



## Your Families Favourite

|  |  |  |  |
|--|--|--|--|
| <p><b>63<sup>99</sup></b> EACH</p> <p>Family Favorite Sunflower Oil 2Ltr</p> | <p><b>24<sup>99</sup></b> EACH</p> <p>Family Favorite Pilchards 400g</p> | <p><b>28<sup>99</sup></b> EACH</p> <p>Family Favorite Luncheon Meat 300g</p> | <p><b>69<sup>99</sup></b> EACH</p> <p>Family Favorite Macaroni or Elbows 3Kg</p> |
|--|--|--|--|

**Best Price!**

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

Bokomo Vetkoek Flour 10Kg

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

Ricoffy Instant Coffee Pouch (Bag) 800g

**Both For N\$48.99**

Bokomo Vetkoek Flour 2.5Kg + Holsum Fat 125g

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

Best Choice Light Brown Sugar 2Kg

|                         |
|-------------------------|
| Top Score Maize Meal    |
| 10Kg                    |
| <b>119<sup>99</sup></b> |
| 2.5Kg                   |
| <b>35<sup>99</sup></b>  |

**Best Price!**

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

All Gold Tomato Sauce 700ml

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

Clover UHT Milk 1Ltr

**Best Price!**

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

Coca-Cola Original 1.25Ltr

**Best Price!**

|                         |
|-------------------------|
| Marathon White Sugar    |
| 10Kg                    |
| <b>189<sup>99</sup></b> |
| 2Kg                     |
| <b>38<sup>99</sup></b>  |

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

Rommi Spread Brick 500g

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

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

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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><b>7Kg Bag</b><br/><b>N\$139.99</b></p> <p>Potatoes 7Kg<br/>M145721</p>                 |  <p><b>Each</b><br/><b>N\$28.99</b></p> <p>Cabbage each<br/>M130241</p>  |  <p><b>44<sup>99</sup></b><br/>1.6Kg</p> <p>Beef<br/>Back Bones<br/>1.6Kg<br/>M136204</p>    |  <p><b>64<sup>99</sup></b><br/>1.6Kg</p> <p>Pork<br/>Trotters<br/>1.6Kg<br/>M136211</p>  |
|  <p><b>1Kg Bag</b><br/><b>N\$22.99</b></p> <p>Carrots 1Kg<br/>M126439</p>                   |  <p><b>2Kg Bag</b><br/><b>N\$39.99</b></p> <p>Onions 2Kg<br/>M129021</p> |  <p><b>99<sup>99</sup></b><br/>P/Kg</p> <p>Beef<br/>Shin with<br/>Bone 1.6Kg<br/>M136199</p> |  <p><b>74<sup>99</sup></b><br/>EACH</p> <p>Russians<br/>1.6Kg<br/>M137368</p>            |
|  <p><b>1Kg Bag</b><br/><b>N\$29.99</b></p> <p>Apples Green/Red/Yellow<br/>1Kg - M129421</p> |  <p><b>P/Kg</b><br/><b>N\$29.99</b></p> <p>Bananas P/Kg<br/>M129130</p>  |  <p><b>24<sup>99</sup></b><br/>Each</p> <p>Tasty<br/>Braaiwors<br/>500g<br/>M134176</p>      |  <p><b>79<sup>99</sup></b><br/>Each</p> <p>Meatma<br/>IQF Wors<br/>1.5Kg<br/>M104165</p> |
|  <p><b>Each</b><br/><b>N\$21.99</b></p> <p>Avocado Each<br/>M1533338</p>                   |  <p><b>1Kg Bag</b><br/><b>N\$28.99</b></p> <p>Pears 1Kg<br/>M141874</p> |   |   |

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|  <p><b>BEST PRICE!</b></p> <p><b>191<sup>99</sup></b><br/>EACH</p> <p>Realgood<br/>IQF Mixed<br/>Portions<br/>4Kg</p> |  <p><b>32<sup>99</sup></b><br/>EACH</p> <p>Sovereign<br/>Soup Pack<br/>1Kg</p> |  <p><b>27<sup>99</sup></b><br/>EACH</p> <p>Harvestime<br/>All in one Pot<br/>Mixed Veg.<br/>600g</p> |  <p><b>42<sup>99</sup></b><br/>EACH</p> <p>McCain<br/>Stir Fry<br/>Assorted<br/>700g</p> |  <p><b>46<sup>99</sup></b><br/>EACH</p> <p>McCain<br/>Skinny Fries<br/>1Kg</p> |
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|  <p><b>Each</b><br/><b>N\$99.99</b></p> <p><b>Rewards Card!</b><br/><b>N\$98.99</b></p> <p>Chicken Tizers Strips Assorted<br/>1Kg</p> |  <p><b>Each</b><br/><b>N\$27.99</b></p> <p><b>Rewards Card!</b><br/><b>N\$26.99</b></p> <p>King Viennas 320g or<br/>King Polony 500g</p> |  <p><b>29<sup>99</sup></b><br/>EACH</p> <p>Windhoek<br/>Schlachtereij<br/>Diced Bacon<br/>150g</p> |  <p><b>750g</b></p> <p><b>25<sup>99</sup></b><br/>EACH</p> <p>Renown<br/>French Polony<br/>750g</p> |  <p><b>200g</b></p> <p><b>18<sup>99</sup></b><br/>EACH</p> <p>Champion<br/>Liver Spread<br/>200g</p> |
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|  <p><b>13<sup>99</sup></b><br/>EACH</p> <p>Bakpro<br/>Everyday Bread<br/>White/Brown<br/>each</p> |  <p><b>69<sup>99</sup></b><br/>EACH</p> <p>Clover<br/>Modified Butter<br/>Spread<br/>500g</p> |  <p><b>24<sup>99</sup></b><br/>EACH</p> <p>Rama<br/>Butter Spread<br/>500g</p> |  <p><b>15<sup>99</sup></b><br/>EACH</p> <p>Clover<br/>Cheese Slices<br/>Assorted<br/>90g</p> |  <p><b>Each</b><br/><b>N\$15.99</b></p> <p><b>Rewards Card!</b><br/><b>N\$14.99</b></p> <p>Clover Numel<br/>1Ltr</p> |
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|  <p><b>Each</b><br/><b>N\$5.99</b></p> <p><b>Rewards Card!</b><br/><b>N\$4.99</b></p> <p>Nutriday Yoghurt Assorted<br/>100g</p> |  <p><b>13<sup>99</sup></b><br/>EACH</p> <p>Clover<br/>Snack Pack<br/>6x50g</p> |  <p><b>46<sup>99</sup></b><br/>EACH</p> <p>Nammilk<br/>Omaere<br/>2Kg</p> |  <p><b>31<sup>99</sup></b><br/>EACH</p> <p>Nawaa<br/>Supa Omasi<br/>Assorted<br/>1Kg</p> |  <p><b>BEST PRICE!</b></p> <p><b>49<sup>99</sup></b><br/>EACH</p> <p>Farmhouse<br/>Ice-Cream<br/>Assorted<br/>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 Lunch 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

**57.99 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

**15<sup>99</sup> 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**

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

Nivea Deodorant Assorted 150ml

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

Shield Roll-On Assorted 50ml

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

Organics Shampoo or Conditioner 1Ltr

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

Family Favorite Bubble Bath Assorted 2Ltr

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

Vaseline Petroleum Jelly Assorted 250ml

**CHEAPER BUY THE BOX**

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

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

Revlon Realistic Relaxer 225g

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

Nina Femme Pads 8's

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

Dawn Body Lotion or Cream 400ml

# Cleaning

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

Family Favorite Dishwashing Liquid 1.5Ltr

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

Daily Multipurpose Soap Bar 250g

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

Domestos Bleach Assorted 750ml

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

Jik Bleach Liquid 750ml

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

Sunlight Auto Washing Powder 2Kg

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

Sta-Soft Fabric Conditioner Doy Pack 500ml

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

Family Favorite Pine Gel 1Kg

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

Airoma Air Freshener Assorted 200ml

**CHEAPER BUY THE BOX**

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

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

Nova 1Ply Toilet Paper 500sh 48's

**39<sup>99</sup> 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

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

Nestlé Nestum Infant Cereal 200g

**87<sup>99</sup> 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**

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

Sunfree Diapers 50's

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

Pampers Active Baby Nappies/Pants Value Pack

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

Huggies Gold Unisex Value Pack

## Pet Food

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

Catmor  
Cat Food Pouches  
10 x 70g

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

Epol  
Dog Food Assorted  
820g

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

Bobtail  
Dog Food 8Kg  
or 2in1  
6.5Kg

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

Epol  
Dog Food Assorted  
20Kg

Price Per  
8Kg  
N\$139.99

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

ProPet  
Mixed Poultry  
5Kg

## Household Items

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

Doom  
Insecticides  
Assorted  
300ml

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

Costa  
Candles  
400g

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

Family Favorite  
Firelighters  
12's

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

Twinsaver  
Paper Plates  
50's

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

Tuffy Green  
Refuse Bag on  
Roll  
10's

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

Easy Clean  
Kitchen Kit  
M100441

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

Microfibre  
Kitchen Towels  
Assorted 2's  
M103891

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

Wooden  
Broom  
M141560

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

Jumbo  
Mop Metal  
300g  
M141573

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

Comforters  
Assorted

## Plasticware

Any 1

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

Plastic  
Bucket 9Ltr or  
Basin 30cm  
M101374/328

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

Plastic  
Jug & Lid  
1.5Ltr  
M101324

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

Plastic  
Basin  
47cm  
M101331

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

Plastic  
Laundry Basket  
M101369

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

Contour  
Diamond  
Container 1Ltr  
M101383

## Kitchen

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

New World  
Enamel  
Basin 50cm  
M132074

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

New World  
Enamel Mugs  
8cm  
M132076

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

Zombie  
Glasses  
M103705/827

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

Tumblers  
M103705/827

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

Steak Knife  
and Fork Set  
12Piece  
M108567

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

Knife, Scissor  
& Cutting Board  
Set  
M108566

## Appliances

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

STB  
Steam Spray  
Iron  
M129805

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

African  
Electric 3way  
Multi-Plug USB  
M100245

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

Diamond  
Hotplate  
Spiral  
M100203

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

Bennett Read  
Power Blender  
600W  
M152324

16oz Fibreglass handle

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

Total Tools  
Claw Hammer  
450g  
M150988

Drop forged

**599<sup>99</sup>**  
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

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

Castle Lite Cans 500ml

**CHEAPER BUY THE BOX**

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

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

Windhoek Draught NRB's 440ml

**CHEAPER BUY THE BOX**

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

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

Hunter's Dry/Gold NRB's 330ml

**CHEAPER BUY THE BOX**

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

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

Brutal Fruit Ciders 500ml

**CHEAPER BUY THE BOX**

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

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

Hooch Cans Assorted 440ml

**CHEAPER BUY THE BOX**

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

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

Strongbow Cans Assorted 440ml

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

Hennessy VS Cognac 750ml

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

Jackson Brown Brandy Liqueur 750ml

**Both For N\$179.99**

Richelieu Export Brandy 750ml + Coca-Cola 1.25Ltr

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

Old Buck Gin 750ml

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

Bombay Sapphire Gin 750ml

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

Jameson Irish Whiskey 750ml

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

VAT 69 Whisky 750ml

**CHEAPER BUY THE BOX**

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

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

Jägermeister Liqueur 750ml

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

Amarula Cream Liqueur 750ml

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

Martini Sparkling Wine Assorted 750ml

**CHEAPER BUY THE BOX**

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

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

Protea Wines Assorted 750ml

**Both For N\$99.99**

Pearly Bay Wine Assorted 750ml

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

Four Cousins Sweet Wine Assorted 750ml

**CHEAPER BUY THE BOX**

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

**29<sup>99</sup>** 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.