

Nelson Mandela Ave, Swakop
Heliodoor Str, Eros, Windhoek

DATES: 21 JULY - 02 AUGUST 2025

Metro
SUPER
market
where value meets service

WSK
NOW AVAILABLE
WALVIS & SWAKOP
ONLY



36⁹⁹
Family Favorite
Rice
2 KG



69⁹⁹
Top Score
Super Maize Meal
5 KG



39⁹⁹
Marathon White
Sugar
2 KG



189⁹⁹
Realgood
Chicken Mixed
Portions
4 KG



20⁹⁹
Parmalat
Everfresh UHT
Milk
1 Ltr



28⁹⁹
Polana Pasta
Asst
1 KG



18⁹⁹
Rietfontein
Juice Asst
1 Ltr



149⁹⁹
Jacobs
Krönung Jar or
Pouch Asst
200 / 230 G



65⁹⁹
Family Favorite
Sunflower Oil
2 LTR



39⁹⁹
C & B
Mayonnaise
750 G



109⁹⁹
Metro Traditional
Wors
p/kg



79⁹⁹
Chicken Breast
Fillets
P/KG



189⁹⁹
Rib - Eye Steak
p/kg



139⁹⁹
Beef Goulash
p/kg



129⁹⁹
Beef Lean Mince
p/kg



99⁹⁹
Whole Grilled
Chicken
EACH



16⁹⁹
Queen Cupcake
6's



25⁹⁹
Ham & Cheese
Bread
EACH



26⁹⁹
Madeira Cake
Loaf
EACH



49⁹⁹
Vetkoek & Mince
Mini
6's

A brand you can
TRUST

ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT THE TIME OF GOING TO THE 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.



Each 96⁹⁹
Rewards Card!
95⁹⁹

Parmalat Gouda or Cheddar Cheese 500 G

49⁹⁹

McCain Mixed Vegetables 1 KG

59⁹⁹

Hartlief Russians 380 G

29⁹⁹

WDS Sandwich Ham 100 G

55⁹⁹

Sea Harvest Fish Fingers 400 G

Each 20⁹⁹
Rewards Card!
19⁹⁹

KOO Chakalaka Asst 410 G

15⁹⁹

Top Class Spice Mix Asst 200 G

32⁹⁹

Top One Corned Meat 300 G

25⁹⁹

Knorrox Soya Mince Asst 400 G

39⁹⁹

Yum Yum Peanut Butter Asst 400 G

18⁹⁹

Lays Chips Asst 105 G

29⁹⁹

Bakers Eet Sum Mor Biscuit 200 G

Each 15⁹⁹
Rewards Card!
12⁹⁹

Maynards Gums & Jellies Asst 60 G

39⁹⁹

Brookes Oros Asst 2 Ltr

139⁹⁹

Twinsaver 2 Ply Toilet Paper 18's

19⁹⁹

Aquafresh Toothpaste Asst 100 ML

39⁹⁹

Dove Anti Perspirant Deodorant Asst 150 ML

Each 69⁹⁹
Rewards Card!
67⁹⁹

Nivea Shower Gel / Cream Asst 500 ML

Each 52⁹⁹
Rewards Card!
49⁹⁹

Vaseline Cream / Lotion 400 ML

209⁹⁹

Pampers Active baby Nappies / Pants Value Pack

29⁹⁹

Handy Andy Cream Asst 750 ML

Each 55⁹⁹
Rewards Card!
54⁹⁹

Sta-Soft Fabric Softner Asst 2 LTR

29⁹⁹

Sunlight Dish Washing Liquid Asst 750 ML

82⁹⁹

Castle Lite 6 x 500 ML

179⁹⁹

Richelieu Brandy 750 ML

Each 69⁹⁹
Rewards Card!
68⁹⁹

Sunlight Auto Washing Powder 2 KG / Liquid Asst 1.5 LTR

114⁹⁹

Pamper Wet Cat Food Multipack 12 x 85 G

264⁹⁹

Canine Cuisine Dog Food Asst 6 KG

344⁹⁹

Jack Daniels Whiskey 750 ML

129⁹⁹

KWV Roodeberg Black 750 ML