



All Cash & Carry & Hyper Stores



Top Score Maize Meal
10Kg
<b>139<sup>99</sup></b>
5Kg
<b>68<sup>99</sup></b>

**Best Price!**

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

Family Favorite Rice 5Kg

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

Family Favorite Luncheon Meat 300g

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

Hugo's Baked Beans 410g

Marathon White Sugar
10Kg
<b>189<sup>99</sup></b>
2Kg
<b>39<sup>99</sup></b>

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

Tasty Chakalaka Wors 500g

**Best Price!**

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

Bokomo Corn Flakes 500g

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

Candi Soft Drinks Assorted 2Ltr

**Best Price!**

Bakpro Vetkoek Flour
10Kg
<b>152<sup>99</sup></b>
5Kg
<b>78<sup>99</sup></b>

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

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

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

First Choice UHT Milk 1Ltr

**Best Price!**

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

Family Favorite Sunflower Oil 2Ltr

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

Polana Macaroni or Elbows 3Kg

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

Surf Washing Powder 2Kg/2.2Kg

**Best Price!**

**69<sup>99</sup> 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

**7Kg Bag N\$129.99**

Potatoes 7Kg

**3Kg Bag N\$49.99**

Butternut 3Kg

**1Kg Bag N\$19.99**

Beetroot 1Kg

**500g N\$29.99**

Green Pepper 500g

**1Kg Bag N\$28.99**

Apples Assorted 1Kg

**P/Kg N\$34.99**

Bananas Loose P/kg

**1Kg Bag N\$21.99**

Lemon 1Kg

**1Kg Bag N\$28.99**

Pears Packham 1Kg

## Perishables

**104.99 EACH**

Realgood IQF Chicken 2Kg

**29.99 EACH**

Realgood Chicken Liver Bag 1Kg

**Each N\$98.99 Rewards Card! N\$97.99**

Chicken Tizers Strips or Pops 1Kg

**32.99 EACH**

McCain Mixed Veg. 600g

**45.99 EACH**

Harvestime Frozen Chips 900g

**109.99 EACH**

Meatma Stewing Neck 2.5Kg

**24.99 EACH**

Rama Spread Brick 500g

**69.99 EACH**

Clover Modified Butter Spread 500g

**69.99 EACH**

Parmalat Gouda/Cheddar 400g

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

Parmalat Cheese Slices Assorted 100g

**21.99 EACH**

King Russians 420g

**4.99 EACH**

Onyama Yummi 80g

**9.99 EACH**

Champion French Polony 100g

**26.99 EACH**

King Polony 500g

**29.99 EACH**

Windhoek Schlachtereij Mixed Polony 100g

**65.99 EACH**

Sea Harvest Fish Fingers 600g

**55.99 EACH**

Waldschmidt Family Pack Medium Eggs 18's

**42.99 EACH**

Clover UHT Cream 500ml

**18.99 EACH**

Nammilk Fresh Milk 1Ltr

**48.99 EACH**

Nammilk Oshikandela 2Kg

**29.99 EACH**

Nawaa Omasi Assorted 1Kg

**13.99 EACH**

Nammilk Oshitaka Assorted 500g

**Each N\$12.99 Rewards Card! N\$11.99**

Clover Snack Pack 6 x 50g

**22.99 EACH**

Nammilk Everyday Yoghurt 500g

**39.99 EACH**

Farmhouse Ice-Cream Assorted 2Ltr



# XL savings

## Foods



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

A Star White Sugar  
5Kg



175<sup>99</sup>  
EACH

Best Choice  
Light Brown  
Sugar  
10Kg



22<sup>99</sup>  
EACH

Pasta Grandé  
Spaghetti  
1Kg



124<sup>99</sup>  
EACH

Champion  
Super Maize  
Meal  
10Kg



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

21<sup>99</sup>  
EACH

Sugar King  
White Sugar  
1Kg



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

Ellis Brown Coffee Creamer  
500g



25<sup>99</sup>  
EACH

Nam Style  
Chow  
Assorted  
500g



21<sup>99</sup>  
EACH

Tea Time  
Teabags  
100's



19<sup>99</sup>  
EACH

Freshpak  
Rooibos Tea  
20's



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

19<sup>99</sup>  
EACH

Lucky Star  
Pilchards  
Assorted  
215g



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

All Gold Tomato Sauce  
700ml



135<sup>99</sup>  
EACH

Nescafé  
Classic Jar or  
Pouch  
200g / 230g



43<sup>99</sup>  
EACH

Jungle  
Oats  
1Kg



45<sup>99</sup>  
EACH

Top Score  
Instant Porridge  
Assorted  
2Kg



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

5<sup>79</sup>  
EACH

Knorr  
Soup Packets  
Assorted  
each



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

Top Class Soup Assorted  
400g



27<sup>99</sup>  
EACH

Bull Brand  
Mince  
Assorted  
400g



37<sup>99</sup>  
EACH

Nola  
Mayonnaise  
750g



25<sup>99</sup>  
EACH

Top Class  
Spice Mix  
Assorted  
400g



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

5<sup>99</sup>  
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



24<sup>99</sup>  
EACH

Knorrox  
Soya Mince  
Assorted  
400g



29<sup>99</sup>  
EACH

Rhodes  
Jam Cups  
Apricot or Mixed  
Fruit Jam - 600g



17<sup>99</sup>  
EACH

Candy Tops  
Eclairs  
Assorted  
50's



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

64<sup>99</sup>  
EACH

Champion  
Toffees  
Assorted  
each



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

Rhodes Nectar Assorted  
1Ltr



10<sup>99</sup>  
EACH

Bakers  
Topper Biscuits  
Assorted  
125g



16<sup>99</sup>  
EACH

Simba  
Chips  
Assorted  
120g



10<sup>99</sup>  
EACH

Family Favorite  
Concentrate  
Assorted  
1Ltr



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

51<sup>99</sup>  
6Pack

Coca-Cola/  
Fanta/Sprite  
300ml



# Health & Beauty

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

Aquafresh Toothpaste Assorted 100ml

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

Protex Soap Assorted 150g

**20<sup>99</sup>** EACH  
**19<sup>99</sup>** Rewards Card!

Shield Roll-On Assorted 50ml

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

Nivea Deodorant Assorted 150ml

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

Skin Clinic Cream Assorted 450ml

**69<sup>99</sup>** EACH  
**67<sup>99</sup>** Rewards Card!

Saiskin Bubble Bath Assorted 2Ltr

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

Nina Femme Pads 8's

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

Vaseline Petroleum Jelly 250ml

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

Sof n Free Relaxer Assorted 250g

**24<sup>99</sup>** EACH  
**23<sup>99</sup>** Rewards Card!

Clere Body Cream or Lotion 300ml / 400ml

# Cleaning

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

Family Favorite Dishwashing Liquid 2Ltr

**22<sup>99</sup>** EACH  
**21<sup>99</sup>** Rewards Card!

Newden Pine Gel 500ml

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

Handy Andy Promo Basket 3x750ml

**39<sup>99</sup>** EACH  
**38<sup>99</sup>** Rewards Card!

Jeyes Fluid Disinfectant Liquid 500ml

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

Viva Detergent Bar Twinpack 2x200g

**16<sup>99</sup>** EACH  
**15<sup>99</sup>** Rewards Card!

Sta-Soft Fabric Conditioner 500ml

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

Reef 2in1 Washing Powder 500g

**59<sup>99</sup>** 5 Pack  
**11<sup>99</sup>** each  
**12<sup>99</sup>** EACH

Reef 2in1 Washing Powder 250g

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

Airoama Air Freshener Assorted 210ml

**189<sup>99</sup>** 48's  
**3<sup>95</sup>** each  
**4<sup>99</sup>** 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

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

Nestum Baby Cereal Assorted 200g

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

Rhodes Squish Assorted 110ml

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

Pampers Baby Wipes Assorted 56's / 64's

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

Sunfree Diapers 50's

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

Pampers Nappies/Pants Value Pack

**359<sup>99</sup>** 4 Pack  
**89<sup>99</sup>** each

CHEAPER BUY THE BOX

Price Per Unit N\$1.79



# Pet Food



**19<sup>99</sup>**  
EACH  
Pamper  
Cat Food  
Assorted  
385g / 400g



**31<sup>99</sup>**  
EACH  
Husky  
Dog Food  
Assorted  
775g



Bobtail 2in1 6.5Kg or Dog Food 8Kg

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



**329<sup>99</sup>**  
EACH  
Montego  
Classic  
Adult/Senior  
10Kg



**139<sup>99</sup>**  
EACH  
Propet  
Mixed Poultry  
10Kg

# Household Items



**37<sup>99</sup>**  
EACH  
Doom  
Insecticides  
Assorted  
300ml



**89<sup>99</sup>**  
EACH  
Peaceful  
Sleep  
Aerosol  
150ml



**69<sup>99</sup>**  
EACH  
Peaceful Sleep  
Room Spray  
180ml



**25<sup>99</sup>**  
EACH  
Costa  
Candles  
400g



**29<sup>99</sup>**  
EACH  
Valupak  
Black Refuse  
Bags on Roll  
20's



**18<sup>99</sup>**  
EACH  
Nova  
Kitchen  
Towels  
2's



**39<sup>99</sup>**  
EACH  
Goldenmarc  
Rainbow  
Sponges 10Pack  
M146882



**39<sup>99</sup>**  
EACH  
Blitz Multi  
Purpose  
Cleaning Cloths  
M155720



**29<sup>99</sup>**  
EACH  
Dust Pan  
and Brush Set  
Assorted Colours  
M120759



**59<sup>99</sup>**  
EACH  
Jumbo  
Mop  
300g  
M141573



**39<sup>99</sup>**  
EACH  
Wooden  
Handle Broom  
M141560



**25<sup>99</sup>**  
EACH  
Plastic  
Jug & Lid  
1.5Ltr  
M101324



**25<sup>99</sup>**  
EACH  
Plastic  
Bucket  
9Ltr  
M101374



**35<sup>99</sup>**  
EACH  
Plastic  
Basin  
47cm  
M101332



**14<sup>99</sup>**  
EACH  
Kango  
Enamel  
Mug 8cm  
M106804



**129<sup>99</sup>**  
EACH  
New World  
Enamel Basin  
50cm  
M132074



**20<sup>99</sup>**  
EACH  
Ceramic  
Coffee Mugs  
Assorted  
M153687/86/85



Preserving Jar Assorted  
M130834/M130832/M130831

300ml  
N\$18.99

450ml  
N\$21.99



**129<sup>99</sup>**  
EACH  
Bon Voyage  
Zebra Pot  
Set Wire Handle  
M132066



Queen  
N\$159.99

Double  
N\$139.99

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



**279<sup>99</sup>**  
EACH  
Magneto  
LED Lantern  
2.0  
M135083



Omega Pedestal Fan 18"  
M130559

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



**379<sup>99</sup>**  
EACH  
Phillips  
Dry Iron  
M100226



**299<sup>99</sup>**  
EACH  
Haz  
Hot Plate Spiral  
M108055



**1199<sup>99</sup>**  
EACH  
Bennett Read  
Manual  
Microwave 20Ltr  
M151662/3

White or  
Black



# Metro

Cash & Carry and Hyper Stores



<p><b>CHEAPER BUY THE BOX</b> 24 Pack N\$319.99 =N\$79.99 6pack</p> <p><b>82<sup>99</sup></b> 6Pack</p> <p>Windhoek Draught NRB's 440ml</p>	<p><b>CHEAPER BUY THE BOX</b> 24 Pack N\$314.99 =N\$78.74 6pack</p> <p><b>79<sup>99</sup></b> 6Pack</p> <p>Castle Lite Cans 500ml</p>	<p><b>CHEAPER BUY THE BOX</b> 24 Pack N\$539.99 =N\$134.99 6pack</p> <p><b>136<sup>99</sup></b> 6Pack</p> <p>Belgravia Gin Cans 440ml</p>	<p><b>CHEAPER BUY THE BOX</b> 24 Pack N\$387.99 =N\$96.99 6pack</p> <p><b>99<sup>99</sup></b> 6Pack</p> <p>Savanna NRB's 330ml</p>
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<p><b>197<sup>99</sup></b> EACH</p> <p>White Horse Whisky 750ml</p>	<p><b>329<sup>99</sup></b> EACH</p> <p>Jack Daniel's Whisky 750ml</p>	<p><b>394<sup>99</sup></b> EACH</p> <p>Jameson Irish Whiskey 750ml</p>	<p><b>329<sup>99</sup></b> EACH</p> <p>Jägermeister Liqueur 750ml</p>	<p><b>159<sup>99</sup></b> EACH</p> <p>Potency (PO10c) Aperitif 750ml</p>
<p><b>Each N\$176.99</b> <b>Rewards Card! N\$174.99</b></p> <p>Richelieu Export Brandy 750ml</p>	<p><b>179<sup>99</sup></b> EACH</p> <p>KVV 3yo Brandy 750ml</p>	<p><b>175<sup>99</sup></b> EACH</p> <p>Gordon's Dry Gin 750ml</p>	<p><b>159<sup>99</sup></b> EACH</p> <p>Smirnoff 1818 Vodka 750ml</p>	<p><b>235<sup>99</sup></b> EACH</p> <p>Bacardi Superior Rum 750ml</p>
<p><b>87<sup>99</sup></b> EACH</p> <p>J.C Le Roux Sparkling Wine Assorted 750ml</p>	<p><b>83<sup>99</sup></b> EACH</p> <p>Nederburg Baronne 750ml</p>	<p><b>96<sup>99</sup></b> EACH</p> <p>Zandvliet Muscat 750ml</p>	<p><b>104<sup>99</sup></b> EACH</p> <p>KVV Roodeberg 750ml</p>	<p><b>219<sup>99</sup></b> EACH</p> <p>Anthonij Rupert Optima 750ml</p>
<p><b>52<sup>99</sup></b> EACH</p> <p>Four Cousins Sweet Wine Assorted 750ml</p>	<p><b>54<sup>99</sup></b> EACH</p> <p>Delush Sweet Wine Assorted 750ml</p>	<p><b>33<sup>99</sup></b> EACH</p> <p>Kaimos Red Wine 750ml</p>	<p><b>175<sup>99</sup></b> EACH</p> <p>Delush Sweet Wine 5Ltr</p>	<p><b>116<sup>99</sup></b> 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.

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