



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

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 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

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

Perishables

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

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



129⁹⁹
EACH
Bon Voyage
Zebra Pot
Set Wire Handle
M132066



Comforters Assorted



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



<p>CHEAPER BUY THE BOX 24 Pack N\$319.99 =N\$79.99 6pack</p> <p>82⁹⁹ 6Pack</p> <p>Windhoek Draught NRB's 440ml</p>	<p>CHEAPER BUY THE BOX 24 Pack N\$314.99 =N\$78.74 6pack</p> <p>79⁹⁹ 6Pack</p> <p>Castle Lite Cans 500ml</p>	<p>CHEAPER BUY THE BOX 24 Pack N\$539.99 =N\$134.99 6pack</p> <p>136⁹⁹ 6Pack</p> <p>Belgravia Gin Cans 440ml</p>	<p>CHEAPER BUY THE BOX 24 Pack N\$387.99 =N\$96.99 6pack</p> <p>99⁹⁹ 6Pack</p> <p>Savanna NRB's 330ml</p>
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<p>197⁹⁹ EACH</p> <p>White Horse Whisky 750ml</p>	<p>329⁹⁹ EACH</p> <p>Jack Daniel's Whisky 750ml</p>	<p>394⁹⁹ EACH</p> <p>Jameson Irish Whiskey 750ml</p>	<p>329⁹⁹ EACH</p> <p>Jägermeister Liqueur 750ml</p>	<p>159⁹⁹ EACH</p> <p>Potency (PO10c) Aperitif 750ml</p>
<p>Each N\$176.99 Rewards Card! N\$174.99</p> <p>Richelieu Export Brandy 750ml</p>	<p>179⁹⁹ EACH</p> <p>KVV 3yo Brandy 750ml</p>	<p>175⁹⁹ EACH</p> <p>Gordon's Dry Gin 750ml</p>	<p>159⁹⁹ EACH</p> <p>Smirnoff 1818 Vodka 750ml</p>	<p>235⁹⁹ EACH</p> <p>Bacardi Superior Rum 750ml</p>
<p>87⁹⁹ EACH</p> <p>J.C Le Roux Sparkling Wine Assorted 750ml</p>	<p>83⁹⁹ EACH</p> <p>Nederburg Baronne 750ml</p>	<p>96⁹⁹ EACH</p> <p>Zandvliet Muscat 750ml</p>	<p>104⁹⁹ EACH</p> <p>KVV Roodeberg 750ml</p>	<p>219⁹⁹ EACH</p> <p>Anthonij Rupert Optima 750ml</p>
<p>52⁹⁹ EACH</p> <p>Four Cousins Sweet Wine Assorted 750ml</p>	<p>54⁹⁹ EACH</p> <p>Delush Sweet Wine Assorted 750ml</p>	<p>33⁹⁹ EACH</p> <p>Kaimos Red Wine 750ml</p>	<p>175⁹⁹ EACH</p> <p>Delush Sweet Wine 5Ltr</p>	<p>116⁹⁹ EACH</p> <p>Namaqua Sweet Wine 3Ltr</p>

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