

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.



parmalat
GOUDA
A rich & buttery flavoured, full fat, semi-hard cheese
KEEP REFRIGERATED. ONCE OPENED STORE IN AN AIRTIGHT CONTAINER TO AVOID DRYING OUT. USE WITHIN 7 DAYS OF OPENING.

parmalat
A rich flavoured, full fat, hard cheese
KEEP REFRIGERATED. ONCE OPENED STORE IN AN AIRTIGHT CONTAINER TO AVOID DRYING OUT. USE WITHIN 7 DAYS OF OPENING.

Each 96⁹⁹
Rewards Card!
95⁹⁹

Parmalat Gouda or Cheddar Cheese 600 G

McCain
Mixed Vegetables
1 KG

49⁹⁹

McCain Mixed Vegetables 1 KG

hartlief
RUSSIAN
380 G

59⁹⁹

Hartlief Russians 380 G

WDS
Sandwich Ham
100 G

29⁹⁹

WDS Sandwich Ham 100 G

Sea Harvest
Fish Fingers
16
400 G

55⁹⁹

Sea Harvest Fish Fingers 400 G

KOO
Chakalaka
Mild & Spicy
410 G

Each 20⁹⁹
Rewards Card!
19⁹⁹

KOO Chakalaka Asst 410 G

TOP CLASS
SPICE MIX
ORIGINAL FLAVOUR
200 G

15⁹⁹

Top Class Spice Mix Asst 200 G

TOP ONE
CORNED MEAT
300 G

32⁹⁹

Top One Corned Meat 300 G

KNORROX
SOYA MINCE
400 G

25⁹⁹

Knorrox Soya Mince Asst 400 G

YUM YUM
PEANUT BUTTER
400 G

39⁹⁹

Yum Yum Peanut Butter Asst 400 G

Lays
Potato Chips
105 G

18⁹⁹

Lays Chips Asst 105 G

Bakers
EET-SUM-MOR
SHORTBREAD BISCUITS
200 G

29⁹⁹

Bakers Eet Sum Mor' Biscuit 200 G

Maynards
Gums & Jellies Asst
60 G

Each 15⁹⁹
Rewards Card!
12⁹⁹

Maynards Gums & Jellies Asst 60 G

Brookes
Oros Asst
2 Ltr

39⁹⁹

Brookes Oros Asst 2 Ltr

Twinsaver
2 Ply Toilet Paper
18's

139⁹⁹

Twinsaver 2 Ply Toilet Paper 18's

Aquafresh
all-in-one protection
100 ML

19⁹⁹

Aquafresh Toothpaste Asst 100 ML

Dove
Anti Perspirant Deodorant Asst
150 ML

39⁹⁹

Dove Anti Perspirant Deodorant Asst 150 ML

NIVEA
Shower Gel / Cream Asst
500 ML

Each 69⁹⁹
Rewards Card!
67⁹⁹

Nivea Shower Gel / Cream Asst 500 ML

Vaseline
Cream / Lotion
400 ML

Each 52⁹⁹
Rewards Card!
49⁹⁹

Vaseline Cream / Lotion 400 ML

Pampers
Active baby Nappies / Pants Value Pack

209⁹⁹

Pampers Active baby Nappies / Pants Value Pack

HANDY ANDY
CREAM LAVENDER
750 ML

29⁹⁹

Handy Andy Cream Asst 750 ML

Sta-Soft
Fabric Softener Asst
2 LTR

Each 55⁹⁹
Rewards Card!
54⁹⁹

Sta-Soft Fabric Softener Asst 2 LTR

Sunlight
Dish Washing Liquid Asst
750 ML

29⁹⁹

Sunlight Dish Washing Liquid Asst 750 ML

Metro LIQUOR market
Castle Lite
6 x 500 ML

82⁹⁹

Castle Lite 6 x 500 ML

Richelieu
Brandy
750 ML

179⁹⁹

Richelieu Brandy 750 ML

Sunlight
Auto Washing Powder 2 KG / Liquid Asst 1.5 LTR

Each 69⁹⁹
Rewards Card!
68⁹⁹

Sunlight Auto Washing Powder 2 KG / Liquid Asst 1.5 LTR

Pamper
Wet Cat Food Multipack
12 x 85 G

114⁹⁹

Pamper Wet Cat Food Multipack 12 x 85 G

CANINE CUISINE
Dog Food Asst
6 KG

264⁹⁹

Canine Cuisine Dog Food Asst 6 KG

JACK DANIEL'S
Tennessee WHISKY
750 ML

344⁹⁹

Jack Daniels Whiskey 750 ML

KWV
Roodeberg Black
750 ML

129⁹⁹

KWV Roodeberg Black 750 ML