



Metro

SUPER market

where value meets service

Nelson Mandela Ave, Swakop



Heliodoor Str, Eros, Windhoek

Sam Nujoma Ave 58, Walvis Bay



WSK

NOW AVAILABLE
WALVIS & SWAKOP
ONLY

DATE: 10-19 APRIL 2026

VALUE MEAT COMBO
1kg Boscampwors
1kg Beef Ground Mince
1kg Beef Stew **289.99**

Pork Belly Rashers p/kg **119.99**

Ground Beef Mince p/kg **99.99**

Rump Steak p/kg **189.99**

Chicken Flatties p/kg **79.99**

Sausage Roll & 500ml Reboost **29.99**

Garlic Roll 6's **15.99**

Black Forest Cake Medium **89.99**

2x Medium Pizza & 2L Coca Cola **199.99**

Quarter Chicken Leg & Chips **49.99**

FRUIT COMBO
1kg Naartjies
1kg Lemons
1kg Oranges **89.99**

POTJIEKOS COMBO
1kg Baby Potatoes
1kg Onions
1kg Carrots **69.99**

Tomatoes 1kg **34.99**

Bananas Poly Bag 700g **29.99**

A brand you can **TRUST**

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Bokomo Self Raising Flour 1kg **19.99**



Best Choice Pure White Sugar 2kg **38.99**



Clover UHT Milk 1L **19.99**



Jacobs Krönung Coffee Jar/Pouch 200g/230g **163.99**



Cremora Creamer 500g **39.99**



Five Roses Tagless Teabags 26's **24.99**



Family Favorite Parboiled Rice 2kg **29.99**



Pasta Grandé 500g **13.99**



Family Favorite Sunflower Oil 750ml **27.99**



Knorr Aromat Original Seasoning 200g **18.99**



Wellington's Ketchup Style Tomato Sauce 700ml **26.99**



Royco Cooking Sauce or Potato Bake or Pasta Each **17.99**



Realgood IQF Mixed Portions 1.5kg **79.99**



Clover Butro Butter Spread 500g **74.99**



Lancewood Hard Cheese 600g **109.99**



Rama Brick 70% Fat Spread 500g **27.99**



Hartlieff Smoked Viennas 500g **78.99**



Waldschmidt Large Eggs 18's **59.99**



McCain Mixed Veg 1kg **49.99**



McCain Slap Chips 1kg **53.99**



Lancewood Cream Cheese 230g **42.99**



President Feta Cheese 200g **42.99**



Baby Soft Toilet Paper 2ply 9's **79.99**



Sunlight Washing Powder 2kg **55.99**



Comfort Value Pack 800ml **39.99**



Colgate Toothpaste Charcoal 100ml **38.99**



Lux Bodywash Assortment 400ml **49.99**



Coca Cola Original Only 2L **20.99**



Windhoek Draught 6x500ml **82.99**



Savanna 6x500ml **146.99**



Monster Energy Drink 500ml **16.99**



Jameson Irish Whiskey 750ml **379.99**



Richelieu Brandy Export 750ml **192.99**



KVV Roodeberg Red 750ml **109.99**