



All Cash & Carry & Hyper Stores



Your Family's Favourite

19⁹⁹
EACH

Family Favorite
Tomato Sauce
700ml

25⁹⁹
EACH

Family Favorite
Pilchards
400g

28⁹⁹
EACH

Family Favorite
Luncheon
Meat
300g

33⁹⁹
EACH

Family Favorite
Mayonnaise
750g

36⁹⁹
EACH

Family Favorite
Rice
2Kg

Best Price!

Marathon White Sugar
10Kg
189⁹⁹
2Kg
39⁹⁹

179⁹⁹
EACH

Sugar King
Dry Brown
Sugar
10Kg

Best Price!

19⁹⁹
EACH

First Choice
UHT Milk
1Ltr

20⁹⁹
EACH

Coca-Cola
Original ONLY
2Ltr

129⁹⁹

Top Score Maize Meal
10Kg
129⁹⁹
5Kg
68⁹⁹

Best Price!

36⁹⁹
EACH

Chappie
Bubblegum
Assorted
100's

37⁹⁹
EACH

Jungle
Oats
1Kg

Best Price!

25⁹⁹
EACH

Family Favorite
Sunflower Oil
750ml

45⁹⁹

Pasta King Macaroni or Elbows
2Kg
45⁹⁹
500g
12⁹⁹

49⁹⁹
EACH

Surf
Washing Powder
2Kg/2.2Kg

Best Price!

69⁹⁹
EACH

Twinsaver
Toilet Paper
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: 20 MAY - 08 JUNE 2025

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



**fresh
Deals
Daily**

Fruits and Vegetables



**7Kg Bag
N\$129.99**

Potatoes
7Kg



**3Kg Bag
N\$39.99**

Butternut
3Kg



**Each
N\$39.99**

Cabbage (Whole)
Each



**500g
N\$32.99**

Green Pepper
500g



**1Kg Bag
N\$24.99**

Apples Assorted
1Kg



**1Kg Bag
N\$24.99**

Lemon
1Kg



**1Kg Bag
N\$29.99**

Naartjies
1Kg



**3Kg Bag
N\$59.99**

Oranges
3Kg

Perishables



**Each
N\$84.99
Rewards Card!
N\$82.99**

Realgood IQF Whole Bird
With Giblets



**104.99
EACH**

Realgood
IQF Chicken
2Kg



**34.99
EACH**

Supreme
Chicken
Soup Pack
1Kg



**59.99
EACH**

Fresh Econo
Chicken
Assorted
800g



**Each
N\$45.99
Rewards Card!
N\$43.99**

Harvestime Frozen Chips
900g



**32.99
EACH**

McCain
Mixed Veg.
600g



**59.99
EACH**

I & J
Fish Fingers
400g



**29.99
EACH**

Stork
Country Spread
Tub
500g



**27.99
EACH**

Rama
70% Spread
Brick
500g



**Each
N\$29.99
Rewards Card!
N\$28.99**

Onyama Yummi
500g



**21.99
EACH**

Champion
Liver Spread
200g



**16.99
EACH**

Champion
French Polony
200g



**21.99
EACH**

King
Russians
420g



**79.99
EACH**

Renown
French Polony
2Kg



**Each
N\$69.99
Rewards Card!
N\$68.99**

Parmalat Cheese Assorted
400g



**19.99
EACH**

Clover Cheese
Slices Assorted
100g



**13.99
EACH**

Bakpro Bread
Assorted
700g



**58.99
EACH**

Waldschmidt
Eggs Large
18's



**4.99
EACH**

Danone
Yoghurt
Assorted
100g



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

Nammilk Snackies Multipack
6 x 80g



**49.99
EACH**

Nammilk
Omaere
2Kg



**29.99
EACH**

Nawaa
Omasi
Assorted
1Kg



**17.99
EACH**

Nammilk
Oshikandela
Assorted
500g



**22.99
EACH**

Nammilk
Everyday
Yogurt Assorted
500g

Foods

XL savings

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

Glen Rooibos Teabags
80's

XL savings

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

White Star Instant Porridge Assorted
1Kg

XL savings

Each
N\$11.99
Rewards Card!
N\$10.99

Family Favorite Baked Beans
410g

CHEAPER BUY THE BOX

12 Pack
N\$203.99
=N\$15.99
each

16.99 EACH

Ellis Brown Coffee Creamer
125g

CHEAPER BUY THE BOX

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

5.79 EACH

Knorr Soup Packets
Assorted each

CHEAPER BUY THE BOX

12 Pack
N\$71.99
=N\$35.99
(6Pack)

4.19 6Pack

Cooee Soft Drinks
Assorted 300ml

124.99 EACH

Champion Super Maize Meal
10Kg

148.99 EACH

Bokomo Vetkoek Flour
10Kg

78.99 EACH

Bakpro Vetkoek Flour
5Kg

37.99 EACH

A Star Light Brown Sugar
2Kg

13.99
26.99
23.99

Imbo Soup Mix 500g
GP Red Speckled Beans
Lion Split Peas 500g

23.99 EACH

Five Roses Tagless Teabags
26's

142.99 EACH

Ricoff Instant Coffee Pouch
800g

159.99 EACH

Jacobs Kronung Jar or Pouch
200g/230g

42.99 EACH

Nestle Milo Pouch
250g

21.99 EACH

Top Class Soya Mince Assorted
400g

15.99 EACH

Knorrox Soup Assorted
400g

26.99 EACH

Wellington Tomato Sauce Original Recipe
700ml

Any 1 For N\$19.99

Rhodes Mixed Veg./Sweetcorn or Corn Assorted - 410g

32.99 EACH

Top One Corned Meat
300g

36.99 EACH

Thokoman Peanut Butter Assorted
400g

11.99 EACH

Bakers Topper Biscuits Assorted
125g

XL savings

Each
N\$35.99
Rewards Card!
N\$34.99

Baxton Star Pops Assorted
40's

17.99 EACH

Simba Chips Assorted
120g

17.99 EACH

Cadbury Dairy Milk Slabs Assorted
80g

29.99 EACH

Golf Sharp Cookies Assorted
800g

XL savings

Each
N\$9.99
Rewards Card!
N\$8.99

Switch Energy Drinks Assorted
500ml

6.99 EACH

Tropizone Still Water
500ml

18.99 EACH

Fruitree Juice Assorted
1Ltr

59.99 EACH

Super Dip Assorted
60's

Health & Beauty



Family Favorite Bubble Bath Assorted
2Ltr



16⁹⁹
EACH

Colgate
Triple Action/
Active Salt
75ml/100ml



13⁹⁹
EACH

Dettol
Bath Soap
Assorted
175g

**CHEAPER
BUY THE
BOX**

**6 Pack
N\$69.99
=N\$11.66
each**



12⁹⁹
EACH

Dawn
Roll-On
Assorted
50ml



37⁹⁹
EACH

Nivea
Deodorant
Assorted
150ml



Revlon Realistic Relaxer Assorted
225g



9⁹⁹
EACH

Lil-Lets
Pads
Assorted
8's



35⁹⁹
EACH

Vaseline
Petroleum Jelly
250ml



24⁹⁹
EACH

Clere
Body Lotion or
Cream Assorted
300ml/400ml



29⁹⁹
EACH

Colgate
Shampoo or
Conditioner
350ml

Cleaning



Jeyes Fluid Disinfectant Liquid
500ml

**Each
N\$37.99
Rewards
Card!
N\$36.99**



36⁹⁹
EACH

Sunlight
Pine Gel
1Ltr



29⁹⁹
EACH

Domestos
Multipurpose
Cleaner
Assorted 750ml



32⁹⁹
EACH

Family Favorite
Dishwashing
Liquid
2Ltr



19⁹⁹
EACH

Airoa
Airfreshener
Assorted
210ml



Sunlight Auto Washing Powder
2Kg

**Each
N\$68.99
Rewards
Card!
N\$66.99**



15⁹⁹
EACH

Sta-Soft Fabric
Conditioner
Doy Pack
500ml



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

**Both For
N\$39.99**

+
Refills



**CHEAPER
BUY THE
BOX**

12⁹⁹
EACH

Reef 2in1
Washing Powder
250g



**CHEAPER
BUY THE
BOX**

5⁹⁹
EACH

Nova
Toilet Paper
1Ply 500sh
48's

Cough & Colds



**CHEAPER
BUY THE
BOX**

19⁹⁹
EACH

B Ener-G Shot
Raspberry
50ml



29⁹⁹
EACH

Panado
Tablets
24's



55⁹⁹
EACH

Puma
Cough Syrup
100ml



49⁹⁹
EACH

Puma
Balm Jar
50g



99⁹⁹
EACH

Strepsils
Lozenges
25 x 2's

Baby



25⁹⁹
EACH

Nestum
Baby Cereal
Assorted
200g



35⁹⁹
EACH

Top Society
Babyline
Petroleum Jelly
500ml



87⁹⁹
EACH

Huggies
Baby Wipes
4 x 56's



**CHEAPER
BUY THE
BOX**

95⁹⁹
EACH

Sunfree
Diapers
50's



149⁹⁹
EACH

Huggies
Nappies
Value Pack

Pet Food



69⁹⁹
EACH

Catmor
Multipacks
Assorted
10 x 70g



32⁹⁹
EACH

Husky
Dog Food
Assorted
775g



149⁹⁹
EACH

Pamper
Cat Food
2Kg



139⁹⁹
EACH

Family Favorite
Dog Food
Assorted
7Kg



Bobtail 2in1 6.5Kg or Dog Food 8Kg

Household Items



37⁹⁹
EACH

Doom
Insecticides
Assorted
300ml



109⁹⁹
EACH

Tabard
Insect
Repellent
150ml



23⁹⁹
EACH

Costa
Candles
400g



29⁹⁹
EACH

Valupak
Refuse Bags
20's



19⁹⁹
EACH

Nova
Kitchen Towels
2's



25⁹⁹
EACH

Dream
Sponge and
Scourers
3Pack



59⁹⁹
EACH

Dream
Dishcloth +
Swab Valuepack
10's



29⁹⁹
EACH

Dust Pan
and Brush Set
Assorted Colours
M120759



29⁹⁹
EACH

Goldenmarc
Yellow Duster
3Pack



**Both For
N\$69.99**

Broom + Mop
M108727



19⁹⁹
EACH

Ceramic
Mugs
Assorted



29⁹⁹
EACH

Ceramic
Dinner Plates
Assorted
M103650



12⁹⁹
EACH

Glass
Tumblers
270ml
M103714



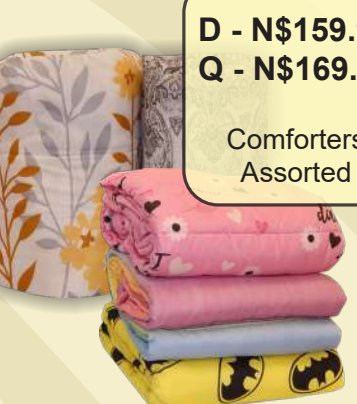
9⁹⁹
EACH

New World
Enamel Mug
8cm
M132076



199⁹⁹
EACH

Teco Pot Set
150mm/175mm/
200mm
M106774



D - N\$159.99
Q - N\$169.99

Comforters
Assorted



**2 For
N\$129.99**

69⁹⁹
EACH

Fleece
Blankets
Assorted
150x200



**2 For
N\$129.99**

69⁹⁹
EACH

Scatter
Pillows
Assorted
50x50



379⁹⁹
EACH

Diamond
Spiral Hot
Plate
M100203



179⁹⁹
EACH

Decakila
Hand Mixer
White 120W
M152292

Plastic Items



24⁹⁹
EACH

Contour
Plastic Jug
and Lid 1.5Ltr
M101324



79⁹⁹
EACH

Foodsaver
Containers
M153697/8/9



89⁹⁹
EACH

Plastic
Giant Tub
with Handles



49⁹⁹
EACH

Plastic
Basin
56cm
M101333



79⁹⁹
EACH

Black
Plastic Party
Chair



Cash & Carry and Hyper Stores



Tafel Lager NRB's 330ml



Castle Lite Cans 500ml



Savanna NRB's 500ml



Belgravia Gin Cans 440ml



Bahama Rum Cans 5% 440ml



Jack Daniel's Whiskey 750ml



Jameson Irish Whiskey 750ml



White Horse Whisky 750ml



Cactus Jack Original Liqueur 750ml



Amarula Liqueur 750ml



Richelieu Export Brandy 750ml



Klipdrift Premium Brandy 750ml



Gordon's Dry Gin 750ml



Smirnoff 1818 Vodka Original Only 750ml



Bacardi Superior Rum 750ml



KWV Annabelle Sparkling Wine Assorted 750ml



Guardian Peak Wine Assorted 750ml



KWV Roodeberg Black 750ml



Spier Wine Assorted 750ml



1659 Wine Assorted 750ml



Namaqua Sweet Wine 3Ltr



Kaimos Red Wine 750ml



Delush Sweet Wine Assorted 750ml



Sedgwick's Old Brown Sherry 2Ltr



Tassenberg Dry Red Wine 750ml

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