



All Cash & Carry & Hyper Stores



Top Score Maize Meal
10Kg
139⁹⁹
5Kg
68⁹⁹

Best Price!

89⁹⁹ EACH
Family Favorite Rice 5Kg

28⁹⁹ EACH
Family Favorite Luncheon Meat 300g

9⁹⁹ EACH
Hugo's Baked Beans 410g

Marathon White Sugar
10Kg
189⁹⁹
2Kg
39⁹⁹

24⁹⁹ EACH
Tasty Chakalaka Wors 500g

Best Price!

29⁹⁹ EACH
Bokomo Corn Flakes 500g

14⁹⁹ EACH
Candi Soft Drinks Assorted 2Ltr

Best Price!

Bakpro Vetkoek Flour
10Kg
152⁹⁹
5Kg
78⁹⁹

18⁹⁹ EACH
Beacon Smoothies/Supa Assorted 50's / 72's

20⁹⁹ EACH
First Choice UHT Milk 1Ltr

Best Price!

65⁹⁹ EACH
Family Favorite Sunflower Oil 2Ltr

75⁹⁹ EACH
Polana Macaroni or Elbows 3Kg

49⁹⁹ EACH
Surf Washing Powder 2Kg/2.2Kg

Best Price!

69⁹⁹ EACH
Twinsaver Toilet Paper 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: 20 MARCH - 05 APRIL 2025



Available at:

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



fresh Deals Daily

Fruits and Vegetables

 <p>7Kg Bag N\$129.99</p> <p>Potatoes 7Kg</p>	 <p>3Kg Bag N\$49.99</p> <p>Butternut 3Kg</p>	 <p>1Kg Bag N\$19.99</p> <p>Beetroot 1Kg</p>	 <p>500g N\$29.99</p> <p>Green Pepper 500g</p>
 <p>1Kg Bag N\$28.99</p> <p>Apples Assorted 1Kg</p>	 <p>P/Kg N\$34.99</p> <p>Bananas Loose P/kg</p>	 <p>1Kg Bag N\$21.99</p> <p>Lemon 1Kg</p>	 <p>1Kg Bag N\$28.99</p> <p>Pears Packham 1Kg</p>

Perishables

 <p>104.99 EACH</p> <p>Realgood IQF Chicken 2Kg</p>	 <p>29.99 EACH</p> <p>Realgood Chicken Liver Bag 1Kg</p>	 <p>VI savings Each N\$98.99 Rewards Card! N\$97.99</p> <p>Chicken Tizers Strips or Pops 1Kg</p>	 <p>32.99 EACH</p> <p>McCain Mixed Veg. 600g</p>	 <p>45.99 EACH</p> <p>Harvestime Frozen Chips 900g</p>
 <p>109.99 EACH</p> <p>Meatma Stewing Neck 2.5Kg</p>	 <p>24.99 EACH</p> <p>Rama Spread Brick 500g</p>	 <p>69.99 EACH</p> <p>Clover Modified Butter Spread 500g</p>	 <p>69.99 EACH</p> <p>Parmalat Gouda/Cheddar 400g</p>	 <p>VI savings Each N\$18.99 Rewards Card! N\$17.99</p> <p>Parmalat Cheese Slices Assorted 100g</p>
 <p>21.99 EACH</p> <p>King Russians 420g</p>	 <p>80g 4.99 EACH</p> <p>Onyama Yummi 80g</p>	 <p>100g 9.99 EACH</p> <p>Champion French Polony 100g</p>	 <p>500g 26.99 EACH</p> <p>King Polony 500g</p>	 <p>29.99 EACH</p> <p>Windhoek Schlachtereij Mixed Polony 100g</p>
 <p>65.99 EACH</p> <p>Sea Harvest Fish Fingers 600g</p>	 <p>55.99 EACH</p> <p>Waldschmidt Family Pack Medium Eggs 18's</p>	 <p>42.99 EACH</p> <p>Clover UHT Cream 500ml</p>	 <p>Fresh 18.99 EACH</p> <p>Nammilk Fresh Milk 1Ltr</p>	 <p>48.99 EACH</p> <p>Nammilk Oshikandela 2Kg</p>
 <p>29.99 EACH</p> <p>Nawaa Omasi Assorted 1Kg</p>	 <p>13.99 EACH</p> <p>Nammilk Oshitaka Assorted 500g</p>	 <p>VI savings Each N\$12.99 Rewards Card! N\$11.99</p> <p>Clover Snack Pack 6 x 50g</p>	 <p>22.99 EACH</p> <p>Nammilk Everyday Yoghurt 500g</p>	 <p>39.99 EACH</p> <p>Farmhouse Ice-Cream Assorted 2Ltr</p>

XL savings

Foods



Each
N\$94.99
Rewards Card!
N\$93.99

A Star White Sugar
5Kg



175⁹⁹
EACH

Best Choice
Light Brown
Sugar
10Kg



22⁹⁹
EACH

Pasta Grandé
Spaghetti
1Kg



124⁹⁹
EACH

Champion
Super Maize
Meal
10Kg



CHEAPER BUY THE BOX
20 Pack
N\$419.99
=N\$20.99
each

21⁹⁹
EACH

Sugar King
White Sugar
1Kg



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

Ellis Brown Coffee Creamer
500g



25⁹⁹
EACH

Nam Style
Chow
Assorted
500g



21⁹⁹
EACH

Tea Time
Teabags
100's



19⁹⁹
EACH

Freshpak
Rooibos Tea
20's



CHEAPER BUY THE BOX
6 Pack
N\$113.99
=N\$18.99
each

19⁹⁹
EACH

Lucky Star
Pilchards
Assorted
215g



Each
N\$32.99
Rewards Card!
N\$31.99

All Gold Tomato Sauce
700ml



135⁹⁹
EACH

Nescafé
Classic Jar or
Pouch
200g / 230g



43⁹⁹
EACH

Jungle
Oats
1Kg



45⁹⁹
EACH

Top Score
Instant Porridge
Assorted
2Kg



CHEAPER BUY THE BOX
10 Pack
N\$49.99
=N\$4.99
each

5⁷⁹
EACH

Knorr
Soup Packets
Assorted
each



Each
N\$17.99
Rewards Card!
N\$16.99

Top Class Soup Assorted
400g



27⁹⁹
EACH

Bull Brand
Mince
Assorted
400g



37⁹⁹
EACH

Nola
Mayonnaise
750g



25⁹⁹
EACH

Top Class
Spice Mix
Assorted
400g



CHEAPER BUY THE BOX
48 Pack
N\$239.99
=N\$4.99
each

5⁹⁹
EACH

Wilson's
XXX Lozenges
Assorted
1 x 48's



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

Crystal Gold Marie Biscuits / Lemon Creams
150g



24⁹⁹
EACH

Knorrox
Soya Mince
Assorted
400g



29⁹⁹
EACH

Rhodes
Jam Cups
Apricot or Mixed
Fruit Jam - 600g



17⁹⁹
EACH

Candy Tops
Eclairs
Assorted
50's



CHEAPER BUY THE BOX
6 Pack
N\$377.99
=N\$62.99
each

64⁹⁹
EACH

Champion
Toffees
Assorted
each



Each
N\$21.99
Rewards Card!
N\$18.99

Rhodes Nectar Assorted
1Ltr



10⁹⁹
EACH

Bakers
Topper Biscuits
Assorted
125g



16⁹⁹
EACH

Simba
Chips
Assorted
120g



10⁹⁹
EACH

Family Favorite
Concentrate
Assorted
1Ltr



CHEAPER BUY THE BOX
24 Pack
N\$199.99
=N\$49.99
each

51⁹⁹
6Pack

Coca-Cola/
Fanta/Sprite
300ml

Health & Beauty

18⁹⁹ EACH

Aquafresh Toothpaste Assorted 100ml

12⁹⁹ EACH

Protex Soap Assorted 150g

20⁹⁹ EACH
19⁹⁹ Rewards Card!

Shield Roll-On Assorted 50ml

35⁹⁹ EACH

Nivea Deodorant Assorted 150ml

29⁹⁹ EACH

Skin Clinic Cream Assorted 450ml

69⁹⁹ EACH
67⁹⁹ Rewards Card!

Saiskin Bubble Bath Assorted 2Ltr

7⁹⁹ EACH

Nina Femme Pads 8's

37⁹⁹ EACH

Vaseline Petroleum Jelly 250ml

39⁹⁹ EACH

Sof n Free Relaxer Assorted 250g

24⁹⁹ EACH
23⁹⁹ Rewards Card!

Clere Body Cream or Lotion 300ml / 400ml

Cleaning

29⁹⁹ EACH

Family Favorite Dishwashing Liquid 2Ltr

22⁹⁹ EACH
21⁹⁹ Rewards Card!

Newden Pine Gel 500ml

89⁹⁹ EACH

Handy Andy Promo Basket 3x750ml

39⁹⁹ EACH
38⁹⁹ Rewards Card!

Jeyes Fluid Disinfectant Liquid 500ml

29⁹⁹ EACH

Viva Detergent Bar Twinpack 2x200g

16⁹⁹ EACH
15⁹⁹ Rewards Card!

Sta-Soft Fabric Conditioner 500ml

21⁹⁹ EACH

Reef 2in1 Washing Powder 500g

59⁹⁹ 5 Pack
11⁹⁹ each
12⁹⁹ EACH

Reef 2in1 Washing Powder 250g

19⁹⁹ EACH

Airoama Air Freshener Assorted 210ml

189⁹⁹ 48's
3⁹⁵ each
4⁹⁹ EACH

Nova Toilet Paper 1Ply 300sh 48's

Combo's

SAVE N\$15.00

Both For N\$59.99

Sunlight Handwashing Powder 1Kg + Fabric Softener 500ml

SAVE N\$14.00

Both For N\$69.99

Mr. Sheen Clear View Cleaner 1Ltr + Multi-Surface Cleaner 300ml

SAVE N\$12.00

Both For N\$95.99

Doom Plug in Unit Complete + Twinpack Liquid Refill 35ml

SAVE N\$15.00

Both For N\$39.99

Easy Waves Relaxer 125ml + Hairfood Assorted 150ml

SAVE N\$5.00

Both For N\$39.99

Kotex Pads 8's/10's + Pantyliners 20's

Baby

25⁹⁹ EACH

Nestum Baby Cereal Assorted 200g

12⁹⁹ EACH

Rhodes Squish Assorted 110ml

29⁹⁹ EACH

Pampers Baby Wipes Assorted 56's / 64's

97⁹⁹ EACH

Sunfree Diapers 50's

199⁹⁹ EACH

Pampers Nappies/Pants Value Pack

359⁹⁹ 4 Pack
89⁹⁹ each

CHEAPER BUY THE BOX

Price Per Unit N\$1.79

Pet Food



19⁹⁹
EACH
Pamper
Cat Food
Assorted
385g / 400g



31⁹⁹
EACH
Husky
Dog Food
Assorted
775g



Bobtail 2in1 6.5Kg or Dog Food 8Kg

Each
N\$194.99
Rewards
Card!
N\$189.99



329⁹⁹
EACH
Montego
Classic
Adult/Senior
10Kg



139⁹⁹
EACH
Propet
Mixed Poultry
10Kg

Household Items



37⁹⁹
EACH
Doom
Insecticides
Assorted
300ml



89⁹⁹
EACH
Peaceful
Sleep
Aerosol
150ml



69⁹⁹
EACH
Peaceful Sleep
Room Spray
180ml



25⁹⁹
EACH
Costa
Candles
400g



29⁹⁹
EACH
Valupak
Black Refuse
Bags on Roll
20's



18⁹⁹
EACH
Nova
Kitchen
Towels
2's



39⁹⁹
EACH
Goldenmarc
Rainbow
Sponges 10Pack
M146882



39⁹⁹
EACH
Blitz Multi
Purpose
Cleaning Cloths
M155720



29⁹⁹
EACH
Dust Pan
and Brush Set
Assorted Colours
M120759



59⁹⁹
EACH
Jumbo
Mop
300g
M141573



39⁹⁹
EACH
Wooden
Handle Broom
M141560



25⁹⁹
EACH
Plastic
Jug & Lid
1.5Ltr
M101324



25⁹⁹
EACH
Plastic
Bucket
9Ltr
M101374



35⁹⁹
EACH
Plastic
Basin
47cm
M101332



14⁹⁹
EACH
Kango
Enamel
Mug 8cm
M106804



129⁹⁹
EACH
New World
Enamel Basin
50cm
M132074



20⁹⁹
EACH
Ceramic
Coffee Mugs
Assorted
M153687/86/85



Preserving Jar Assorted
M130834/M130832/M130831

300ml
N\$18.99

450ml
N\$21.99



129⁹⁹
EACH
Bon Voyage
Zebra Pot
Set Wire Handle
M132066



Comforters Assorted

Queen
N\$159.99

Double
N\$139.99



S - N\$ 49.99
3/4 - N\$59.99
D - N\$69.99
Q - N\$79.99
K - N\$89.99
Fitted Sheets
Assorted

Appliances



279⁹⁹
EACH
Magneto
LED Lantern
2.0
M135083



Omega Pedestal Fan 18"
M130559

Each
N\$429.99
Rewards
Card!
N\$399.99



379⁹⁹
EACH
Phillips
Dry Iron
M100226



299⁹⁹
EACH
Haz
Hot Plate Spiral
M108055



1199⁹⁹
EACH
Bennett Read
Manual
Microwave 20Ltr
M151662/3

White or
Black

Metro

Cash & Carry and Hyper Stores



CHEAPER BUY THE BOX

24 Pack
N\$319.99
=N\$79.99
6pack

82⁹⁹
6Pack

Windhoek Draught NRB's 440ml

CHEAPER BUY THE BOX

24 Pack
N\$314.99
=N\$78.74
6pack

79⁹⁹
6Pack

Castle Lite Cans 500ml

CHEAPER BUY THE BOX

24 Pack
N\$539.99
=N\$134.99
6pack

136⁹⁹
6Pack

Belgravia Gin Cans 440ml

CHEAPER BUY THE BOX

24 Pack
N\$387.99
=N\$96.99
6pack

99⁹⁹
6Pack

Savanna NRB's 330ml

197⁹⁹
EACH

White Horse Whisky 750ml

329⁹⁹
EACH

Jack Daniel's Whisky 750ml

394⁹⁹
EACH

Jameson Irish Whiskey 750ml

329⁹⁹
EACH

Jägermeister Liqueur 750ml

159⁹⁹
EACH

Potency (PO10c) Aperitif 750ml

Each N\$176.99
Rewards Card! N\$174.99

174⁹⁹
EACH

Richelieu Export Brandy 750ml

179⁹⁹
EACH

KWV 3yo Brandy 750ml

175⁹⁹
EACH

Gordon's Dry Gin 750ml

159⁹⁹
EACH

Smirnoff 1818 Vodka 750ml

235⁹⁹
EACH

Bacardi Superior Rum 750ml

87⁹⁹
EACH

J.C Le Roux Sparkling Wine Assorted 750ml

83⁹⁹
EACH

Nederburg Baronne 750ml

96⁹⁹
EACH

Zandvliet Muscat 750ml

104⁹⁹
EACH

KWV Roodeberg 750ml

219⁹⁹
EACH

Anthonij Rupert Optima 750ml

52⁹⁹
EACH

Four Cousins Sweet Wine Assorted 750ml

54⁹⁹
EACH

Delush Sweet Wine Assorted 750ml

33⁹⁹
EACH

Kaimos Red Wine 750ml

175⁹⁹
EACH

Delush Sweet Wine 5Ltr

116⁹⁹
EACH

Namaqua Sweet Wine 3Ltr

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

Available at:

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

