



## 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 Pilchard 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>
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**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

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!**

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

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

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

**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

**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

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

Revlon Realistic Relaxer 225g

**CHEAPER BUY THE BOX**

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

**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.