
Plates
M103650



29⁹⁹
EACH

Penflex
Plastic Tumblers
Assorted 250ml
M132625

All 3 For
N\$109.99



Shield Splash Shampoo 1Ltr + Splash 'n Dash Sponge + Shield Tyre Gloss 400ml



399⁹⁹
EACH

Groovy
Kiddies Table
Assorted
M156552

MOOLA MADNESS DEAL!



39⁹⁹
EACH

ABC
Kiddies Chairs
Assorted
M156547



299⁹⁹
EACH

Tough Tote
Black Storage
Container 110Ltr
M156533



149⁹⁹
EACH

Plastic
Lift Bin
Assorted 50Ltr
M156531



299⁹⁹
EACH

Red Tin
Oval Bread Bin
M157168



199⁹⁹
EACH

Red Tin
Round Potato
Bin
M157167



129⁹⁹
EACH

Red Tin
Round Onion
Bin
M157169

Any 1 For
N\$39.99



Eveready Power Plus Batteries
AA/AAA - 4's



69⁹⁹
EACH

African Electric
Extension Lead
5m
M100209

XL savings

Each
N\$599.99
Rewards Card!
N\$589.99

EARN
N\$10.00
on your
Rewards Card



Total Tools Impact Drill
740W - M156054

EARN
N\$5.00
on your
Rewards Card



149⁹⁹
EACH

African Electric
5way with
2xUSB
M100246

WOW!



1399⁹⁹
EACH

Bennett Read
Super Chef 6
N152315



8999⁹⁹
EACH

Bennett Read
Dishwasher
15Piece
M137928



3299⁹⁹
EACH

Bennett Read
Charcoal Bar
Fridge 90Ltr
M156062

MOOLA MADNESS DEAL!



699⁹⁹
EACH

Decakila
Cordless
Handblender
4in1

Metro

MOOLA MADNESS

GET MORE FOR LESS!!

Hyper Kleine Kuppe ONLY

VI savings

Each N\$95.99
Rewards Card! N\$89.99

Diemersdal Chardonnay
Unwooded - 750ml

VI savings

Each N\$95.99
Rewards Card! N\$89.99

Alvi's Drift Wine Assorted
750ml

VI savings

Each N\$105.99
Rewards Card! N\$99.99

KVV Roodeberg Red
750ml

VI savings

Each N\$175.99
Rewards Card! N\$169.99

Graham Beck Sparkling
Wine Assorted - 750ml

VI savings

Each N\$169.99
Rewards Card! N\$165.99

KVV 3yo Brandy
750ml

WOW!

74⁹⁹ EACH

Spier
White Wine
Assorted
750ml

129⁹⁹ EACH

Stellenbosch
Reserve
Chardonnay
750ml

156⁹⁹ EACH

Springfield
Life from Stone
Sauv. Blanc
750ml

EARN

N\$1.00 on your Rewards Card

56⁹⁹ EACH

Tail Horse
Wine
Assorted
750ml

73⁹⁹ EACH

Perdeberg
Classic Wine
750ml

MOOLA MADNESS DEAL!

89⁹⁹ EACH

Guardian Peak
Wine Assorted
750ml

WOW!

86⁹⁹ EACH

Nederburg
Baronne
750ml

99⁹⁹ EACH

Beyerskloof
Pinotage
750ml

499⁹⁹ EACH

Rust en Vrede
Estate Red
Wine
750ml

119⁹⁹ EACH

Bon Courage
Blush Vin Doux
750ml

869⁹⁹ EACH

Veuve Clicquot
Brut Yellow
Label
750ml

MOOLA MADNESS DEAL!

889⁹⁹ EACH

Moët & Chandon
Brut Nectar
Assorted
750ml

499⁹⁹ EACH

Jameson
Select Reserve
Whiskey
750ml

WOW!

429⁹⁹ EACH

Johnnie Walker
Black Whisky
750ml

319⁹⁹ EACH

Bombay
Sapphire Gin
750ml

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!!



Beef Lasagna



Beef Stroganoff



Spaghetti Bolognese



Hearty Potato Bake



Lamb Mince Samosas



Pepper Steak Pies



Cocktail Sausage Rolls



Chicken Springrolls



Chicken & Mushroom Pies



Kids Macaroni & Cheese



Sweet Butternut



Chocolate Brownies



Chocolate Mousse



Malva Pudding

Quick. Easy. Packed with flavour