



Your Families Favourite

| | | | |
|--|---|--|--|
| <p>63⁹⁹ EACH</p> <p>Family Favorite Sunflower Oil 2Ltr</p> | <p>24⁹⁹ EACH</p> <p>Family Favorite Pilchard 400g</p> | <p>28⁹⁹ EACH</p> <p>Family Favorite Luncheon Meat 300g</p> | <p>69⁹⁹ EACH</p> <p>Family Favorite Macaroni or Elbows 3Kg</p> |
|--|---|--|--|

Best Price!

149⁹⁹ EACH

Bokomo Vetkoek Flour 10Kg

122⁹⁹ EACH

Ricoffy Instant Coffee Pouch (Bag) 800g

Both For N\$48.99

Bokomo Vetkoek Flour 2.5Kg + Holsum Fat 125g

36⁹⁹ EACH

Best Choice Light Brown Sugar 2Kg

| |
|-------------------------|
| Top Score Maize Meal |
| 10Kg |
| 119⁹⁹ |
| 2.5Kg |
| 35⁹⁹ |

Best Price!

31⁹⁹ EACH

All Gold Tomato Sauce 700ml

19⁹⁹ EACH

Clover UHT Milk 1Ltr

Best Price!

14⁹⁹ EACH

Coca-Cola Original 1.25Ltr

Best Price!

| |
|-------------------------|
| Marathon White Sugar |
| 10Kg |
| 189⁹⁹ |
| 2Kg |
| 38⁹⁹ |

10⁹⁹ EACH

Rommi Spread Brick 500g

69⁹⁹ EACH

Nova Toilet Paper Soft 2Ply 350sheets - 9's

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 SEPTEMBER - 06 OCTOBER 2024



Available at: Divundu • Eenhana • Gobabis • Grootfontein • Keetmanshoop • Karibib • Kongola • Luderitz • Mega-Katima • Mega-Swakopmund • Mariental • Ondangwa • Oshakati • Okuryangava • Otjiwarongo • Rundu • Swakopmund • Tsumeb • Walvisbay • Windhoek • Northern Industrial Area • Zambezi • Hyper (KLEINE KUPPE)



| | | | |
|---|---|---|---|
|  <p>7Kg Bag N\$139.99</p> <p>Potatoes 7Kg M145721</p> |  <p>Each N\$28.99</p> <p>Cabbage each M130241</p> |  <p>44⁹⁹ 1.6Kg</p> <p>Beef Back Bones 1.6Kg M136204</p> |  <p>64⁹⁹ 1.6Kg</p> <p>Pork Trotters 1.6Kg M136211</p> |
|  <p>1Kg Bag N\$22.99</p> <p>Carrots 1Kg M126439</p> |  <p>2Kg Bag N\$39.99</p> <p>Onions 2Kg M129021</p> |  <p>99⁹⁹ P/Kg</p> <p>Beef Shin with Bone 1.6Kg M136199</p> |  <p>74⁹⁹ EACH</p> <p>Russians 1.6Kg M137368</p> |
|  <p>1Kg Bag N\$29.99</p> <p>Apples Green/Red/Yellow 1Kg - M129421</p> |  <p>P/Kg N\$29.99</p> <p>Bananas P/Kg M129130</p> |  <p>24⁹⁹ Each</p> <p>Tasty Braaiwors 500g M134176</p> |  <p>79⁹⁹ Each</p> <p>Meatma IQF Wors 1.5Kg M104165</p> |
|  <p>Each N\$21.99</p> <p>Avocado Each M1533338</p> |  <p>1Kg Bag N\$28.99</p> <p>Pears 1Kg M141874</p> | | |

| | | | | |
|---|---|--|---|---|
|  <p>BEST PRICE!</p> <p>191⁹⁹ EACH</p> <p>Realgood IQF Mixed Portions 4Kg</p> |  <p>32⁹⁹ EACH</p> <p>Sovereign Soup Pack 1Kg</p> |  <p>27⁹⁹ EACH</p> <p>Harvestime All in one Pot Mixed Veg. 600g</p> |  <p>42⁹⁹ EACH</p> <p>McCain Stir Fry Assorted 700g</p> |  <p>46⁹⁹ EACH</p> <p>McCain Skinny Fries 1Kg</p> |
|---|---|--|---|---|

| | | | | |
|---|---|--|--|---|
|  <p>Each N\$99.99</p> <p>Rewards Card! N\$98.99</p> <p>Chicken Tizers Strips Assorted 1Kg</p> |  <p>Each N\$27.99</p> <p>Rewards Card! N\$26.99</p> <p>King Viennas 320g or King Polony 500g</p> |  <p>29⁹⁹ EACH</p> <p>Windhoek Schlachtereij Diced Bacon 150g</p> |  <p>750g</p> <p>25⁹⁹ EACH</p> <p>Renown French Polony 750g</p> |  <p>200g</p> <p>18⁹⁹ EACH</p> <p>Champion Liver Spread 200g</p> |
|---|---|--|--|---|

| | | | | |
|---|--|--|---|---|
|  <p>13⁹⁹ EACH</p> <p>Bakpro Everyday Bread White/Brown each</p> |  <p>69⁹⁹ EACH</p> <p>Clover Modified Butter Spread 500g</p> |  <p>24⁹⁹ EACH</p> <p>Rama Butter Spread 500g</p> |  <p>15⁹⁹ EACH</p> <p>Clover Cheese Slices Assorted 90g</p> |  <p>Each N\$15.99</p> <p>Rewards Card! N\$14.99</p> <p>Clover Numel 1Ltr</p> |
|---|--|--|---|---|

| | | | | |
|---|---|---|---|---|
|  <p>Each N\$5.99</p> <p>Rewards Card! N\$4.99</p> <p>Nutriday Yoghurt Assorted 100g</p> |  <p>13⁹⁹ EACH</p> <p>Clover Snack Pack 6x50g</p> |  <p>46⁹⁹ EACH</p> <p>Nammilk Omaere 2Kg</p> |  <p>31⁹⁹ EACH</p> <p>Nawaa Supa Omasi Assorted 1Kg</p> |  <p>BEST PRICE!</p> <p>49⁹⁹ EACH</p> <p>Farmhouse Ice-Cream Assorted 2Ltr</p> |
|---|---|---|---|---|

All 4 For N\$379.99

Champion Super Maize Meal 10Kg + Pasta Grandé Macaroni or Elbows 3Kg + Nice Rice 5Kg + Marathon White Sugar 5Kg

Both For N\$129.99

Realgood IQF Mixed Portions 1.5Kg + Pasta King Elbows or Macaroni 2Kg

Cheaper Buy The Box!!

12 Pack N\$184.99 = N\$16.99 each

Ellis Brown Creamer 125g **17.99 EACH**

10 Pack N\$49.99 = N\$4.99 each

Knorr Soup Mutton & Vegetable **5.49 EACH**

5 Pack N\$109.99 = N\$21.99 each

Top Class Soya Mince Assorted 400g **22.99 EACH**

24 Pack N\$239.76 = N\$9.99 each

Fanta Assorted 600ml **10.99 EACH**

12 Pack N\$71.88 = N\$5.99 each

Tropizone Still Water 500ml **6.99 EACH**

40 Pack N\$439.99 = N\$10.99 each

Cadbury Countines Assorted 48g **11.99 EACH**

22.99 EACH

Top Score Instant Porridge Assorted 1Kg

28.99 EACH

Bokomo Weet-Bix 450g

22.99 EACH

Five Roses Tagless Teabags 26's

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

Laager Rooibos Teabags 80's

29.99 EACH

Crystal Gold Sweet Chilli Sauce 700ml

29.99 EACH

Koo Beetroot Assorted 780g

32.99 EACH

MRS. BALLS Chutney Assorted 470g

29.99 EACH

Crystal Gold Mayonnaise 750g

14.99 EACH

Robertsons Spice Assorted Medium

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

Knorr Aromat Trio Pack 200g

Each N\$10.99 Rewards Card! N\$9.99

African Deli Baked Beans 400g

Each N\$19.99 Rewards Card! N\$18.99

Rhodes Corn or Sweetcorn 410g

33.99 EACH

Chappies Bubblegum Assorted 100's

12.99 EACH

Crystal Gold Coconut Biscuits 200g

6.99 EACH

Casa Mia Creams/Marie Assorted 150g

5.79 EACH

Simba Nik-Naks Baler Pack 50 x 20g

19.99 EACH

Pengo Fizzy Chew Pops 50's

59.99 6Pack

Energade Energy Drinks Assorted 6 x 500ml

Each N\$19.99 Rewards Card! N\$17.99

Rhodes Nectar Assorted 1Ltr

27.99 EACH

Nami Orange Squash 2Ltr

Health & Beauty

15⁹⁹ EACH

Colgate Toothpaste Triple Action 100ml/Active Salt 75ml

2 For N\$23.99

Lifebuoy Bath Soap Assorted 175g

CHEAPER BUY THE BOX

6 Pack N\$219.99 =N\$36.66 each

37⁹⁹ EACH

Nivea Deodorant Assorted 150ml

Each N\$21.99 Rewards Card! N\$20.99

Shield Roll-On Assorted 50ml

59⁹⁹ EACH

Organics Shampoo or Conditioner 1Ltr

29⁹⁹ EACH

Family Favorite Bubble Bath Assorted 2Ltr

34⁹⁹ EACH

Vaseline Petroleum Jelly Assorted 250ml

CHEAPER BUY THE BOX

4 Pack N\$27.99 =N\$6.99 each

25⁹⁹ EACH

Revlon Realistic Relaxer 225g

7⁹⁹ EACH

Nina Femme Pads 8's

Each N\$22.99 Rewards Card! N\$21.99

Dawn Body Lotion or Cream 400ml

Cleaning

29⁹⁹ EACH

Family Favorite Dishwashing Liquid 1.5Ltr

9⁹⁹ EACH

Daily Multipurpose Soap Bar 250g

29⁹⁹ EACH

Domestos Bleach Assorted 750ml

Each N\$19.99 Rewards Card! N\$18.99

Jik Bleach Liquid 750ml

64⁹⁹ EACH

Sunlight Auto Washing Powder 2Kg

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

Sta-Soft Fabric Conditioner Doy Pack 500ml

36⁹⁹ EACH

Family Favorite Pine Gel 1Kg

19⁹⁹ EACH

Airoma Air Freshener Assorted 200ml

CHEAPER BUY THE BOX

48's N\$239.99 =N\$4.99 each

5⁹⁹ EACH

Nova 1Ply Toilet Paper 500sh 48's

39⁹⁹ EACH

Reef 2in1 Washing Powder 1Kg

Cleaning Combo's

2 For N\$49.99

Mr. Sheen Multisurface Cleaner 300ml

Both For N\$49.99

Sunlight Washing Powder 1Kg + Laundry Bar 250g

Both For N\$49.99

Sunlight Dishwashing Liquid Refill + Handy Andy Household Cleaner Refill 750ml

Both For N\$49.99

Metro Dishwashing Liquid 750ml + Nam Gel Pine Gel 1Ltr

Baby

25⁹⁹ EACH

Nestlé Nestum Infant Cereal 200g

87⁹⁹ EACH

Price Per Pack N\$21.99

Huggies Baby Wipes 4Pack 56's

CHEAPER BUY THE BOX

4 Pack N\$359.99 =N\$89.99 each

95⁹⁹ EACH

Sunfree Diapers 50's

199⁹⁹ EACH

Pampers Active Baby Nappies/Pants Value Pack

209⁹⁹ EACH

Huggies Gold Unisex Value Pack

Pet Food



69⁹⁹
EACH
Catmor
Cat Food
Pouches
10 x 70g



23⁹⁹
EACH
Epol
Dog Food
Assorted
820g



184⁹⁹
EACH
Bobtail
Dog Food 8Kg
or 2in1
6.5Kg



349⁹⁹
EACH
Epol
Dog Food
Assorted
20Kg



75⁹⁹
EACH
ProPet
Mixed Poultry
5Kg

Household Items



37⁹⁹
EACH
Doom
Insecticides
Assorted
300ml



24⁹⁹
EACH
Costa
Candles
400g



24⁹⁹
EACH
Family Favorite
Firelighters
12's



39⁹⁹
EACH
Twinsaver
Paper Plates
50's



32⁹⁹
EACH
Tuffy Green
Refuse Bag on
Roll
10's



39⁹⁹
EACH
Easy Clean
Kitchen Kit
M100441



39⁹⁹
EACH
Microfibre
Kitchen Towels
Assorted 2's
M103891



39⁹⁹
EACH
Wooden
Broom
M141560



59⁹⁹
EACH
Jumbo
Mop Metal
300g
M141573



3/4 - N\$99.99
D - N\$149.99
Q - N\$169.99
Comforters
Assorted

Plasticware



19⁹⁹
EACH
Plastic
Bucket 9Ltr or
Basin 30cm
M101374/328



21⁹⁹
EACH
Plastic
Jug & Lid
1.5Ltr
M101324



29⁹⁹
EACH
Plastic
Basin
47cm
M101331



49⁹⁹
EACH
Plastic
Laundry Basket
M101369



14⁹⁹
EACH
Contour
Diamond
Container 1Ltr
M101383

Kitchen



129⁹⁹
EACH
New World
Enamel
Basin 50cm
M132074



9⁹⁹
EACH
New World
Enamel Mugs
8cm
M132076



10⁹⁹
EACH
Zombie
Glasses
M103705/827



14⁹⁹
EACH
Tumblers
M103705/827



129⁹⁹
EACH
Steak Knife
and Fork Set
12Piece
M108567



99⁹⁹
EACH
Knife, Scissor
& Cutting Board
Set
M108566

Appliances



149⁹⁹
EACH
STB
Steam Spray
Iron
M129805



109⁹⁹
EACH
African
Electric 3way
Multi-Plug USB
M100245



379⁹⁹
EACH
Diamond
Hotplate
Spiral
M100203



599⁹⁹
EACH
Bennett Read
Power Blender
600W
M152324



99⁹⁹
EACH
Total Tools
Claw Hammer
450g
M150988



599⁹⁹
EACH
Total Tools
Angle Grinder
750W
220-240mm

Metro

NAMIBIA

A Sefalana Group Company

Liquor

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

ALL STORES - COUNTRY WIDE

CHEAPER BUY THE BOX

24 Pack
N\$289.99
=N\$72.49
6pack

74⁹⁹ 6Pack

Castle Lite Cans 500ml

CHEAPER BUY THE BOX

24 Pack
N\$305.99
=N\$76.49
6pack

78⁹⁹ 6Pack

Windhoek Draught NRB's 440ml

CHEAPER BUY THE BOX

24 Pack
N\$311.99
=N\$77.99
6pack

79⁹⁹ 6Pack

Hunter's Dry/Gold NRB's 330ml

CHEAPER BUY THE BOX

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

86⁹⁹ 6Pack

Brutal Fruit Ciders 500ml

CHEAPER BUY THE BOX

24 Pack
N\$479.99
=N\$119.99
6pack

122⁹⁹ 6Pack

Hooch Cans Assorted 440ml

CHEAPER BUY THE BOX

24 Pack
N\$359.99
=N\$89.99
6pack

92⁹⁹ 6Pack

Strongbow Cans Assorted 440ml

579⁹⁹ EACH

Hennessy VS Cognac 750ml

85⁹⁹ EACH

Jackson Brown Brandy Liqueur 750ml

Both For N\$179.99

Richelieu Export Brandy 750ml + Coca-Cola 1.25Ltr

154⁹⁹ EACH

Old Buck Gin 750ml

329⁹⁹ EACH

Bombay Sapphire Gin 750ml

392⁹⁹ EACH

Jameson Irish Whiskey 750ml

174⁹⁹ EACH

VAT 69 Whisky 750ml

CHEAPER BUY THE BOX

6 Pack
N\$1967.99
=N\$327.99 each

329⁹⁹ EACH

Jägermeister Liqueur 750ml

148⁹⁹ EACH

Amarula Cream Liqueur 750ml

139⁹⁹ EACH

Martini Sparkling Wine Assorted 750ml

CHEAPER BUY THE BOX

6 Pack
N\$473.99
=N\$78.99 each

79⁹⁹ EACH

Protea Wines Assorted 750ml

Both For N\$99.99

Pearly Bay Wine Assorted 750ml

52⁹⁹ EACH

Four Cousins Sweet Wine Assorted 750ml

CHEAPER BUY THE BOX

12 Pack
N\$347.99
=N\$28.99 each

29⁹⁹ EACH

Kaimos Red Wine 750ml

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

Guardian Peak Wine Assorted 750ml

Each N\$82.99 Rewards Card! N\$79.99

Robertsons Sparkling Wine Assorted 750ml

Each N\$109.99 Rewards Card! N\$106.99

Alto Rouge 750ml

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

Diemersdal Sauv. Blanc/Chardonnay/ Cab Merlot Ass. 750ml

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